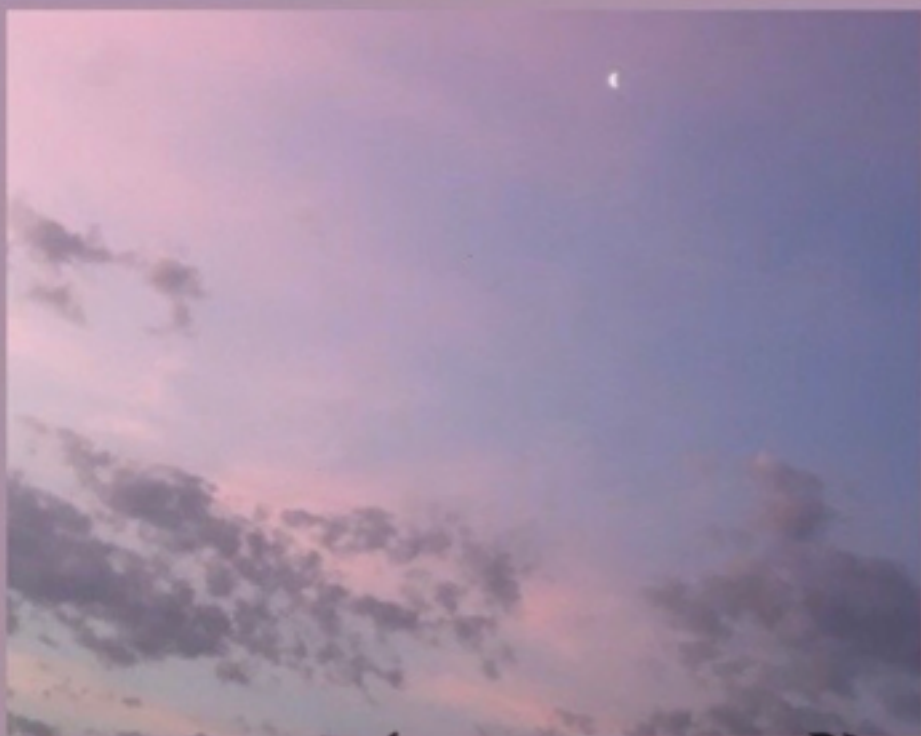
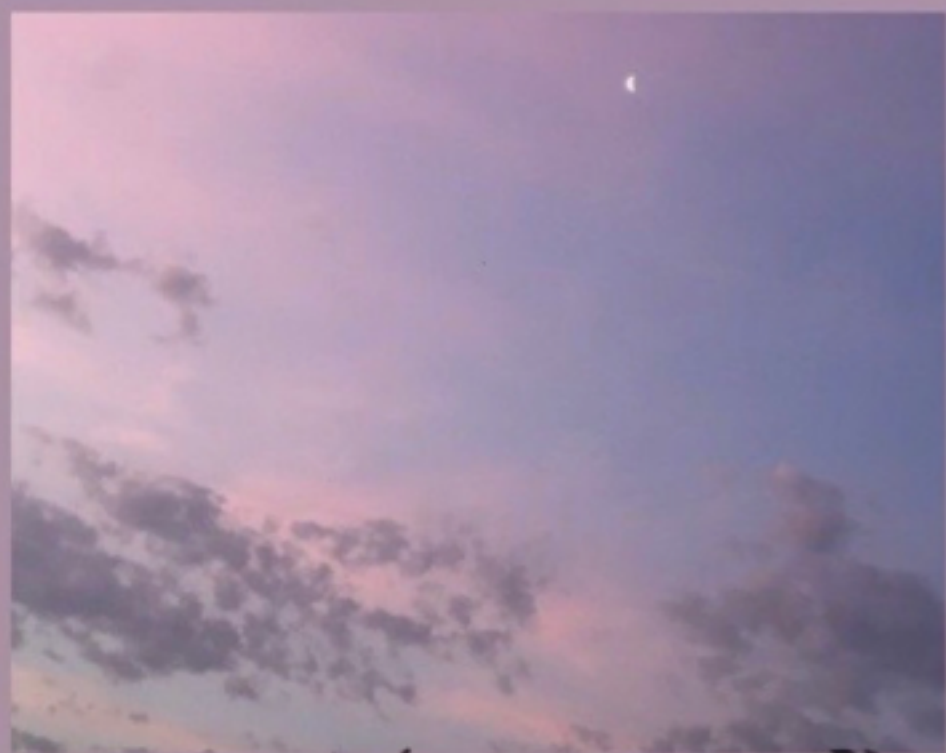


Reading and Writing 3



مقاعب اليوم هي لذائذ الغد ✨

Unit 1



■ 🍷 ماخُلِقنا لِنِياَس

Self Image

Section I

The image we have of ourselves - we realize this too slowly, if at all - is not the same as the image others have of us. One of the last things we get to know about ourselves is what others really think of us. We may spend our whole life going around thinking that what we see in the mirror is what others see, too.

Section II

This is complicated by the fact that we try, sometimes consciously, sometimes not, to give different impressions to different people. Also, others - by their behavior, reputation, social standing, attractiveness, or other qualities - may make us present ourselves in ways that looking back we consider not the real "us," whatever that may be. A compulsive user of foul

1. Section I suggests that

- we are often misunderstood.
- we present mirror images of ourselves.

✓ others' views of us differ from our own.

- we never really know ourselves.

2. How may personal qualities in others affect our behavior?

- We become careful about the language we use.

✓ We behave in a way appropriate to the situation.

- Attractive people make us behave unnaturally.
- They make us regret the way we

Self Image

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3. In Section III it is implied that
- people judge us by appearances.
 - we are always acting.
 - ✓ we act out the person we want to be.
 - we deliberately give a false impression.
4. What is said about students and their behavior?
- If a school has a bad reputation, so do the students.
 - ✓ Bad behavior reflects badly on the school.
 - Wearing a uniform affects how they are perceived.
 - They behave differently in and out of school.

Self Image

Section I

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5. What is said about globalization and behavior in other countries?

- Greeting someone in the wrong way can have serious consequences.
- People should act as ambassadors for their country when abroad.
- Cultural differences between countries have almost disappeared.

✓ Despite globalization, countries maintain old customs and habits.

6. In the final paragraph, what is said about the way we view foreigners?

- We give the subject very little thought.

✓ We think in terms of national characteristics.



Complete the sentences with the correct word.

confidence selected maintain strangers demonstrate appreciated

1. Smiling can demonstrate to others that you are a friendly person.
2. When you are well prepared for a speech, you usually have more confidence .
3. It is important to ask a lot questions when you want to maintain a conversation.
4. The guests appreciated the kindness of their host.
5. The student selected his words carefully when he talked to the teacher.
6. I am very comfortable talking with my friends, but I am shy around strangers .

Match each sentence beginning with the correct completion.

1. You will make a bad impression

if you do not dress appropriately.

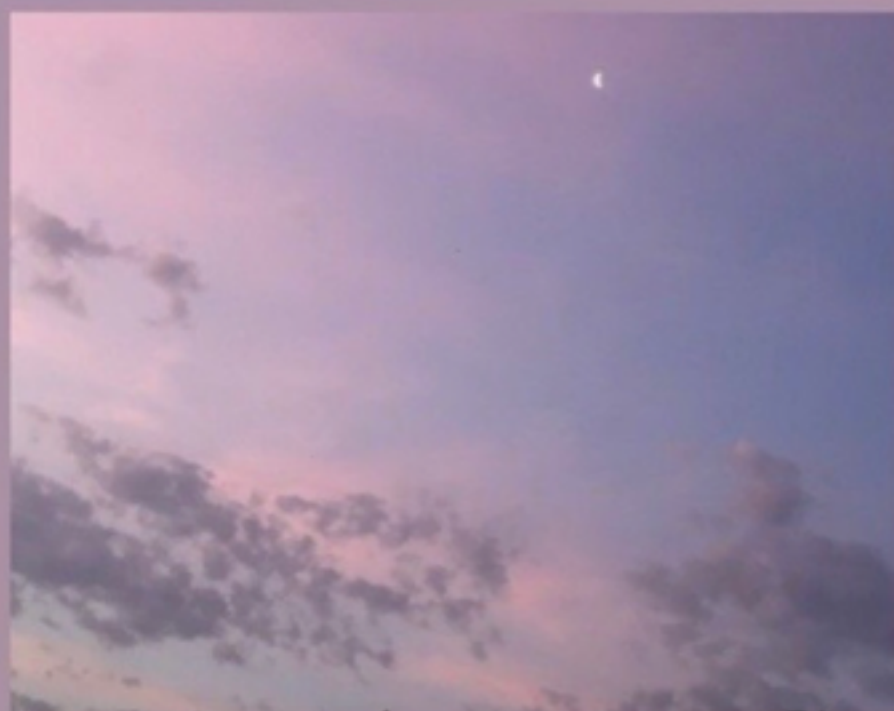
2. If you are late,

you will miss your appointment.

3. You should not use slang

when you speak at a job interview.

Unit 2



كل نجاح عظيم يستحق أن
تتألم من أجله كثيراً 🌟

Choose the correct answer.

Comfort Food

Section I

We all have foods we love, and most people can even choose one dish or meal as their favorite, but what is it about food that makes us enjoy it so much? Is it the taste or the texture, or is it something more complicated than that? Food can have a more striking effect on us than just filling our stomachs; it can actually impact how we feel.

Section II

The term "comfort food" was first used in the 1970s to describe food that was traditionally made, and which made the person eating it nostalgic for an earlier time, especially for happy childhood memories. Someone who enjoyed homemade chicken soup as a child would most likely consider this a comfort food as

1. In Section I, the writer suggests that
 - our enjoyment of food depends on taste.
 - food is about a practical need rather than enjoyment.
 - not everyone has food preferences.
 - food is linked to human emotion.
2. Traditionally, comfort food is
 - food that reminds us of another time.
 - only food that we used to eat as children.
 - food that is served hot on cold days.
 - any food that brings us pleasure.

Choose the correct answer.

Comfort Food

Section I

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3. What is the main message of Section III?

Comfort food is enjoyed internationally.

✓ Comfort food has taken on a different meaning.

People would rather eat junk food than comfort food.

People nowadays have unhealthy diets.

4. People who eat unhealthily

are less stressed than others.

✓ can put on weight quickly.

need to be more active than those who eat well.

eat to make themselves feel happier.

Choose the correct answer.

Comfort Food

Section I

We all have foods we love, and most people can even choose one dish or meal as their favorite, but what is it about food that makes us enjoy it so much? Is it the taste or the texture, or is it something more complicated than that? Food can have a more striking effect on us than just filling our stomachs; it can actually impact how we feel.

Section II

The term "comfort food" was first used in the 1970s to describe food that was traditionally made, and which made the person eating it nostalgic for an earlier time, especially for happy childhood memories. Someone who enjoyed homemade chicken soup as a child would most likely consider this a comfort food as

happier.

5. Fresh and healthy foods

- have a range of benefits.
- can affect how we think about food.
- are the best things to eat on a diet.
- are more comforting than fatty foods.

6. What effect of eating unhealthily is presented in Section VI?

- having mixed feelings of satisfaction and guilt
- less balanced diets than in the past
- a population of people who only eat comfort food
- an increase in overweight people

Complete the sentences with the correct word. You do not need to use all the words.

consume system region cuisine method concept portion practice

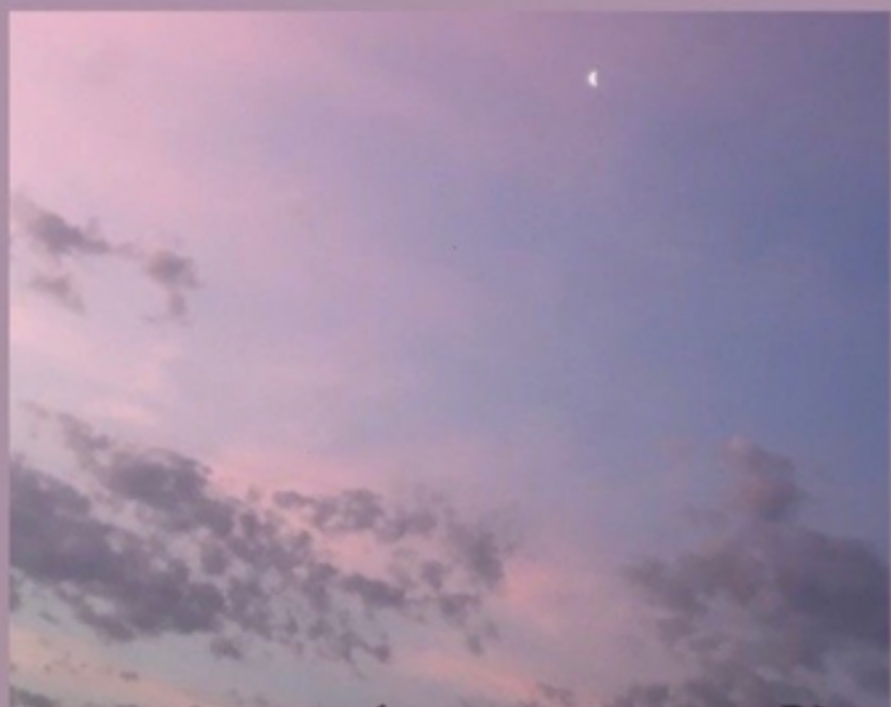
1. It is hard for young children to understand the concept of nutrition.
2. Foods and recipes are different from one region of France to another.
3. A healthy diet includes a large portion of fruits and vegetables.
4. Boiling vegetables is a healthier cooking method than frying them.
5. The southern part of the country is known for its spicy cuisine .



Find and correct the error in each sentence.

1. We served the soup in **old white ceramic** bowls.
2. She bought a pair of **expensive leather hiking** boots.
3. He put an **ancient Asian writing** desk in his room.
4. They bought a/an **beautiful old Persian** rug.

Unit 3



سنبلغ حُلْمنا لو بعد حين
فنحن بحارُ عزم أن أردنا ✨

Choose the best answer.

Adaptable Humans

Section I

The famous saying "no one likes change" is debatable, but whether we like change or hate it, we all have our own way of dealing with it. While some people relish a change in circumstances, others worry about how they will cope with new situations. While some love the challenge of "the new," some hate the inconvenience of getting to grips with something different. In reality, it doesn't really matter where we stand or what opinion we have about change, because we all adapt.

Section II

Human beings are highly adaptable creatures. We can survive in freezing temperatures and still get on a plane to hot and humid climates without a problem. Humans can survive

1. In paragraph 1, the writer says that
 - everyone finds new situations hard to cope with.
 - adapting to change is the biggest challenge we face.
 - change is easier to deal with if it's not too different.
 - ✓ people feel differently about change.
2. According to the writer, what does it mean to be "adaptable"?
 - to see just how much we can cope with
 - ✓ to be comfortable in a variety of situations
 - to behave in the way others think we should

Choose the best answer.

Adaptable Humans

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The famous saying "no one likes change" is debatable, but whether we like change or hate it, we all have our own way of dealing with it. While some people relish a change in circumstances, others worry about how they will cope with new situations. While some love the challenge of "the new," some hate the inconvenience of getting to grips with something different. In reality, it doesn't really matter where we stand or what opinion we have about change, because we all adapt.

Section II

Human beings are highly adaptable creatures. We can survive in freezing temperatures and still get on a plane to hot and humid climates without a problem. Humans can survive

3. Generally speaking, humans
- aren't sure how they would cope without modern gadgets.
 - let technology control their lives.
 - ✓ have accepted changes in technology.
 - feel uncomfortable about how fast technology changes.
4. What does the phrase "we think nothing of making a video call" in Section IV mean?
- We hardly ever consider it.
 - We don't really like the idea of it.
 - We do it automatically.
 - ✓ We aren't bothered or intimidated by it.

Choose the best answer.

Adaptable Humans

Section I

The famous saying "no one likes change" is debatable, but whether we like change or hate it, we all have our own way of dealing with it. While some people relish a change in circumstances, others worry about how they will cope with new situations. While some love the challenge of "the new," some hate the inconvenience of getting to grips with something different. In reality, it doesn't really matter where we stand or what opinion we have about change, because we all adapt.

Section II

Human beings are highly adaptable creatures. We can survive in freezing temperatures and still get on a plane to hot and humid climates without a problem. Humans can survive

by it.

5. Some older people consider gadgets

to be useful in some situations.

✓ to have no real point or worth.

to be more suited to young people.

to be a hindrance to real life.

6. The world of technology

includes some of the biggest changes we face these days.

✓ is only one instance of how humans adapt to change.

is the most rapidly changing market.

has the biggest influence on our society.

Complete the sentences with the correct word.

sense respond survive limitation benefit occurs

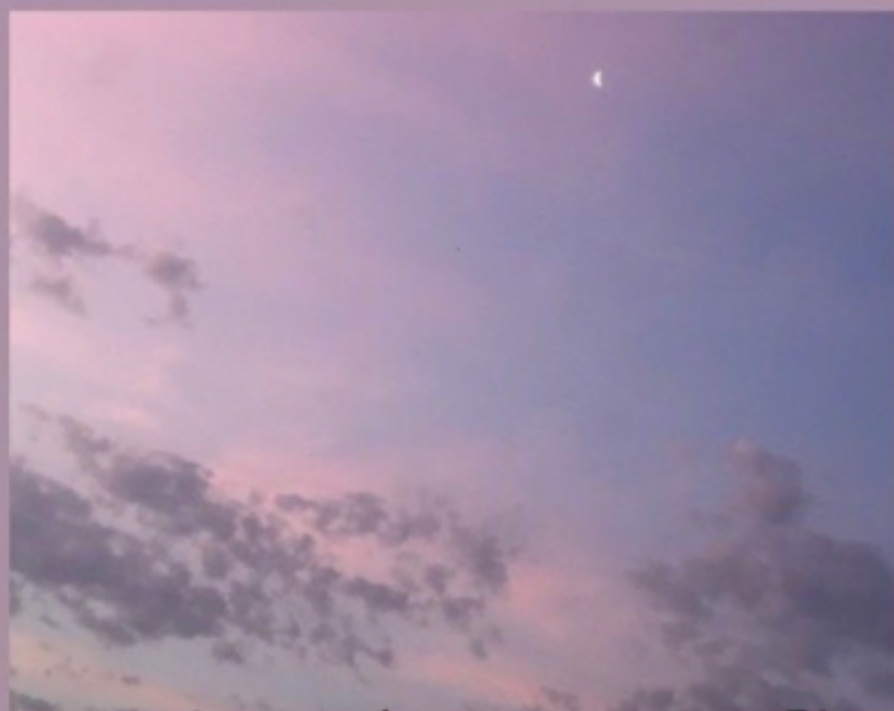
1. One benefit of driverless cars is fewer accidents.
2. Companies should respond to customer complaints right away.
3. If a problem occurs, call the supervisor.
4. Camels are able to survive in the desert.
5. One limitation of electric cars is the battery life. They can only go a certain number of miles before recharging.
6. Some lights can sense when you are in the room.



Correct the error in parallel structure in the sentence.

1. The program lets people find information easily and **quickly** .
2. Instead of driving and **sitting** in traffic, she decided to bike to work.
3. On cell phones, people can chat, text, and **play games** .

Unit 4



لاتيأس حاول مره ومرتين
وثلاثه لأجل حلمك.

Choose the best heading for each section.

The Changing World of Advertising

Section I

Advertising equals awareness. The more we are exposed to information about a product or service, the more aware we are that it exists. We are told how to buy it and where to buy it, and we feel comfortable knowing that should we need that product or service, we are fully informed about how to go about getting or using it. This is the basis of advertising, or at least it was.

Section II

Somewhere along the line, advertising has become less about the sharing of useful information about a product, and more about the presentation of products as necessity. The messages have changed from "if you would like this product, here's how to get it", to "you need this product, get it from here

1. Section I

- The Basic Principles of Advertising
- The Effects of Advertising Strategy
- Appealing to the Heart

2. Section II

- A Tactical New Approach
- We Can't Live Without it
- Targeting Families

3. Section III

- Advertising Overload
- Appealing to the Heart
- Resisting Advertising

4. Section IV

- The Basic Principles of Advertising

Choose the best heading for each section.

The Changing World of Advertising

Section I

Advertising equals awareness. The more we are exposed to information about a product or service, the more aware we are that it exists. We are told how to buy it and where to buy it, and we feel comfortable knowing that should we need that product or service, we are fully informed about how to go about getting or using it. This is the basis of advertising, or at least it was.

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Targeting Families

3. Section III

Advertising Overload

✓ Appealing to the Heart

Resisting Advertising

4. Section IV

The Basic Principles of Advertising

The Power of Understanding Humans

✓ The Effects of Advertising Strategy

5. Section V

✓ We Can't Live Without It

A Tactical New Approach

Appealing to the Heart

Complete the sentences with the correct word.

entertain memorable deceptive donation annual anticipation

1. Public radio stations ask their listeners for a yearly donation to help pay their costs.
2. The commercial has a very memorable song that I can't get out of my head.
3. People often laugh at ads that entertain them with funny or strange situations.
4. Many stores increase their advertising during annual holidays like New Year's Day.
5. Some ads are deceptive and give information that isn't true.
6. I always look forward to my vacation with anticipation .

Choose the correct reason for using the underlined coordinating conjunction.

1. The movie was terrible, so we decided to leave early

a result

2. Advertisers can make TV ads, and they can advertise on the Internet.

related ideas

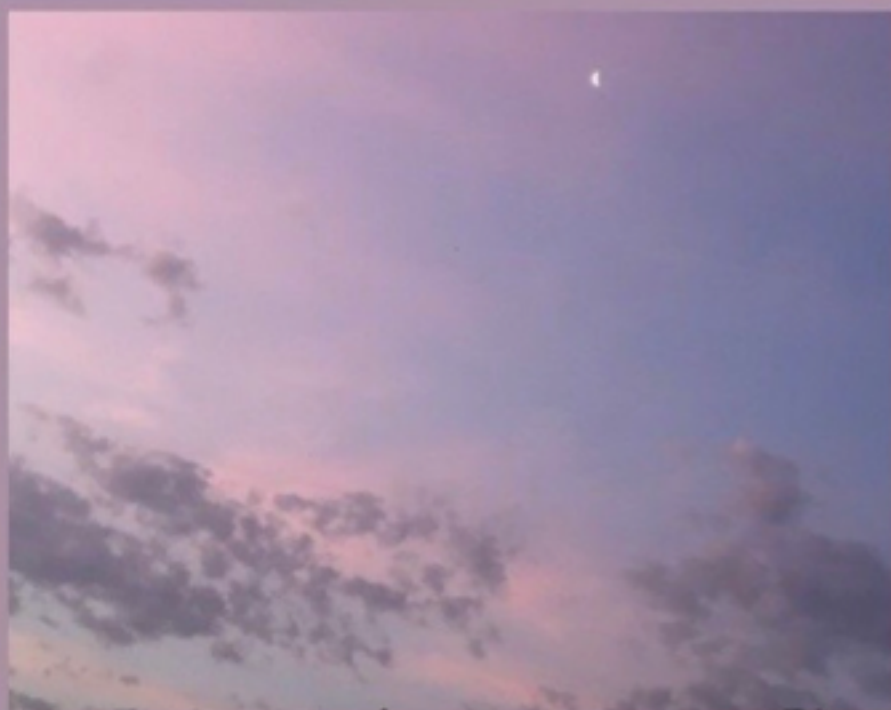
3. That commercial was really entertaining, but I don't remember the product.

contrasting ideas

4. We can buy a new car, or we can fix the old one.

a choice

Unit 5



والعسر مهما قسى فاليسر يتبعه
وعدُّ من الله وهذا الوعد يكفينا.

Choose the best answer.

Looking for Excitement

Section I

Can you remember how you felt the first time you spoke in front of a class or gave a speech? Was your heart pounding? Were your hands a little shaky? Were you in a sweat? Did you go through with it? The signs—or is it symptoms?—of fear and excitement are very similar: the adrenaline rush, the body's response to a perceived situation of stress or danger. It's a physiological thing, a chemical thing. It would seem we have little say in the matter.

Section II

Public speaking is not risking life and limb, but if you mess it up you may well feel that the psychological risk—embarrassment and all the feelings that go with it—outweighs

1. In Section I, the writer implies that
 - we are always frightened when we speak in public.
 - public speaking is simply a matter of chemistry.
 - we have little control over our physical reactions.
 - sweating is normal when you first speak in public.
2. Which verb is closest in meaning to *mess it up*?
 - fear
 - fail
 - reject
 - avoid

Choose the best answer.

Looking for Excitement

Section I

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Section II

Public speaking is not risking life and limb, but if you mess it up you may well feel that the psychological risk—embarrassment and all the feelings that go with it—outweighs

3. What does "Occasions to do this" in Section III refer to?
- stepping out of your comfort zone
 - doing things that are generally beneficial
 - taking on a job with extra responsibilities
 - tricking your mind into thinking fear is excitement
4. The writer suggests that under normal circumstances
- we run away from responsibilities.
 - some risk-taking will do us good.
 - we're certain which risks are harmful.
 - we deliberately take harmful risks.

Choose the best answer.

Looking for Excitement

Section I

Can you remember how you felt the first time you spoke in front of a class or gave a speech? Was your heart pounding? Were your hands a little shaky? Were you in a sweat? Did you go through with it? The signs—or is it symptoms?—of fear and excitement are very similar: the adrenaline rush, the body's response to a perceived situation of stress or danger. It's a physiological thing, a chemical thing. It would seem we have little say in the matter.

Section II

Public speaking is not risking life and limb, but if you mess it up you may well feel that the psychological risk—embarrassment and all the feelings that go with it—outweighs the possible benefits. But you did go through with it, and did it

4. The writer suggests that under normal circumstances

- we run away from responsibilities.
- ✓ some risk-taking will do us good.
- we're certain which risks are harmful.
- we deliberately take harmful risks.

5. In Section IV the writer suggests that

- ✓ overeating and addiction to extreme sports are similar.
- people should avoid hobbies like shopping.
- smoking and overeating always become addictions.
- smokers are certain that their addiction is safe.

Complete the sentences with the correct words.

role ultimate vivid determined distinctive bravely significant

1. For risk-takers who like physical activity, mountain climbing is the ultimate challenge.
2. The skier was determined to compete in next year's Olympic Games.
3. Melinda bravely stepped off the bridge and took her first bungee jump.
4. The climbing teacher's role was to make sure everyone reached the mountaintop safely.



Complete the paragraph with the correct form of the verb in parentheses. Use the simple present, simple past, or past perfect.

Rock climbing is (be) a fun, but dangerous, sport. When I went (go) rock climbing last year, I felt a little nervous. My friends and I got (get) to the site early in the morning. I had eaten (eat) a good breakfast, but my stomach was still full of nerves. Finally, I started (start) to climb. With my friends' help, I made (make) it to the top.

Unit 6



قوة تحقيق الحلم تحتاج إلى
الصبر.



Choose the best answer.

Charitable Giving

Section I

Most of the mail we get these days is junk mail: flyers, pamphlets and brochures trying to sell us stuff we neither want nor need. Our first impulse is to gather them up, unread, and throw them in the recycling bin - we are responsible citizens, after all. When did you last read through them and see what they were about? Most of them really are junk, but a surprisingly large percentage of them are from charitable organizations asking you to support good causes. A lot of them, too, make for uncomfortable reading.

Section II

Photos of children dying of starvation and disease come through your mail box in the morning. Then there's your daily

1. Which of the following words is most closely related to "famine"?

drought

✓ starvation

catastrophe

disease

2. Which word or phrase is closest in meaning to "donate"?

pay out

support

cash

✓ contribute

3. Which of the following statements is true of Section IV?

✓ Aid to hospitals is second only to

Choose the best answer.

Charitable Giving

Section I

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Section II

Photos of children dying of starvation and disease come through your mail box in the morning. Then there's your daily

3. Which of the following statements is true of Section IV?

- Aid to hospitals exceeds overseas aid by a third.
- People only donate when they are personally involved.
- Most of us worry about the state of the environment.

✓ Aid to hospitals is second only to aid for medical research.

4. Which of the following statements is not true?

- It's not the government's business to give aid.

✓ Governments don't provide aid.

- We should take responsibility for others' misery.

Choose the best answer.

Charitable Giving

Section I

Most of the mail we get these days is junk mail: flyers, pamphlets and brochures trying to sell us stuff we neither want nor need. Our first impulse is to gather them up, unread, and throw them in the recycling bin - we are responsible citizens, after all. When did you last read through them and see what they were about? Most of them really are junk, but a surprisingly large percentage of them are from charitable organizations asking you to support good causes. A lot of them, too, make for uncomfortable reading.

Section II

Photos of children dying of starvation and disease come through your mail box in the morning. Then there's your daily

4. Which of the following statements is not true?
- It's not the government's business to give aid.
 - ✓ Governments don't provide aid.
 - We should take responsibility for others' misery.
 - People should give aid where they can.
5. In an economic recession
- ✓ fewer people make donations.
 - people lose the desire to help.
 - people feel unable to help.
 - our contributions make little difference.

Complete the sentences with the correct word or words. You do not need to use all the words.

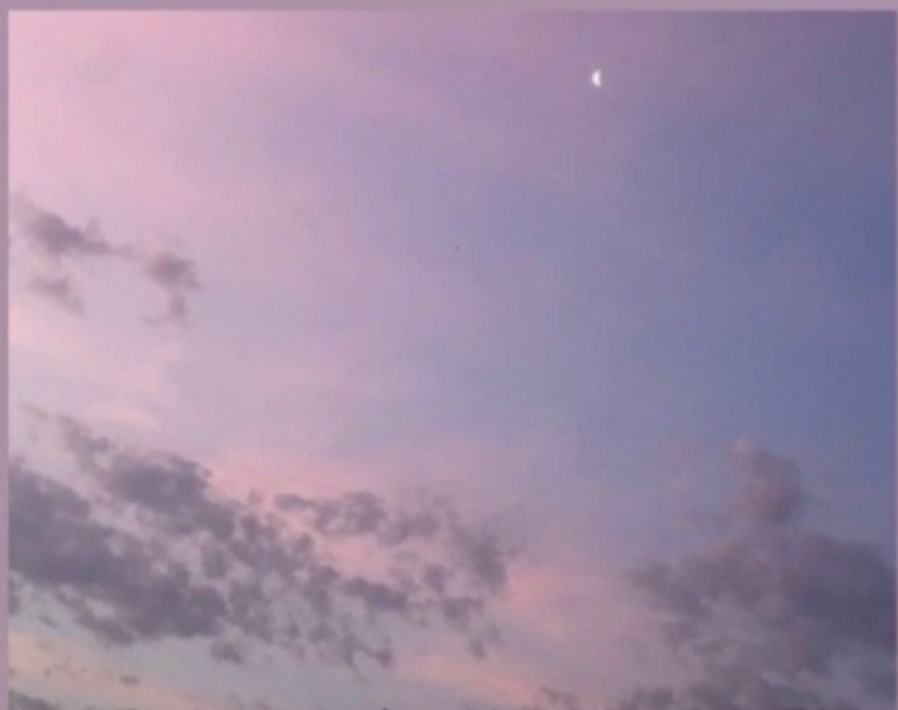
responsibility apply to subject initial witness complex theory factor altruistic

1. Parents have a responsibility to take good care of their children.
2. The bystander effect can apply to situations where strangers see someone in need of help.
3. The witness explained to the police officer what she saw.
4. The cost of tuition is one factor many students consider when choosing which university to attend.
5. The researchers did experiments to test their theory about how the brain works.
6. The initial study didn't work, so changes were made the second time.
7. The family expects nothing in return when giving their time to altruistic causes.

Correct the error in the use of gerunds or infinitives in the sentences.

1. She wants **to become** a social psychologist after she graduates from college.
2. Spending time with loved ones **makes** people feel happy.
3. He considered **moving** so he could be closer to his family.

Unit 7



"أدرك قيمة الحُلم الذي بداخلك قُم
وسطر له الدروب ليُنير عالمك 🌟".

Choose the best answer.

Poverty

Section I

Most of us have dreamed of what it would be like to suddenly find ourselves in possession of a large sum of money - for example, an unexpected inheritance from a long lost relative - and have imagined what we would do with the money. Many of us, depending on the size of the windfall and the advice of our accountants, might set aside some money to help those less fortunate than ourselves or to give to a deserving cause. After that we would probably spend it on cars, private jets, and houses in countries around the world so that we can enjoy summer all year long.

Section II

But have you ever imagined things going the other way?

1. Which of the following best describes "windfall"?

- a large sum of money left to you by a relative
- a sum of money given to a charity
- a sum of money that comes to you unexpectedly
- an amount of money you can only dream of

2. Which of the following statements is true?

- If you earn more than two dollars a day you are not in poverty.
- Absolute poverty is defined as living on less than two dollars a day.
- More than half the world's population live below the poverty

Choose the best answer.

Poverty

Section I

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Section II

But have you ever imagined things going the other way?

3. How does relative poverty differ from absolute poverty?

- It highlights the difference between rich and poor countries.
- It compares one country with another country.
- A definite line is drawn between rich and poor.

✓ It compares people within a single country.

4. Which of the following is closest in meaning to "Making do"?

buying

✓ managing

cooking

developing

Choose the best answer.

Poverty

Section I

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Section II

But have you ever imagined things going the other way?

5. Which of the following is not mentioned in Section V?

- a bad diet
- a lack of education
- a lack of opportunities

✓ the right to vote

6. Which of the following statements is true?

✓ The gap between rich and poor is growing larger.

- Affluent societies are becoming poorer.
- The poor are becoming more aware of their situation.
- Poverty only occurs in distant countries.

Complete the sentences with the correct word.

commitment distribute adjustment attend owe

1. Volunteers hurried to distribute food and water to the people affected by the hurricane.
2. All of my family plan to attend my graduation ceremony.
3. The students worked all night because they had made a commitment to turn in their project the next day.
4. Moving from a small college to a large university is a big adjustment .
5. I owe my success to my older sister, who helped me finish school.

Match the dependent clause with the correct independent clause.

1. Because she earned money from two jobs,

she was able to pay for college.

2. Since the villagers needed a new school,

they asked a charity organization for help.

3. When the two groups worked together,

they accomplished a lot more.

4. Because Ben was late for class,

he missed the instructions for the assignment.

الإجابات صحيحة وستحسب الدرجة

Unit 8



اصنعوا من بخار أحلامكم أحلام
أخرى ، وواجهوا الحياة والظروف
بألف قوة.

Choose the best answer.

The Search for Happiness

Section I

A question frequently asked of young children is "What do you want to be when you grow up?" One or two generations ago you would have got a definite answer, a specific dream profession, trade or job. Particular favorites among young boys were train driver and pilot. The answers back then might have depended on the expectations of the children asked, the opportunities that life presented them, and on the social and financial status of their parents. But you got a proper answer.

Section II

Things are different now. Tim Baldock, a schoolteacher, has asked this question of his pupils over a twenty-year career, and is almost in despair at the answers – or rather, the answer – he is

1. About thirty years ago young children
 - had fewer expectations than children today.
 - had an idea of what they wanted to be.
 - were not obsessed with fame.
 - knew exactly what they wanted to be.
2. Which of the following best describes Tim Baldock's attitude to the situation?
 - It makes him angry.
 - He doesn't understand it.
 - It doesn't concern him.
 - He is saddened by it.

Choose the best answer.

The Search for Happiness

Section I

A question frequently asked of young children is "What do you want to be when you grow up?" One or two generations ago you would have got a definite answer, a specific dream profession, trade or job. Particular favorites among young boys were train driver and pilot. The answers back then might have depended on the expectations of the children asked, the opportunities that life presented them, and on the social and financial status of their parents. But you got a proper answer.

Section II

Things are different now. Tim Baldock, a schoolteacher, has asked this question of his pupils over a twenty-year career, and is almost in despair at the answers - or rather, the answer - he is

- Tim Baldock's students
 - don't want to make an effort.
 - just want to be on TV.
 - think fame will make them happy.
 - just want to be happy.
- Which of the following are not mentioned as part of the happiness business?
 - professors
 - experts
 - politicians
 - gurus
- What do Tim Baldock's students fail to realize?
 - Achieving one's dream happiness

Choose the best answer.**The Search for Happiness****Section I**

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Section II

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5. What do Tim Baldock's students fail to realize?

- Achieving goals brings happiness.
- Fame won't bring them happiness.
- Happiness is a mental condition.

✓ Happiness is not the same as pleasure.

6. The author suggests that happiness

- comes from leading Aristotle's virtuous life.
- only exists in one's memory.

✓ can occur through concentration on work.

- comes when you get something you want.



Complete the sentences with the correct word.

expansion trend sponsor dependable exception invest

1. It can be risky to invest in a brand-new company.
2. Businesses are interested in the expansion of F1 racing into new countries.
3. The soccer team's uniforms show the names of companies that sponsor the team.
4. Bosses expect their employees to be responsible and dependable.
5. It is a growing trend for younger athletes to play professional sports.
6. With the exception of one player, everyone on the team participated.

Read the statement. Write *S* (complete sentence) or *F* (sentence fragment).

1. Because he enjoys spending time with his friends and family. F
2. Since a company provides all their equipment, the cycling team has excellent bicycles. S
3. Although I really like that company's commercials. F