

STUDENT'S BOOK 3

with Online Workbook and Online Practice

Herbert Puchta, Jeff Stranks & Peter Lewis-Jones



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B1+

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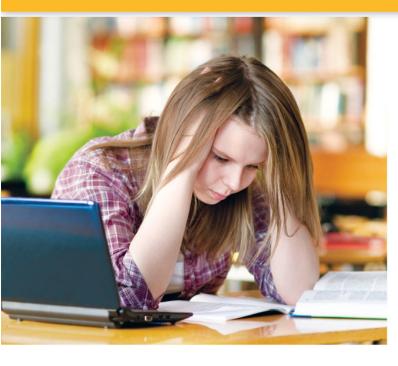
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Welcome p 4 A let and allow; Music; Verbs of perception; The big screen; Present perfect tenses; TV programmes B Our endangered planet; Question tags; So do I l Neither do I; Accepting and refusing invitations; Party time; Indefinite pronouns; Arranging a party C Feeling under the weather; Giving advice; Better or worse?; Comparisons D Reported speech; Sequencing words; Asking for and offering help; IT problems; IT vocabulary; Passive tenses

	FUNCTIONS & SPEAKING	GRAMMAR	VOCABULARY	
		Present tenses (review) Future tenses (review)	Making changes Life plans WordWise : Phrases with <i>up</i>	
Jnit 2 Hard times 20	Talking about the past	Narrative tenses (review) would and used to	Descriptive verbs Time periods	
Review Units 1 & 2	pages 28–29			
Unit 3 What's in a name? p 30	Giving advice Expressing obligation Giving recommendations, warnings and prohibitions	(don't) have to I ought to I should(n't) I must had better (not) can('t) I must(n't)	Making and selling Expressions with name	
Unit 4 Dilemmas o 38	Apologising and accepting apologies Talking about hypothetical situations Expressing wishes	First and second conditional (review) Time conjunctions wish and if only Third conditional (review)	Being honest Making a decision WordWise : <i>now</i>	
Review Units 3 & 4	pages 46–47			
Unit 5 What a story! p 48	Telling a story	Relative pronouns Defining and non-defining relative clauses Relative clauses with which	Types of story Elements of a story	
Unit 6 How do they do it? p 56	Talking about sequence Explaining how things are done	Present and past passive (review) have something done Future and present perfect passive (review)	Extreme adjectives and modifiers make and do	
Review Units 5 & 6	pages 64–65			
Unit 7 All the same? p 66	Invitations Talking about permission Talking about habits	make I let and be allowed to be I get used to	Phrasal verbs (1) Personality WordWise: Phrases with all	
Unit 8 It's a crime p 74	Giving and reacting to news Reporting what someone said, asked or requested	Reported speech (review) Reported questions, requests and imperatives	Crime Reporting verbs	
Review Units 7 & 8	pages 82–83			
Unit 9 What happened?	Making deductions	Modals of deduction (present) should(n't) have Modals of deduction (past)	Mysteries Expressions with <i>go</i>	
Unit 10 Money p 92	Sympathising Talking about future events	Future continuous Future perfect	Money and value Jobs and work WordWise : <i>by</i>	
Review Units 9 & 10	pages 100–101			
Unit 11 Help! p 102	Expressing purpose Emphasising	Verbs followed by gerund or infinitive to I in order to I so as to so and such	Danger and safety Adjectives with negative prefixes	
Unit 12 A first time for everything	Expressing regret Talking about fears	Phrasal verbs I wish I If only + past perfect	Phrasal verbs (2) Nervousness and fear	

PRONUNCIATION	THINK	SKILLS
Linking words with up	Train to Think: Reading between the lines Self-esteem: Life changes	Reading Article: I miss my bad habits Article: For a better life Photostory: What's up with Mia? Writing An email about resolutions Listening A conversation about famous people who started their careers late
Initial consonant clusters with /s/	Train to Think: Following an idea through a paragraph Values: Animal rights	Reading Article: Events that shook the world Article: Family life in 17th-century Britain Culture: Where life is really hard Writing A magazine article about a historical event Listening A class presentation about animals being put on trial
Strong and weak forms: /ɒv/ and /əv/	Train to Think: Identifying the main topic of a paragraph Self-esteem: People and their names	Reading Article: Brand names
Consonant-vowel word linking	Train to Think: Thinking of consequences Values: Doing the right thing	Reading Quiz: What would YOU do? Article: The day Billy Ray's life changed forever Photostory: And the hole gets deeper! Writing A diary entry about a dilemma Listening A guessing game: Famous Wishes
The schwa /ə/ in word endings	Train to Think: Thinking about different writing styles Self-esteem: A better world	Reading Article: Everybody loves stories – but why? Article: Hollywood fairy tales Culture: Ireland – a nation of storytellers Writing A fairy tale Listening A conversation about a short story
The /ʒ/ phoneme	Train to Think: Understanding what's relevant Self-esteem: Life changes	Reading Article: The man who walks on air Blog: How Do They Do That? Fiction: The Mind Map by David Morrison Writing Explaining how things are done Listening A conversation about a new tattoo
Intonation – inviting, accepting and refusing invitations	Train to Think: Thinking outside the box Values: Stereotypes	Reading Film synopses: Billy Elliot and Bend It Like Beckham Article: My prisoner, my friend, my president and my father Photostory: The nerd Writing An article about stereotypes Listening A talk about a trip to Japan
Intonation – expressing surprise	Train to Think: Thinking about empathy Values: Respecting the law; Understanding that punishment will follow crime	Reading News reports: Thief feels sorry, Father angry victim of online con Article: Getting creative with crime Culture: Famous criminals Writing A report of a crime Listening An interview about restorative justice
Moving word stress	Train to Think: Fact or opinion? Values: Thinking carefully before you act	Reading Article: The truth is out there Article: Lost Fiction: How I Met Myself by David A. Hill Writing Explaining a mystery Listening A short story
Short and long vowel sounds: /I/ – /iː/ and /ɒ/ – /əʊ/	Train to Think: Exaggeration Self-esteem: What's important for your future?	Reading Article: Bitcoins: here to stay? Web forum: Are they worth it? Photostory: Strapped for cash Writing My life in the future Listening A quiz show: Show Me The Money!
Strong and weak forms: /tuː/ and /tə/	Train to Think: Understanding cause and effect Self-esteem: Offering and accepting help	Reading News report: Local man's bravery rewarded Article: Emergency? What emergency? Culture: The Great Escape Writing A story about a rescue Listening The story of the farmer, the donkey and the well
Different pronunciations of ea	Train to Think: Logical conclusions Values: Breaking new ground	Reading Article: The first thing you remember Readers' letters: My first (and last) time Fiction: Bullring Kid and Country Cowboy by Louise Clover Writing A story about a bad decision Listening A presentation about the history of the Internet

WELCOME



A THAT'S ENTERTAINMENT!

let and allow

1 Complete the conversation with the words. Then listen and check.

	ng allowed makes talent show cross look feel sound guitar get let
LISA	Hey, Kim, what are you ⁰ <u>looking</u> at?
KIM	My Science book. Can't you see I'm busy?
LISA	I'm just asking. Sorry.
KIM	No, I'm sorry. I don't ¹ great today.
LISA	You don't ² very happy. What's the matter?
KIM	My dad 3 me so 4
LISA	That doesn't ⁵ so good. Why?
KIM	
LISA	What?! So he won't allow you to play in the 7 next week?
KIM	No. He says no music until after my exams.
LISA	But they don't finish for four weeks!
KIM	I know. He wants me to study and forget about writing 8 He won't even 9 me practise the 10
LISA	But you need some time to relax.
KIM	I know. I 11 so angry when I think about

it. It just isn't fair.

- 2 1.02 Listen again. Answer the questions.
 - 1 Why is Kim angry?
 - 2 How long is it until the exams finish?
 - 3 What does Lisa think about the situation?
 - 4 Who do you agree with: Kim or her dad? Why?
- 3 SPEAKING What do your parents allow you to do during exam time? What don't they let you do? Make lists. Then compare with a partner.

Music

Sort the words into two groups. Label the groups. Then think of four more items for each one.

drums | classical | jazz | violin guitar | pop | piano | rap

Verbs of perception

1 You

1 Complete the sentences from the conversation with the correct forms of (not) look. Then match them with the rules.

_ very happy.

2 Hey, Kim, what _____ at?

RULE: We use verbs of perception (look, smell feel, taste)
in the present continuous to talk about actions .
in the present simple to talk about states .

2 Complete the mini-dialogues with the correct forms of the verbs.

1	ta	ste		
	Α	What are	you doing?	
	В	1	_ the soup It	great.
2	sn	nell		
	Α	My socks _	really bad	!
	В	Then why_	you	them?
3	fe	el		
	Α	Why	you	that jumper?
	В	Because it's	so soft. I like the wa	ay it

3 Work in pairs. Kim tries to persuade her dad to let her play in the talent show. Write a conversation of eight lines. Then read it out.

The big screen

1 SPEAKING Work in pairs. For each type of film, think of an example that you have both seen.

action | animated | comedy | drama | horror | romantic comedy | science fiction | thriller

- 2 Read the article. What types of films does it mention?
- 3 Read the article again and mark the sentences T (true), F (false) or DS (doesn't say).
 - 1 Chris Columbus's films are popular with 13–18-year-olds.
 - 2 Columbus started making films when he was 30.
 - 3 His films aren't popular with older people.
 - 4 Lots of people in Hollywood want Columbus to make films.
 - 5 He's never won an Oscar.
- 4 SPEAKING Work in pairs. Think of your favourite film director and discuss these questions.
 - 1 What films has this director made?
 - 2 What do you like about his/her films?

Present perfect tenses

Complete the sentences. Use the present perfect simple or continuous form of the verbs and circle) the correct words.

1	They	(play) for I since
	87 minutes and	neither side has scored vet.

- 2 1 yet / still _____ (not watch) the final, so please don't tell me which singer won.
- 3 _____ you ____ (see) last night's show still / yet? Brad Pitt and Lady Gaga were guests.
- 4 The children _____ (sit) in front of the TV watching SpongeBob for I since they got up.
- 5 It's the funniest programme on TV. I
 - ___ (not miss) an episode *still I yet*.
- 6 The Prime Minister ______ (say) the same thing for I since weeks now. No one believes him.

Behind the camera

Chris Columbus



A 12-year-old who gets left behind when his family go on holiday, a teenage magician fighting to save his world and the troubled son of a Greek god living in modern-day America: these are just three of the characters brought to life on the big screen by director Chris Columbus. With films such as *Home Alone, Harry Potter and the Chamber of Secrets* and *Percy Jackson and the Sea of Monsters*, Columbus has certainly shown that he knows how to get teenagers into the cinema.

Columbus has been making films for more than 30 years and has become one of the most successful film directors of all time. Since he directed his first film, *Adventures in Babysitting*, in 1987, Columbus has been involved in some of the biggest films as both a director and a producer.

But Columbus doesn't only make action films for the teenage market. He's also made a number of successful films for adults. Comedies such as *Mrs Doubtfire*, dramas such as *The Help* and science fiction films such as *Bicentennial Man* have all helped make Columbus one of Hollywood's most popular film-makers.

TV programmes

- 1 Work in pairs. Look at the sentences in the previous exercise. Match them with the types of TV programme. talent show | sitcom | cartoon | sports programme | the news | chat show
- 2 Choose a type of TV programme from the list below. Write a sentence about it using the present perfect simple and/or continuous. Don't include the type of programme in your sentence!

drama series | game show | reality show | soap (opera)

I've been watching it for weeks, but no one has won the million-dollar prize yet.

3 SPEAKING Read out your sentence. Can the rest of the class guess the type of TV programme?

B TIME TO ACT

Our endangered planet

1 SPEAKING Work in pairs. Describe the photos. What problems do they show?







	A	В
2	1.03 Listen to three conversations. Match	them with the photos.
3	a rubbish c litter b global warming d pollution	e fumes g flooding f smog
1	Complete these sentences from the recording with the question tags. are they? aren't they? does it? did they? is it? isn't it? weren't they? doesn't it?	So do I / Neither do I 1 Look at the questions and complete the answers with so or neither. 1 A I don't really believe
	 I guess they're just lazy, But it only takes a few people to spoil everything, Yes, it's all those fumes from the factory, They didn't ask us if we wanted it here, 	2 SPEAKING Complete the sentences so that they are true for you and read them out. Agree (or disagree!) with your partner's sentences. 1
	 Even if they do, it doesn't make our lives any better, Hundreds of homes were damaged And the politicians aren't really doing anything to help, It isn't the sort of thing you'd expect to see here, 	1
2	Complete the sentences with question tags. 1 You haven't told Ron,? 2 You're going to do something about it,? 3 It sounds quite dangerous,? 4 It didn't work,?	DEREK Of course I will. DEREK Are you going to walk a long way? DEREK What are you going to do? DEREK I'd love to, but I can't. I'm busy. Work in pairs. Write a conversation using the underlined phrases from Exercise 1. You and your friend are tired of all the rubbish in the street
	5 It won't be easy,?	and have decided to do something about it. What are you

going to do? Invite another friend to join you.

6 She wrote to her local politician, _

Party time

- 1 Work in pairs. Imagine you're organising a party. Make a list of important things to do.
- 2 Read the article. Does it mention the things on your list?

j	How to plan	
	a party	
	3	
	MILLAND	A
	The first question you need to ask is 'Why am I having a party?' (It's my birthday;	
	the exams are over; our football team won a match; I just want a party.)	
	All the best parties have a theme. What are you going to choose for yours? Beach party? 1970s disco?	
	Something else? You also need to find 1 to hold your party. Wherever you decide to have it, it's	
	probably a good idea to ² permission from your parents first.	
	Next, who are you going to invite: ³ you know or just some of your friends? It's time to	
	4 the guest list. Remember: think carefully about how many people you can afford to invite.	
	When your list is ready, you can ⁵ the invitations. Two weeks before the party is the ideal	
	time. Any sooner, and people might forget about the party; any later, and some of your guests might	
	already have other plans.	
	OK, so now you've got a fortnight to get it all ready. Don't panic – it's plenty of time, but don't leave	
	6 until the last minute. If you want to 7 a DJ, start looking now. Remember that	
	he or she might want you to ⁸ a deposit, so make sure you have the money for that. Then you need to ⁹ the food and ¹⁰ the room,	
	need to ⁹ the food and ¹⁰ the room, although these things can be left until the day before.	
	Finally, get a good night's sleep the night before, give yourself a few hours to get the last few things	
	ready and then, most importantly of all, have fun!	

3 Read the article again and complete it with the missing words.

get | send out | organise | pay everyone | hire | decorate somewhere | draw up | everything

Indefinite pronouns

1 Discontinuous Complete the conversation with suitable indefinite pronouns (everyone, somewhere, nothing, etc.). Then listen and check.

том	Have you got ¹ _ the party?	re	eady for
JADE	No, ²	is ready. We to have it	
том	Have you invited	d ⁵	_yet?
JADE	Yes, we've invite	d 50 peopl ming!	e and
том	So you've got 50) people co hem to com	
JADE	That's right.		
том	Well, we've got How about usin		?
JADE	What about you	ir parents?	
том		he weekend is clean an	d. I'll make

2 Read the next part of the story and continue the conversation. Write four more lines. Use at least one indefinite pronoun.

It's the day after the party. Tom's mum and dad arrive home and open the door ...

MUM What's happened? Look at our house!

DAD Tom! TOM!

TOM Oh, hi, Mum. Hi, Dad. You're home early. Did you have a good time?

Arranging a party

SPEAKING Work in pairs to organise a party. Be creative! Think about:

- what it's for
- · where it will be
- the theme
- food and drink
- who to invite
- music

C IN MY OPINION, ...

Feeling under the weather

- 1 Distento the conversation. What's the matter with Gemma?
- 2 Complete the conversation with the words.

appoint	ment	sh	ould	operation	
energy	bette	er	get	physically	took

- MUM You don't look well, Gemma. What's up?
- GEMMA I'm just tired all the time, Mum. You know, I haven't got any
- MUM Are you sleeping OK?
- GEMMA Not great, no. I often wake up in the night.
- MUM Well, you know, Gemma, you

 2 _____ take more exercise.

 That would help.
- GEMMA Really?
- MUM Yes. I mean, if you 3____ more exercise, you'd be more tired 4_____ and then you'd sleep better.
- GEMMA You're joking, right? I run, I go swimming, I go for long walks. My problem isn't exercise.
- MUM Yes, you're right, of course. Well, perhaps you'd ⁵______ see a doctor. I can ring and make an ⁶______ for you if you like.
- GEMMA A doctor? I don't think so. I don't feel sick just tired. I'm sure I'll 7 _____ better soon.
- MUM OK, well, we can talk about it later. I'm going out to see a friend of mine who had an 8_____ last week.
- GEMMA OK, Mum. Hope your friend's all right. And don't worry about me. I'll be fine.
- 3 Match the verbs 1-6 with a-f to make phrases. Sometimes there's more than one possible combination.
 - 1 feel
- a an appointment
- 2 get b an operation
- 3 have c exercise
- 4 make d a doctor
- 5 see e better
- 6 take f sick
- Write down as many words related to health as you can think of. Then compare with a partner.

sick nurse hospital



Giving advice

1 Complete the sentences with better, should or ought.

1	It's late – you'd	go.
•	it state - your	go.

- 2 If you aren't well, you _____ to see a doctor.
- Jane's in hospital. We ______ go and visit her.
 The doctor is very busy, so you _____ make an appointment. Don't just turn up.
- 5 Your knee hurts? Well, you'd _____ not play football today, then.
- 6 If you want to get better, you _____ to rest as much as possible.
- 2 Match the problems 1-3 with the pieces of advice a-c. Then write one more piece of advice for each problem. Use had better, should and ought to.

1	My	hand	real	lly	hurts.

- 2 I think I'm going to be late for school.
- 3 I can't do this homework.
- a You'd better hurry.
- b Perhaps you should phone a friend.
- c You ought to see a doctor.
- 3 SPEAKING Work in pairs. Write mini-dialogues including the problems and advice in Exercise 2. Add two or three lines to each. Then act them out.

Why all these awards?

I'm really tired of awards ceremonies and prizes. Why do we have to compare things? Everywhere you look, there's something going on about who or what is 'the best' or 'the most comfortable' or 'the biggest', and so on. And sometimes the prize winners aren't the best anyway!

Here's an example: the Oscars in 2014. I saw the film *Gravity* and it was the most exciting film I'd ever seen. But did it win the Oscar for Best Film? No! They gave the award to *Twelve Years A Slave*! Can you believe it? It wasn't as good as *Gravity* at all.

OK, Gravity was the most successful

film at the Oscars it got seven awards but I don't think that's enough. Sandra Bullock was fantastic as Dr Ryan. I think she's much better than Cate Blanchett, who won Best Actress. But the good thing is that *Gravity* won Best Visual Effects — I've never seen anything as fantastic. And was the music good? It was great! No other film had music as brilliant as that.

I said all these things to my friend Dave the day after the Oscars. I told him I thought the judges were the craziest people in the world. Dave asked me how many films I'd seen in 2013. I said, 'One – *Gravity*.' Dave says he doesn't know anyone as stupid as me.



Better or worse?

- Read the blog entry. Mark the sentences T (true) or F (false).
 - 1 The writer likes awards ceremonies.
 - 2 Gravity won Best Film at the 2014 Oscars.
 - 3 The writer thinks the visual effects in Gravity are the best he's ever seen.
 - 4 Dave thinks the writer is very intelligent.
- 2 SPEAKING Work in pairs. Discuss these questions.
 - 1 What other awards ceremonies do you know of?
 - 2 Do you like awards ceremonies? Why (not)?
 - 3 Do you think it's fair to compare different movies, actors, music, etc. and choose one as the best?

-									
	0	m	n	2	ri	C	0	n	C
_	$\overline{}$		М	ч		2	v		9

- Complete the sentences with the correct form of the adjectives and adverbs. Add any other necessary words.
 - 1 The weather tomorrow won't be _____ (cold) as today.
 - 2 This is the _____ (good) pizza I've ever eaten.
 - 3 Do you think this is ______ (difficult) than the other test?
 - 4 This book's OK, but it isn't the _____ (interesting) one I've ever read.
 - 5 She learns things _____ (easy) than I do.
 - 6 I'm not very good at tennis, but I'm _____ (bad) as Janice!
 - 7 Hurry up! Can't you walk _____ (quick) than that?
 - 8 Do you speak as _____ (loud) your sister?
- 2 SPEAKING Work in pairs or small groups. Discuss these statements. Do you agree or disagree with them? Why?
 - 1 The best things in life are free.
 - 2 If something is more expensive, it's always better.
 - 3 It's more important to work hard than to play hard.
 - 4 Exercise isn't as important as good sleep.
- 3 Choose two things or people from one of these categories. Write a paragraph comparing them.
 - sports that you like | actors that you like towns or cities that you know | school subjects books that you have read

D HELP!

Reported speech

- 1 Read the story and answer the questions.
 - 1 What had happened to the caller's computer screen?
 - 2 What three things did Graham ask the caller to do?
 - 3 Why couldn't the caller switch on the lights?
- 4 What did Graham finally say to the caller?
- 5 What happened to Graham in the end?





We asked readers to tell us about a time when they tried to help someone. Here's one from Graham Smith.



I used to work in IT for a big company, but I was fired because I got angry with a manager. Here's what happened.

I answered the phone one day and said, 'Hi. Can I help you?' A voice said, 'Hi. I'm a manager in the Sales Department and I've got an IT problem. I need your help.' 'What's the problem?' I asked, and he told me his computer screen had suddenly gone black.

a few seconds, I said,
'OK, please check that your computer is still plugged in at the wall.
Sometimes it gets disconnected accidentally.' The manager asked me to wait a bit. Then he came back and said, 'I can't see behind my desk where the plug is. It's very dark.' So I told him to switch the light on. Do you know what he said? 'Oh, I can't put the light on because the electricity went off five minutes ago.'

I tried to keep quiet. 4______, I had to say something. I warned him never to phone me again, ever. He complained to my boss and I was fired. How fair is that, do you think?

2	Rewrite the sentences in reported speech.					
0	'I need your help.' He said that <u>he needed my help.</u>					
1	'What's the problem?' I asked him					
2	'I can't see here because it's very dark.' He said that					
3	'Please check that your computer is still plugged in.' I asked him to					
4	'I can't put the light on because the electricity went off five minutes ago.' He said that					
S	equencing words					
M	atch these words with spaces 1–4 in the story.					
a	After c Finally					
b	Then d At first					

Asking for and offering help

- 1 Put the words in order to make questions.
 - 1 1/you/Can/help/?
 - 2 help / something / you / me / Could / with / ?
 - 3 me/you/Can/a/lend/hand/?
 - 4 you/Do/help/any/need/?
 - 5 you/minutes/got/a/Have/few/?
- 2 Look at the sentences in Exercise 1 again. Mark them A (asking for help) or O (offering help).
- 3 SPEAKING Work in pairs. Choose a situation and write a conversation in which A asks B for help. Use expressions from Exercise 1. Then act it out.
 - A has a problem with some homework.
 - A isn't feeling well.
 - A's computer isn't working.
 - A wants to have a party, but doesn't know where to hold it.

IT problems

SPEAKING Work in pairs. What do the pictures show?







- 2 \(\bigsize \) 1.07 Listen to three conversations. Match them with the pictures in Exercise 1.
- 3 Listen again. In which conversation do you hear these words? Write the number.
 - attachment coverage

d file

- downloaded
- install
- online
- program upload

IT vocabulary

- 1 Circle the correct words.
 - 1 go / have online
 - 2 post / file a message
 - install / key in your password
 - 4 install / go a program
 - 5 attach / activate a file
 - download I go a file
 - 7 upload I key a photo
- 8 key I delete a message
- open / install an attachment
- 10 post / buy an app
- upload / activate flight mode
- 12 have / go network coverage
- 2 Match the verbs with the nouns. Make as many combinations as you can.

	message a photo f a attachment a progra	light mode a password am a file an app
0	install	install a program / an app
1	attach	
2	download	
3	upload	
4	open	r
5	post	P
6	delete	·
7	activate	
8	key in	

Passive tenses

2

Complete the sentences from the conversations with the verb forms.

is	being repaired was taken is installed
1	The photo on a safari trip.
2	Just click on it and the program automatically
3	The network out here.
Re	ewrite the sentences in the passive.
0	Someone posted a message.
	A message was posted.
1	Someone is downloading a program.
2	Someone has installed a new program.
3	Someone has keyed in the password.
4	Someone is repairing the anti-virus software.
5	Someone deleted the message.

- 3 Describe one of these processes using the passive.
 - downloading an app to your mobile phone
 - uploading a photo to a social networking site
 - installing a program on your computer

1 LIFE PLANS

OBJECTIVES

FUNCTIONS: talking about the future; complaining

GRAMMAR: present tenses (review);

future tenses (review)

VOCABULARY: making changes; life plans; phrases with up

READING

- 1 What are the people doing in the photos? Do you think these are good or bad habits? Why?
- Tick () the bad habits that you have. Then add two more of your own.
 - not doing enough exercise
 - leaving your homework until the last minute
 - forgetting important dates
 - texting when you shouldn't
 - playing computer games when you should
 - be studying
 - getting up late for school
- 3 SPEAKING Work in pairs. What can you do to change some of these habits?

- 4 Read the article quickly. What two things is the writer trying to change about her life?
- 5 Nead the article again and listen. Mark the sentences T (true) or F (false).
 - 1 The writer has to finish the article by the following day.
 - 2 The writer is finding it easy to lead a healthier life.
 - 3 We use different parts of our brain depending on who we're thinking about.
 - 4 Our brains don't always let us make good choices for our future selves.
 - 5 It takes just under two months for our brains to feel happy with changes to our lifestyles.
 - 6 The writer has decided that she'll never be able to change her habits.







