

EXPRESS YOURSELF 1



CONTENTS

Topical
Dialogues



Contemporary
Issues



Introduction	6	
<hr/>		
1 Life-styles	10	114
2 Traffic & Transportation	14	116
3 Meals	18	118
4 Sleep	22	119
5 Vacation	26	120
<hr/>		
6 Special Days	30	122
7 Friends	34	124
8 Hobbies	38	126
9 Jobs	42	128
10 Men & Women	46	130
<hr/>		
11 Health	50	134
12 Good Habits & Bad	54	136
13 Cars	58	138
14 Money	62	140
15 Great Inventions	66	142
<hr/>		
16 Parents & Children	70	144
17 TV & Movies	74	146
18 Books, Newspapers & Magazines	78	148
19 Sports	82	150
20 Education	86	152
<hr/>		
21 Family	90	154
22 Crime & Punishment	94	156
23 Communication	98	158
24 Smoking & Drinking	102	160
25 Mysteries in Our Lives	106	162
<hr/>		
Appendix (Openers for Your Discussion!)		164

Issue 01

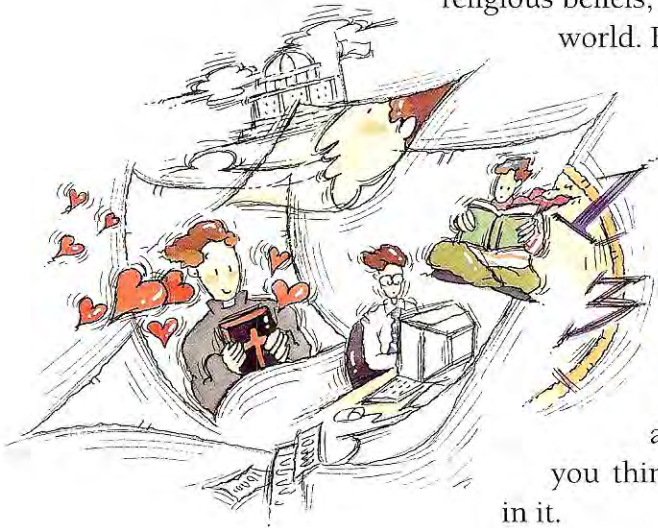
Life Styles



People have different attitudes toward living. Some seek self-oriented happiness, without any consideration for others. To them, “happiness” means wielding⁺ political or economic power over others. But most of these people turn out to be disappointed in their pursuit of happiness: since man’s desire is endless, nothing can fully satisfy their needs.

Other people believe that the first step to attaining happiness is to restrict personal desire. Priests, monks, and nuns are the most common representatives⁺ of this group. By refraining from worldly passion, they think they are happy because they live their lives in accordance with⁺ religious commands. But, can anyone without personal autonomy⁺ be genuinely happy?

A third group consists of very ordinary people. They have no great wealth or political authority. While they may have religious beliefs, they do not turn their back on⁺ the world. But they treasure their families, they value the little things of everyday life. They are happy if they have three meals a day, a car, a home, a vacation, enough money to educate their children....



Which group of people is the happiest? Who knows?⁺ If you think you are happy, then you are. Happiness is the result of how you think about the world and your place in it.

- **wield** : exercise (influence) effectively
- **representatives** : typical examples of something
- **in accordance with** : in conformity with
- **autonomy** : self-government; independence
- **turn one's back on** : abandon, ignore, or reject
- **Who knows?** : It is not possible to know at the moment.

Comprehension



1. According to the essay, how many groups of life styles are there?
2. What does the expression “to turn one’s back on the world” mean?
3. What is the definition of happiness?

Express Yourself



1. What types of social activities do you engage in?
2. What would you think about becoming a priest, monk, or nun?
3. What religion do you have?
4. How do you spend your free time? Do you prefer spending it alone or with friends?
5. Do you think the quality of your life is improving or getting worse?
6. What musical instruments can you play?
7. Do you enjoy singing?
8. Have you ever done any volunteer work?
9. Are you usually on time for appointments?
10. How do you relieve⁺ your stress?
11. Are you forgetful?⁺ If so, how do you cope with⁺ it?
12. Do you think you are happy? Why or why not?

-> **relieve** : lessen or reduce (pain or anxiety, for example); ease

-> **forgetful** : often forgetting things

-> **cope with** : deal well with (sb) or (sth)

Opinion Samples



1. The quality of my life is worsening. I agree that material wealth grows as the economy expands. But I don't think money is everything in terms of a quality life. What are the really decisive factors? I think quality depends upon environmental concern, stress, crime rates, education, etc. Economic wealth comes after these. We all know our environment is becoming dirtier and crimes are on the rise. Everybody suffers from stress, caused by a variety of sources, which shortens the life expectancy⁺ of our generation. Even material comfort might be a source of stress. The quality of life can't be measured by material wealth.

2. Traditional sex roles used to be clear-cut⁺ in our society. Men did not try to understand women's work, and vice versa.⁺ For example, men did not pitch in⁺ to help with domestic chores, and women were not allowed to interfere in male jobs. This division was probably an obstacle to mutual understanding. But now society is changing rapidly. Many women are making money outside the home, while more men seem ready to help with cooking, cleaning the house, washing the dishes, taking care of the children, and so forth. This not only helps men and women understand each other better, but also helps ease the problems between spouses.

-
- **life expectancy** : the length of time that a person or animal is expected to live
 - **clear-cut** : not vague or confused; obvious
 - **vice versa** : the same but in the opposite order
 - **pitch in** : join forces with others; help or cooperate

Useful Expressions



These expressions are related to the topics discussed in this chapter. It will be good speaking practice to let students explain what these sentences mean in their own English.

1. The world is full of people making a good living but poor lives.

→ _____

2. Death is not a period, but a comma, in the story of life.

→ _____

3. Believe that life is worth living, and your belief will help create the fact.

→ _____

4. It has been said that life is a game—but how can we play it if we don't know where the goalposts are?

→ _____

5. Some people treat life like a slot machine—putting in as little as possible while hoping for the jackpot.⁺

→ _____

6. A long life is a gift of God; a full and fruitful life is your own doing.

→ _____

7. After all, life is really simple; we ourselves create the circumstances that complicate it.

→ _____

8. The tragedy of life is what dies inside a man while he lives.

→ _____

9. People who are afraid of death are usually afraid of life.

→ _____

10. We make a living by what we get, but we make a life by what we give.

→ _____

⁺jackpot : an outstanding reward or success