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<b>1</b> Lessons for life pages 9–20	time phrases the perfect aspect	wordbuilding: suffix <i>-ness</i> idioms: irreversible word pairs word focus: <i>life</i>	presenting yourself speaking skill: keeping going	linking in idiomatic phrases content words
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<b>2</b> More than a job pages 21–32	the continuous aspect present and perfect participles	phrasal verb <i>get</i> wordbuilding: phrases with <i>do</i> idioms: health and safety word focus: <i>foot</i>	giving a talk speaking skill: keeping people's attention	checking specific words
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<b>3</b> Four walls pages 33–44	intensifying adverbs emphatic structures	adverb and adjective collocations towns wordbuilding: suffix <i>-able</i> word focus: <i>wall</i>	making recommendations speaking skill: making a case	stress in intensifying adverbs linking
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<b>4</b> Innovation pages 45–56	past modals probability	phrasal verb <i>come</i> idioms: partitives wordbuilding: verbs with two past participles word focus: <i>give</i>	making a short pitch speaking skill: using rhetorical questions	weak forms long and short vowels
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<b>5</b> The writer's journey pages 57–68	substitution nominalisation	wordbuilding: <i>-ing</i> adjectives roads and ways a good read idioms: rhyming expressions word focus: <i>cast</i>	reading aloud speaking skill: engaging your audience	intonation in short responses enunciation
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<b>6</b> Body matters pages 69–80	phrasal verbs verb patterns	wordbuilding: <i>off</i> and <i>up</i> injuries idioms: health word focus: <i>face</i>	discussing proposals speaking skill: conceding a point	linking in idiomatic phrases toning down negative statements
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Listening	Reading	Critical thinking	Speaking	Writing
a conversation about important lessons in life a talk by a sociologist about defining who you are	an article about the lessons we learn from the past an article about the language of Shakespeare	developing an argument	your favourite saying personality types call my bluff	a covering letter writing skill: fixed expressions
a speech about the livelihood of Kazakh nomads an interview with a woman firefighter	an article about the Moken people of Myanmar an article about rock climbing in Yosemite	using contrasts	work as a way of life health and safety measures your comfort zone	taking notes writing skill: abbreviations
a discussion about an unusual building in Utah an interview with an architect about small homes	an article about two model towns an article about the architect Zaha Hadid	fact or opinion	your ideal home town planning how spaces affect you	an opinion essay writing skill: linking devices
an extract from a radio programme about an innovative transport system an interview about the inspiration for inventions	an article about origami engineering an article about a social entrepreneur	finding counter arguments	what you can't live without origami ideas being on the spot	describing how things work writing skill: punctuation
an extract from a talk by a travel writer an extract from a radio programme about an extraordinary journey into the Himalayas	an article about the graphic novel an extract from <i>In Patagonia</i>	analysing descriptive language	a good read speech bubbles describing impressions	a book review writing skill: descriptive words
a conversation between two friends about health and exercise an interview with an ultrarunner about sports injuries	an article about different exercise regimes an article about beauty	identifying aims	exercise trends describing an injury does beauty sell?	a formal report writing skill: linking adverbs and adverbial phrases

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<b>7</b> Stories from history pages 81–92	linking words subordinate clauses	wordbuilding: noun formation stories from history idioms: luck word focus: <i>bear</i>	asking for confirmation and clarification speaking skill: prefacing a question and seeking clarification	intonation in subordinate clauses intonation in questions
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<b>8</b> Digital media pages 93–104	passive reporting verbs expressions with <i>no</i>	idioms: business buzz words wordbuilding: compound nouns word focus: <i>break</i>	making a podcast speaking skill: hedging language	word stress
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<b>9</b> The music in us pages 105–116	the adverb <i>just</i> expressing purpose	themes of songs wordbuilding: negative prefixes idioms: music word focus: <i>hit</i>	your favourite music speaking skill: responding to difficult questions	word stress: <i>just</i> intonation to express uncertainty
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<b>10</b> Social living pages 117–128	tag questions adverbs	wordbuilding: compound adjectives idioms: animal verbs word focus: <i>free</i>	making conversation speaking skill: showing interest	tag questions intonation and elision
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<b>11</b> Reason and emotion pages 129–140	unreal past inversion in conditionals	idioms: feelings wordbuilding: heteronyms word focus: <i>move</i>	recognising feelings speaking skill: recognising others' feelings	word stress: wishes heteronyms adjectives ending in <i>-ed</i>
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<b>12</b> Landscapes pages 141–152	approximation qualifiers	idioms: adjective collocations wordbuilding: suffix <i>-ity</i> word focus: <i>space</i> and <i>room</i>	a debate speaking skill: interrupting	<i>quite, fairly</i> and <i>pretty</i> intonation in interruptions
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Listening	Reading	Critical thinking	Speaking	Writing
<p>an extract from a radio programme about how history views Genghis Khan</p> <p>a radio interview about an archaeological find</p>	<p>an article about Herodotus and the story of the Persian invasion of Greece</p> <p>a story about hidden treasure</p>	<p>fact or conjecture</p>	<p>stories from history</p> <p>social history</p> <p>historical irony</p>	<p>describing a past event</p> <p>writing skill: sequencing events</p>
<p>a talk by a journalist about digital technology</p> <p>an interview about social media marketing</p>	<p>a photographer's blog about sinkholes</p> <p>an article about a day at a hacker's conference</p>	<p>identifying personal opinions</p>	<p>blogging</p> <p>using social media</p> <p>IT security</p>	<p>an online news report</p> <p>writing skill: cautious language</p>
<p>an interview with a busker</p> <p>a talk by a neuroscientist about music therapy</p>	<p>an interview with a musician about music and culture</p> <p>a review of a documentary about Bob Marley</p>	<p>identifying text types</p>	<p>themes of songs</p> <p>mood music</p> <p>a charity concert</p>	<p>a description</p> <p>writing skill: parallel structures</p>
<p>an extract from a radio programme about ethnic communities</p> <p>an interview with a sociologist about citizenship education</p>	<p>an article about ant society</p> <p>an article about the Hadza of Tanzania</p>	<p>reading between the lines</p>	<p>civic duties</p> <p>social animals</p> <p>a conservation project</p>	<p>a discursive essay</p> <p>writing skill: critical thinking in writing</p>
<p>a short talk by a photographer about photographing people</p> <p>an interview with a psychologist about understanding emotions</p>	<p>an article about irrational thinking</p> <p>an article about the new generation of robots</p>	<p>understanding style</p>	<p>modern life</p> <p>mind games</p> <p>technology ethics</p>	<p>an email message</p> <p>writing skill: avoiding misunderstandings</p>
<p>three people describe landscapes they like</p> <p>an extract from a radio programme about the Japanese poet Basho</p>	<p>an article about William Allard's American West</p> <p>an article about a camera obscura</p>	<p>identifying aims</p>	<p>special places</p> <p>events in nature</p> <p>explaining a technique</p>	<p>a speculative letter</p> <p>writing skill: persuasive language</p>