

UNIT 1 LANGUAGE SUMMARY

Adjectives

Describing personality

brave
cheerful
easygoing
generous
helpful
honest
intelligent
nervous
reliable
selfish
serious
sociable

Verbs

Giving personal information

be born
be into
be married
be raised
be single
celebrate
live alone
live with my family
retire

Insider English

hold on a sec

Asking and answering questions about people

Whose class are you in?
Which neighborhood do you live in?
What are you doing these days?
Where did you go to school?
How can I help?
Can you tell me where he was born and raised?
Do you know if he likes broccoli?
I'd like to know what sports or hobbies he's into.
Do you have any idea ...?
I want to find out ...
I wonder ...

Making introductions

Hello, I'm Nina.
I'm Mia, Jodi's sister.
This is Rafe, my husband.
This is Nina, Jodi's coworker.

Saying how you know someone

How do you know Jodi?
I work with her.
I'm her sister/friend/coworker.

Ending a conversation

I should let you go.
Sorry, I have to go now.
It was really nice to meet you.
It was nice talking to you.

Meeting someone you've heard about

It's great to meet you, Mia. I've heard good things about you.
Oh, that's nice.
I've heard a lot about you. Good things, I hope.

Useful phrases

Do you know who this is?
Which one is he/she?
I think this is ...
He/She is the ...
Who did you learn about?
This person is a good leader because he/she is ...
Who is the best one?
So, do we all agree?
We decided that ... should be our president, because ...
We chose him/her because ...

UNIT 2 LANGUAGE SUMMARY

Nouns

Tech features

device
folder
home screen
model
storage

Adjectives

Describing possessions

brand new
common
damaged
fancy
in good condition
modern
outdated
plain
special
used
useful
useless

Verbs

Tech features

delete
set up
sync
try
work

Insider English

now

Glossary

collect
legal

Talking about things you've had for a while

Have you ever felt that way?
I've never played computer games.
Our car has been outside for two years.
We haven't ridden these bikes for years.
I've had my comic books since I was 12.

Talking about things you own

I've already downloaded a lot of apps.
I haven't tried many of them yet.
Have you tried the camera yet?
Yes, I have.

Introducing new topics

So, you know I'm interested in old toys.
And guess what? I just bought two more online.

Changing the subject

By the way, have you heard that Tori is in town?
Oh, before I forget, ...

Staying on track

Anyway, they looked good in the photos.

Using short questions to show interest

I just bought two more online.
You did? Cool!
Tori is in town.
She is? I haven't seen her since she moved.

Useful phrases

I think ... is/are essential because ...
I think ... isn't essential because ...
I think they are bringing this because ...
I think we should bring ... because ...
How long have you had your special item?
I've had it for/since ...
We chose ... because ...
We also chose ...

UNIT 3 LANGUAGE SUMMARY

Nouns

City features

bridge
clinic
embassy
ferry
fire station
highway
hostel
monument
parking lot
sculpture
sidewalk
tunnel

Public transportation

arrival
departure
fare
lines
reservation
route
schedule
terminal

Adjectives

direct

Verbs

book

Insider English

Sorry, one more question.

Glossary

cast

Asking and answering questions about your city

Is there a ferry in your city?
What time does the first ferry run?
I'm studying to be an engineer.
Where can I find the most unusual sculptures?
Hostels are usually cheap.
Where can I play music?

Talking about how to get from one place to another

What should I do?
You should ask a New Yorker. You shouldn't look at those maps.
You could get the AirTrain.
I wouldn't take the subway. I'd get a taxi.
Could I take a train?
Yes, you could. No, you couldn't.

Asking for directions

Can you tell me how to get to meeting room C?
How do I get to the stairs?
Which way is the elevator?
Do you know which floor the cafeteria is on?
Which floor are the restrooms on?

Giving directions

It's upstairs on the fifth floor.
Go down that hallway, and they're on your right.
Go through the lobby, and it's on the left.
It's downstairs in the basement.
Take the elevator to the third floor.

Repeating details to show you understand

Can you tell me how to get to meeting room C?
Meeting room C ... Uh, it's upstairs on the fifth floor.
How do I get to the stairs?
The stairs? Go down that hallway, and they're on your right.

Useful phrases

I think ...
I don't think ...
In my opinion ...
... isn't very well known.
... is a good choice because ...
I think we should include ...
Let's say ... first.
Then we can talk about ...
Next, we should ...
Finally, we can tell the class about ...

UNIT 4 LANGUAGE SUMMARY

Adjectives

Describing opinions and reactions

amused
amusing
annoyed
annoying
disappointed
disappointing
embarrassed
embarrassing
fascinated
fascinating
frightened
frightening
shocked
shocking
surprised
surprising

Describing opinions and reactions

It's going to be embarrassing for her.
This costume is awful! It's going to scare her.
She'll be shocked.
She won't like it.
I think she'll laugh.

Making plans for a trip

I'll deal with renting tents, OK?
OK, and I'll check places to stay.
Are we staying with your cousin?
They're staying with Leo's cousin.
They're not hiring a guide.

Offering reassurance

It'll be fine.
These things happen sometimes.
There's no need to worry.
You'll be fine.
Don't worry about it.
It's no problem.

Responding to reassurance

I hope so.
I really appreciate it.
Thanks, but I feel so bad.

Verbs

Making decisions and plans

arrange
check
deal with
forget
get in touch with
let (someone) know
look into
meet up
remind
think about

Insider English

ASAP (as soon as possible)

Glossary

lyrics
professional

Using *at least* to point out the good side of a situation

Maybe I'll text my parents and cancel ...
No, don't do that. It's no problem. At least you're not missing your main class today.

Useful phrases

We can ...
Here's a good idea.
We need ...
I (don't) think ... will like ...
They're going to ... They'll also ...
We/I think they'll be ...
We/I don't think they'll ...
This is our best idea.
We think it's perfect for ...

UNIT 5 LANGUAGE SUMMARY

Verbs

Losing and finding things

appear
disappear
discover
drop
fall off
get (something) back
leave (something) behind
locate
return
search (for)

Needing and giving help

be grateful (to someone)
be in trouble
break down
feel sorry (for someone)
figure out what to do
get lost
give (someone) a ride
show (someone) where to go
take care (of someone)
warn (someone) that ...

Insider English

subway
train

Glossary

monster
narrow down

Talking about lost and found things

Agustín Aliaga lost his wedding ring.
He didn't find it in the water.
She looked everywhere.
She couldn't locate it.

Talking about needing and giving help

While I was looking at some art, the train came.
The train came while I was looking at some art.
When the train came, I was looking at some art.
When I looked up, the doors were closing.

Giving surprising news

I had a real surprise this morning.
You'll never guess who was standing behind me.
You're not going to believe this.
I can't believe it.

Reacting with surprise

Are you serious?
Is that true?
You're kidding!
Seriously?

Repeating words to express surprise

You'll never guess who was standing behind me.
Who?
An old school friend from Seoul.
From Seoul? Are you serious?

Useful phrases

A few weeks/months/years ago ...
When/While I was ...
Then suddenly ...
Later ...
Seriously?
You're kidding!
That's a great story!
They won't believe that.
Let's say that ...
I think it's true.
It's not true.
No way!
I (can't) believe that ...

UNIT 6 LANGUAGE SUMMARY

Nouns

Urban problems

air
concrete
graffiti
land
noise
pollution
smoke
space
traffic
traffic jam
trash

Adverbs

Adverbs of manner

angrily
beautifully
calmly
clearly
completely
correctly
dangerously
loudly
politely
quietly
safely

Insider English

think twice

Glossary

creepy
steal

Talking about urban problems

Almost all of the land is concrete.
There's so much traffic.
I love living close to so many people.
I expected a lot of noise.
If you talk to them calmly and politely, they'll probably listen.
I wake up several times a night.
I see a little grass here and there.
I see a few trees.
There's very little space.
In Alaska, there's almost none.

Talking about problems and solutions

If there is a lot of garbage in the street, people often leave more trash there.
When you speak angrily to noisy neighbors, they just keep making noise.
If you explain your feelings clearly, they will understand.
They will understand if you explain your feelings clearly.
If you make a special area for graffiti, people won't paint on other buildings.

Expressing concern

Are you all right?
I was really worried!
Is/Was everyone OK?
Is anything wrong?

Expressing relief

I'm so relieved
I'm glad to hear that.
What a relief!
That's such a relief.

Using *though* to give a contrasting idea

Was everyone OK?
Yes. No one was hurt. It was a dangerous situation, though.

Useful phrases

It looks amazing/strange/real.
It's a great idea.
I'm not sure about it.
That's true, but ...
Well, it also ...
So, you're saying ...
But then ...
If we ..., we'll have to ...
People will/won't ...
I (don't) think ... will ...
I (don't) think it will work.
I (don't) think we can ...
We'll need to ...
It will be too ...

UNIT 7 LANGUAGE SUMMARY

Nouns

Music

classical
country
EDM
folk
heavy metal
hip-hop
jazz
pop
reggae
rock

TV shows and movies

animated movie
comedy
documentary
drama
game show
horror
musical
reality show
romantic comedy
science fiction
soap opera
talk show
thriller

Insider English

thanks to + something or someone

Glossary

dramatic

Discussing your changing tastes in music

What did you use to listen to then?
I used to like country music.
I didn't use to buy much music.

Talking about TV shows and movies

Many viewers think that personal devices are as good as TVs.
Nothing is as much fun as watching reality shows with your friends.
Watching a horror movie at home isn't as frightening as watching it in a dark theater.
Do you like watching on your device as much as watching on a big screen?

Refusing invitations

Maybe after that. / Maybe later.
I'd love to, but ...
But thanks for asking.
I'm sorry. Unfortunately, ...

Responding to a refusal

Oh, that's too bad.
I understand.
Let me know if your plans change.
Let me know if you change your mind.

Softening comments

Are you free on Saturday?
I'm sorry. Unfortunately, I'm going to be kind of busy all weekend.

Useful phrases

I used to like ..., but now I don't like it so much.
I've always liked ...
My favorite ... is/was ...
I think everyone / most people / some people ...
I don't think many people / anyone ...
I think this is true.
I disagree.
I think this is partly true.
I agree that ..., but I disagree that ...

UNIT 8 LANGUAGE SUMMARY

Nouns

Describing experiences

achievement
challenge
change
chore
job
opportunity
process
project
success

Verbs

Describing progress

concentrate on something
do your best
get nowhere
have a chance to do something
have problems with something
have time to do something
have trouble with something
make good progress
save (a lot of) time
spend (a lot of) time doing something
take it easy
waste (a lot of) time

Insider English

It's worth it.
It'll be worth it.

Talking about what you've been doing

What have you been doing?
I've been painting pictures of nature.
I haven't been going out at all.
Have you been going out?
Yes, I have. / No, I haven't.

Talking about progress

I've been making good progress.
I've been getting nowhere.
I've been having problems with that.
I've been having trouble with that.
I haven't had time to do that.
I haven't had a chance to do that.
I've been doing my best.
I've been taking it easy.
I've been spending a lot of time doing that.
I've been concentrating on that.
I've wasted a lot of time.
I've saved a lot of time.

Saying how long it's been

It's been a long time.
I haven't seen you since last spring / for a long time.

Asking about someone's news

What have you been up to?
What have you been doing?
What's going on with him?
How have you been?

Answering

The same as usual.
I've been (really) busy.
Not much.

Using *that would be* to comment on something

Why don't we go and have lunch together? I know a great Chinese restaurant.
Really? That would be great! I love Chinese food.

Useful phrases

... makes me happy.
I enjoy ...
I don't really like ...
I'm not interested in ...
I've been spending a lot of time ...
I haven't had (much) time to ...
I want to spend more/less time ...
You could ... Or you could ...
What about ...ing ...?

UNIT 9 LANGUAGE SUMMARY

Nouns

College subjects

architecture
biology
business
chemistry
computer science
economics
education
engineering
law
medicine
physics
political science

Employment

career
contract
employer
profession
retirement
salary
wage
working hours

Verbs

Employment

apply
fire
hire
manage

Insider English

See how it goes.

Glossary

applicant
deadline
degree
major
qualifications

Talking about college subjects

I have to get a degree first.
I don't have to choose a job yet.
Applicants must take 120 credits of any subject to get a degree.
Why do you need to get a degree?
Don't you have to choose a major?

Discussing rules for working and studying at home

You can't waste time.
You must not miss your deadlines.
You can take short breaks.
May I email you?

Expressing confidence

That won't be a problem.
That doesn't bother me.
I think I can handle that.

Expressing lack of confidence

I'm not sure I can handle that.
I don't think I'm strong enough.
That concerns me a little.

Focusing on reasons

Me, doing jujitsu? I'm not sure I can handle that! The thing is, I'm not very strong.

Useful phrases

You have to be good at ...
You need to know a lot about ...
You have to be interested in ...
You could make/help/sell/design ...
You could be a / work in a ...
My partner's job is ...
It would be perfect for him/her because ...

UNIT 10 LANGUAGE SUMMARY

Nouns

Describing materials

cotton
glass
leather
metal
plastic
polyester
stone
wood
wool

Adjectives

Describing materials

artificial
fragile
hard
heavy
light
natural
soft
strong
warm
waterproof

Verbs

Production and distribution

catch
deliver
design
export
freeze
grow
import
manufacture
pick
produce
ship
store
transport

Insider English

-friendly

Glossary

brand
eco-friendly
feedback
green
otherwise

Saying what things are made of

Cotton is taken from plants.
Large amounts of water are needed.
A lot of chemicals are used by cotton farmers.

Talking about where things come from

The tuna was caught weeks ago.
The coffee beans were imported.
My laptop wasn't made in the US.
The beans weren't grown in Canada.
The coffee was exported from Brazil.

Questioning someone's choices

Why would you want to buy/get that?
Do you really need a sofa bed?
Are you sure you want to get that?

Approving of someone's choices

Now that's a good idea.
That's what I would do.
I think you made the right choice.

Changing your mind

Ok, you convinced me. I'll get an air mattress.
That's what I would do. But, now that I think about it, if you get the sofa bed, you could give me your couch!
Are you sure you want to get that? It's really spicy.
On second thought, I'll have the soup.

Useful phrases

... are bought for / because / in order to ...
You see a (person/thing). They (do something).
And then ... At the end, ...

UNIT 11 LANGUAGE SUMMARY

Nouns

Opportunities and risks

advantage
disadvantage
effect
goal
option
purpose
research
result
reward
risk
situation

Verbs

Succeeding

figure something out
get over something
give something up
give up
keep something up
set something up
stand out
work at something
work out

Opportunities and risks

consider
effect
research
result
reward
risk

Insider English

I'm moving on.

Glossary

benefit

Talking about how to succeed

If that doesn't work out, I hope failure is good for me.
They set up a company. They set it up.
I figured out the answer. I figured it out.
They got over the failure. They got over it.
I don't want to give up my job. I don't want to give it up.
You have a good job. Don't give it up.
Keep trying. Don't give up.

Talking about imaginary situations

Would you swim across a river full of crocodiles if I offered you a million dollars?
If I succeeded, the reward would be fantastic.
If I spent \$100,000 on a "crocodile-proof" suit, I'd still make \$900,000!
I wouldn't be able to spend a million dollars if I ended up inside a crocodile!

Asking for agreement

Don't you think?
..., right?
..., you know?
Don't you agree?

Agreeing

Yeah, especially when it pays so well.
Yeah, I agree with you.
Good point.
I see what you mean.

Softening an opinion

I guess it's hard to give up a good job.
I feel like it's hard to give up a good job.

Useful phrases

I know him/her!
He/She is ...
I would want ... to ... because ...
That would be ...
I'd put ... on the cover because ...
... is a good choice because ...
I wouldn't choose ... because ...
We chose ... because ...
We felt that ...
We admire ... for his/her ...

UNIT 12 LANGUAGE SUMMARY

Adjectives

Describing extremes

boiling
enormous
exhausted
freezing
huge
magnificent
miserable
starving
terrific
terrified
thrilled
tiny

Verbs

Describing accidents

be mad at
blame
damage
destroy
fall out
feel bad (about)
knock off
leave on
leave open
pick up
pull out
shake
slip
spill

Insider English

You've never seen anything like it!

Talking about accidents

Ketchup spilled everywhere.
Everyone was mad at me.
I knocked something off my plate.
I was in a restaurant somewhere.
You've never seen anything like it!
She said nothing.

Talking about extreme experiences

"It's difficult."
She said (that) it was difficult.
"They're doing well."
She said (that) they were doing well.
"They did well."
She said (that) they had done well.
"They've done well."
She said (that) they had done well.
"They can do it."
She said (that) they could do it.
"It will be difficult."
She said (that) it would be difficult.
"It's going to be easy."
She said (that) it was going to be easy.

Describing your feelings

Actually, I was shocked.
What a nightmare!
I couldn't stop smiling.
It was a horrible/fantastic experience.

Asking about or guessing others' feelings

You must have been furious.
I bet that made you feel good.
I bet that made you feel bad.
How did that make you feel?

Ending a story

Yeah. I couldn't stop smiling. In the end, / After all that,
it turned into a dream vacation!

Useful phrases

Once, I went/did/tried ...
It was terrific!
At first, I was terrified, but then ...
... told me that ...
He/She said that ...
I think it sounds fun.
I'd like to try it.
Nobody else wants to ...
... said he/she was terrified of ...
Most of us would like to ...

STUDENT'S BOOK AUDIO SCRIPTS

Track 1.05

Lesson 1.2, page 4, Exercise 2A

Man I was born in Detroit, but I was raised in the country. I lived with my family – my parents, brother, and sister – on a farm. My brother and I were into sports, especially baseball. After high school, I moved back to Detroit. I lived alone in a small apartment – I didn't have any roommates. And I was single – I didn't have a girlfriend at that time. But I have a wife now. Alicia and I were married five years ago, and we celebrated our anniversary last Wednesday. My parents took us out to dinner. They retired a year ago, so they have a lot of free time.

Track 1.07

Lesson 1.3, page 7, Exercises 2A and 2B

Ji-soo Hello. I'm Ji-soo, Jodi's friend.
Nathan Hi. Nice to meet you. I'm Nathan, Jodi's brother.
Ji-soo It's great to meet you, Nathan. I've heard a lot about you.
Nathan Good things, I hope!
Ji-soo Of course!

Track 1.08

Lesson 1.3, page 7, Exercise 2C

Jessica Hi. I'm Jessica, Nathan's sister.
Leo Hello, Jessica. I'm Leo. I work with Nathan.
Jessica Nice to meet you, Leo. I've heard a lot about you.
Leo Good things, I hope!

Track 1.16

Lesson 2.3, page 17, Exercises 2A and 2B

Yadira What are you looking at, Luke?
Luke It's a website that sells old stuff. I'm interested in old watches.
Yadira You are? That's cool.
Luke Yeah. My dad taught me how to fix them. He was a watchmaker.
Yadira He was? Interesting! I have an old watch that doesn't work.
Luke You do? Well, give it to me, Yadira. I can take a look at it.
Yadira Hey, that would be great.

Track 1.17

Lesson 2.3, page 17, Exercise 2C

A I found a gold watch on the street yesterday.
B You did? What did you do with it?
A Nothing. It's here in my bag.
B It is? Can I see it?

Track 1.20

Lesson 2.4, page 18, Exercises 1B and 1C

Hana Why do some people collect things? Have you ever wondered? I have, but I've never found the answer. So this week, I've invited someone who can maybe – just maybe – help me understand why people collect stuff. He's Felix Moss, and he's a collector. Felix, welcome to the podcast.
Felix Thanks, Hana.
Hana Now, you're a big fan of auto racing. And you collect things from race cars. Give me some examples of the kinds of things you collect.
Felix Well, I have an old tire. Um ...
Hana An old tire. Felix, most people want to *get rid of* old tires! Why do you want to *own* something like that? It's useless, right?

Felix Well, I can't put it on my car! So it is useless as a tire. But that's not why I bought it. I've loved racing since I was six years old. So I collect stuff – like tires – to bring the sport into my life – and into my living room.
Hana That's interesting ... Wait a minute. Are you saying you have this tire in your *living room*?
Felix Yeah. And it is useful in a way. I made a table from it.
Hana Wow! That's pretty cool! So what else is in your living room?

Track 1.27

Lesson 3.3, page 26, Exercises 2A and 2B

Man Excuse me, do you know which floor the pool is on?
Woman The pool? It's downstairs in the basement.
Man Thank you. Which way are the stairs?
Woman The stairs ... Um ... Go down that hallway, and they're on your left.
Man OK. Thanks. Oh, do you know if the pool is open late?
Woman Late? I think it closes at 10.

Track 1.35

Lesson 4.3, page 39, Exercises 2A and 2B

Liam I accepted that job in Buenos Aires, but it's really far from you and my other friends.
Ava Don't worry about it. We'll keep in touch – and I'll even come and visit you!
Liam And I don't know Buenos Aires very well.
Ava I know, but it'll be fine. At least it's an interesting city, and the pay is good.
Liam Yeah, that's true. Thanks, Ava.

Track 1.38

Lesson 4.4, page 40, Exercises 1B and 1C

Cindy So, I have two ideas for the event. One is a barbecue in the park.
Min-soo Hmm, maybe not. They just had a barbecue two weeks ago. What's your other idea?
Cindy It's a quiz show, like on TV, and they work in teams to answer questions.
Min-soo That's interesting, but probably too difficult.
Cindy I guess you're right. Do you have any ideas?
Min-soo Well, how about going to a local baseball game? There are lots of games at Green Park Stadium.
Cindy I'm sorry, but I don't think it's a good idea – not everyone likes baseball.
Min-soo But ... Yeah, you're right. OK, my other idea – and this is a little unusual – is to make a video of a pop song.
Cindy What do you mean? Who's the singer?
Min-soo The *students* are the singers. They choose a song they like and practice it. Then, when they feel ready, we make a video of them.
Cindy That is so cool! They'll love it! And we can post the video online. It'll be a great memory for them.
Min-soo OK, I'll look into it a little more and then get in touch with you. Then we can let the students know.
Cindy Great! Hey, can we sing with them? I love singing!

Track 1.39

Lesson 4.4, page 40, Exercise 2A

1 There are lots of games at Green Park stadium.
2 And we can post the video online.

Track 1.45

Lesson 5.3, page 49, Exercise 2A and 2B

Jenny You'll never guess what was in my apartment when I got home last night.
Eric What?
Jenny A bird.
Eric A *bird*? You're kidding! How did it get in?
Jenny I left a window open. So I guess it just flew in.

Track 1.46

Lesson 5.3, page 49, Exercise 2C

A Hi, it's me. Sorry about the noise – I'm calling from the top of a mountain, and it's really windy.
B The *top* of a *mountain*?

Track 1.53

Lesson 6.3, page 58, Exercise 1C

Kerry Hi, Mom. It's Kerry.
Mom Where are you? You're late. Is anything wrong?
Kerry No. Everything's fine. I just had to buy a few things at the market.
Mom That's such a relief. I was really starting to worry.

Track 1.54

Lesson 6.3, page 59, Exercises 2A and 2B

Ruby So, Marina, how was your job interview this morning?
Marina Really great. They offered me the job!
Ruby Wow, congratulations! What a relief!
Marina Yeah, and everyone was so friendly. I was really nervous, though.
Ruby Of course. A job interview is a big thing.

Track 1.55

Lesson 6.3, page 59, Exercise 2C

A Did you go to the street festival last night? I heard there were some problems.
B Yeah. It was really crowded, and some people fell down. Two people were hurt and had to go to the hospital. I was OK, though.
A I'm so relieved! I was really worried.

Track 1.58

Lesson 6.4, page 60, Exercises 1B and 1C

Doug Traffic! It can cause a lot of problems, like traffic jams, noise, and pollution. Today on *Talking Tech*, we're discussing an interesting solution to the traffic problem – drones for delivering packages. And who better to discuss the topic than Elsa Fisher? She works for Giro-Home, a start-up company that plans to deliver packages by drones in the future. Welcome, Elsa.
Elsa Thanks, Doug.
Doug So, tell us ... how are drones going to solve the traffic problem?
Elsa Well, they aren't going to *solve* the problem. But if we use drones to deliver packages, it *will help*. The United States Postal Service and FedEx deliver over six and a half billion packages a year. They use trucks to carry those packages, and that's a lot of trucks on the road!
Doug It sure is. But if drones deliver packages, there will be hundreds, or even thousands, of drones in the air at one time. Won't there be a lot of accidents?
Elsa No, there won't. Drones have technology called "sense and avoid." They know when something is in the air around them – like trees, buildings, and other drones – so they can fly safely around those things.
Doug OK, but ...

Track 1.60

Lesson 6.4, page 60, Exercise 2B

1 Won't there be a lot of accidents?
2 Drones are more useful than I thought.
3 And drones usually use batteries, so they cause almost no pollution compared to delivery trucks.

Track 2.06

Lesson 7.3, page 71, Exercises 2B and 2C

Victor Hey, Nate. Do you want to go to a concert on Friday?
Nate I'm sorry, but I have other plans.
Victor Oh, that's too bad. How about Saturday? The band is playing both nights.
Nate What band is it?
Victor Born Nervous – a really great heavy metal band.
Nate Actually, I don't like heavy metal. The concerts are sort of crazy. But thanks for asking.

Track 2.14

Lesson 8.3, page 81, Exercises 2A and 2B

Rosa Are you free on Friday for lunch? I could invite some of my friends, too.
Juliet That would be wonderful! I'd love to meet them. Do they speak English?

Track 2.15

Lesson 8.3, page 81, Exercise 2C

A Lenny got another speeding ticket. His parents are thinking about taking away his car.
B That would be awful! He loves his car.

Track 2.18

Lesson 8.4, page 82, Exercises 1B and 1C

Travis Welcome to *Tools for Life*. I'm Travis Townsend, your personal life coach, and today I'm going to help *you* use *your* time wisely. Well, actually, my guest – time management expert Naomi Moore – is. Hi, Naomi.
Naomi Hello, Travis.
Travis Let's not waste any time. You have one minute to give us your top tip ...
Naomi Easy! Do small jobs right away. Ask yourself, "Can I do this in less than five minutes?" If the answer is yes, just do it. That's it. How long did that take? A few seconds?
Travis That was definitely under a minute!
Naomi Great! So, this technique has been saving me time for years. Here's a quick example. This morning I had several emails. I opened the first one and asked myself, "Can I answer this in less than five minutes?" The answer was yes, so I responded right away. I did that with three more emails. Done, done, and done.
Travis So, it felt like *such* a big achievement even though – actually – it didn't take very long.
Naomi Exactly. And after that, I quickly paid a few bills online. Then I didn't need to put those tasks on my to-do list. Or even think about them when I got to my bigger jobs. It's really about making space in your head as well as saving time.
Travis Interesting. It's a great tip. I know I'm going to love trying this, and so will you, listeners!

Track 2.25

Lesson 9.3, page 91, Exercises 2A and 2B

Robin So, Tim, you'll have to come mountain biking with us sometime.
Tim Um ... well, thanks for the invitation, Robin. But I'm not sure I can handle a mountain bike. The thing is, I fell off my bike and broke my arm when I was a kid, and since then I've never really liked biking.

Track 2.34

Lesson 10.3, page 103, Exercises 2A and 2B

- Darcy** What are you looking at, Tara?
- Tara** Some scarves. I think I'm going to buy this purple one for Steph.
- Darcy** Are you sure you want to get the purple one? Her favorite color is blue.
- Tara** On second thought, maybe you're right. And the blue one would look nice with her new coat.

Track 2.37

Lesson 10.4, page 104, Exercises 1B and 1C

- Rachel** This is *Business Matters*. I'm your host Rachel Varick, and today I'm talking with business owners Tianyu Hao and Erica Knight. They own Cocobar, a company that makes a variety of chocolate products. Welcome.
- Erica** Thank you.
- Tianyu** Thanks, Rachel.
- Rachel** Now, I know your products are made from cacao beans that are *imported* from Peru. And then they're *produced* locally with other natural ingredients. However, we're not focusing on your delicious products today. We're talking about the people who buy them.
- Erica** That's right. Our customers are really important to us. And we don't want them to just *like* our products – we want them to *love* our products.
- Tianyu** Yes, we want every Cocobar customer to turn into a Cocobar *fan*.
- Rachel** Why is that so important to you?
- Tianyu** It should be important to *every* business owner. Fans help a company in many ways. For example, they not only buy our products again and again, but they also tell their friends to buy them. They often talk about us on social media, too. And what company doesn't want free advertising?
- Erica** So true! And they give us feedback about our products.
- Rachel** But how useful is it? Isn't feedback from fans always good?
- Erica** No, not always. When they're not happy, they tell us.
- Tianyu** True fans are honest – because they really want to help us improve.
- Rachel** That's very interesting, Tianyu. Well, thank you both for talking ...

Track 2.44

Lesson 11.3, page 112, Exercise 1C

- A** I applied for that job two weeks ago, but I haven't heard from the company yet.
- B** I think you should call them. Then they'll know you're interested. Don't you agree?
- A** Good point. I should call them today, right?
- B** I would. You need to show them you're really serious about the job.

Track 2.45

Lesson 11.3, page 113, Exercises 2A and 2B

- Noah** Milo doesn't seem very happy at work these days, don't you think?
- Callie** Yes. I've noticed that, too. I guess it's not the right job for him.
- Noah** Yeah, it's too bad. I feel like he should quit and look for another job.

Track 2.52

Lesson 12.3, page 123, Exercises 2A and 2B

- Mi-young** How did your presentation go at work yesterday, Jimmy?
- Jimmy** It was stressful. My coworker left her laptop at home – the laptop with our presentation on it.
- Mi-young** I bet that made you mad.
- Jimmy** At first, yes. But then I found out her daughter was sick, so I felt bad for her. Anyway, her husband was at home with their daughter and emailed her the presentation.
- Mi-young** That's good.
- Jimmy** Yeah, we started a little late, but in the end, our boss was happy with it.

Track 2.55

Lesson 12.4, page 124, Exercises 1B and 1C

- Tasha** We are constantly learning little lessons – it's happening all the time. You tell a joke and no one laughs. You learned a lesson. You decide never to tell that joke again. You put a cup of coffee near your computer. It spills and ruins everything on your desk. You learned a lesson. You start drinking your coffee somewhere else.
- But how many of these lessons stay with us? How many are really *life lessons*?
- I say very few. Sure, we can change temporarily – for a short time – before we go back to our old ways. My father always said that he was a creature of habit, doing the same things in the same way. I think we're all a little like that.
- Remember that spilled cup of coffee? It was mine. The next day, I drank my coffee at the kitchen table with the best intentions – I wanted and planned to change. That lasted ... for about a week. Then, without realizing it, I was drinking coffee at my desk again.
- Did I learn a lesson? No, I did not.
- So, what's the secret? How do we actually learn lessons and change our behavior? By the end of this talk, you'll know how to make little lessons turn into *life lessons*. And you'll be able to stop telling that same bad joke!
- So first, ...