

## 5 READING

- a Look at the title of the article. What do you think?  
 b Read the article. Match exercises A–D to paragraphs 1–4.

# Can we make our own luck?

**S**ome people seem to be born lucky – they meet their perfect partners, achieve their ambitions, and live happy lives.

The British psychologist Dr Richard Wiseman has done a lot of research to discover why some people are luckier than others. After interviewing hundreds of people with the questionnaire on p.101 he has concluded that people who *think* they are lucky achieve more success and happiness than those who don't. Without realizing it, they are creating good fortune in their lives.

Using Dr Wiseman's techniques you too can understand, control, and increase your own good fortune.

### EXERCISES

**A** Make a list of your goals. They must be specific, not vague, e.g. 'I want to spend more time with my partner', not 'I want to be happy'. Now make a second list of all the advantages you would get if you achieved your goals, and the disadvantages. Compare the advantages with the disadvantages and you will see which goals are worth trying to achieve.

**B** Make a list of six new experiences you'd like to try. These could be simple, like eating at a new restaurant, or long term, for example learning a new language. Number the experiences 1–6. Then throw a dice and whatever experience is chosen, go out and do it.

**C** When you experience bad luck, first cry or scream for 30 minutes. Then put your bad luck behind you. Do something to make the situation better, e.g. ask friends for advice and focus on a solution to the problem.

**D** If you are trying to decide between two options, write one of them down in the form of a letter. For example, if you are unhappy about a relationship, write to your partner explaining that it's all over. Read the letter. Would you really like to send it, or is something telling you that it doesn't *feel* right? If so, don't do it.

**1** Lucky people make the most of their opportunities  
 Be open to new experiences and vary your routine. For example, get off the bus a stop earlier than usual. You may see something interesting or new, or bump into an old friend.  
 Exercise

**2** Lucky people trust their instinct  
 When you are trying to decide what to do, first make an effort to relax. Then when your mind is clear, listen to what it is telling you and act on it.  
 Exercise

**3** Lucky people expect to be lucky  
 Convince yourself that your future will be bright and lucky. Set realistic but high goals. If you fail, don't give up, and be open to the idea of trying a different way to achieve your goals.  
 Exercise

**4** Lucky people use bad luck to their advantage  
 If something bad happens, imagine how things could have been worse. You will then realize that things aren't so bad after all. Compare your situation with other people who are in an even worse situation. Take a long view of things – even if things seem bad now, expect them to get better in the end. Learn from your past mistakes and think of new ways of solving your problems.  
 Exercise

c Read just the article again (not the EXERCISES). Cover the text and from memory complete the expressions below with a verb or phrase. Then look at the text again and check your answers.

- 1 s \_\_\_\_\_ to be = give the impression of being  
 2 a \_\_\_\_\_ their ambitions = make their ambitions come true  
 3 v \_\_\_\_\_ your routine = change your routine, make it different  
 4 b \_\_\_\_\_ i \_\_\_\_\_ an old friend = meet an old friend by chance  
 5 m \_\_\_\_\_ an e \_\_\_\_\_ to relax = try hard to relax  
 6 c \_\_\_\_\_ yourself that your future will be bright = make yourself believe that your future will be bright  
 7 r \_\_\_\_\_ that things aren't so bad = understand that things aren't so bad

d Read EXERCISES A–D on p.102 again. Which one do you think is the best for making you luckier?

## 6 VOCABULARY making adjectives and adverbs

Lucky people use bad luck to their advantage.

a Look at the adjectives and adverbs that can be made from the noun *luck* in the chart below. Then in pairs complete the chart.

noun	(+) adjective	(-) adjective	(+) adverb	(-) adverb
luck	lucky	unlucky	luckily	unluckily
fortune	fortunate	unfortunate		
comfort				
patience				
care				

b Underline the stressed syllable in the three two-syllable nouns. How does that help you to stress the adjectives and adverbs correctly? Practise saying them.

c Complete the sentences with the right form of the bold noun.

- 1 The beach was beautiful but \_\_\_\_\_ it rained every day. **FORTUNE**  
 2 If the beds had been more \_\_\_\_\_, we would have slept better. **COMFORT**  
 3 You would have got better marks if you hadn't done the exam so \_\_\_\_\_. **CARE**  
 4 We were really \_\_\_\_\_. We missed the flight by just five minutes. **LUCK**  
 5 Don't be so \_\_\_\_\_. The programme will start in a minute. **PATIENCE**  
 6 I fell off my bicycle last week, but \_\_\_\_\_ I wasn't badly hurt. **LUCK**  
 7 There was a huge queue to pay, but we waited \_\_\_\_\_. **PATIENCE**  
 8 If you had been more \_\_\_\_\_, you wouldn't have had an accident. **CARE**  
 9 It was freezing cold but \_\_\_\_\_ we'd all brought jackets. **FORTUNE**  
 10 Are you sitting \_\_\_\_\_? Then I'll begin the story. **COMFORT**

## 7 SONG *Ironic*



## HOW WORDS WORK...

When you are trying to decide **what** to do, first make an effort to relax. Then when your mind is clear, listen to **what** it is telling you.

We often use *what* as a relative pronoun. It means the thing (or things) which.

Complete the sentences with *what* or *which*.

- 1 Can you speak a bit louder? I can't hear \_\_\_\_\_ you're saying.  
 2 A What's this?  
 B It's a machine \_\_\_\_\_ makes ice cream.  
 3 This is the song \_\_\_\_\_ won the MTV award.  
 4 Everybody was very surprised by \_\_\_\_\_ she said.  
 5 We went to the restaurant \_\_\_\_\_ Ann recommended.  
 6 I didn't get \_\_\_\_\_ I wanted for my birthday!