

Life's ups and downs

- ▶ Forming nouns and gerunds
- ▶ Forming adjectives
- ▶ Reading and vocabulary: *So you think you know what's good for you?*
- ▶ Pronunciation: Word stress in nouns, Sounding sympathetic
- ▶ Real life: Responding sympathetically
- ▶ Task: List the things that make you feel ...
- ▶ Wordspot: *life*

Reading and vocabulary

1 a Read the title of the article. Do you know what is good for you (physically and psychologically)? In pairs, make two lists.

Good for you: *eating fruit and vegetables*
 Bad for you: *stress*

b Discuss which list to add these things to. Which might go on both lists?

being single / being married	gentle/strenuous exercise
belonging to a community	high blood pressure
doing absolutely nothing	a low-fat diet
drinking coffee / tea	low self-esteem
eating chocolate	playing computer games
feeling out of control	watching soap operas

2 Work in pairs. Student A: Read Part A of the text. Then look at the questions and choose the correct alternative(s) according to the article. Student B: Do the same for Part B. Check the words in bold in your mini-dictionary, if necessary.

3 a Close your book and explain briefly to your partner what you learnt from the article.

b Which information do you find most/least surprising? Is there anything that you don't really believe?

4 Read your partner's text and then discuss the following questions.

- Has the article made you feel that you should make any changes to your own lifestyle (exercise, diet, etc.)?
- Is there anything else you could do to make your lifestyle healthier?



Questions for Part A

- 1 After strenuous exercise, people are often more / less active for the rest of the day.
- 2 Doing nothing for a couple of hours every day is the best way to **keep fit** / increase your **immunity**.
- 3 A low-fat diet will make you slimmer but more **aggressive** / fatter and less aggressive.
- 4 The chemicals in coffee / tea / chocolate **reduce the risk** of heart disease.
- 5 The chemicals in coffee / chocolate / tea **protect you from** coughs and colds.

Questions for Part B

- 1 Children who play a lot of computer games have better **social skills** / **behaviour** than children who don't.
- 2 Single / Married men are happier than single / married men.
- 3 Married women with children and a job have more / fewer **mental health** problems than other groups.
- 4 The biggest cause of backache is **depression** / **heavy lifting**.
- 5 People who watch soap operas have / do not have a sense of belonging to a community.

So you think you know what's good for you?

Part A

Exercise

Everyone nowadays knows the benefits of physical exercise – but scientists at the University of Maastricht in the Netherlands say the key to staying slim and keeping fit is to eat less and take gentle exercise such as walking or cycling. 'People who take intensive exercise often reward themselves by spending the rest of the day in front of the TV,' says Professor Klaas Westertep. 'At the same time they have to eat more to give them energy for the next workout. To avoid weight gain, it's better to take gentle exercise over a longer period.' And health researcher Peter Axt believes that spending a couple of hours a day doing absolutely nothing is more effective than exercise in building immunity and prolonging life. 'We always think that we have to be achieving something but just vegetating for half of your free time could be more healthy,' he claims.

A low-fat diet

A low-fat diet may be good for your waistline, but the latest research suggests that it is less beneficial psychologically. A team of volunteers at Sheffield University asked to follow a diet consisting of just twenty-five percent fat (the level recommended by the World Health Organisation) reported increased feelings of depression and hostility towards others. One reason perhaps that people on low-fat diets are apparently more likely to meet a violent death!

Drinking tea and coffee

Many of us already know that drinking coffee raises your blood pressure but according to the latest research, it can also make you bad-tempered. Mice who were given regular doses of caffeine by researchers were found to be unusually aggressive! On the other hand, the chemicals found in tea can reduce the risk of heart attacks, and have a beneficial effect on cholesterol levels and high blood pressure. And tea doesn't keep you awake at night either!

Eating chocolate

Ever heard of the old saying 'A little of what you fancy does you good'? Well, if you're a chocolate fan there's good news! Recent studies have revealed that chemicals found in chocolate can protect you from a variety of minor illnesses including colds, coughs, depression and even help reduce the risk of heart disease!



Part B

Playing computer games

Parents worried about their children spending hours on their PlayStation may have it all wrong – it could actually be time well spent. Researchers at Manchester University found that gamers who play up to eighteen hours a week seem able to focus on what they are doing better than other people, have better co-ordination; and, far from being anti-social, 'computer nerds' find it easier to form friendships than children who prefer activities such as reading and watching TV. But scientists in Japan have found that gaming develops only vision and movement, but not the parts of the brain associated with learning, emotion or behaviour. 'This might be a problem in our increasingly violent society,' says Professor Ryuta Kawashima of the Tohoku University.

Being married

'Every woman should marry – and no man' commented one wit almost 150 years ago. But scientific evidence has tended to suggest that it's men who find happiness through marriage more than women. It has been shown that single men are the least happy social group, while married men are the happiest. But a new study from La Trobe University in Melbourne reveals that women do benefit as well: twenty-five percent of single people were miserable, compared with only thirteen percent of married people. Among the women surveyed, those who were married with children and a job had the fewest mental health problems.

Low self-esteem

The feeling of being undervalued can damage your health. Research by the National Arthritis Council shows that employees who suffer constant criticism, or feel out of control at work, are much more likely to suffer from back problems. Depression, says one researcher, is actually far more likely to cause backache than heavy lifting!

Watching soap operas on TV

Finally, a surprising piece of research that shows people who regularly watch soap operas are significantly happier than those who don't. Psychologists believe that this is because such programmes provide viewers with an imaginary set of friends, and a sense of belonging to a community. 'It works in rather the same way as membership of a club, or a church,' says Professor Michael Argyle of Oxford Brookes University.

Language focus 1

Forming nouns and gerunds

a Some nouns from the article on pages 18 and 19 are missing from the dictionary definitions below. How many can you get without looking back at the article?

- 1 happiness n. [U] the quality of being happy (line 56)
- 2 _____ n. [C] a person who conducts research (line 10)
- 3 _____ n. [C,U] a feeling of sadness that makes you think there is no hope for the future (line 23)
- 4 _____ n pl. [C] people who work for someone else (line 67)
- 5 _____ n pl. [C] the relationships between friends (line 47)
- 6 _____ n pl. [C] people who are trained, or work, in science (line 2)
- 7 _____ n. [C] an act of moving your body (line 49)
- 8 _____ n. [U] facts that make you believe something is true (line 55)
- 9 _____ n. [C, U] people in general living in an organised group (line 52)
- 10 _____ n. [C, U] saying things that show you have a bad opinion of someone (line 67)
- 11 _____ n. [C] something that you feel, e.g. anger, happiness, etc. (line 65)
- 12 _____ n. [U] what you do; how you act (line 51)

b Look back at the article and check your answers.

Analysis

1 These are some of the most common suffixes (letters at the end of the word) which form nouns. Match the words above with the correct suffix.

-ness happiness	-ion/-sion/-tion	-ity/-iety/-y	-ment
-ance/-ence	-our/-iour	-ism	-ing
-ship	-ee	-er	-ist

- 2 Many nouns are exactly the same as the verb, e.g. *to benefit, a benefit, to damage, some damage, etc.*
- 3 Gerunds (verb + *-ing*) are used the same way as nouns, and can be the subject or the object of the sentence.
Feeling undervalued can damage your health. I really enjoy doing absolutely nothing.
Look back at the paragraph about Exercise in the text on page 18 and find at least five gerunds.

► Read Language summaries A and B on page 145.

Pronunciation

- 1 **T2.1** Listen to the nouns from the article and mark the stress. Which suffixes, if any, are stressed?
happiness
- 2 Many of the unstressed syllables have schwa sounds. Mark where you think they are.
 /ə/
happiness
- 3 Listen and check. Then practise saying the words, paying attention to stress and weak forms.

Practice

1 a What are the noun forms of these words?

active (adj)	hostile (adj)	psychological (adj)
aggressive (adj)	ill (adj)	suffer (v)
develop (v)	member (n)	violent (adj)

b Which of the noun forms are different to these verbs?

attack	cause	diet	exercise	increase
reduce	research	reward	risk	survey

2 **T2.2** Choose the correct alternative. Then listen and check.

According to experts, the way you spend your free time is vital to your general (a) happy / happiness and (b) healthy / health, and (c) get / getting the right (d) balance / balancing is very important. It goes without saying that physical (e) fit / fitness is the key, so everyone's leisure time should include some form of exercise, ideally something that you also find (f) enjoyable / enjoyment. Most people also gain (g) satisfied / satisfaction from (h) do / doing something (i) creative / creativity, such as (j) paint / painting, (k) cook / cooking or (l) garden / gardening. However, as Professor Michael Argyle points out, not all your free time activities should be (m) solitary / solitariness, or you may end up feeling (n) lonely / loneliness. (o) Companion / Companionship is also (p) important / importance to most people's sense of well-being. But you must find the right kind of social (q) interaction / interactive, argues the professor. (r) Member / Membership of some groups, such as (s) political / politician parties, can simply lead to (t) stressful / stress and (u) frustrated / frustration. (v) Join / Joining a (w) supportive / support (x) social / society group like a choir or a dance class is likely to be much more (y) benefit / beneficial.

3 a Look at the list of things that make you feel good and things that make you feel bad. Complete the noun/gerund forms.

What makes you feel good?

- financial secur ____
- succ ____ in your career/exams
- be ____ physically fit
- sleep ____ well
- plenty of vari ____ and excit ____ in your life
- spend ____ time with your family
- be ____ in a good relation ____
- hav ____ time to relax
- keep ____ busy
- good friend ____ s
- go ____ out a lot
- be ____ creative
- intellectual stimula ____
- spend ____ money
- feel ____ in control of your life

What makes you feel bad?

- financial worr ____
- feel ____ under too much press ____
- not sleep ____
- critic ____ from your colleagues, family, etc.
- anxi ____ s about work/college
- lack of confid ____ in what you're doing
- eat ____ badly
- lonelin ____
- problems in your relation ____
- feel ____ unfit
- bore ____

b Which things make you feel good/bad? Complete these sentences.

- The three most important things here that make me happy are ...
- I also enjoy ...
- ... doesn't bother me much.
- The three worst things on the list are ...
- I also hate ...

c Compare your sentences with other students. What were the biggest differences between you?



Language focus 2

Forming adjectives

This text was posted on inspirations.com, a website offering advice and encouragement for life's ups and downs. Read the text and decide which word is blanked out. Then check on page 138.

inspirations

A costs nothing, but gives much. Those who receive it become richer, but it does not make the giver any poorer. It may last only a moment, but its **beneficial** effects can last a lifetime.

There is no one who is so **wealthy** or **powerful** that they can survive without one, but even a **penniless** beggar can afford to give one.

A transforms an **unhappy** home into a place of love, turns acquaintances into friends and brings hope to those who are **discouraged**. It can give a more **optimistic** outlook to those who see only darkness, and is nature's best cure for those who are **depressed**, **anxious** or **insecure**. Yet it cannot be bought, begged, borrowed or stolen. It is something which only becomes **valuable** when it is given freely. Some people are too **tired** to give you a . Give them one of yours, as no one needs a more than the person who has no more to give.

Analysis 1

1 Suffixes

- a Many suffixes (letters added to the end of a word) are used to form adjectives.
power + *-ful* = powerful value + *-able* = valuable
Underline the suffixes of the adjectives in bold in the text above.
- b Notice that many adjectives of feeling have two forms, ending with *-ed* and *-ing*.
depressed depressing
Which describes the thing that makes you feel like this? Which describes the way you feel?
Think of at least five more adjectives like this.

2 Prefixes that mean 'the opposite of'

We can also add prefixes (letters added to the beginning of a word) to adjectives. Many of these mean 'the opposite of' or 'not'.
unhappy ≠ *happy* *discourage* ≠ *encourage*
Find another prefix like this in the text above. Do you know any other prefixes that mean 'the opposite of'?

► Read Language summaries C and D on page 146.

Practice

- 1 Here are some more ideas from the same website. Complete the adjectives in bold with the correct prefix or suffix from the box.

-able -ed (x 3) -ent -ful (x 3) -ic (x 3) -ient -ing (x 3)
-ive (x 2) dis- im- un-

inspirations

- a Don't make the mistake of thinking that by running around you are at your most **effective** and **effic**_____. Sometimes the most **use**_____ thing to do is to stop and think!
- b Life can be an **excit**_____ journey; but sometimes the journey is more **interest**_____ than the destination.
- c People who are **pessimist**_____ about things have an advantage over those who are always **optimist**_____ : they are never **disappoint**_____ .
- d Life gives us a series of **wonder**_____ opportunities, which often come disguised as **unsolv**_____ problems.
- e A few people are **success**_____ because they're **talent**_____ : most succeed because they're **determin**_____ .
- f Tell the truth, even though it hurts: it is better to be _____ **popular** than to be _____ **honest**.
- g As long as you are **enthusiast**_____ and **persist**_____ , nothing is _____ **possible**!!
- h Being **posit**_____ has one very important side-effect: it's **catch**_____ !!

- 2 a Which adjectives above describe a person's character? Make a list of positive and negative adjectives, adding ideas of your own.

- b Which characteristics on your list do you most admire? Which do you find most annoying? Compare ideas with a partner.

I really like people who are honest and say what they think.

I can't stand people who are negative about everything!

Analysis 2

Other prefixes

Prefixes don't always mean 'the opposite of'. They can alter meaning in other ways. Add a prefix from the box to complete the adjectives below.

anti-	non-	over-	pre-
post-	pro-	self-	under-

- ___ paid = paid too much
- ___ fed = not given enough food
- ___ stop = without stopping
- ___ war = after the war
- ___ arranged = arranged in advance
- ___ confident = confident in yourself
- ___ -American = in favour of America
- ___ -government = against the government

► Read Language summary E on page 146.

3 a Think of examples for the following things.

- 1 A profession in which people are **underpaid**.
- 2 A profession in which people are often **overpaid**.
- 3 The name of a person or place that looks after **preschool** children.
- 4 A public place that is usually **non-smoking**.
- 5 A popular **postgraduate** degree course.
- 6 The name of a newspaper that is considered **pro-government**.
- 7 The name of someone you know who is very **anti-smoking**.
- 8 The name of a famous person who seems very **self-centred**.

b Compare your ideas in small groups.

I wrote 'library' because libraries are usually non-smoking.

Real life Responding sympathetically



1 Do you consider yourself to be generally sympathetic or not? Who do you turn to if you need a sympathetic listener?

2 **T2.3** Listen to three short conversations and answer the questions.

- a What is the person's problem in each case?
- b Is the listener very sympathetic, reasonably sympathetic or not very sympathetic? What suggestions does he/she make?

3 a Mark the sentences in the box: *** for very sympathetic, ** for fairly sympathetic and * for unsympathetic.

Calm down!	Never mind.
Come on! Pull yourself together!	That sounds awful!
Don't take any notice of him/her.	There's no point in getting upset about it.
Don't worry. It doesn't matter.	Try not to worry about it.
How annoying!	What a shame!
Just ignore him/her/it/them.	You must be really worried.

b Read the situations and choose one or two appropriate responses from the box for each.

- 1 A visitor to your house is embarrassed because he's spilled his drink.
- 2 A child tells you that his best friend said something unkind to him.
- 3 Your best friend phones because she's had a row with her boyfriend.
- 4 Your friend is in tears at the end of a sad film.
- 5 Your friend is worried because his mother is going into hospital.
- 6 Everyone is laughing at your friend's new hairstyle.
- 7 Your friend is too scared to go to the dentist by herself.

Pronunciation

- 1 **T2.4** Intonation is important if you want to sound sympathetic. Listen to some of the sentences from the box above. Which two do not sound sympathetic?
- 2 Practise saying all the sentences sympathetically.

4 Work in pairs. Choose one of the situations in exercise 3b and write a conversation similar to the ones you listened to.

5 Act out your conversation for the rest of the class. The others listen and say which situation you are acting out and whether or not the listener is sympathetic.

Task: List the things that make you feel ...

Preparation: listening

1 **T2.5** Listen to ten people answering one of the questions below. Match the speakers to the questions.

- a What makes you laugh?
- b What frightens you?
- c What makes you feel depressed?
- d What helps you to relax?
- e What do you really detest?
- f What makes you stressed?
- g What makes you feel embarrassed?
- h What makes you happy?

2 Listen again and make notes about what each speaker said.

3 Compare your notes with a partner. Do you have the same feelings about the things that were discussed?

4 **T2.6** Listen and complete the sentences from the recording.

- a One thing that always _____ is I say the wrong thing at the wrong time.
- b There's only _____ me.
- c It just _____ crazy.
- d I _____ all sorts of strange situations _____.
- e The thing _____ horror films.
- f It just puts me _____ mood.
- g I _____ snakes.
- h I know you _____, but I _____ laughing.





Task: speaking

1 a Make brief notes about your own answers to the eight questions. You can write one or several things. Miss out any questions you do not wish to answer.

b Ask your teacher about any words or phrases that you need to explain your ideas.

▶ Useful language a

2 Work in groups. Go through the questions, comparing and explaining your ideas. Make a list of the most interesting ideas for each question.

▶ Useful language b

3 *Either explain your group's ideas to the class. Or work with a partner from a different group. Compare the ideas you discussed in exercise 2.*

Useful language

a Describing your feelings

One thing/another thing that really frightens/embarrasses me is when ...

I hate/love it when ...

It really annoys me when ...

I find ... very embarrassing/
relaxing/annoying, etc.

... makes me very happy/relaxed/
depressed, etc.

I just can't stand/cope with ...

b Comparing

Me too./So do I.

What about you?

Does anyone else feel the same way?

Yes, I find ... very relaxing/
annoying, too.

Wordspot

life

1 a The word *life* has been omitted from the sentences below. Write it in the correct position. Use a dictionary, if necessary.

- 1 Since they won the lottery, the Powells have lived ^{life} a of luxury in Italy.
- 2 The actor Danny Mackay told the press that he would not answer any questions about his private.
- 3 Although there was no danger of the ship sinking, everyone had to put on their jacket as a precaution.
- 4 I wouldn't worry about Suzy. She's probably having the time of her.
- 5 The accused was given a sentence for the murder of two police officers.
- 6 Fortunately, there was a guard on duty at the beach – otherwise the child might've drowned.
- 7 I've been offered a place at Oxford University! It's the chance of a time!
- 8 Although he can't actually throw us out, our landlord is making very difficult for us.
- 9 At university, I had a very good social, and there was always plenty to do.
- 10 Despite his tough screen image, in real Brad Tom is a quiet, gentle man.
- 11 The wax models are so like that you almost feel you could talk to them!
- 12 It's disappointing that you didn't win the prize, but that's! There's nothing you can do about it!

b Underline the word or phrase with *life* in each sentence.

2 Complete the definitions with an appropriate word or phrase.

- a 'In _____' means in reality, as opposed to what happens in stories.
- b If you're having the _____, you are enjoying yourself more than ever before.
- c Your _____ is the part of your life concerned with going out and seeing friends.
- d A _____ is a long term in prison, possibly until the prisoner dies.
- e A _____ statue or model looks exactly like the living person.
- f '_____!' is what people say when they have to accept a situation they don't like.
- g If you make _____ for someone, you do your best to create problems for them.
- h A _____ is something you wear to help you float in water.
- i Your _____ is the part of your life concerned with your home, family, etc.
- j A _____ means you live expensively and have anything you want.
- k A _____ is someone whose job is to save people from drowning on beaches, etc.
- l The _____ is the best opportunity you will ever have.

3 Choose five of the expressions and write sentences which show the meaning. Compare your sentences in small groups.

Examples:

People love reading about film stars' private lives in gossip magazines.
The way the characters move in this computer game is incredibly lifelike.

Word building with a dictionary

1 Use the extracts below to find:

- the past tense, *-ing* form and third person (*he, she, it*) form of *satisfy*.
- the noun from *satisfy*, and its opposite.
- three adjectives from *satisfy*. Find the difference in meaning, and the opposite of each one.

satisfaction /sætɪsfækʃən/ *n* a feeling of happiness because you have achieved something [opposite = dissatisfaction]

satisfactory /sætɪsfæktri/ *adj* something that is satisfactory seems good enough for a particular situation [opposite = unsatisfactory]

satisfied /sætɪsfaɪd/ *adj* pleased because something has happened as you want, or because you have got what you want [opposite = dissatisfied]

satisfy /sætɪsfaɪ/ *v* satisfied, satisfying. satisfies to make someone pleased by doing what they want

satisfying /sætɪsfaɪ-ɪŋ/ *adj* making you feel pleased and happy, because you have got what you wanted [opposite = unsatisfying]

2 Use the extracts above to help you with exercise 3 below. Before you write in the words, read the sentences carefully and check if:

- you need a verb, noun, adjective, etc.
- there is more than one adjective, noun, etc. Make sure you choose the word which makes sense in the gap.
- you need to add any prefixes, suffixes, etc. (There may be more than one.)

3 Complete the sentences with the correct word from *satisfy*.

- a It was very _____ to beat our rivals United in the final.
- b Although we could still do better, our overall progress has been _____.
- c There is much _____ with the government over recent failures.
- d This work is _____. You will need to do it again.
- e Many people are _____ with the investigation, and want a new one.

PRACTISE...

1 Nouns

Complete the nouns with the suffixes.

-ee	-ence	-iety	-ion	-iour
-ism	-ment	-ness	-ship	

- a behav____ d evid____ g move____
 b critic____ e friend____ h employ____
 c depress____ f happi____ i soc____

► Need to check? Language summary A, page 145.

2 Gerunds

Underline the words which should be in the *-ing* form.

- a Many people who wish to improve their fitness find that go to the gym is easier and more sociable than do exercise at home.
 b Join an Internet chatroom has become a popular way of meet new people.
 c Don't you think that go out and take exercise in the fresh air is better for you than spend half your life sit in front of a computer screen?

► Need to check? Language summary B, page 145.

3 Suffixes

Cross out the word in each group which does not belong with the suffix on the right.

- a success- / power- / talent- -ful
 b confid- / persist- / pleas- -ent
 c disappoint- / enthusiast- / pessimist- -ic
 d health- / import- / wealth- -y
 e hope- / imagine- / penni- -less

► Need to check? Language summary C, page 146.

4 Prefixes to form opposites

Add prefixes to form the opposite of the adjectives.

- a ___experienced b ___legal c ___loyal
 d ___popular e ___possible

► Need to check? Language summary D, page 146.

5 Other prefixes which change meaning

Choose the correct definition.

- a anti-war against / in favour of war
 b non-violent against / without violence
 c over-confident too confident / not confident enough
 d pre-paid paid for before / after

► Need to check? Language summary E, page 146.

6 Responding sympathetically

Choose the correct alternative.

- a Never / Don't / It doesn't mind.
 b How / That sounds / What a shame!
 c There's no point in / of / on getting upset about it.
 d Don't make / put / take any notice of her.
 e Calm / Pull yourself / Quiet down!

► Need to check? Real life, page 23.

7 Phrases with *life*

Complete the expressions with *life*.

- a life_____ (adj) = looking exactly like a real person or thing
 b to have the _____ of your life = to enjoy yourself more than ever before
 c the _____ of a lifetime = the biggest opportunity you will ever have
 d _____ life = for famous people, the part of their life connected with their friends and family, and which is not normally shown to the public
 e a life_____ = someone who is responsible for rescuing people from the water at a swimming pool or beach

► Need to check? Wordspot, page 26.

Pronunciation spot

Stress within word families

a **T2.7** The stress is shown in dictionaries like this: 'record (n) and re'cord (v). Use a dictionary to mark the stress in the following word families. Then listen and check.

- 1 imagine (vb) imagination (n) imaginary (adj)
- 2 organise (vb) organised (adj) organisation (n)
- 3 politics (n) politician (n) political (adj)
- 4 psychology (n) psychologist (n) psychological (adj)
- 5 satisfy (vb) satisfaction (n) satisfactory (adj)

b Practise saying the words, paying attention to the different stress patterns.

REMEMBER!

Look back at the areas you have practised. Tick the ones you feel confident about. Now try the MINI-CHECK on page 158 to check what you know!