

Listening

1 Track 13 Listen to six recordings. Which speaker ...

- 1 goes jogging to take their mind off their work? A
- 2 is burning the candle at both ends?
- 3 whiles away their time in the garden?
- 4 has been burning the midnight oil?
- 5 lets their hair down at the weekends?
- 6 likes to put their feet up with a good book?

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Pronunciation

2 Track 14 Listen to six extracts and underline the stressed syllables.

- 1 Better safe than sorry.
- 2 Out of sight, out of mind.
- 3 Home is where the heart is.
- 4 Practise what you preach.
- 5 Rome wasn't built in a day.
- 6 A picture is worth a thousand words.

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Vocabulary and Grammar

3 Add the letters to complete the words.

- 1 It's amazing how quickly mobile phone technology has taken o ff.
- 2 I don't think that vintage cars will ever lose their a .
- 3 What's the latest t in computer games?
- 4 This new diet is just a passing t , I'm sure.
- 5 The fashions of the 1950s have captured the i of young people today.
- 6 The number of designer labels for children has r dramatically in recent years.

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4 Complete the sentences. Use the correct form of the words in brackets.

- 1 I can't get over your stupidity. What were you thinking?! (stupid)
- 2 Ken is an to his parents. Why do they put up with him? (embarrass)
- 3 I'm afraid this is not my area of . (expert)
- 4 This film everything that is good about modern cinema today. (example)
- 5 I've always been and non-conformist. (rebel)
- 6 Sally can be so sometimes. (sarcasm)
- 7 How many were there for the job? (apply)
- 8 We are fortunate to have little in our country. (censor)
- 9 speaking, I'm far worse off this year than I was last year. (finance)
- 10 Most state companies have now been . (private)
- 11 I've brought you some flowers to up your day. (bright)

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5 Complete the sentences.

- 1 I've always believe that the pen is mightier than the sword.
- 2 Be grateful for what you have. After all, can't be choosers.
- 3 There's always so much to do – no rest for the !
- 4 As long as you make an effort and put your best foot , we'll be proud of you.
- 5 The early bird catches the , so get up early if you want to succeed.
- 6 Everything looks promising but let's not our chickens just yet.

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6 Underline the correct alternative.

- 1 I think I'm going to / will be sick.
- 2 Where will you be going / have gone for your holiday this year?
- 3 We aren't to / due to meet until six o'clock so there's no rush.
- 4 This time next week they'll have heard / be hearing the good news.
- 5 I don't think the government might / will be re-elected.
- 6 The break starts / is starting in ten minutes so we can have a good chat then.

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7 Complete the sentences with the correct form of the verbs in the box.

stand know abandon spend consider
manufacture

- The girl *standing* by the door is my cousin.
- _____ many years in Madrid, Clare speaks fluent Spanish.
- _____ anyone at the party, Paul felt very lonely.
- Goods _____ in China are generally cheaper.
- _____ a delicacy, truffles are incredibly expensive.
- _____ as a puppy, our dog was quite nervous when we first got him.

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8 Complete the second sentence so that it means the same as the first. Use the word in capitals.

- It would be good if Max paid his way. TIME
It's time Max paid his way.
- We should go home now. HIGH

- I'd prefer it if you didn't call me at work.
RATHER

- Wouldn't you prefer to go for a pizza?
SOONER

- You really should know this grammar by now.
ABOUT

- Mark looks very tired; perhaps he's been working too hard. AS THOUGH

5

9 Underline the correct alternative.

- Meat is just / *a good deal* as expensive as fish these days.
- I'm *a lot* / *nothing like* as fit as I used to be.
- The harder you look for happiness, *the more* / *loads* elusive it seems to be.
- My garden is *every bit* / *miles* more beautiful after all the rain we've had.
- Our last holiday was only *significantly* / *marginally* more expensive than we'd anticipated.
- There's *slightly* / *barely* any difference between these two jackets in terms of price.

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Speaking

10 Complete the sentences with the words in the box.

sense logic more think joking point

- It just doesn't make *sense* to me.
- I couldn't agree _____.
- I agree with you up to a _____.
- Where's the _____ in that?!
- Oh, come on, you must be _____!
- Surely you don't _____ that.

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11 Match sentence beginnings 1–6 with endings a)–f) below.

- That film was one of *e*
- There's nothing better _____
- It drives me up the wall _____
- I couldn't believe my luck _____
- If there's one thing I can't stand _____
- Modern art exhibitions are not _____

- my cup of tea at all.
- when we got tickets for the concert.
- when people turn up late for meetings.
- it's bad language.
- the best I've ever seen.
- than a cup of tea and a good book.

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12 Complete the sentences with the correct preposition.

- Your proposal sounds acceptable *to* me.
- I want to sort this mess _____ as soon as possible.
- Please do get _____ touch if anything needs clarifying.
- What do you have _____ mind?
- _____ the end of the day, we'd like to have resolved this problem.
- Can you go _____ more detail please?

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Reading

13 Match sentences a)–f) with gaps 1– 6.

Why are some people born lucky – or are they?
by Robin Stanley

Have you ever looked at some people and wondered whether they were born under a lucky star? ¹ They seem to have it all, or at least all the things that you would like to have. Well, actually, it's nothing to do with luck but all to do with positive thinking, visualisation, self-belief, call it what you will.

Looking at your own life, are there things you would like to change or improve?

² _____
If you want to know what your future holds, just take a look at your present thoughts as they are the very thoughts that create your future. In some ways this is a frightening notion but it is also very powerful because it means that we can actually take control of our existence and mould it into what we want for ourselves.

If you want to have a closer look at your belief system, then just look around you.

³ _____
For example, if you believe there is never enough to go round and that life is a struggle, that you have to fight for what you want, then you will never have enough, and you will struggle and fight your way through life.

⁴ _____
This is nothing less than a self-fulfilling prophecy because if you believe bad things will happen to you, then they surely will. If, on the other hand, you believe there is no limit to what you can do and you believe that adversity just serves to make you stronger, then your life will be one of achievement and resilience.

⁵ _____
Although you will have been in the same place, you will inevitably have remembered different things and this 'filtering' of information is a reflection of the way we view the world. If, for example, you're feeling very negative, you will see only bad things around you. If, however, you're full of the joys of life, everyone will be smiling and happy.

So, if you want to shape your future into a happy, productive, fulfilling time, eliminate negative thoughts about what you don't want, in favour of positive ones about what you do.

⁶ _____
Only you have the power, so what are you waiting for?

- a) They seem to have it all, or at least all the things that you would like to have.
- b) We all know people who say 'why do bad things always happen to me?'
- c) You'll be amazed at how quickly your life will change.
- d) The thoughts that go through your head every day, over and over again, have shaped your reality.
- e) Consider how many times you've talked over a situation with someone.
- f) I'm assuming that there probably are, otherwise you wouldn't be reading this article.

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Vocabulary and Grammar

3 Add the letters to complete the words.

- 1 It's amazing how quickly mobile phone technology has taken o ff.
- 2 I don't think that vintage cars will ever l ose their appeal.
- 3 What's the latest t rend in men's fashion?
- 4 This new diet is just a p opular trend, I'm sure.
- 5 The fashions of the 1950s have really c hanged the imagination of young people today.
- 6 The number of designer labels for children has r isen dramatically in recent years.

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4 Complete the sentences. Use the correct form of the words in brackets.

- 1 I can't get over your stupidity. What were you thinking?! (stupid)
- 2 Ken is an excellent musician. I don't know why he doesn't play professionally. (music)
- 3 The price of oil has risen sharply in the last few months. (drama)
- 4 This play celebrates everything that is good about modern theatre today. (example)
- 5 Hannah felt such loneliness when she first moved to London. (lonely)
- 6 Sally can be so sarcastic sometimes. (sarcasm)
- 7 Steve is suffering from acute exhaustion after a frenetic year. (exhaust)
- 8 We are fortunate to have little censorship in our country. (censor)
- 9 Financially speaking, I'm far worse off this year than I was last year. (finance)
- 10 Happiness can prove to be quite elusive if you look too hard. (elude)
- 11 David does have a tendency to exaggerate, doesn't he? (tend)

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5 Complete the sentences.

- 1 I've always believe that the pen is mightier than the sword.
- 2 Be grateful for what you have. After all, beggars can't be choosers.
- 3 If you have a good idea, you need to strike while the iron's hot.
- 4 As long as you make an effort and put your best foot forward, we'll be proud of you.
- 5 What time do you call this?! Mind you, better late than never.
- 6 Everything looks promising but let's not count our chickens just yet.

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6 Underline the correct alternative.

- 1 I think I'm going to / will be sick.
- 2 This time next week they'll have enjoyed / be enjoying a well-deserved break.
- 3 I don't think the president might / will be re-elected.
- 4 Tom will be leaving / have left by the time you get back.
- 5 We aren't to / due to meet until tomorrow so don't worry.
- 6 The break starts / is starting in ten minutes so we can have a good chat then.

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7 Complete the sentences with the correct form of the words in the box.

~~stand~~ recognise reject study consider
make

- The girl *standing* by the door is my cousin.
- _____ Spanish for many years, Clare was quite fluent.
- _____ anyone at the party, Paul felt like an outsider.
- Goods _____ in China are generally cheaper.
- _____ a delicacy, truffles are incredibly expensive.
- _____ by its mother, our dog was very nervous when we first got him.

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8 Complete the second sentence so that it means the same as the first. Use the word in capitals.

- It would be good if Max paid his way. TIME
It's time Max paid his way.
- You should go to bed now. HIGH

- I'd prefer it if you didn't leave your clothes all over the floor. RATHER

- Wouldn't you prefer to have a pizza this evening? SOONER

- You really should know the rules by now. ABOUT

- Stephen looks exhausted; perhaps he's been working too hard. AS THOUGH

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9 Underline the correct alternative.

- Meat is just / *a good deal* as expensive as fish these days.
- I'm *a lot* / *nothing like* as slim as I used to be. I must get into shape.
- There's *slightly* / *barely* any difference between these two sweaters so I'll take the cheaper one.
- The harder you look for happiness, *the more* / *loads* elusive it seems to be.
- Mary is *every bit* / *miles* more beautiful in the flesh than in her photos.
- The new car was only *significantly* / *marginally* more expensive than we'd anticipated so we're quite happy.

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Speaking

10 Complete the sentences with the words in the box.

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- It just doesn't make *sense* to me.
- Oh, come on, you must be _____!
- Surely you don't _____ that.
- I couldn't agree _____.
- I agree with you up to a _____.
- Where's the _____ in that?!

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- That film was one of _____ *e*
 - There's nothing better _____
 - It drives me up the wall _____
 - I couldn't believe my luck _____
 - If there's one thing I can't stand _____
 - Bustling markets are not _____
- my cup of tea at all.
 - when I managed to get George Clooney's autograph.
 - when people don't do what they say.
 - it's arrogance.
 - the best I've ever seen.
 - than a leisurely walk with friends.

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12 Complete the sentences with the correct preposition.

- Your proposal sounds acceptable *to* me.
- Can you go _____ more detail please?
- Please do get _____ touch if you need any more information.
- What does Mark have _____ mind?
- Let's sort our finances _____ as soon as possible.
- _____ the end of the day, we'd like to have come to some agreement.

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So, if you want to shape your future into a happy, productive, fulfilling time, eliminate negative thoughts about what you don't want, in favour of positive ones about what you do. You'll be amazed at how quickly your life will change.

⁶ _____

- a) They seem to have it all, or at least all the things that you would like to have.
- b) This is nothing less than a self-fulfilling prophecy because if you believe bad things will happen to you, then they surely will.
- c) If you want to know what your future holds, just take a look at your present thoughts as they are the very thoughts that create your future.
- d) If, for example, you're feeling very negative, you will see only bad things around you.
- e) Only you have the power so what are you waiting for?
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