

# To The Max!

Student's Book 5



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**PREISS**  **MURPHY**  
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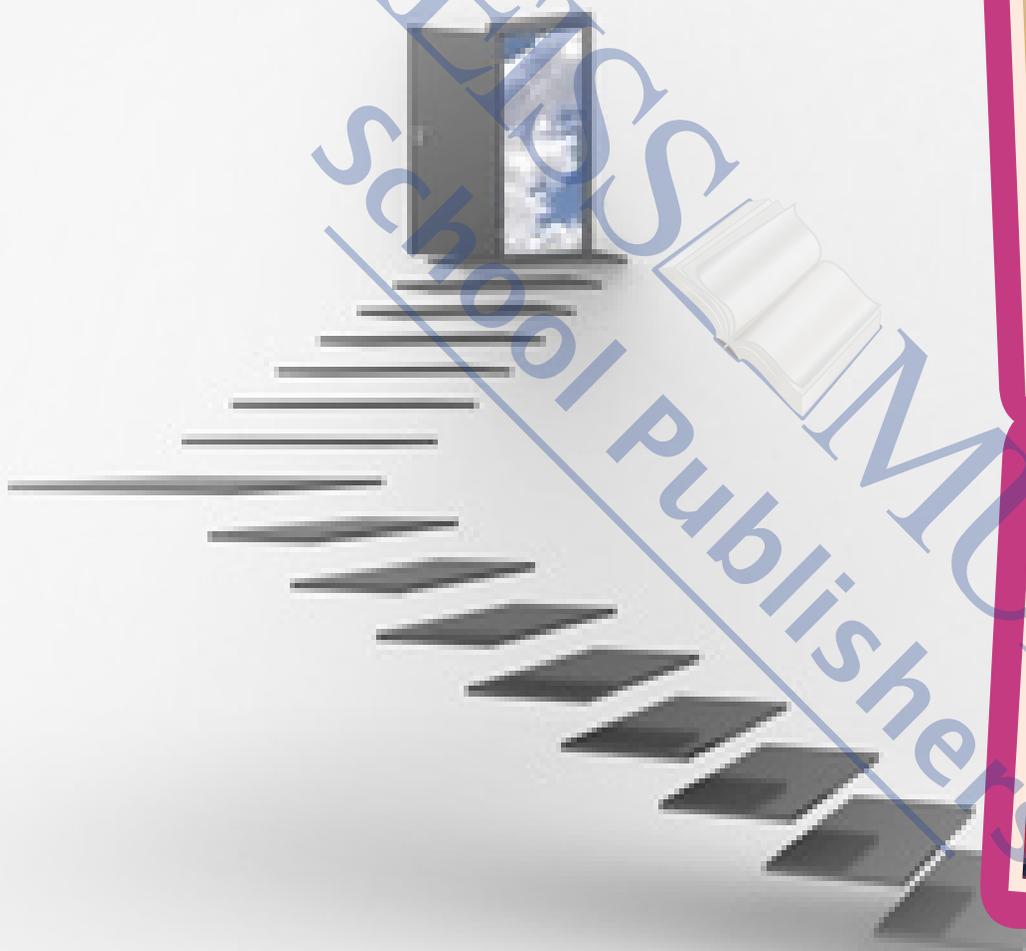
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## Open the Door to Your Future



### Discuss

- 1 What would you like to be in the future?
- 2 How do you see yourself 10 years ahead?
- 3 What is the first step to success?
- 4 What do you think the elements of success are?
- 5 Do you think you have a positive attitude towards the future?
- 6 What are the challenges that may face a fresh graduate?

## Listening and Speaking



- Kelvin, who is having problems with his classmates, is talking to his social worker at school.

## Discover Your Talents!

**Vicki:** I'd like to start by talking about your early life - your childhood.

**Kelvin:** My childhood?

**Vicki:** Yes, I want to take you back, to remember your old days.

**Kelvin:** So we're going back in time?

**Vicki:** Yes. I'd like to start with your upbringing, the way your parents brought you up, wasn't it too strict?

**Kelvin:** Well, I was always told to be polite and have respect and so on, but they tried to let me make my own mistakes. I think it was because they wanted me to be able to stand up for myself.

**Vicki:** Well, yes - being independent and confident is important!

**Kelvin:** Yeah, actually, I have tried to put up with the circumstances I was going through.

**Vicki:** Anyway, what about brothers and sisters? Do you have any?

**Kelvin:** Yes, I've got an older brother and a younger sister.

**Vicki:** Do you get on with them?

**Kelvin:** Yes, in fact, we do, quite well - we have a great time when we see each other.

**Vicki:** Well, I see, your problem is appalling only when you get in touch with strangers.

**Kelvin:** Sometimes of course, but even my friends hardly get to understand me.

**Vicki:** Don't just let your fantasies slip away. Open the door and discover your hidden talents.

**Kelvin:** Ok, I promise I will try hard.

**A** Read the sentences below and put a tick for true and a cross for false:

- 1 Kelvin is a social worker. ( )
- 2 Kelvin led a strict childhood. ( )
- 3 Kelvin was brought up well. ( )
- 4 Kelvin loves his brothers and sisters. ( )
- 5 Vicki wants Kelvin to remember his childhood. ( )
- 6 Kelvin suffers from lack of understanding. ( )

**B** Answer the following questions:

- 1 What is Kelvin's problem?  
\_\_\_\_\_
- 2 What does Vicki want Kelvin to do?  
\_\_\_\_\_
- 3 How did Kelvin's parents teach him to be independent?  
\_\_\_\_\_
- 4 How do you think Kelvin can put up with others?  
\_\_\_\_\_
- 5 How do you get over a problem with your friends?  
\_\_\_\_\_
- 6 Do you get on well with your brothers or sisters?  
\_\_\_\_\_



# How to Open the Door to Your Future!

## Enjoy the Journey

Throughout our lives we continue to make many new discoveries about ourselves and the world. We may find that we change and want different things or our view of the world changes or the world may actually have changed. When faced with a changing healthcare **compensation** system we can experience so many emotions. If we are laid off or our hours, salary and benefits cut or if our colleagues are suffering from these things and we see our patients receiving less care, our first reaction may be that the future of our profession is in question. What if we began to view that door as the door of opportunity? The door that we can pick out and that we have complete control of designing the career that fits who we are now, where we are at now and works with the world? That is an exciting prospect! Take this time of change to set out and discover more about yourself and the world around you. This process of self-discovery can be joyful and relieve the stress you are feeling about not being in control of your **destiny**.

## The Journey Begins

The first step is to discover who you are and what you really want to do. Begin thinking about the things you do that bring you delight. What are your favourite hobbies? Your true passion lies in this answer. It may be buried down deep by the things you tell yourself like, "I will be a boss forever – that is what I go to school for". I give you permission to put these types of **myths** aside and begin to enjoy finding what you really want to do. So give up telling yourself that your career choice is a lifetime **commitment** – it certainly isn't unless you choose it to be. It is also unfair to believe that the career you select is the one that fits you and brings you personal **fulfillment** when you get much older. You made the best choice at the time, with the information you had. Now you have the opportunity to make another choice if you want to. The final myth I want you to

push aside is the one that says a career is an upward process.

It certainly doesn't have to be. What if you were the President of a company and then found you didn't like it? Do you think it is wrong for someone to find it doesn't suit them and take a job further down the ladder? Career satisfaction is personal satisfaction. It is not about moving up the ladder to please others. Begin making yourself happy.

We are living in a time of tremendous restructuring in the workplace and we can choose to accept this and see our careers as cyclical, sometimes **lateral** and always **evolving** but never predictable. Realise that change is **constant**. As humans we have a wonderful ability to adapt and to keep gaining knowledge. It is up to us to search for and to create our own opportunities. It is critical that we listen to our own inner voices, hear our own passions and follow our own hearts. Our dreams and our wishes are what brings guidance to our deeds. Stating our needs, values, our interests and beliefs and fully realising them and **acknowledging** them will allow us to make up the vision for where we want to go. It is up to us where to go. We no longer get pulled along.

## Embrace the Magic

**Embrace** the magic of this journey. Every time you listen to your heart, put aside a myth, or make a choice, you are becoming **empowered**. This is a wonderful journey to be enjoyed. You now have the opportunity to really get to know the "you" inside. As you take this journey, open your eyes and your heart to your **assets** and search for how they can transfer to a task or career that you love. The goal of the journey is to find the work you love and love the work you do so that doing it is something you would choose even without a pay check. Instead of feeling helpless and finding it difficult to accept what the present has become, take control and then assure yourself that change is a way of learning and of taking responsibility for learning. It is up to you to take action and to move yourself forward. During this journey, reach out and ask for help. Asking for help is not a sign of weakness but a sign of inner strength. Look for new resources, make new contacts and use them. You have many **allies** in your life.

## Questions

Answer the following questions.

- 1 Why is it important to pick out your own door?

---

---

- 2 Is your journey of self-discovery positive or negative? Explain.

---

---

- 3 When can one have self-satisfaction?

---

---

- 4 A career is an upward process. What do you think?

---

---

- 5 What is the right concept of 'a career'?

---

---

- 6 How can you get to know the "you" inside?

---

---

## Discussion

Discuss the following questions with your partner then share your ideas with the pair next to you.

- 1 What do you usually do when you need help?

---

---

- 2 What is your goal of self-discovery?

---

---

- 3 How can you recognise your door to the future as a door of opportunity?

---

---

- 4 Have you ever got surprised when you discovered the "you" inside? If yes, say when.

---

---

## New Words

### compensation

**compensate:** (v.) do or give something to somebody in return / make up for shortcomings / **compensation:** (n.) something given or received as payment for loss or injury.

### prospect

**prospect:** (v.) search for something desirable / **prospect** (n.) the possibility of future success.

### destiny

**destiny:** (n.) an event that will inevitably happen in the future/ your overall circumstances or conditions in life including everything that happens to you.

### myth

**myth:** (n.) a traditional story accepted as history; serves to explain the world view of a people.

### commitment

**commit :** (v.) give entirely to a specific person, activity or cause/ cause to be admitted / **commitment :** (n.) the act of binding yourself to a course of action / an engagement by contract involving financial obligation / a message that makes a pledge.

### fulfillment

**fulfill:** (v.) fill or meet a want or need / put in effect / **fulfillment:** (n.) a feeling of satisfaction at having achieved your desires.

### lateral

**lateral:** (n.) a pass to a receiver up field from the passer / **lateral:** (adj.) situated at or extending to the side.

### evolving

**evolve:** (v.) undergo development or evolution / gain through experience / **evolution:** (n.) gradual development.

**Write definitions for the following words:**

**constant:** \_\_\_\_\_

**acknowledging:** \_\_\_\_\_

**embrace:** \_\_\_\_\_

**empowered:** \_\_\_\_\_

**assets:** \_\_\_\_\_

**allies:** \_\_\_\_\_

## Phrasal verbs

Read these sentences and match the expressions in **bold** with their meanings from the box below.

- The racing car **blew up** after it crashed into the fence.
- We have to **blow** 50 balloons **up** for the party.
- Our car **broke down** at the side of the highway in the snowstorm.
- The woman **broke down** when the police told her that her son had died.
- My grandparents **brought me up** after my parents died.
- My mother walks out of the room when my father **brings up** sports.
- Jason **called** the wedding **off** because he wasn't in love with his fiancé.
- We **called on** you last night but you weren't home.
- Please **fill in** the form with your name, address, and phone number.
- I always **fill** the water jug **up** when it is empty.
- I **picked out** three sweaters for you to try on.
- My father usually **picks me up** home by 2.00.
- We are **putting off** our trip until January because of the hurricane.
- The neighbours **put** the fire **out** before the firemen arrived.
- I have to **put** the crib **together** before the baby arrives.
- I don't think I can **put up with** three small children in the car.
- My cousin is **putting aside** every penny so that she can change her car soon.
- Dan is between jobs. He has just been **laid off**.

- |                   |                    |
|-------------------|--------------------|
| a assemble        | j stop functioning |
| b save            | k get upset        |
| c dismiss         | l explode          |
| d visit someone   | m open a subject   |
| e extinguish      | n add air          |
| f tolerate        | o raise a child    |
| g postpone        | p fill blanks      |
| h cancel          | q collect          |
| i fill to the top | r choose           |

**A** Choose **a, b, c** or **d**:

- How can you put \_\_\_\_\_ with your brother? He's impossible!  
a on      b off      c up      d out
- I couldn't \_\_\_\_\_ out all the candles of my birthday alone.  
a call      b blow      c lay      d put
- The meeting had to be \_\_\_\_\_ off to a later time because of the strike.  
a called      b filled      c laid      d put
- I couldn't control my nerves when my friend \_\_\_\_\_ up my mistakes.  
a brought      b called      c laid      d filled
- I think you should put the blue sweater \_\_\_\_\_. It's cold outside.  
a off      b on      c out      d in
- You have to fill \_\_\_\_\_ this application form before the interview.  
a off      b up      c in      d on
- The film begins at 8.30. I'll \_\_\_\_\_ you \_\_\_\_\_ at 8.15.  
a pick/up      b break/down      c call/on      d pick/out
- My brother is a very sociable person. He can \_\_\_\_\_ up with any acquaintance.  
a bring      b call      c put      d lay
- I need to put \_\_\_\_\_ some money for hard times.  
a aside      b off      c out      d on
- Don't put \_\_\_\_\_ till tomorrow what you can do today.  
a off      b out      c on      d aside
- I think I'll put \_\_\_\_\_ that project until next week. I'm just too tired to do it today.  
a aside      b off      c out      d on
- It was a big fire and we could hardly put it \_\_\_\_\_ before the fire brigade arrived.  
a aside      b on      c out      d off
- There will be no press conference tomorrow. It has been \_\_\_\_\_.  
a called off      b taken back      c put away      d blown up.
- Don't fill \_\_\_\_\_ the glass with water. I just need some.  
a in      b up      c off      d on



# Grammar

**B** Complete the sentences with a, b or c:

- Squirrels collect nuts and put them aside
  - so more trees will grow.
  - for their grandchildren to inherit.
  - so they'll have food in winter.
- While she was in the meeting, Judy brought up
  - her proposal.
  - her handbag.
  - her breakfast.
- If a worker is laid off, she'll have to
  - improve her performance
  - take time off to recover
  - look for another job
- Ken and Barbie's wedding was called off because
  - Barbie looked so beautiful
  - the photographer was late
  - Ken didn't come
- Can we put that question aside for now and
  - come back to it later?
  - answer it straight away?
  - never consider it again?
- Kelly and Margo have just been married, and they're already reading books on how to bring up
  - their future children.
  - their income.
  - their new house.
- The concert has been put off
  - until a later date.
  - for a cheaper price.
  - to a better concert hall.
- Before you buy the car, you'll have to pick out
  - some money.
  - a colour.
  - your driver's licence.
- After we had put out the fire, we
  - watched it burn.
  - cleaned up the mess.
  - used a match to light it.

**C** Rewrite the sentences using the verb in brackets forming a phrasal verb:

- Could you complete the form with your personal information, please? **(fill)**  
*Could you fill in the form with your personal information, please?*
- My car stopped working on my way to work this morning. **(broke)**
- The plane has exploded after the urgent unexpected landing. **(blown)**
- Raising children requires a lot of tolerance and wisdom. **(Bringing)**
- I'll collect you at 7.00 so that we can go to the concert together. **(pick)**
- We are visiting our grandma at the weekend. **(calling)**
- Mrs Bell fainted when she lost her child in an accident. **(broke)**
- Jack is looking for a job after he was dismissed. **(laid)**
- We are saving our pocket money so as to surprise our mother with a gift. **(putting)**
- If we fail to reach an agreement, I'm afraid I will have to cancel the whole project. **(call)**
- I will ask for a holiday. I can't tolerate my colleagues any more. **(put)**



## Deduction

## Present Time:

- You **must be upset**. I see it on your face. (*near-certain = 80 %*)
- He **can't be** rich. He hasn't got a car. (*Negative = 0 %*)
- It **may rain** today. The sky is cloudy. (*uncertain but probable = 50 %*)
- Something **might happen** out of the blue. (*very uncertain but possible = 10 %*)

## Past Time:

- The meeting **must have been** cancelled. No one has arrived yet.
- You **can't have called** me yesterday. I was home all day and the phone didn't ring.
- I **may have forgotten** my cell phone. I have been looking for it.
- Someone **might have borrowed** my pencil. It was here a moment ago.



## More Examples:

- The bell is ringing. It must be the milkman.
- It's 3 o'clock. It must be lunchtime!  
It **can't** be dinner time.
- Amanda is not in class today. She may be ill.
- Don't raise your voice. Someone might hear us.
- Although the question is simple, you might not be able to answer it.
- He couldn't reach the hotel easily. He might have mistaken the way.
- The window is broken. A ball may have hit it.
- She came late today. She might have overslept.
- Joey has finished all the sandwiches. He must have been hungry.
- The street is wet. It must have rained last night.

**A** For each sentence, choose between **can't**, **might** or **must** to fill each space:

- Your mother \_\_\_\_\_ be a great cook. You are always so keen to get back home to eat!
- I don't know why I am so tired these days. I \_\_\_\_\_ be working too hard. Or maybe I am not sleeping well.
- Do you know where Carl is? He \_\_\_\_\_ be out - his car keys are on the table.
- To give the promotion to Harold was silly. He \_\_\_\_\_ know much about this company after only a year working here.
- Go and look in the kitchen for your gloves. They \_\_\_\_\_ be in there.
- Oh, the phone is ringing. Answer it. It \_\_\_\_\_ be Kate. She always rings at this time.
- That couple \_\_\_\_\_ think much of this film. They're leaving already - after only 20 minutes!
- That's the second new car they have bought this year. They \_\_\_\_\_ be very rich!

**B** Choose the correct answer from a, b, c or d:

- Some people think that it \_\_\_\_\_ an asteroid that hit the earth and killed the dinosaurs.  
a must be                      b can't be  
c must have been            d will have been
- Sally was at home all day yesterday. She \_\_\_\_\_ at work?  
a shouldn't be                b can't be  
c can't have been            d must have been
- My book was not in the bag. Someone \_\_\_\_\_ it.  
a must take                    b can't have taken  
c can't have                    d must have taken
- He was standing in front of the cinema. He \_\_\_\_\_ waiting for somebody.  
a must be                      b can't be  
c should be                    d must have been



**C** Rewrite the sentences using the words in brackets :

- 1 The Roberts may call us tonight. (last night )  
\_\_\_\_\_
- 2 She might have seen us yesterday. (today)  
\_\_\_\_\_
- 3 Nobody has arrived yet for the meeting. (may)  
\_\_\_\_\_
- 4 She must be indoors. (can't)  
\_\_\_\_\_
- 5 You can't be serious. (must)  
\_\_\_\_\_
- 6 He can't be late. (yesterday)  
\_\_\_\_\_
- 7 I phoned Harry but he didn't answer. I think he went out. (must)  
\_\_\_\_\_
- 8 My friend Nina was ill. She didn't go to school. (can't have)  
\_\_\_\_\_
- 9 Someone said that he had seen Sami at school but he was in Cairo. (Sami can't)  
\_\_\_\_\_
- 10 I'm sure he is at home now. (must be)  
\_\_\_\_\_
- 11 I think he was injured in the accident. (have been)  
\_\_\_\_\_
- 12 She didn't find any milk in the fridge this morning. (Someone)  
\_\_\_\_\_
- 13 There were fewer cars in the past. (quieter)  
\_\_\_\_\_
- 14 There weren't so many different diseases in the past. (healthier)  
\_\_\_\_\_
- 15 She was very hungry when she woke up this morning. (dinner)  
\_\_\_\_\_
- 16 I'm very uncertain if he had travelled or not. (might)  
\_\_\_\_\_

**D** Use **must**, **might** or **can't** to complete the sentences below.

- 1 You \_\_\_\_\_ hate English food. It's delicious!
- 2 Tom \_\_\_\_\_ be working today. I have just seen him at the gym.
- 3 Tom \_\_\_\_\_ be working today, but I can't remember.
- 4 You drank three bottles of water? You \_\_\_\_\_ feel so sick!
- 5 Frank's quite good at grammar. He \_\_\_\_\_ know the answer for this question.
- 6 You studied this for four years at university! You \_\_\_\_\_ know the answer!
- 7 You have just slept for 10 hours! You \_\_\_\_\_ be tired again already!
- 8 She always gets me a present, but this year she didn't. She \_\_\_\_\_ have forgotten that it's my birthday.



**E** Complete the sentences with a verb in the correct form:

- 1 I've lost one of my gloves. I must \_\_\_\_\_ it somewhere.
- 2 Ted wasn't at work last year. He must \_\_\_\_\_ ill.
- 3 They haven't lived here for long. They can't \_\_\_\_\_ many people.
- 4 Look! Jack is putting on his coat. He must \_\_\_\_\_ out.
- 5 Ann was in a difficult situation. It can't \_\_\_\_\_ easy for her.
- 6 Ted isn't at work today. He must \_\_\_\_\_ ill.
- 7 Carol knows a lot about films. She must \_\_\_\_\_ to the cinema a lot.

### Class Debate

As an organised discussion, a **“Debate”** is a manoeuvre where participants are divided into opposing sides, generally as two teams, to discuss a topic. Take your position in one of the two groups of the class, either ‘Yes’ or ‘No’ group. Make use of your analytic and communication skills by formulating ideas, defending or attacking this controversial issue.



### Does “luck” exist?

#### Yes voice your opinion

**Of course.** Luck is a word to describe when everything is out of your control and there is nothing you can do but see what happens.

**Give true examples.**

.....

**Luck exists.** Luck is synonymous to chance, and chance is synonymous to possibility.

**Explain.**

.....

**Yes, in a way.** In most cases, luck comes to those who work hard and do enough research for what they are doing, which helps them to take risks while others hesitate.

**What do you think?**

.....

#### Further Opinions

- .....
- .....
- .....

#### No voice your opinion

**I don't believe in luck.** I believe there is a reaction to every action, this isn't luck however. People make good or bad things happen with free will.

**Illustrate.**

.....

**Luck is fake.** It is a supernatural force and some people are physically luckier than others, then I do not believe luck exists.

**Explain why some people are considered luckier.**

.....

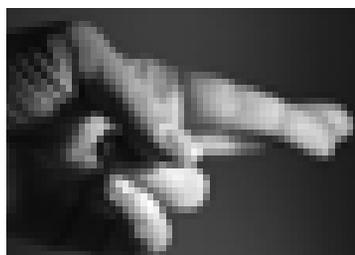
**No, luck does not exist.** There has been no concrete proof to show that any sort of luck exists. People have lucky charms such as a favourite pen because it gives them the sense that they will be lucky, but science has yet to prove that luck is anything but a fabrication.

**How can science prove there is no luck?**

.....

#### Further Opinions

- .....
- .....
- .....



## Grammar

### Prepositions (1)

Verbs & Prepositions that go together:

care  
complain  
dream  
inform  
think  
worry

about

ask  
apologise  
apply  
blame  
care  
hope  
leave  
prepare  
thank  
wait

for

borrow  
discourage  
prevent  
protect  
recover  
save  
stop  
suffer

from

arrive  
believe  
persist  
succeed  
interest  
specialise

in

accuse  
approve  
charge  
die  
think  
smell

of

agree  
base  
concentrate  
congratulate  
depend  
insist  
operate  
rely  
work

on

add  
advise  
agree  
apply  
apologise  
belong  
encourage  
manage  
introduce  
object  
prefer  
refer  
respond

to

agree  
argue  
charge  
compare  
involve  
please  
provide  
satisfy  
supply

with

#### Examples:

- 1 The suspect was **accused of** robbing a car.
- 2 Sal **persists in** arriving at school late.
- 3 I'd like to **specialise in** political science.
- 4 I expect the worst but **hope for** the best.
- 5 Pessimistic people **suffer from** depression.
- 6 Do you **approve of** what we say?
- 7 All candidates are **supplied with** netbooks.
- 8 Do you **complain of** our report?
- 9 Teachers **object to** making trouble.
- 10 I once **saved** a little boy **from** drowning.



**A** Fill in the spaces with suitable prepositions:

- 1 He **arrived** \_\_\_\_\_ the station on time.
- 2 It was midnight when we **arrived** \_\_\_\_\_ Paris.
- 3 What time do you **leave** \_\_\_\_\_ school in the morning?
- 4 The police **accused** the lady \_\_\_\_\_ driving carelessly.
- 5 First you have to **fill** \_\_\_\_\_ this form.
- 6 Why don't we **go** \_\_\_\_\_ a walk right now?
- 7 You must **write** your letter \_\_\_\_\_ ink.
- 8 He **informed** us \_\_\_\_\_ the accident.
- 9 We all **depend** \_\_\_\_\_ him.
- 10 You can **rely** \_\_\_\_\_ him. He is reliable.
- 11 We have to **encourage** good students \_\_\_\_\_ do better.
- 12 John's parents **discouraged** him \_\_\_\_\_ playing sports.
- 13 A young man was **charged** \_\_\_\_\_ stealing the coat.
- 14 She **insists** \_\_\_\_\_ coming with us.
- 15 **Thank** you \_\_\_\_\_ your help.
- 16 I **prefer** swimming \_\_\_\_\_ snorkelling.
- 17 I'll **congratulate** you \_\_\_\_\_ your success soon.
- 18 He has **informed** us \_\_\_\_\_ everyday life in Japan.
- 19 Why don't you **apply** \_\_\_\_\_ this job?
- 20 She **persists** \_\_\_\_\_ doing her fair share in the housework.
- 21 We normally **complain** \_\_\_\_\_ the teacher \_\_\_\_\_ any problem we face.
- 22 As a leader, I'm always **charged** \_\_\_\_\_ every member.
- 23 I'm sure that notebook does not **belong** \_\_\_\_\_ you. It does not have your name.
- 24 I **disapprove** \_\_\_\_\_ that idea. It's quite insane.
- 25 Children in poor African countries **die** \_\_\_\_\_ starvation.

**B** Choose a, b, c or d:

- 1 The head teacher accused John \_\_\_\_\_ starting the quarrel.  
a on      b of      c in      d from
- 2 I strongly object \_\_\_\_\_ the tone of your talk.  
a to      b with      c on      d of
- 3 Larry was really satisfied \_\_\_\_\_ his lawyer's words about the case.  
a from      b for      c on      d with
- 4 I'd like to congratulate you \_\_\_\_\_ passing the examination.  
a of      b for      c on      d from
- 5 I have been suffering \_\_\_\_\_ severe headaches for some time.  
a from      b of      c with      d on
- 6 She insisted \_\_\_\_\_ seeing the doctor at once even though she didn't have an appointment.  
a in      b on      c for      d from
- 7 Sam got involved \_\_\_\_\_ people who smuggle diamond out of the country.  
a with      b in      c of      d for

**C** Rewrite the sentences using the correct form of the verbs in brackets:

- 1 They are eager to share in the competition. (persist)  
\_\_\_\_\_
- 2 I'm sorry, I arrived late. (apologise)  
\_\_\_\_\_
- 3 She likes Spanish more than French. (prefer)  
\_\_\_\_\_
- 4 A lot of books give us information about foreign languages. (inform)  
\_\_\_\_\_
- 5 We are always discouraged from doing wrong. (encourage)  
\_\_\_\_\_
- 6 I'm sorry, I do not agree to your opinion. (approve)  
\_\_\_\_\_



# Useful Expressions

In this unit you have investigated new horizons of self-discovery and character-building. Our potentials are mostly supported and encouraged by achievements and recommendations. Here are some examples of favourable expressions:

- Her greatest talent is in developing innovations for new ideas.
- That was mostly due to your devotion and diligence
- John always takes an active part in problem-solving.
- You are a creative problem-solver.
- She is always cheerful and dependable.
- Tom always behaves professionally.

Here are some guiding expressions that help you form your recommendation expressions:

## Making recommendations:

- I'm sure you'd enjoy/love this book.
- You really should try this restaurant.
- I can (really) recommend Mike for the project.

## Giving Reasons:

- It's a very exciting/interesting book.
- You won't be able to put it down.
- The ingredients are so fresh.
- Mike has a broad range of skills.

## Vocabulary

broad-minded	reliable
tolerant	rational
versatile	out of the ordinary
exotic	innovative
delicious	splendid



## A What would you say in these situations?

- 1 A friend asks if you are enjoying your book. Say that you are and recommend it to your friend.

---

- 2 Your friend asks why you would recommend the book. Give a reason.

---

- 3 You have just bought a new CD by your favourite singer. Recommend it to a friend.

---

- 4 Your friend asks why you recommend the Golden Beach to spend your summer holiday.

---

- 5 Your friend wants to buy a car.

---

- 6 You enjoyed a new local restaurant. Give a comment.

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- 7 You recommend your partner to be the captain of the class.

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- 8 You recommend a leader for your group.

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# Explore Yourself

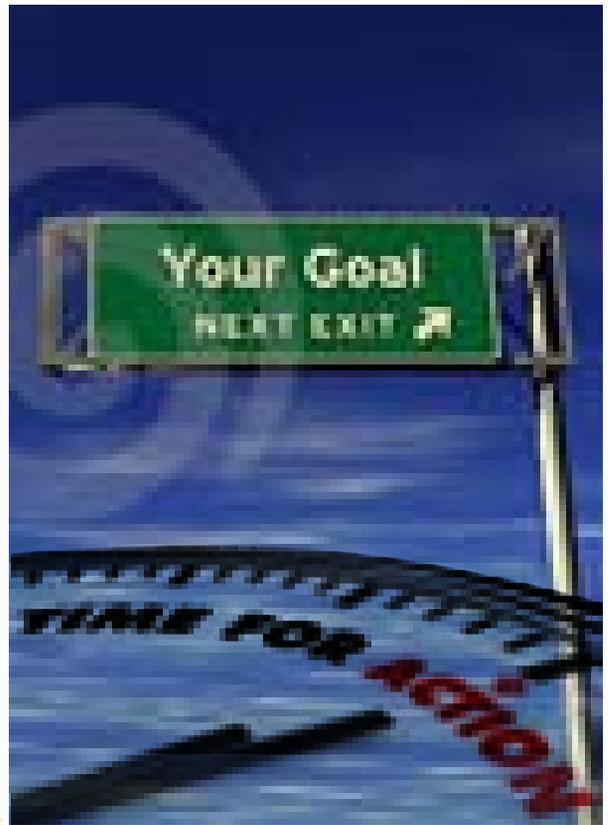
When a person says 'I'm not much of a reader' or 'I don't like to read', often the truth is that he never learnt to read well and, since school, has let what reading skills he did have get rusty. Furthermore, he was always forced to read, so he naturally resists it. Most adults share this experience: There is some food, maybe a vegetable, you hated as a kid, haven't eaten in a long time, and absolutely believe you don't like. For one reason or another, you taste it for the first time in years and discover that, now, it tastes good to you! This same kind of experience can happen with anything, including this example – reading. When a person says something like 'I'm no good with computers. It's just too complicated for me', often the truth is that they simply lack information, knowledge, training and assistance about that particular subject or skill.

### Work Yourself Happy

Finding a career that matches your own personal interests and abilities is a wonderful process. When one knows themselves and understands their own interest, values, needs and abilities, then work becomes a way to express yourself and offer yourself to the world. It becomes a way to share your interests and your talents. While you now realised that your interests and skills can change over time, you can now begin to understand that when they do you can move on to another occupation that will again fulfill you. If work is not about a job but about doing something that makes you happy, then it is easy to understand that having different careers over the course of a lifetime is perfectly acceptable.

When you went to PT school, had you considered your interests, abilities, and values? Did you explore the alternatives thoroughly? Many times people come to a career coach without knowing how or why they ended up in a given career or unaware of what to do when their field changes or they change. If your goal is to be happy doing what you enjoy and work is just one way of expressing yourself, then you will expect work to be a wonderful and exciting place where you can be happy.

Begin living your life and not the one that has been expected of you. Do the work that matches your values and the work that brings you energy and fulfillment. People who work happily are people who are drawn to their work naturally. It brings them delight and they have enthusiasm for what they do. Don't just let



your fantasies slip away... open the door... discover the journey... embrace the magic and work yourself happy. Your interests and skills can change over time, you can now begin to understand that when they do you can move on to another occupation that will again fulfill you. If work is not about a job but about doing something that makes you happy, then it is easy to understand that having different careers over the course of a lifetime is perfectly acceptable.

### Project

**Think about your dream job, and then learn more about it. Find out how other people in that field have developed the career you want. Do a job shadow. Interview someone who is somehow related to the profession you chose to find answers to questions like these:**

- 1 What kind of training, education and skills are required?**
- 2 What are the real-life work conditions, the work environment and the work schedule?**

**Based on the work you've just done, define your life mission and start living it with every decision you make. Soon you'll be able to look back and see how far you've come.**