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The methods suggested in this book are intentionally simple and intentionally prescriptive. However, the aim is to provide a platform for the teacher, not a cage. Rules are made to be broken, but first you must have rules. The methods suggested here work. When the teacher is experienced in them, that is the time to break the rules and see what else is possible. Many teachers are inexperienced in using TV, video and radio in class and need some kind of basis on which to work with confidence. I hope this book provides that basis.