

Summit 1 Unit 4-6

Listen to five people talking about self-help books. Match the speakers (1–5) to their situation (A–H).(5)

- Speaker 1 ☐
Speaker 2 ☐
Speaker 3 ☐
Speaker 4 ☐
Speaker 5 ☐

- A Would rather get help from family and friends
B Can't stand to talk to people who have read self-help books
C Tried a self-help book once but it didn't work
D Refuses to get any self-help information from anywhere but the Internet
E Gets self-help information from the Internet but is wary of both books and websites
F Thinks self-help books are better than friends and family for advice
G Thinks that people who write self-help books are never truly qualified to do so
H Reads self-help books just to learn more about human nature

Choose the best word for each blank.(15)

*wig subdue migrate cosmetic courteous aggressive biodiversity
disgusting inconvenience filthy community monuments unhygienic
self-conscious mandatory*

1. Do you think she was wearing a _____?
2. It is _____ for blood banks to test all donated blood for the virus.
3. Julia had to _____ an urge to stroke his hair.
4. Everyone at the meeting was dressed casually, so I felt _____ in my suit.
5. Thousands were forced to _____ from rural to urban areas in search of work.
6. We apologize for the delay and regret any _____ it may have caused.
7. The animals were kept in cramped and _____ conditions.
8. There is a strong sense of _____ in this town.
9. Some of the town's Roman _____ still survive.
10. Picking your nose is a _____ habit.
11. The mining project threatens one of the world's richest areas of _____.
12. He gets _____ when he's drunk.
13. _____ is a substance that you put on your face or body to make it more attractive.
14. I wrote him a short letter and received a _____ reply.
15. There were two beggars dressed in _____ rags.

Choose the correct choice to complete each sentence.(8)

a number of most some much a lot of more a majority of every

1. _____ businesses are participating in the street fair.
2. _____ teenage girls wish they were thinner.
3. In my opinion, a casual dress code results in _____ productivity.
4. If you look for it, you'll find _____ beauty in the world.
5. I've worn a suit to work _____ day this week.
6. Has there been _____ interest in the project?
7. _____ of my shoes are comfortable.
8. _____ of my friends get facials.

Find mistakes and correct them.(5)

1. You should neither put out your cigarette or go outside.
2. Most of companies in the world are fairly formal.
3. Not only chewing with your mouth open is rude, but it's also disgusting.
4. She can be able to complete the job by tomorrow.
5. Talking loudly on a cell phone is either polite nor considerate.

Complete the sentences, using the modal and the correct form of the verb.(5)

might not must could should have to

1. Some animals _____ (use) for medical research.
2. In the future, cosmetics _____ (test) on any animals.
3. Corporate farms _____ (force) to treat animals humanely.
4. Some medicines _____ (develop) without animal testing.
5. Which animals _____ (save) from extinction?

READING

Read the article and check (✓) A, B, or C.(8)

HELP YOURSELF

In the last couple of decades, self-help books have been a publishing phenomenon, often topping the bestseller lists. Readers have lapped up their advice on how to do a wide variety of things, from becoming successful and rich to improving their relationships. If you're facing a particular problem in your life, there's a host of self-help books for you. If you have the idea that you want to improve yourself in some way, there are any number of self-help titles just waiting to advise you. If you want a successful career, no problem – step-by-step guides will tell you exactly what to do. But, despite their enormous success, there's a question many people ask: do these books actually do what they claim to?

Obviously, as in any field of publishing, some self-help books are better than others. Some may be based on actual research and case studies – there's some substance to them that suggests they can, at least to some extent, be taken seriously. Others, however, amount to little more than psychobabble – empty nonsense dressed up as serious psychological insight. These books bombard the reader with a mass of meaningless jargon, disguising the fact that they have nothing to say beyond the obvious that you would not need to buy a book to know. It's the latter category that has given self-help books a bad name among critics of the genre.

The kind of advice given in self-help books is often more or less the same. What really amounts to pretty standard statements are made in many of them, but does this advice stand up to scrutiny? Psychologists who have studied a range of self-help books connected with happiness say the answer to this is "not always." They say that although the emphasis the books place on aiming for good relationships with families, friends, and colleagues has, in some ways, some scientific basis in terms of what does actually lead to personal happiness, in other ways the advice given is actually false.

For example, the books commonly tell you that it is good to express your anger; the psychologists say this simply causes you to remain angry. You are often told to try to think happy thoughts when you are sad; the psychologists say that attempting to do this simply emphasizes your unhappiness for you. The books tell you to focus entirely on your aims in life, looking only at the desired outcome; psychologists say you need to focus just as much on the problems you have to overcome in order to reach your goals. The books tell you to keep praising yourself to increase and maintain a high level of self-belief; the psychologists say that actually this doesn't work because you need praise from other people in order to increase your self-esteem.

Perhaps the key question on self-help books is: do they work? Do people feel they have directly helped them? Whatever critics may say, do the people who buy and read them get real results from them? The answer to this question appears to be "sometimes." Research indicates that the kind of book that deals with a particular problem can be effective in helping people with that problem, particularly if the problem in question isn't a severe one, for example mild depression or anxiety. The situation is less clear with books dealing with personal growth or development. Some people do say that these books have helped them but it is by no means certain, and hard to measure, whether this is really the case.

What is clear about all self-help books, however, is that they offer people hope. The actual advice they give and whether or not this is accurate or effective is probably less important than the fact that they tell the reader that change is possible, that there is hope of a better life, that people can overcome difficulties and improve themselves and their situation. While this may sound like a good thing, there is, however, a downside to it. To get people to buy them, these books often make exaggerated claims about what they will do for people. They can raise unrealistic expectations in the reader, suggesting that a better life can quite easily be achieved, that anyone can get what they want out of life. The truth is, of course, that changing yourself and your life may be very difficult indeed and require an immense amount of effort, if it is even achievable at all. So self-help books are open to the claim that they present a false picture that can only lead to disappointment in the end.

- 1 In the first paragraph, what does the writer emphasize about self-help books?
 - A The fact that one person might buy many of them. ☐
 - B How quickly the genre became popular. ☐
 - C The number of them available. ☐
- 2 The writer says that self-help books containing a lot of “psychobabble” _____.
 - A are seldom popular with readers ☐
 - B have affected the reputation of all self-help books ☐
 - C exist in greater numbers than other kinds of self-help books ☐
- 3 What does the writer say about self-help books connected with happiness?
 - A There is evidence to support some of the advice they give. ☐
 - B They vary more than other kinds of self-help books. ☐
 - C They are the most popular kind of self-help book. ☐
- 4 Which of the following do psychologists believe?
 - A You won’t have greater self-confidence unless other people praise you. ☐
 - B Focusing on problems is more important than focusing on goals. ☐
 - C Thinking only about aims can result in greater unhappiness. ☐
- 5 Research into whether self-help books really help people suggests that _____.
 - A those dealing with personal growth and development are the least useful ☐
 - B people want to believe that they have helped them a lot ☐
 - C they are not very useful for serious problems ☐
- 6 What do all self-help books have in common, according to the writer?
 - A They all contain some useful advice. ☐
 - B They all have the same basic message. ☐
 - C They all sympathize with the reader. ☐
- 7 When asking whether self-help books work, the writer suggests that _____.
 - A this may be more important than whether the advice is correct ☐
 - B not enough attention has been paid to this ☐
 - C readers may not be honest about this ☐
- 8 The writer concludes in that last paragraph that self-help books _____.
 - A are more influential than is generally thought ☐
 - B may actually be harmful to people ☐
 - C are only taken seriously by certain kinds of person ☐

WRITING

Write an article on one of the questions. Write 140-180 words.(4)

- 1 Describe a piece of music that you like and explain why you like it.
- 2 How do you prefer to get the news and why?
- 3 What do you like and dislike about the place where you live?