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<b>1</b> Lessons for life pages 9–20 VIDEO: Arctic wisdom page 18 ► REVIEW page 20	time phrases the continuous aspect	personality and identity wordbuilding: binomial pairs word focus: <i>life</i>	getting to know people	linking in word pairs merged words in everyday phrases	two speakers talk about important lessons in life a talk by a sociologist about understanding what makes people who they are	an article about the lessons we learn from the past an article about the language of Shakespeare	purpose	your favorite saying situations in your life call my bluff	taking notes writing skill: using abbreviations
<b>2</b> More than a job pages 21–32 VIDEO: Climbing Yosemite page 30 ► REVIEW page 32	perfect forms passive forms	wordbuilding: phrasal verb <i>get</i> idioms: safety word focus: <i>foot/feet</i> personal qualities	presenting yourself	word stress	a talk about the livelihood of Kazakh nomads an interview with a firefighter	an article about the Moken people of Myanmar an article about rock climbing in Yosemite	analyzing language	more than a job safety features your comfort zone	a cover letter or email writing skill: fixed expressions
<b>3</b> Design for life pages 33–44 VIDEO: A story of solutions page 42 ► REVIEW page 44	qualifiers intensifying adverbs	describing towns adverb + adjective collocations word focus: <i>ground</i>	expressing opinions	<i>quite, fairly, and pretty</i> stress in intensifying adverbs linking vowel sounds	a description of a photograph an interview with an architect about small homes	an article about two towns with individual characters an article about the architect Zaha Hadid	summarizing	your hometown a bit of luxury how spaces affect you	an opinion essay writing skill: discourse markers
<b>4</b> Innovation pages 45–56 VIDEO: This man risked it all page 54 ► REVIEW page 56	future probability past modals	wordbuilding: <i>-able</i> phrasal verb <i>come</i> word focus: <i>give</i>	making a short pitch speaking skill: making key points	weak forms in past modals word stress	a news report about bionic body parts an interview about the inspiration for inventions	an article about the future of bendable technology an article about a social entrepreneur	finding counter arguments	future solutions how people managed in the past a social business	a proposal writing skill: making recommendations
<b>5</b> The magic of travel pages 57–68 VIDEO: On the road: Andrew McCarthy page 66 ► REVIEW page 68	emphatic structures avoiding repetition	repeated word pairs wordbuilding: synonyms word focus: <i>matter</i>	telling an anecdote speaking skill: linking events	<i>do, does, and did</i> stress in short responses long sounds	an excerpt from a talk by a travel writer a radio interview about holidays to unknown places	a travel blog about different approaches to traveling an article about travel in graphic novels	evaluating sources	how you travel a mystery tour knowing places	a review writing skill: using descriptive words
<b>6</b> Body matters pages 69–80 VIDEO: The art of parkour page 78 ► REVIEW page 80	phrasal verbs verb patterns	wordbuilding: compound words injuries idioms: health word focus: <i>face</i>	discussing proposals speaking skill: proposing and conceding a point	stress in two-syllable verbs toning down negative statements	a conversation between two friends about health and exercise an interview with an ultrarunner about sports injuries	an article about different exercise regimens an article about beauty	author influence	exercise trends describing an injury does beauty sell?	a formal report writing skill: avoiding repetition

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<b>7</b> The digital world pages 81–92 VIDEO: Talking dictionaries page 90 ► REVIEW page 92	passive reporting verbs nominalization	wordbuilding: verb prefix <i>out</i> idioms: business buzz words word focus: <i>break</i>	making a podcast speaking skill: hedging language	new words	a talk by a journalist about digital technology an interview about social media marketing	a study of global facts about selfies an article about a day at a hackers' conference	identifying personal opinion	the impact of social media brands attitudes to security	a news report writing skill: cautious language
<b>8</b> The music in us pages 93–104 VIDEO: A biopic page 102 ► REVIEW page 104	the adverb <i>just</i> purpose and result	idioms: music word focus: <i>hit</i>	your favorite music speaking skill: responding to questions	expressions with <i>just</i> intonation to express uncertainty	an interview with a street musician a talk by a neuroscientist about music therapy	an interview with a musician about cultural influences a review of a documentary about Bob Marley	identifying key points	themes of songs how to relax a charity concert	a description writing skill: parallel structures
<b>9</b> Window on the past pages 105–116 VIDEO: Collecting the past page 114 ► REVIEW page 116	linking words present and perfect participle clauses	wordbuilding: verb + preposition crime and punishment word focus: <i>board</i>	checking, confirming, and clarifying	silent letters	a talk about the significance of historical objects a story about an unusual crime	an article about what personal letters reveal about our past a story about hidden treasure	unanswered questions	an important past event a case of fraud historical irony	describing a past event writing skill: sequencing events
<b>10</b> Social living pages 117–128 VIDEO: Initiation with ants page 126 ► REVIEW page 128	adverbs and adverbial phrases negative adverbials and inversion	being a good member of society having fun word focus: <i>free</i>	making conversation speaking skill: showing interest	sentence stress intonation and elision	an excerpt from a radio program about ethnic communities a podcast about the importance of play	an article about ant society an article about the Hadza of Tanzania	reading between the lines	being a good member of society social games feeling free	a discursive essay writing skill: referring to evidence
<b>11</b> Reason and emotion pages 129–140 VIDEO: Madeline the robot tamer page 138 ► REVIEW page 140	unreal past forms conditionals and inversion	feelings wordbuilding: heteronyms word focus: <i>beyond</i>	recognizing feelings	heteronyms adjectives ending in <i>-ed</i>	a short talk by a photographer about photographing people a lecture about irrational thinking	an article about understanding emotions an article about artificial intelligence in the future	analyzing structure	modern life mind games technology and occupations	an email message writing skill: avoiding misunderstandings
<b>12</b> Mother nature pages 141–152 VIDEO: Three years and 6,000 miles on a horse page 150 ► REVIEW page 152	approximation and vague language <i>would</i>	wordbuilding: adverb + adjective collocations idioms: adjective collocations word focus: <i>move</i>	a debate speaking skill: interrupting	intonation in interruptions	three people describe the landscape where they live an excerpt from a radio interview about the Japanese poet Bashō	an article about the importance of geo-literacy an article about how wildlife is moving into our cities	different perspectives	natural and human-made features events in nature the animal and human worlds	a letter to a newspaper writing skill: persuasive language
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