

Contents

Unit 1		
Ring the changes	4	
Unit 2		
Expectation	8	
Unit 3		
Strange behaviour	12	
Unit 4		
Sweet rituals	16	
Unit 5		
The consumer society	20	
Unit 6		
The sound of music	24	
Unit 7		
Before your very eyes	28	
Unit 8		
Urban jungle	32	
Unit 9		
Fitting in	36	
Unit 10		
Globalisation	40	
Unit 11		
For better, for worse	44	
Unit 12		
At the cutting edge	48	
Unit 13		
Save the planet	52	
Unit 14		
Get fit, live longer!	56	
Unit 15		
The daily grind	60	
Unit 16		
Hidden nuances	64	
Unit 17		
Defining happiness	68	
Unit 18		
On freedom	72	
Unit 19		
The unexplained	76	
Unit 20		
A sense of humour	80	
Writing workout 1		
Letter	84	
Writing workout 2		
Review	86	
Writing workout 3		
Essay	88	
Writing workout 4		
Article	90	
Writing workout 5		
Report	92	
Answers and recording scripts		94
Acknowledgements		120