

# Contents

<b>Author's acknowledgments</b>	iv	<b>Unit 9 Health and fitness</b>	
<b>Introduction</b>	v	A A healthy life	68
<b>Unit 1 Communicating in English</b>		B Sleep and dreams	72
A Let's get to know each other!	1	<b>Unit 10 Self-improvement</b>	
B Numbers and letters	6	A Can you remember?	75
<b>Unit 2 Different kinds of people</b>		B Take my advice.	79
A What do they look like?	11	<b>Unit 11 In the city</b>	
B Your personality	15	A Out and about	83
<b>Unit 3 Free time</b>		B There's plenty to do.	87
A What are your interests?	19	<b>Unit 12 Foreign customs</b>	
B Do you like sports?	24	A Festivals and holidays	91
<b>Unit 4 Weather and climate</b>		B Mind your manners!	95
A It's going to be a beautiful day!	28	<b>Unit 13 Famous people</b>	
B Extreme weather	31	A I know that name!	99
<b>Unit 5 Money</b>		B People in history	103
A Shopping	35	<b>Unit 14 Home, sweet home</b>	
B Saving and spending money	40	A My dream home	108
<b>Unit 6 Food and drink</b>		B Around the world	111
A Eating out	44	<b>Unit 15 Then and now</b>	
B Food around the world	48	A The good old days	115
<b>Unit 7 Travel and tourism</b>		B Fads and trends	118
A Close to home	52	<b>Unit 16 The future</b>	
B Traveling the world	56	A Utopia?	123
<b>Unit 8 Entertainment</b>		B Wishes and dreams	127
A Let's see a movie!	61		
B A good read	64		

## Class Audio Cassettes or CDs

The Class Audio Cassettes or CDs that accompany the Student's Books feature interviews, conversations, news reports, and other interesting listening material. Many of the recorded monologues and dialogues are unscripted to ensure that they reflect English as it is actually spoken in a variety of realistic situations. The speakers have a variety of accents, and their speech contains the normal hesitations, pauses, and interruptions that occur naturally in spoken language.