

5 The feel-good factor

Use of English

Open cloze (Part 2) ► CB page 48

- 1 Read the article. For questions 1–8, think of the word which best fits each gap. Use only one word for each gap.

HOME | NEWS | HAPPINESS search

Can meditation be a secret weapon?

Recent research has come **(0)** *up* with some interesting findings about our approach to finding happiness. It seems that **(1)** from being an absolute, happiness is a skill that can be learnt, and the level achieved depends largely on the time and effort people **(2)** prepared to invest in it. So **(3)** does anyone go about this? Allegedly, meditation plays a role. The left side of the brain is associated **(4)** happiness while the right side is more negative. Brain scans performed on those **(5)** meditate frequently demonstrated raised levels of positivity in the left side, while the more negative right side was kept **(6)** check. This raises key questions. Can only regular meditators be happy? It seems **(7)** , as levels of positivity were seen to be higher even in infrequent meditators. So the good news might be that a minor modification to our perception of things **(8)** us could lead to a big change in our sense of well-being. It's certainly food for thought!

About the exam:

In Reading and Use of English Part 2, you read a text with eight gaps. The missing words may test grammar words (e.g. verb forms, referents), use of connectors (e.g. *however*, *although*) or vocabulary (e.g. phrasal verbs, collocations).

Strategy:

- Read the title and the whole text so that you understand what it is about.
- Read the whole sentence with the gap, to look for clues as to what kind of word you need.
- Check the words before and after each gap and look for grammatical collocations.
- Read the whole text through once you have completed it to make sure you have not missed any connectors, plurals or negatives.

- 2 Look at the gapped words in the article and match them with descriptions A–F.

- | | |
|---------------------------|--------------------------------|
| A a negative | D a verb |
| B a dependent preposition | E a preposition |
| C a relative pronoun | F a fixed prepositional phrase |

- 3 Read the article again. Which sentence best summarises the writer's main point?

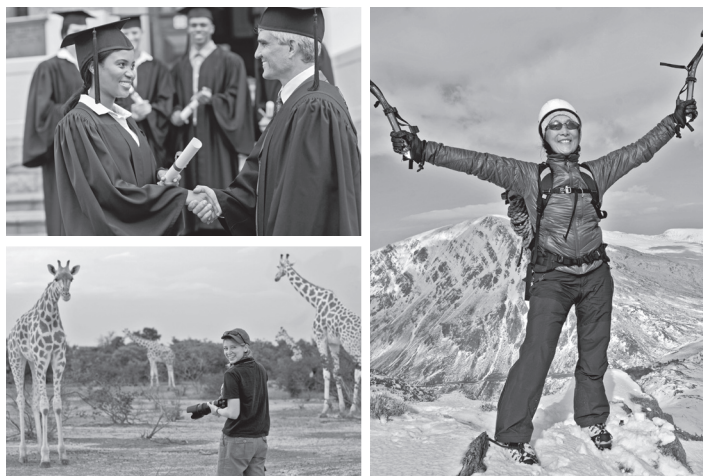
- 1 Meditation is the only way to create a feeling of happiness.
- 2 We can change our level of happiness by altering our mindset.
- 3 Happiness is only achievable with a lot of effort.

Speaking

Long turn (Part 2) ► CB page 49

- 1** ▶ **09** Look at the task and the pictures. Which two pictures would you choose? Listen to a candidate doing the task. Did she choose the same ones?

Look at the pictures. They show people experiencing special moments. Compare two of the pictures and say why these moments might be special for the people and how memorable these moments might be.



- 2** Complete the candidate's answer. Then listen again and check your answers.

I'd like to talk about these two pictures. In my opinion the people in both pictures are experiencing a feel-good moment. It's special for all of them but, obviously, for different reasons. The people are in contrasting locations, too. One looks as (1) it's in a cold place, in a lovely mountainous area, whereas the other is obviously hot. In both pictures the place (2) be very quiet but in the second I (3) the woman herself must stay quiet so as not to disturb the animals. The woman in the first picture is (4) with people we can't see, but from the way she looks, I'd (5) she's feeling proud about achieving something difficult. She certainly looks pretty pleased with herself. And this is just a(n) (6) but this (7) be the first time she's ever done anything so physically difficult, so it would be a very special moment for her. In the second picture the woman (8) very happy and excited. I (9) she's always wanted to go on a safari like this. I can't be (10) but I imagine this is probably a special moment for her because she's never seen such amazing animals close up before.

Listening

Multiple choice (Part 3)

► CB page 50

- 1** ▶ **10** You will hear an interview with Janet Wilson and Dave Edwards, who are both stand-up comedians. For questions 1–6, choose the answer (A, B, C or D) which fits best according to what you hear.

- Janet's interest in stand-up comedy started because
 - she was dissatisfied with normal performing roles.
 - she enjoyed writing her own jokes and scripts.
 - she knew it would fulfil her desire for a challenge.
 - she felt it linked to her primary interest in acting.
- How did Janet's parents react to her career?
 - They hesitated about supporting her.
 - They wished she had been more studious.
 - They were pleased she was doing something she loved.
 - They were concerned about the insecurity of it.
- How does Dave feel when he's performing?
 - frustrated by an unresponsive audience
 - privileged to be able to make people happy
 - tired by the effort of keeping people amused
 - concerned when an audience doesn't like him
- According to Dave, a successful comedian must
 - be a charismatic presence on stage.
 - win lots of prestigious awards.
 - be able to ignore unhelpful criticism.
 - feel confident about growing as a performer.
- What do Janet and Dave both think about the future of stand-up comedy?
 - It will be increasingly competitive.
 - Success may be harder to come by.
 - The kind of material used could change.
 - Comedians may have to become more professional.
- When talking about her own future, Janet accepts/realises she should
 - be prepared for setbacks in her career.
 - do some other work for financial reasons.
 - develop a better stage presence.
 - turn down offers to develop other skills.

Grammar

substitution and ellipsis ► CB page 51

- 1** Replace the underlined words in the article with the words in the box.

doing that it one that (x2) them they (x2)

More than just a pet

Two of my friends recently adopted a dog. By **(1)** adopting a dog they have given me an insight into how animals can promote well-being. **(2)** My friends were happy enough before they brought Buster home but rarely have I seen anything bring so much joy into a home as he has.

It's unsurprising that greater health and happiness can come from caring for a pet. One research study tracked people working in stressful jobs who adopted cats or dogs; caring for **(3)** the cats or dogs lowered the person's blood pressure more effectively than medicine. People who own dogs tend to get more exercise than people without **(4)** a dog, and **(5)** exercise is a guaranteed way of boosting your health and happiness.

Having said **(6)** exercise is a guaranteed way to boost health and happiness, I would never suggest that families with young children should get a puppy or any similar pet; not because **(7)** getting a puppy is problematic in itself, but parents nowadays lead such busy lives that looking after a young animal is the last thing **(8)** parents want to worry about. But families can still benefit from the love of animals by adopting lower-maintenance pets such as fish or by helping out with other people's animals.

- 2** There is one word missing in each conversation. Add it in the right place.

- 1** **A:** Are you going to buy that car?
B: No, I can't afford at the moment.
- 2** **A:** Do you think the trains will be busy this evening?
B: I expect because it's always busy on a Friday.
- 3** **A:** People seem happier these days!
B: Do you think? I hadn't noticed!
- 4** **A:** I'm going to Rome in the summer for a short holiday.
B: Really? So !! Maybe we'll be there at the same time.
- 5** **A:** Please tell Sue that I'll be late for the meeting.
B: Of course I. What time will you get here?

Reading

Multiple matching (Part 8)

► CB page 52

About the exam:

In Reading and Use of English Part 8, you match questions or statements to paragraphs or sections of a text.

Strategy:

- Read the text(s) quickly to get a general idea of the topic.
- Read through the questions and underline key words and phrases that may help you.
- Scan the text(s) to find parts with a similar meaning to what you have underlined. Remember that the words will not be the same.

- 1** Read the article on page 37. Which writer, A, B, C or D does NOT relate a concrete personal experience to exemplify a point of view?
- 2** Read the article again. For questions 1–10, choose from the sections A–D. You may choose any of the sections more than once.

Which writer

Describes the consequences of anticipated wealth or income?

1

Mentions an inherited trait?

2

Condemns some people's use of money to manipulate others?

3

Mentions different interpretations of a particular term?

4

Believes that experts do not tell us anything new?

5

Refers to physical reactions to events?

6

Refers to money left outside the family?

7

Reinforces a point by using a comparison between two family members?

8

Mentions the need for money to alleviate certain problems?

9

Comments that age has brought better understanding of a person's opinions?

10



Secret of a happy life – in our genes or in our pockets?



Four readers comment on the importance of wealth.

A

Most of us tend to assume that having a good income which enables us to maintain a certain standard of living, with excess to use on luxuries for ourselves, is desirable. But does it make us happy? Experience tells me no. My uncle had an exceptionally high-powered job and he profited financially from it, but in no way would I describe him as a happy person – he was one of the grumpiest people I've ever met. He hoarded his money, spent the minimum necessary on himself, nothing on helping others, and after his death willed the whole fortune to an animal charity. In direct contrast, my uncle on my mother's side was generous to a fault with the money he earned from a similarly well-paid job. He too was single, but his view on the world was positive and his house was full of singing and laughter. I guess what I'm trying to say is that happiness may be partly in a person's genes, and partly in whatever life throws at them. Those of us with the gene will find something happy in life.

B

I have to admit that people who seriously debate the contribution that income can make to a person's overall feeling of well-being, and conclude that material possessions and having the wherewithal to buy them is *not* an indicator of happiness, really get under my skin. Of course everyone knows that all the wealth in the world can't make someone like or love you, or pay for miraculous cures for medical problems. And we've all met people who get really stressed because they need to work so hard to sustain the lifestyle that money has brought them. They certainly aren't particularly happy. We don't need surveys and scientific projects to tell us that, surely? But equally, we don't need anyone to tell us that having enough money to maintain good health or at least pay for the treatments and care we need when we are suffering is clearly very important. It's a fact of life. Whatever fancy language psychologists may use to tell us that money doesn't make us happy, a lack of money can definitely make life hard!

C

My grandmother used to say 'money is the root of all evil', which I couldn't really get my head round when I was a child. Now, however, I can see what she meant, although I think the saying exaggerates the point, as all sayings do. I'd just like to point out how devastating the expectation of money can be on a family. I was brought up to believe that in life you reap what you sow – i.e. you work, you earn, you live – what you

earn is yours. I want my parents to use their money while they're alive, not to leave it to me when they die. That is why I get upset when I see people who plan their lives around an expected inheritance, and the ruptures this can create within a family are horrifying. My best friend's father took his own brother to court because he thought the division of the inheritance from their parents was unfair. It caused such a rift in the family that they haven't spoken for ten years. What is that all about? And the way that controlling people use money to bribe family members to act in certain ways, threatening to disinherit them if they act otherwise – it's simply beyond my understanding.

D

In my opinion happiness, or being happy, isn't a state of mind, I think it's the wrong choice of word. For me the word *happiness* conjures up more a series of moments when – to be a little poetic – your heart lifts or feels full. To give a couple of examples, it's like when you watch a friend get married and you almost cry because it makes you feel so good, or when you get the best possible results in a test and you want to punch the air and shout 'Yes!' So, when you get these surveys or questionnaires and experts commenting about whether money brings happiness or things like that I feel that they're considering the wrong question. Isn't it more about contentment or comfort? And it's all relative anyway, as far as I'm concerned. Some people, whether they're billionaires with considerable inherited wealth, or those surviving on very little money, will always find things that will make them feel good.

3 Find words and phrases in the article that match meanings 1–8.

- 1 collected/cluttered (section A)
- 2 almost too liberal with money (Section A)
- 3 the funds/finances (Section B)
- 4 irritate (Section B)
- 5 at the same time (Section B)
- 6 understand something complex (Section C)
- 7 a division/gap (Section C)
- 8 needs to be seen in context (Section D)

Grammar

hypothetical meaning ► CB page 54

1 Complete the sentences with the correct form of the verb in brackets.

- I wish I (own) a pet – I'd probably feel happier.
- If only they (give) me the chance to organise the party next week – I'd be good at it.
- It's high time people (start) appreciating the good things in life.
- I wish I (go) to see that comedian in the theatre last week – the reviews were great.
- If only I (not get) involved with the project!
- I wish I (can improve) my dancing technique but it's hard.
- I'd rather my brother (not play) his music so loudly in the evenings.
- It's high time we (leave), otherwise we'll be late for the party.

2 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

- I think you have waited long enough to make your decision. **HIGH**
It your decision.
- I regret changing my job last year. **WISH**
I my job last year.
- I wish I had been more polite to my boss when I spoke to her. **ONLY**
If politely to my boss.
- Getting up early every morning is so difficult and I hate it! **PREFER**
I later every morning!
- I prefer to decide everything myself instead of asking Paul. **RATHER**
I the decisions myself instead of asking Paul.
- I made a mistake with my choice of course to study. **WISH**
I different course to study.

Vocabulary

prefix *mis-* and false opposites

► CB page 55

1 Replace the underlined words with the correct form of the words in the box. Use the prefix *mis-*.

behave fortune interpret give lead trust
print understand

- That young boy is always behaving badly – he needs to be taught some manners.
- She's had a lot of bad luck recently – she deserves better.
- I didn't understand exactly what she wanted, so I bought the wrong thing.
- I don't trust that salesman – I don't think he always tells the truth.
- Some advertising doesn't tell the whole truth – in fact, it quite often deceives people.
- It's often possible to not understand the correct meaning of a person's body language.
- Books in digital form often have printing mistakes in them.
- I had a lot of doubts about whether it was a good idea to write to him.

sentence adverbs ► CB page 56

2 Complete the sentences with the adverbs in the box.

happily hopefully oddly enough sadly
understandably unfortunately

-, the couple meet again years later and the love affair continues.
-, no one sees the murder although it happens in a very public place.
-, there will be another series next year but nothing has been announced so far.
-, the victim is scared of walking down that street again.
-, I haven't seen the sequel, so I can't comment on it.
-, the dog has to be put down at the end of the film.

Writing

Review (Part 2) ► CB page 56

About the exam:

In Writing Part 2, you choose between several options. One of these options may be a review of a book, film, new product, theatrical performance or something else that you have experience of. You write between 220 and 260 words.

Strategy:

- Include some information about what you are reviewing but don't include a lot of detail about one element of it.
- Give your reactions, whether positive, negative or both, and include recommendations for the readers.
- Use an informal style to engage readers.

- 1** Look at the exam task and the sample answer. Then decide which paragraph-opening sentence (A–E) best fits each gap.

You see this announcement on a website.

What makes you laugh?

When we're feeling a bit low, watching something funny on TV can lift our spirits. We'd like to post some reviews of TV series that give us a good giggle.

Send us a review of a TV series which you think will cheer us all up, giving reasons for your choice.

Write your **review** in **220–260** words in an appropriate style.

- A** The script is witty and the characterisations are superb.
- B** The series is based on the works of P.G. Wodehouse, of Jeeves and Wooster fame.
- C** It happens to all of us.
- D** It is refreshing to watch a comedy series where the jokes are innocent but extremely funny.
- E** *Blandings* is an unlikely source of amusement for me.

- 2** Read the sample answer again and answer the questions.

- 1 How does the writer engage the reader in the first paragraph?
- 2 How does the writer use a possible negative point to make a positive one?
- 3 What factual information does the writer give?
- 4 List the adjectives used in the review.
- 5 How does the writer persuade us to watch the series?

(1) One moment you can be feeling really depressed and fed up with life and then something comes on the television which makes you giggle and by the end of the programme you find that you're smiling rather than scowling. That is exactly what I found when I watched the series *Blandings* on television last week.

(2) I usually shy away from slapstick comedy but *Blandings* manages to use this as well as other different types of humour in a way that seems to work brilliantly. I am glad I switched on.

(3) It is set in 1929 and it revolves around the lives of an aristocratic but hugely eccentric family who reside at a wonderful minor stately home called *Blandings Castle*. Timothy Spall plays the forgetful but lovable lord of the manor and the very talented Jennifer Saunders is his sharp-voiced sister who wants him to face up to his duties as a pillar of the local community. Unfortunately, this is a role he detests.

(4) However, what makes it so amusing is the way it pokes mild fun at a bygone age where money, title and class ruled society. We see the British at their best and at their worst, and it is an excellent example of how the British can laugh at themselves.

(5) I can thoroughly recommend the series to anyone who is feeling a little gloomy and I can almost guarantee that you won't be able to resist a smile. Channel 2, 7 p.m. on Sundays. You won't regret it.



- 3** Read the exam task again and think about the questions below. Then plan and write your review.

- 1 What is the series? Is it old or recent? Why did you start watching it?
- 2 What is the situation? Who are the actors?
- 3 What makes this series special in your opinion?
- 4 Who would you recommend it to?