

# 6

# Mind

## Mind songs

- 1 Complete the song lyrics by matching a phrase from box A with a phrase from box B.



A

- a) Little things I should have said and done, I just never took the time ...
- b) Why can't you see what you're doing to me when you don't believe a word I'm saying ...
- c) Cause I've made my mind up,
- d) If you change your mind, I'm first in line ...

B

- 1 ... honey, I'm still free, take a chance on me (ABBA: *Take a Chance On Me*)
- 2 ... you were always on my mind, you were always on my mind (Elvis Presley: *Always On My Mind*)
- 3 ... you're going to be mine (Donovan: *Sunshine Superman*)
- 4 ... we can't go on together with suspicious minds, we can't build our dreams with suspicious minds (Elvis Presley: *Suspicious Minds*)

- 2 Complete the following sentences using the expressions with *mind* from the song lyrics.

- a) They really don't trust anything anybody tells them. They've got very \_\_\_\_\_.
- b) Sorry, I wasn't paying attention, I've got something \_\_\_\_\_.

- c) Listen, I know you've decided you don't want to go, but if you \_\_\_\_\_, the invitation's still open.
- d) I've finally \_\_\_\_\_. I'm going to quit my job and travel around the world!

## Grammar

- 1 Some of these sentences have mistakes in them. Correct the ones that are wrong.

- a) What do you fancy doing? I'm feeling like going to the cinema.
- b) I'm feeling a bit ill at the moment. I think it must be the change in the weather.
- c) She didn't know what the homework was because she wasn't hearing what the teacher was saying.
- d) He was hearing strange noises coming from the cellar, so he grabbed a torch and climbed down to investigate.
- e) I've been hearing quite a lot from Dave recently. He e-mails me almost every day.
- f) I think I'm smelling something burning. Are you sure you switched the cooker off?
- g) A: What are you doing?  
B: I'm just tasting the sauce. I think it needs more cheese.
- h) This fish is tasting funny. Are you sure it's OK to eat?

- 2 Circle the correct verb form.

- a) I'm *hearing* / *can hear* a noise outside. Can you see if it's the cat?
- b) She *couldn't taste* / *didn't taste* the salt so she decided to add a bit more.
- c) I *can smell* / *am smelling* the milk to see if it is fresh.
- d) He wasn't really *hearing* / *able to hear* the song that clearly because of the noise in the background.
- e) As soon as they walked in the room they *could smell* / *were smelling* gas.



3 Rewrite the sentences using a participle clause.

**Example**

He hadn't really understood what she'd said so he did the exercise incorrectly.

*Not having understood what she said, he did the exercise incorrectly.*

He's English so he finds it hard to follow them when they start speaking Czech.

*Being English he finds it hard to follow them when they start speaking Czech.*

a) We worked really hard at the meeting, so we all went for a meal on the company.

\_\_\_\_\_

b) He doesn't know the area very well so there's a danger he'll get lost.

\_\_\_\_\_

c) He was cleared of theft by the courts and immediately got his old job back.

\_\_\_\_\_

d) He was lost in thought and didn't notice that his train had pulled out of his station.

\_\_\_\_\_

e) She didn't make a very good impression at the interview and was worried that she wouldn't get the job.

\_\_\_\_\_

f) She wasn't particularly interested in the talk and decided not to go.

\_\_\_\_\_

g) James was delayed by the traffic on the motorway so he was extremely late.

\_\_\_\_\_

h) He was intrigued by the news and wanted to know more.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4 Read the text below and circle the most appropriate participle clause.

## Pushy passengers win airline dispute

Fifty-four economy class passengers, (a) *spending / having spent / spent* three hours waiting at Heathrow airport, were finally informed that their flight had been cancelled due to technical problems. On (b) *hearing / having heard / heard* the news, one of the older passengers marched up to the airline offices, (c) *demanding / having demanded / demanded* that they all be put on the next possible flight. However, (d) *overbooking / having overbooked / overbooked* the next flight, there was very little the airline could do.

The passengers all crowded around the airline desk, (e) *shouting and protesting / having shouted and protested / shouted and protested*. (f) *Wanted / Having wanted / Wanting* to do something to appease the angry crowd, they finally offered all the passengers free flights to the destination of their choice. (g) *Appeasing / Having appeased / Appeased* by this offer, they calmed down, took their seats and waited another three hours before they finally took off, more than six hours late.

## Vocabulary

1 Look at the anagrams. Rearrange the letters to make verbs associated with seeing.

- a) zega \_\_\_\_\_
- b) menixae \_\_\_\_\_
- c) conrigese \_\_\_\_\_
- d) ratd \_\_\_\_\_
- e) ecveipre \_\_\_\_\_
- f) cnas \_\_\_\_\_

2 Replace a word in these sentences with *observe*, *see* or *recognise*.

- a) I admit that it's not an easy language to learn.  
\_\_\_\_\_
- b) He doesn't really understand what you are trying to say.  
\_\_\_\_\_
- c) They spent most of the day watching the house but nothing unusual happened.  
\_\_\_\_\_



d) They have finally acknowledged his effort in the peacekeeping process.

\_\_\_\_\_

e) 'What a ridiculous attitude to take towards your studies,' remarked the teacher.

\_\_\_\_\_

f) She said she was thinking of meeting Massimo later that evening.

\_\_\_\_\_

g) My advice to you is to obey the law. If you don't, you'll be in trouble.

\_\_\_\_\_

h) As soon as I saw him, I thought I knew him.

\_\_\_\_\_

3 Circle the correct word in the sentences below.

- a) The doctor *gazed* / *examined* / *perceived* the X-ray very carefully before speaking.
- b) He panicked, his eyes *darting* / *gazing* / *scanning* from side to side, looking for a way out.
- c) It really depends on how you *examine* / *perceive* / *scan* change. Some people really enjoy it, other people really worry about it.
- d) He looked at me for a long time and then shook his head. He really didn't seem to *scan* / *examine* / *recognise* me.
- e) He *scanned* / *darted* / *recognised* the newspaper, looking for the article they'd just mentioned.
- f) She *examined* / *gazed* / *perceived* out of the window at the pouring rain, thinking of anything but the lesson going on around her.

4 Complete these sentences with words from the box.

rumour nap docile tattered phobia  
addiction

- a) There's a \_\_\_\_\_ going round that Pete's having an affair with Jenny.
- b) I've got a \_\_\_\_\_ about cockroaches. I can't stand the sight of them.
- c) You look tired. Why don't you have a \_\_\_\_\_ for twenty minutes.
- d) Sam's dog is very \_\_\_\_\_. He sleeps all day and lets the children climb all over him.
- e) With Michaela's \_\_\_\_\_ to chocolate it's no wonder she's putting on weight.
- f) What have you done to that book? Look at the state of it. It's all \_\_\_\_\_.

5 Complete these expressions with *mind* with words from the box.


come up speak in never do two  
how

- a) Mind \_\_\_\_\_ you go.
- b) Something will \_\_\_\_\_ to mind.
- c) I'm in \_\_\_\_\_ minds.
- d) \_\_\_\_\_ mind.
- e) Bear it \_\_\_\_\_ mind.
- f) \_\_\_\_\_ you mind?
- g) Make \_\_\_\_\_ your mind.
- h) \_\_\_\_\_ your mind.

6 Complete these sentences with expressions in 5. Make any changes that are necessary.

- a) Come on. We really have to make a decision now. You're going to have to \_\_\_\_\_.
- b) It's not a major point but if I were you, I'd \_\_\_\_\_ . It's worth considering.
- c) I hope \_\_\_\_\_. I really can't think of anything at the moment and we need some ideas before the meeting tomorrow.
- d) I wish you'd be more decisive. You're constantly \_\_\_\_\_. One minute you say one thing and the next minute you say the opposite.
- e) \_\_\_\_\_. It's been snowing all night and the roads will be icy.
- f) He always says exactly what he thinks and I admire people who \_\_\_\_\_.
- g) \_\_\_\_\_ if I smoke at the table or would you prefer me to go outside?
- h) \_\_\_\_\_. There'll always be other opportunities in the future.

## Listening

1  Listen to Mark, Kay and Liz talking about stress. (If you don't have the recording, read the tapescript on page 79.) Make notes on the following questions:

- a) What is the cause of their stress?

Mark: \_\_\_\_\_

Kay: \_\_\_\_\_

Liz: \_\_\_\_\_



- b) How does it affect them?  
 Mark: \_\_\_\_\_  
 \_\_\_\_\_  
 Kay: \_\_\_\_\_  
 \_\_\_\_\_  
 Liz: \_\_\_\_\_  
 \_\_\_\_\_
- c) What do they do to counter it?  
 Mark: \_\_\_\_\_  
 \_\_\_\_\_  
 Kay: \_\_\_\_\_  
 \_\_\_\_\_  
 Liz: \_\_\_\_\_  
 \_\_\_\_\_

- 2 Which of the three people, Mark, Kay or Liz:
- feels the need to do something intellectually challenging?
  - doesn't like spending free time talking about work?
  - finds that noise can be a source of stress?
  - suffers from the physical effects of stress?
  - suffers from the emotional effects of stress?
  - combats stress with physical activities?
  - combats stress with social activities?
  - combats stress with domestic activities?

- 3 Turn to the tapescript on page 79 and find words or phrases that mean:

- to relax (Mark) \_\_\_\_\_
- unable to sit still because they're nervous or bored (Mark) \_\_\_\_\_
- escape (Mark) \_\_\_\_\_
- held back, shut in (Mark) \_\_\_\_\_
- so boring it makes you depressed (Kay) \_\_\_\_\_
- without energy (Kay) \_\_\_\_\_
- to lie or sit with knees pulled up so as to make yourself comfortable (Kay) \_\_\_\_\_
- becoming useless (Liz) \_\_\_\_\_

- 4 Use some of the words and phrases in 3 to complete the following short text. Make any necessary changes.

If you want to combat stress it's very important to find a way to release (a) \_\_\_\_\_ energy or you'll find that you can't

(b) \_\_\_\_\_ properly and this often means that when it comes to going to bed you're still (c) \_\_\_\_\_ and will find it very difficult to get to sleep.

If you often come home from work feeling (d) \_\_\_\_\_ and exhausted, try and create some kind of routine that helps you (e) \_\_\_\_\_ all the stresses and strains of your job. Some people like to do sport, others like to go out with friends, whilst some may prefer to (f) \_\_\_\_\_ with a hot cup of chocolate in front of the television.

## Writing

- 1 A friend of yours wrote you the following letter. She's obviously under a lot of stress. Read the letter and answer the following questions.

- What is the cause of her stress?  
 \_\_\_\_\_
- What effect is it having on her?  
 \_\_\_\_\_
- What advice did her boyfriend give her?  
 \_\_\_\_\_

*Hi, how are things with you?*

*I'm feeling pretty miserable, actually, I hope you don't mind me writing to you just to get things off my chest. I've got a terrible cold which really isn't helping me study, and makes me feel really tired. But still no matter how tired I am, I just can't sleep!*

*As you know, I've got my final exams looming at the end of next month and I'm getting massively stressed out over them. I'm studying twelve or more hours a day without stopping, no time to do any sport, not even enough time to go shopping! I'm living on junk food and coffee — not healthy I know, but what can I do? I really have to pass these exams. And I'm getting really touchy too. I had a really bad argument with Tom yesterday. He was telling me I should take it easy, get out a bit, unwind, that it'd do me good. I know he means well, but he isn't studying, he just doesn't understand. Anyway, I really snapped at him and he just walked out. I haven't seen him since. It feels like this'll never end sometimes — tell me there's a life waiting for me after all this! I honestly can't take much more.*

*Anyway, back to work ... again! See you soon, once all this is over.*

*All the best,  
 Jane.*



2 Which of the following points would you include in a reply to Jane's letter? Choose the best five or six. Be comforting without sounding too pushy. Is there anything else you would like to add?

- a) She must try to eat properly, it'll give her more energy.
- b) Doing sport really helps boost energy levels and clear the mind.
- c) Seeing people, even if it's just for half an hour over a coffee, is really important to stop her from getting depressed and touchy.
- d) Studying in short bursts and taking short breaks is far more efficient than slogging away for hours on end.
- e) She could try watching TV for half an hour before going to bed.
- f) She should listen to her boyfriend.
- g) A glass of hot milk is really good to help you sleep.
- h) She's a good student and has never failed an exam in her life, why should she fail now?
- i) You were in the same position last year so you understand exactly how she feels.
- j) Offer to cook for her for a week.
- k) Promise her a wonderful weekend away after the exams have finished.
- l) Ask her to phone you sometime, it can really help to talk things through.

3 Here's a letter Steve sent to Fran when she was feeling a bit low. Look at the three main paragraphs. In which paragraph does he:

- a) make a funny remark to lighten the tone?
- b) respond directly to what Fran said in her last letter?
- c) let her know he believes in her ability to cope with the situation?
- d) offer some concrete advice as to how to improve the situation?
- e) warn her about the consequences for her health?
- f) offer sympathy and understanding?
- g) offer to do something to help?

Dearest Fran,

1 How are you? You sounded really low in your last letter. It made me feel quite worried for you. Are things getting any better? Were you serious about resigning or were you just going through a bad patch? Look, if the job's really that bad, I think you should give it up. Nothing's worth getting that stressed out about. But if you're really determined to stick it out, and I know you, you can be really stubborn sometimes, you should really try looking after yourself a bit better. I'm sure you can find ways to delegate some of your work or to cut down on your workload. They really are asking too much of you.

2 I think the best thing you could do would be to sit down with your boss and talk about the situation. Maybe she doesn't realise the pressure you're under. Or maybe you should ask for a short holiday before you literally work yourself into the ground. You can't keep working the way you have been, it'll make you ill.

3 Right, sorry, I sound like your mother! But seriously, if there's anything I can do, please let me know. And remember, nothing lasts for ever. Whatever you decide to do, I'm sure you'll make the right decision and it'll all work out fine in the long run. In the meantime, phone me. I'd love to hear from you and maybe we can make some plans to meet up. So take care and don't let it get you down. A huge hug and lots of love,  
Steve

- 4 Make a note of any useful language you would like to use in your letter to Jane.
- 5 Now write your letter to Jane. You should write between 200 and 250 words.

## Listening

- 1 Listen to a recording of a woman talking about her stress. (If you don't have the recording, read the text on page 36.)
- 2 Complete the following questions.
- (a) What is the cause of her stress?
  - (b) How does she feel about her stress?
  - (c) What are some of the words and phrases she uses to describe her stress?
  - (d) What are some of the things she does to deal with her stress?
  - (e) What advice does she give to other people who are stressed?
- 3 Use some of the words and phrases in 2 to complete the following short text. Make any necessary changes.
- Key: \_\_\_\_\_
- 4 If you want to combat stress it's very important to find a way to release (a) \_\_\_\_\_ the energy or you'll find that you can't \_\_\_\_\_



- e) If it hadn't rained so heavily, they would now be living in another house.
- 2 a) hadn't been standing / hadn't stood  
1 wouldn't have heard 2 wouldn't have hit  
3 wouldn't have  
b) wasn't doing  
1 would have gone 2 would be coming /  
would come / could come 3 would be  
c) had asked  
1 would have been 2 wouldn't be 3 would  
be going / would have been able to go
- 3 a) Congratulations. I wish you all the  
happiness in the world.  
b) If only I had been concentrating when we did  
the exercise yesterday.  
c) correct  
d) If only she had listened/had been listening to  
what he said, she wouldn't be in the  
predicament she's in now.  
e) I wish I wasn't going/weren't going to  
New York tomorrow. I hate flying.  
f) correct  
g) I wish to inform you that your membership  
has expired.  
h) correct
- 4 a) I wish I had more free time.  
b) I wish I'd gone to bed earlier last night.  
c) If only I could / were able to take some time  
off work to go on holiday.  
d) I regret saying/having said that I'd go to the  
party.  
e) I wish I'd been listening to the  
announcements.  
f) I regret not having revised/not revising more  
for the exam.  
g) If only I hadn't left home so late, then I  
wouldn't have missed the plane.  
h) I regret to tell you that you've failed all your  
exams.
- 5 a) 'd bought b) 'd stopped c) be lying  
d) drinking e) 'd told f) could have g) 'd have  
h) could have i) could play j) didn't have to

### Vocabulary

- 1 a) 2 b) 3 c) 1 d) 2 e) 3 f) 1 g) 3 h) 2
- 2 a) slipped off b) clenched c) flitted  
d) scabbled about e) tailed off f) peered
- 3 a) make a wish b) have your wish come true  
c) wishing well d) grant three wishes  
e) Best wishes f) Wishing you all the best  
g) wishful thinking

### Listening

- 1 a) F b) T c) F d) T e) F
- 2 a) Waking Ned b) winning the lottery  
c) the Republic of Ireland d) lottery scam  
e) won the lottery f) track them down  
g) jackpot h) dead i) winning ticket  
j) the lottery all his life k) the shock  
l) no relatives m) pretend to be Ned  
n) lottery representative o) check the claim  
p) scam
- 3 a) set in b) track down c) keels over  
d) turns up e) dress up f) works out  
g) hand over h) come up

### Writing

- 1 a), b), d), f), h), j)
- 2 a) hilarious b) pace c) gifted d) sub-plots  
e) subtle f) twist
- 3 a) paragraph 5 b) paragraph 1  
c) paragraph 4 d) paragraph 2  
e) paragraph 6 f) paragraph 7  
g) paragraph 3

## 6 Mind

### Mind songs

- 1 a) 2 b) 4 c) 3 d) 1
- 2 a) suspicious minds b) on my mind  
c) change your mind d) made up my mind

### Grammar

- 1 a) I feel like going to the cinema  
b) correct  
c) ... because she wasn't listening to what the  
teacher was saying.  
d) ... he heard/ could hear strange noises  
e) correct  
f) I think I can smell ...  
g) correct  
h) This fish tastes funny.
- 2 a) can hear b) couldn't taste c) am smelling  
d) able to hear e) could smell
- 3 a) Having worked really hard at the meeting,  
we all went for a meal on the company.  
b) Not knowing the area very well, there's a  
danger he'll get lost.  
c) Having been cleared of theft by the courts, he  
immediately got his old job back.  
d) Being lost in thought, he didn't notice that his  
train had pulled out of his station.  
e) Not having made a very good impression at  
the interview, she was worried that she  
wouldn't get the job.  
f) Not being particularly interested in the talk,  
she decided not to go.



- g) (Having been) delayed by the traffic on the motorway, James was extremely late.  
 h) (Being) intrigued by the news, he wanted to know more.
- 4 a) having spent b) hearing c) demanding  
 d) having overbooked e) shouting and protesting f) Wanting g) Appeased

### Vocabulary

- 1 a) gaze b) examine c) recognise d) dart  
 e) perceive f) scan
- 2 a) admit – recognise b) understand – see  
 c) watching – observing d) acknowledged – recognised e) remarked – observed  
 f) meeting – seeing g) obey – observe  
 h) knew – recognised
- 3 a) examined b) darting c) perceive  
 d) recognise e) scanned f) gazed
- 4 a) rumour b) phobia c) nap d) docile  
 e) addiction f) tattered
- 5 a) how b) come c) two d) Never e) in f) Do  
 g) up h) Speak
- 6 a) make up your mind b) bear it in mind  
 c) something will come to mind d) in two minds  
 e) Mind how you go f) speak their minds  
 g) Do you mind h) Never mind

### Listening

- 1 a) Mark: his job as a doctor in an Accident and Emergency department  
 Kay: her daily train journey in and out of work  
 Liz: looking after her two little boys
- b) Mark: he feels tense and can't unwind when he comes home  
 Kay: she feels exhausted and often gets headaches  
 Liz: it exhausts her, she misses adult company and sometimes it makes her cry
- c) Mark: he does sport, squash in particular  
 Kay: she has a hot bath, plays some soft music, reads a book and does some cooking  
 Liz: she takes a day off from the kids and goes to the cinema, an art gallery or for lunch with a friend
- 2 a) Liz b) Mark c) Kay d) Kay e) Liz f) Mark  
 g) Liz h) Kay
- 3 a) unwind b) fidgety c) get away from  
 d) pent up e) soul-destroying f) drained  
 g) curl up h) turning to pulp
- 4 a) pent up b) unwind c) fidgety  
 d) drained e) get away from f) curl up

### Writing

- 1 a) her final exams  
 b) she's got a cold, she feels very tired all the time, she can't sleep, she's eating badly, she's irritable  
 c) to take it easy, to go out, to unwind,
- 3 a) 3 b) 1 c) 3 d) 2 e) 2 f) 1 g) 3

## 7 Review 1

### Grammar

- 1 a) I wish I had been listening when he gave out the instructions.  
 b) I thought the show was really/absolutely hilarious.  
 c) I regret to inform you that your application has been rejected  
 d) If I'd known that she was going to be there last night, I might have gone to the party.  
 e) Call the gas board. I can smell gas.  
 f) Never have I heard such a ridiculous excuse. / I have never heard such a ridiculous excuse.  
 g) Not really having understood, I asked her to repeat the instructions.  
 h) We stayed up all night talking things through last weekend.  
 i) That quaint little fish restaurant that your mother likes has closed down.  
 j) She looked through the essay very carefully before handing it in.
- 2 a) If only I'd accepted the job.  
 b) Having heard his side of the argument, I decided to go along with the idea.  
 c) She would have bought the dress if there hadn't been a small stain on the arm.  
 d) When we were younger, we would go camping at the weekends.  
 e) I wish I'd more time to spend on my studies.  
 f) He'll come in, sit down and won't say a word to anyone.  
 g) Woken by the sound, he immediately went downstairs to investigate.  
 h) If she hadn't drunk a strong cup of coffee before going to bed, she'd be able to sleep.  
 i) We wish to take this opportunity to congratulate you on your recent promotion.  
 j) Not once can I remember seeing him ever actually helping anyone or doing anything nice.
- 3 a) having hired b) reproducing  
 c) passed through passport security  
 d) had boarded e) not knowing f) to state  
 g) not having stopped h) does anyone get past  
 i) was there j) since been returned
- 4 a) Not only DO they expect us to work all hours during the week, now they want us to come in on Saturday mornings!