

READING

First there was speed dating ... then speed flatmating ... and now ...

SPEED SHRINKING: A THREE-MINUTE CURE?



1 New Yorkers are famous for spending more time with their therapists, or 'shrinks', than with their friends. Whether that's true is open to debate, but with the arrival of speed shrinking, they'll find they have more time left for their personal life, and more cash left in their pockets as well.

2 'You only have three minutes to say your problem and get advice,' said Andu Novac, the first person I spoke to when I arrived at my first speed shrinking event, 'that's so you don't waste time going into detail.'

3 In the newest variant of a format that seems to be inspired by speed dating, participants have the opportunity to seek the advice of eight different therapists, each providing a three-minute session. Speed shrinking is the brainchild of Susan Shapiro, a professor of journalism who has also written a book on the subject. Shapiro stumbled across the idea a few years ago when she herself was looking for a new therapist, and found a way to try out several of them at minimal cost.

4 This evening's event, held in a university lecture hall, is free and has attracted a long queue of people hoping to find a quick cure for their emotional quandaries. Many of those attending are unwilling to talk about their worries to anyone but the therapists, but problems seem to run the gamut from broken relationships, to anxiety about work and money, to general depression as well as a variety of phobias. Advice tends to be succinct and practical, as suits the format.

5 'I'm really unhappy in my job,' Novac tells therapist Adrian Jones. 'I wish I'd become a painter, but now I feel stuck in this position I have at a bank.' 'Follow your dreams,' Jones tells him. 'You may end up poorer but you won't have the regret of not doing what you really want to do.' Jones's advice hardly seems original, but Novac says he is satisfied. 'I liked his style - he seemed to understand, and care,' explains Novac. 'I'm actually looking for a new therapist, and this is a great way to try out eight of them in a short time.'

6 That's actually why many therapists take part in the event, Jones tells us. 'This is a great source of new clients. And it's a good way for me to advertise my new book - I just have it on the table in front of me and refer to it during my sessions.'

7 Some of those seeking advice aren't entirely happy with the format. 'People near me can hear what I'm telling the therapist,' remarks Donna Bersch. 'I feel self-conscious.' But with the loud buzz in the room that sometimes reaches the level of shouting, it's hard to imagine that anyone could actually eavesdrop on another session. Sometimes, they're lucky to be able to hear the person sitting just opposite them!

1A Read the headline and tick the best summary a), b) or c). Then read the article and check.

- a) It's about a service where overweight people can lose weight quickly.
- b) It's about a service where people can get advice from a therapist in a short time.
- c) It's about a service where people get help making their lives simpler.

B Match the people 1-4 with the roles a)-c).

- | | | |
|-----------|---|--------------|
| 1 Novac | b | a) therapist |
| 2 Shapiro | | b) client |
| 3 Jones | | c) founder |
| 4 Bersch | | |

C Are the statements true (T) or false (F)? Underline the words/phrases in the article that helped you.

- 1 New Yorkers prefer to spend more time with their therapists than with their friends. *F*
- 2 Shapiro teaches at a university.
- 3 In speed shrinking, the therapist gets paid cash.
- 4 A lot of people don't want to tell the reporter what their problems are.
- 5 Novac thinks that Jones's advice is disappointingly unoriginal.
- 6 Many of the therapists participate in order to get more business.
- 7 Bersch doesn't like how noisy it gets sometimes.
- 8 People sometimes can't hear each other because they talk too softly.

D Write words from the article that match the definitions 1-10.

- 1 the way that something is organised or designed (paragraph 3) *format*
- 2 idea or plan that one person has thought of (paragraph 3) _____
- 3 found by chance (paragraph 3) _____
- 4 difficult situations where you cannot decide what to do (paragraph 4) _____
- 5 strong unreasonable fears of particular things (paragraph 4) _____
- 6 clearly expressed in a few words (paragraph 4) _____
- 7 a job in a particular organisation (paragraph 5) _____
- 8 secretly listen to another person's conversation (paragraph 7) _____

GRAMMAR direct and indirect questions**2** Make the therapist's questions with the prompts.

- 1 Why / you / come / see / me / today?
A: *Why have you come to see me today?*
B: I keep getting headaches.
- 2 What / these headaches / like?
A: _____
B: Absolutely terrible.
- 3 What / cause / headaches, / think?
A: _____
B: Mainly thinking about money.
- 4 What / think / about / moment?
A: _____
B: That clock.
- 5 that clock / remind / you / anything?
A: _____
B: Yes, money.
- 6 Why / that?
A: _____
B: Because I'm paying by the minute! Let's stop now.
- 7 OK. / How / like / pay - / cash / credit card?
A: _____

3A Complete the second sentence so that it has a similar meaning to the first. Use between two and five words, including the word given.

- 1 Could you introduce us to the director?
WONDER
I *wonder if you could introduce* us to the director.
- 2 How much did your camera cost?
CAMERA
Do you mind me _____ cost?
- 3 What do you do exactly?
TELLING
Would you mind _____ do exactly?
- 4 Is it really worth upgrading to the new smartphone?
WHETHER
I'd like to know _____ worth upgrading to the new smartphone.
- 5 Which platform does the Eurostar train leave from?
TRAIN
Can you tell me which platform _____ from?
- 6 What will he do when he discovers the mistake?
DO
What do you _____ when he discovers the mistake?

B 1.1 Listen and check. Then listen and repeat, paying attention to the polite intonation.

VOCABULARY personality**4A** Correct the mistake in each phrase.

- 1 I don't know why you say he's down-^{to}on-earth, *d*
- 2 I was never particularly about what I eat.
- 3 Fabio tends to keep in himself and goes to bed very late.
- 4 My colleague Bill is a real person person
- 5 He's a good laughter, but with money
- a) he tends to be tight-handed and never pays.
- b) as he does his best work in the early times, when no one's around.
- c) so it's odd that he doesn't really push his weight when we work together.
- d) I think he's a real computer gawk, and he's not very practical.
- e) but that's changed since I've started getting in cooking.

B Match the sentence halves.**LEARN TO** check for accuracy**5A** Read the email and use the correction code to correct the mistakes.

Correction code:

v = verb form gr = grammar ww = wrong word
sp = spelling p = punctuation wo = word order
st = style

To: eduardo132@myimail.com

Hi Eduardo,

Just a quick email to check travel arrangements. Can you let me know exactly when are you arriving ¹_____?

I've looked on the website and there are three planes from Brazil on Thursday. It's a work day for me, so unfortunately I can't come and meet you at the airport so I attach ²_____ a website link to a map of my area. You've already got the adress ³_____ I think.

The best thing is to take the RER commuter train to Paris Gare du Nord. It's quickly ⁴_____ and not too expensive: ⁵_____. From there you can either walk to my apartment or call into the office and I'll give you the key. I'm sure you will require ⁶_____ a shower and a rest. Anyway, give me a phone ⁷_____ as soon as your plane lands.

See you soon,

Luc

B Correct the mistakes in the email.

C Write a reply email from Eduardo to Luc (120–150 words). Include information about your flight, respond to Eduardo's instructions and ask a question about your stay.

VOCABULARY feelings

1A Put the letters in the correct order to make adjectives. The first letter is underlined.

- 1 managersribs embarrassing _____
- 2 hetaxedus _____
- 3 siftideas _____
- 4 herdilit _____
- 5 darkaww _____
- 6 livedeer _____
- 7 igxonus _____
- 8 gincafsatin _____
- 9 grantsfruit _____
- 10 seedprism _____

B Complete the sentences with the adjectives above.

- 1 My audition wasn't perfect, but I'm quite _____ with my performance.
- 2 You look totally _____. Were you working late again last night?
- 3 I find volcanoes completely _____. I've read every book on the topic.
- 4 I lost my place in the middle of giving the presentation. It was really _____.
- 5 We went to Cairo to see the exhibition, but it was closed. It was really _____!
- 6 My wife came into the shop when I was buying her some perfume. It was quite _____ and I had to hide what I was doing.
- 7 Seiji had been missing for hours, so his parents were enormously _____ when they found him safe and sound.
- 8 Jania hasn't phoned for days. I'm getting a bit _____ about whether she's alright.
- 9 You have a great singing voice. I'm totally _____.
- 10 I thought I'd failed the exam, so I was absolutely _____ to find out that I'd got top marks.

C Which sentences above contain modifiers (*quite, totally, etc.*) that can be replaced by *very*?

LISTENING

2A 1.2 Read the advert and listen to the interview. Number the pictures A–C in the order the dreams are mentioned.



★ ★ DREAMSREAL.COM ★ ★

Do you have experiences you've always wanted to try but never thought were possible? Whether your dream is ordinary or extraordinary, it's special to us! With DreamsReal.com, there's always a first time – we guarantee it!

B Listen again and choose the correct answer.

- 1 What did the first client want?
 - a) to appear with a rock star in a live concert
 - b) people to recognise her talent
 - c) to play in front of a large number of people
- 2 Why does Owen Winters find his job at DreamsReal.com easy?
 - a) It's similar to his previous job.
 - b) He has worked in business for many years.
 - c) He knows a lot of people in the music business.
- 3 What is the secret about the supersonic flight?
 - a) the name of the client who wants to fly
 - b) the financial details of the flight
 - c) where the plane comes from
- 4 How did the person with Tom Cruise make-up feel about the experience?
 - a) He loved all the attention.
 - b) He didn't enjoy it.
 - c) He didn't like the bodyguards.
- 5 What happened to the woman who wanted to go into space?
 - a) She couldn't afford it at first but now she can.
 - b) She was originally disappointed but now she's going to achieve her dream.
 - c) It has taken DreamsReal.com a long time to plan and organise the trip.

C Listen again. How many of the clients' dreams are connected with pop culture (P), transport (T) or history (H)?

GRAMMAR present perfect and past simple

3 Complete the sentences with the present perfect or past simple form of the verbs in brackets.

- Is there something you *have always wanted* (always want) to do but somehow _____ (never manage) to?
- Not long ago our company _____ (have) a client who _____ (want) to be a rock star.
- I _____ (work) as a production manager in the film business for many years, till just a few years ago.
- How much _____ (the concert / cost) last year, and _____ the cost _____ (go) up since then?
- What other dreams _____ you _____ (make) come true recently?
- We _____ (just finish) working with a client who wants to fly across the Atlantic Ocean on a supersonic aeroplane.
- One client wanted to fly in space but that wasn't possible back when she first _____ (request) it.
- Since then it _____ (become) possible for ordinary people to go into space.

4 Complete the conversations with the present perfect or past simple form of the verbs in the box.

speak forget leave happen not ask be (x2) get back see have (x2) stay go

- A: _____ anyone _____ my pen?
B: What does it look like?
A: It's silver. I'm sure I _____ it on the table before we _____ to lunch.
- A: _____ you _____ to Kiera today?
B: No, and I _____ her yet if she wants to come out with us tomorrow.
- A: Hi, Suzie. When _____ you _____ from holiday?
B: A few days ago but I _____ (already) it. There _____ over 300 emails in my inbox!
A: I sympathise! The same thing _____ after my break.
- A: Do you know anyone who _____ bird flu?
B: No, thankfully. What about you?
A: Frank _____ away from school last week as one of the other kids _____ a bad fever, but it was a false alarm.
B: Yes, so far everyone in the family _____ OK.

VOCABULARY PLUS word formation

5A Complete the quotes with the noun form of the words in capitals.

1	As far as playing jazz, no other art form, other than conversation, can give the _____ of spontaneous interaction. <i>Stan Getz, musician</i>	SATISFYING
2	_____ is giving more than you can, and pride is taking less than you need. <i>Kahlil Gibran, writer</i>	GENEROUS
3	There is no such thing as pure pleasure; some _____ always goes with it. <i>Ovid, poet</i>	ANXIOUS
4	Most things in life are moments of pleasure and a lifetime of _____; photography is a moment of _____ and a lifetime of pleasure. <i>Tony Benn, politician</i>	EMBARRASSED
5	There can be no deep _____ where there is not deep love. <i>Martin Luther King Jr, civil rights activist</i>	DISAPPOINTING
6	If I ever completely lost my _____ I would be frightened half to death. <i>Paul Lynde, actor</i>	NERVOUS
7	The universe may have a purpose, but nothing we know suggests that, if so, this purpose has any _____ to ours. <i>Bertrand Russell, philosopher</i>	SIMILAR
8	Men lose more conquests by their own _____ than by any virtue in the woman. <i>Ninon de L'Enclos, writer</i>	AWKWARD
9	A life of _____ is inevitable for any coach whose main enjoyment is winning. <i>Chuck Noll, American football coach</i>	FRUSTRATED

B Which of the quotes are about music (M), sport (S), or another topic (A)?

C Tick the quotations you agree with and put a cross next to those you don't agree with.