

G distancing V expressions with time P linking in short phrases



1 SPEAKING

- Think about the last time you were very busy. What things did you have to do?
- Do the quiz.

Am I too busy?

Circle *Yes* or *No* for each statement.

- I often commit to things and then regret it. *Yes No*
- I never feel like I've accomplished enough at the end of the day. *Yes No*
- When I do have a day off, I fill it with activities. *Yes No*
- I have difficulty saying no. *Yes No*
- I often miscalculate how long certain activities will take. *Yes No*
- I find myself constantly wishing I had more time. *Yes No*
- I rarely have time to do the things I really love. *Yes No*
- I feel powerless over my time and commitments. *Yes No*
- I rarely, if ever, schedule downtime in my calendar. *Yes No*
- Others complain that my schedule doesn't allow enough time for them. *Yes No*

- Communication** Am I too busy? p.111
Find out what your score means.
- Compare your score with a partner and discuss the reasons for your answers. How similar are you?

2 READING

- Look at the two nouns below. How are they pronounced? What do they mean?

business busyness

- Read the first paragraphs of two articles about busyness. In pairs, try to complete the missing word in both titles. Which article is positive and which is negative about being busy?
- Now read the rest of the two articles and answer the questions.

Article 1

- Why...?
- does social media cause FOMO
 - might people who have recently split up try to keep busy
 - might being busy improve somebody's social status
 - might somebody feel guilty or ashamed

Article 2

- Why...?
- is it becoming harder to live a life of leisure
 - might busy people sleep better
 - might it be a bad idea to retire early
 - is it beneficial for older people to do voluntary work

- Language in context** Look at some verb phrases from the articles. Complete the gaps with a particle. Then, in pairs, decide what they mean. Use the context to help you.

- get _____ to sb (Text 1, l.01)
- be _____ the go (Text 1, l.02)
- stand _____ sth (Text 1, l.08)
- keep your mind _____ sth (Text 1, l.18)
- keep sth _____ bay (Text 2, l.07)
- ward _____ sth (Text 2, l.27)

- Talk to a partner.
 - For you, is being busy a good or a bad thing?
 - Do you ever feel guilty if you aren't busy?
 - Do you ever have a problem relaxing?
 - Do you ever feel that you have too much free time?
 - What do you do to help yourself feel less stressed?

1 Are you a _____ to being busy?

'Let me check my diary and get back to you', is a phrase we've all uttered. We are constantly on the go, trying to squeeze friends and family, work, and fitness into our increasingly demanding lifestyles.

05 And while we have all struggled with a jam-packed week at some stage, it's possible some people have developed an actual addiction to 'busyness'.

Many busy people suffer from FOMO, which stands for 'fear of missing out', and is defined as anxiety, often caused by social media, that an exciting or interesting event is happening somewhere which they are not part of. Others pack their schedules in order to avoid dealing with other things in their lives. 'When our mind isn't occupied with a task, we are left with our thoughts and our emotions,' says psychologist Jaimie Bloch. 'This makes many people feel uncomfortable and anxious. For example, those who have recently left relationships might use excessive activity as a way to keep their minds off the break-up. Others may have a fear of being unproductive, so busyness feels like a way to achieve success. When these people aren't busy, it's a form of failure.' Ms Bloch also says that in a society obsessed with productivity and achievement, being busy can be a way to elevate your social status. 'Being busy creates a sense of importance and value. The idea of relaxing, not doing anything, is linked to emotions such as guilt and shame.'

2 What keeps you h _____ is being busy, busy, busy!

We all dream of leading a life of leisure. Often that dream just keeps receding from our grasp. Pension ages are going up, and smartphones and social media mean we're never really 'switched off'. But now, emerging medical research suggests that staying busy helps us to live longer, keeps us strong, and could even keep dementia at bay.

Recently, American researchers revealed that we sleep better when we have lots of reasons to jump out of bed in the morning. Neurologists in Chicago reported that people who are busily purposeful – in particular, having a packed agenda of future plans – are less troubled by insomnia. And psychologists at the University of Texas reported that the busier people are, the stronger their mental powers, regardless of age or education.


It appears that keeping busy as we age is particularly beneficial – even if it means working beyond retirement age. Italian neuroscientists have warned that people aged over 50 who retire early are more likely to lose muscle strength and become ill. Last year, another report found that people who retired later were significantly less likely to develop cognitive difficulties like loss of memory. Voluntary work has a similar effect. Professor Yannick Griep, a psychologist at Canada's University of Calgary, says that seniors who volunteer are more physically, mentally, and socially active, which helps to ward off dementia.

Adapted from The Daily Mail

3 LISTENING

a Mindfulness is a technique which many busy people use to help them focus on the present and stop worrying about the future. You're going to do a well-known mindfulness exercise called *The Chocolate Meditation*. Before you listen, with a partner, say what you think these verbs mean.

unwrap inhale pop (sth) into melt chew swallow

b  5.1 Close your eyes and listen. Imagine doing all the stages.

c Listen again. What does the speaker say about...?

- 1 the type of chocolate to choose
- 2 what to do before you unwrap it
- 3 what to notice as you unwrap it
- 4 what to do before you eat it
- 5 what to notice and do as you put it in your mouth
- 6 when to swallow it

d What is the main message of the meditation? Do you agree that mindfulness could 'change your whole day'?



4 GRAMMAR distancing

a Read three sentences about mindfulness and focus on the highlighted phrases. What effect would it have on the meaning if they were left out?

- 1 Jon Kabat-Zinn is considered to be the 'father' of mindfulness.
- 2 He claims to help people cope with stress.
- 3 It appears that mindfulness helps to reduce anxiety.

b  p.150 Grammar Bank 5A

c You're a journalist. You've been asked to write three breaking news stories for a website. However, the facts haven't been confirmed yet. Write two or three sentences for each headline, using the prompts and appropriate distancing expressions.

Politician's wife seeks divorce

Which politician? After how many years of marriage? What do people say is the reason?

Footballer linked to match-fixing scandal

Which footballer? What did he do? What is his club planning to do about it?

Sugar: the new health benefits

What are the benefits? How much sugar do you need to eat? When / In what form should you eat it?

5 LISTENING

- a Look at a survey by the watch manufacturer Timex. Which two things would make you the most impatient?

How long are we prepared to wait before we freak out?

How long do you think the average person will wait for something before getting annoyed and trying to do something about it? Here are the answers, according to a survey by Timex.

When you're waiting...	Average time before getting annoyed
1 for a car in front of you to start moving when the light turns green.	
2 for people to stop talking during a film at the cinema.	
3 for a child to stop crying before you give their parents an angry look.	
4 to see the doctor.	
5 for your partner to get ready to go out.	
6 in a queue at a coffee shop.	
7 for a blind date to arrive.	
8 for someone to stop talking loudly on their phone before you tell them to keep their voice down.	



- b With a partner, try to complete the survey with the times from the list.

32 minutes
26 minutes
21 minutes
7 minutes

2 minutes 41 seconds
2 minutes 25 seconds
1 minute 52 seconds
50 seconds

- c **5.2** Now listen to an American journalist, Sam Greenspan, talking about the Timex survey. Check your answers to **b**.
- d Listen again. Does Sam agree or disagree with each survey answer? Is he more or less patient than the average person?
- e **Language in context** Look at some American English expressions that Sam uses. What is the usual British English word or phrase?
- a movie theater
 - it doesn't really bug me
 - get mad
 - waiting in line
 - a takeout
 - a server
- f Work with a partner. Look at the survey in **a** again. Would you wait a longer or shorter time than average in these situations? In what other circumstances do you hate having to wait?

6 VOCABULARY expressions with *time*

- a **5.3** Listen to three people talking about waiting for things. What situations do they complain about? Do you agree with them?
- b Listen again and complete each extract with four words.
- ...but more often they'll say it _____ from 7 a.m. to 7 p.m...
 - It doesn't really happen so much nowadays, but _____, I'll be somewhere where there's, like, really bad internet connection...
 - ...I always _____ – in fact, usually at least five minutes early...
- c **p.167 Vocabulary Bank Expressions with *time***
- d Complete the sentences so that they are true for you or reflect what you think. Then compare with a partner.
- By the time I'm..., I'll be...
 - Everyone should...from time to time.
 - It's only a matter of time before...
 - I had the time of my life when I...
 - I waste a lot of time...
 - It's going to take me a long time to...
 - It's about time I...
 - I find...very time-consuming.
 - If I had more time off, I'd...

7 PRONUNCIATION linking in short phrases

a **5.7** Listen to sentences 1–10. Why are the words linked? Read the information box and check.

- 1 We need to make up for lost time.
- 2 He gave me a really hard time.
- 3 We're going to run out of time.
- 4 Could I have some time off next week?
- 5 At times I feel like giving up completely.
- 6 Time's up. Please stop writing.
- 7 Let's not waste time on that.
- 8 It's only a matter of time before they break up.
- 9 Did you have a good time last night?
- 10 It's about time you learned to cook!

Linking in fast speech

When people speak quickly, they tend to link two or more words together so they sound like one word. This could be because:

- 1 a consonant sound at the end of a word is linked to a vowel sound at the beginning of the next, e.g. *I met him a long time ago.*
- 2 a word ending with a consonant sound is followed by a word beginning with the same consonant sound, e.g. *I need some more time.* This also applies to two very similar sounds, like /d/ and /t/, e.g. *Have a good time!*, and /z/ and /s/, e.g. *Please sit down.*
- 3 a word ending with a silent *r* or *re*, e.g. *quarter, spare*, is followed by a word beginning with a vowel sound. In this case, the words are linked and a /r/ sound is added, e.g. *a quarter of an hour.*

b **5.8** Listen to some three-word phrases which are often heard as one word. First, you'll hear the phrase on its own, and then you'll hear it in context. Write the phrases.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

c Practise saying the sentences and phrases in **a** and **b**, trying to link the words.

8 SPEAKING

a Complete the questions in *Time and you*.



- 1 Do you have any apps that you think really **s** _____ **you time**? Which ones?
- 2 When you do an exam or test, do you tend to have **time l** _____ at the end, or do you usually **r** _____ **o** _____ **of time**?
- 3 When you were younger, did your parents **g** _____ **you a** **h** _____ **time** if you came home late? Where had you usually been?
- 4 On a typical weekday morning, are you usually **sh** _____ **of time**? Why?
- 5 What do you usually do to **k** _____ **time** while you're waiting at an airport or a station?
- 6 When you go shopping, do you like to buy things as quickly as possible, or do you prefer to **t** _____ **your time**?
- 7 Is there anything or anybody who is **t** _____ **u** _____ **a** **l** _____ **of your time** at the moment? How do you feel about it?
- 8 Are you usually **o** _____ **time** when you meet friends? Does it bother you when other people are late?
- 9 Do you usually get to the airport or station **w** _____ **time to** **sp** _____ or at the last minute?
- 10 What do you most enjoy doing when you have some **m** _____ **time**?

b Now ask and answer the questions in small groups. Give examples.

(My banking app definitely saves me time – I can...

5B

Not for profit?

I believe in capitalism. I need to make a profit, but I would like to do it with ethics, dignity, morals.
Brunello Cucinelli, Italian fashion designer

G unreal uses of past tenses **V** money **P** silent consonants

1 VOCABULARY money

- a Look at eight pictures which represent idioms related to money. With a partner, explain what you think they mean. Do you have a similar expression in your language?



1 Money doesn't grow on trees.



2 He's really tight-fisted.



3 It must have cost an arm and a leg.



4 I can't make ends meet.



5 We're in the red. (opp in the black)



6 It's a rip-off!



7 We're going to have to tighten our belts.



8 My sister's definitely living beyond her means!

b **V** p.168 Vocabulary Bank Money

- c **Circle** the correct word according to meaning, collocation, or register.

- Mum, can you lend me some money? I'm *broke* / *penniless*.
- I'm trying to get a *mortgage* / *loan* from the bank to buy a car.
- We're going to have to be careful this month if we don't want to end up *in the red* / *in the black*.
- He took part of his pension as a *lump sum* / *deposit*.
- One of my cousins is absolutely *affluent* / *loaded* – she inherited a fortune from her parents.
- The *currency* / *exchange rate* is terrible! £1 is only \$1.20.
- We like living here because we have a much better *cost* / *standard of living*.
- A Is breakfast included in the price of the room?
B No, sir. It's 12 *pounds* / *quid* extra.

- d Look at the questions below. Think of two or three people you know and tell a partner about them.

Do you know anybody who...?

- is a bit tight-fisted
- lives beyond their means
- buys and sells shares on the stock market
- charges very high fees for what they do
- was given a grant to study abroad
- often gives donations to charity
- has difficulty making ends meet

2 PRONUNCIATION silent consonants

- a Look at these words related to money and say them aloud. Cross-out the consonants that are not pronounced.

debt mortgage dishonest

- b **5.13** Listen to ten sentences and write the last word in each. Then cross-out the silent consonant.

3 READING & SPEAKING

- a With a partner, choose the correct definition of *capitalism*.

capitalism

/ˈkæpɪtəlɪzəm/

an economic system in which businesses and industry are...

- controlled and run for profit by private owners.
 - controlled and run for profit by the government.
 - controlled by the government, but non-profit-making.
- b Read the introduction to the article, and look at the ten headings. Do you already do any of these 'small things'?

10 small ways to lead an anti-capitalist life

When I asked readers recently for examples of 'everyday things that represent non-capitalist living', I received a ¹ deluge of replies. One reader said: 'Living in our consumer society, I am frequently filled with despair at the way things are going in the world at the moment, and doing this small thing at least makes me feel as though I'm doing something positive,' which really ² gets to the heart of the idea.

1 Freecycle as much as possible When you're ³ lumbered with something you either don't want or don't need, you can connect via the internet with someone for whom it might have a use. Scores of readers recommended the Freecycle network and the UK group Freegle. You can get anything, from beds, pianos, and bikes, to a 'bag of make-up and toiletries, opened but still usable'.

2 Leave stuff outside for your neighbours Chris Everitt lives in Berlin. 'We have a little covered alleyway just off our high street where people leave things all the time: books, furniture, clothes, ⁴ knick-knacks, even food. When you have something that no longer serves you in your life, you can place it there. Within a few hours, it will be part of someone else's life.'

3 Make your own clothes 'I no longer buy clothes,' says Clea Whitley, 33, from London. 'I make them myself. I do have to buy fabric and clothing patterns, but I only buy what I need. It's not that I can't afford high-street clothes. But hopefully, with mine, no child labour, toxic chemicals, or animal cruelty are involved.'

4 Forget the gym A 23-year-old graduate writes, 'I once had a gym membership: £25 a month to be breathing in warm air ⁵ laced with sweat, and listening to extremely loud pop music promoting a glamorous and affluent lifestyle. I now enjoy jogging in the park, where I can enjoy nature while exercising in a much healthier way. There are no mirrors to show you how 'good' or 'bad' you look, so no reasons to make yourself feel bad or ⁶ pump up your ego.'

5 Make your own spreadable butter A small contribution, perhaps, but ingenious. You just have to mix butter with oil, preferably something without too strong a taste. 'It's easier to spread, and reduces the amount of butter we use,' advises a reader from London. 'It's an alternative to spreads in plastic tubs, and those that use palm oil. I don't contribute to the destruction of the habitat of orangutans.'

6 Stop buying cleaning products Not so long ago, one respondent had a look around her kitchen and bathroom and had a ⁷ watershed moment. 'Most of my household cleaning products have been replaced with a homemade mix of white vinegar and water, 1:3 parts. Bicarbonate of soda works, too.'

7 Go online, then visit the library 'Search for books on Amazon, read the reviews and then go to the public library,' advises Kath, from Oxford.

8 Get an allotment 'Keep fit by growing vegetables,' offers a retired teacher. 'We give the excess produce to people as we walk home after harvesting. In summer, we are self-sufficient as far as vegetables are concerned, and in winter we have enough potatoes, squash, and onions to use until March.'

9 Don't drive 'I have never driven a car,' says Sara Gaynor. 'I decided from 1988, after living in Copenhagen, that I would never be part of car culture and all that goes with it – petrol, pollution, traffic jams, the oil and advertising industries. I cycle every day to work. I do my shopping using my bike, and my kids were brought up travelling around by bike and public transport.'

10 Use your TV remote And finally, someone got in touch with this ⁸ pearl of wisdom: 'If you watch any TV at all, you can't avoid the adverts to buy this, buy that... Just turn the sound down when the adverts are on.'



- c Read the whole article and put activities 1–10 into the correct category. Some activities go in more than one category.

Which readers are...?	
doing things that are free instead of paying for them	
giving things away that they don't need	
creating or producing things instead of buying them	
doing something that doesn't pollute and is healthier	
doing something to avoid the temptation to spend	

- d Look at the **highlighted** words and phrases in the article and match them to meanings A–H.

- A left with sth that you don't want and can't get rid of
- B small, decorative objects
- C a turning point, after which things will never be the same
- D (*literally*, a flood) a large number of things that happen or arrive at the same time
- E (*metaphor*) a wise remark
- F mixed together with
- G (*metaphor*) focuses on the most important part of sth
- H (*metaphor*) to increase your sense of your own value or importance

- e Talk in small groups.

1 Which of the suggestions in the article do you think are a good idea? Which ones might you try? Do you think any are a bit ridiculous?

2 Do you agree that making small changes to your lifestyle can make a significant difference to the world?

3 Have you bought anything in the last week that you wanted but didn't really need?

4 Do you ever buy things for yourself that are second-hand, e.g. vintage clothes? Would you ever give somebody something second-hand as a present, or give a home-made present?

4 GRAMMAR unreal uses of past tenses

1 When we **got married**, we were penniless but happy!

2 If we **bought bikes**, we'd be able to sell the car.

3 It's time Jon **stopped** spending so much on stuff we don't really need.

4 If only I **could** work part-time and get an allotment.

5 I wish we'd **been able** to save more when we were younger.

6 I can't believe that Sarah **didn't accept** that promotion!

7 If she **borrowed** some money from her parents, we **could** afford a new car.

8 I'd rather the kids **went** to a private school.

- a Look at the couple in the photo and read what they're thinking. Who is more 'anti-capitalist'?
- b Look at the **highlighted** verbs and answer the questions with a partner.
- Which verbs refer to things that really happened in the past?
 - What do the others have in common?
- c **G** p.151 Grammar Bank 5B
- d Ask and answer the questions in small groups. Do you ever wish...?
- you'd chosen to study different subjects at school or university
 - you could have a year off to travel
 - you could learn a new skill
 - you had more free time for your hobbies and interests
 - you lived in another town or city
 - you could come up with a great idea for a business

5 LISTENING

- a Read a website extract about small businesses. Do you agree with the six reasons? How often do you buy from a small business? What do you buy?

Six reasons to shop small and local

Last Saturday, the annual celebration of Small Business Saturday was a great day for small businesses in the UK. An estimated £748 million was spent across the country with small businesses in 24 hours. But Small Business Saturday is not a one-day-a-year publicity drive. It aims to change mindsets all year round.

So why should we be buying from small businesses?

- 1 Small businesses create jobs.
- 2 Spending money with a small business keeps more money in your local economy.
- 3 Small businesses add colour and variety to our towns.
- 4 Small business owners are at the forefront of innovation.
- 5 Small businesses care about their reputation.
- 6 Small food businesses are often more environmentally friendly.

- b Look at an extract from the website of a small food business. Do you think the business is a good idea? Would you order from them? Why (not)?

WHAT IS PASTA EVANGELISTS?

We deliver what we think is the best pasta in the UK to homes across the country. You can then prepare a 5-star pasta dish in just five minutes, impressing friends and delighting family.

Our little team is passionate about its mission. Our pasta and sauces are made exclusively in London, usually by Italian hands, and prepared with the best ingredients from across Italy. No additives, no bad stuff. We deliver in insulated packaging, meaning it's not a problem if you're not home for delivery: your food will stay cool and fresh until you're back. *Buon appetito.*

'Really delicious and simple to cook.'
William Sitwell, *MasterChef* judge and food critic



Alessandro Savelli

c 5.14 Now listen to Alessandro Savelli, one of the co-founders of Pasta Evangelists, talking about the business. Number the information 1–12 in the order he talks about it.

- the location of the business
- 1 spotting a new business opportunity
- an opportunity to promote the business
- the cooking team
- how much money was originally invested in the business
- their suppliers
- their price structure
- the competition
- their plans for the future
- their USP
- where they deliver to
- the profile of their customers

Glossary

Dragons' Den a TV programme where people pitch ideas for new businesses to a panel of judges, who decide whether or not to invest money

Deliveroo an online company that delivers food from restaurants to customers' houses

d Listen again. Why does Alessandro mention the following?

- 1 selling gnocchi
- 2 Harrods
- 3 *sfoglini*
- 4 Sicily and Piemonte
- 5 £2,000
- 6 two million individuals
- 7 restaurants and takeaways
- 8 £12.00
- 9 small villages
- 10 'We've just scratched the surface.'



e Do you think Pasta Evangelists would be a success in your country? Why (not)?

6 SPEAKING

a Read about a scheme to encourage small businesses.

The local town council is looking for people with fresh new ideas for small food-related businesses, and is prepared to offer a loan. It is interested in the following areas:

- a small café or restaurant
- a food delivery service
- a shop specializing in one type of food or drink
- a new local product, e.g. cheese, olive oil, etc.

If interested, please submit your business proposal via our website.

b Work in small groups. You're going to put in a proposal. Decide together:

- what your business is going to be.
- whether it will be online or a physical café, shop, etc.
- what businesses currently exist in this area.
- what your USP will be.
- who your customers are likely to be.
- how many people you will employ.
- what your price structure will be.
- how you will promote your business.
- why you think it will be a success.

c Now present your proposal to the class. Have a class vote on who should get the loan.

7 WRITING

p.122 **Writing** A proposal Analyse a proposal for increasing student numbers at a language school, and write a proposal.

