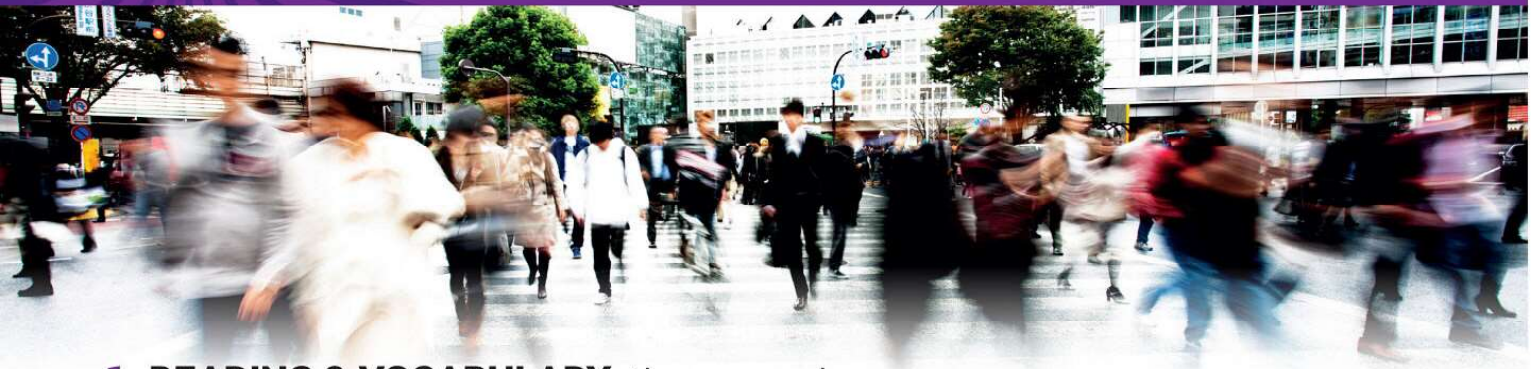


Are we living faster?  
 Yes, we need to slow down.

# 5A No time for anything



## 1 READING & VOCABULARY time expressions

a Read an article about living faster and match the headings to the paragraphs.

- |  |   |
|--|---|
| <input type="checkbox"/> <b>No time</b> for Snow White | <input type="checkbox"/> <b>More time</b> on the road |
| <input type="checkbox"/> <b>No time</b> to write       | <input type="checkbox"/> <b>No time</b> for Van Gogh  |
| <input type="checkbox"/> <b>No time</b> to wait        | <input type="checkbox"/> <b>No time</b> to stop       |

b Read the article again. One paragraph contains an invented piece of information. Which one is it?

c Look at the **highlighted** time expressions and guess their meaning.

d In pairs, cover the text and look at the paragraph headings in a. Can you remember the information in the text? Have you noticed any of these things happening where you live?

e Look at a questionnaire about living faster. In pairs, ask and answer the questions. Answer with *often*, *sometimes*, or *never* and give more information.

## We're living faster, but are we living better?

1  
 People in cities around the world walk 10 percent more quickly than they did twenty years ago. Singapore, a world business center, is at the top of the list for fast walkers.

2  
 In the US, there is a book called *One-Minute Bedtime Stories* for children. These are shorter versions of traditional stories, especially written for busy parents who need to **save time**.

3  
 People aren't as patient as they were in the past. If the elevator **takes more than 15 seconds** to arrive, people get very impatient because they think they're **wasting time**. It's exactly the same when an Internet page does not open immediately.

4  
 Written communication on the Internet is getting shorter and shorter and using more and more abbreviations, like BRB (be right back) or NP (no problem). Twitter only allows you to use 140 characters, and now a new social networking site has a limit of just ten words.

5  
 Even in our free time we do things **in a hurry**. Twenty years ago when people went to art galleries, they spent ten seconds looking at each picture. Today they spend much less time – just three seconds!

6  
 Our cars are faster, but the traffic is worse, so we drive more slowly. The average speed of cars in New York City is 9.3 miles per hour. We **spend more time** than ever sitting in our cars, feeling stressed because we aren't going to arrive **on time**.

### QUESTIONNAIRE

## How fast is **your** life?

- 1 Do people tell you that you talk too quickly?
- 2 Do you get impatient when other people are talking?
- 3 Are you the first person to finish at mealtimes?
- 4 When you are walking along a street, do you feel frustrated when you are behind people who are walking more slowly?
- 5 Do you get irritable if you sit for an hour without doing anything, e.g., waiting for the doctor?
- 6 Do you walk out of stores and restaurants if there is a line?

f ► **Communication** *How fast is your life?* p.101. Read the results. Do you agree?



## 2 GRAMMAR comparative adjectives and adverbs, *as...as*

- a Look at the following words from the text. Are they adjectives, adverbs, or both?

quickly fast busy patient  
bad slowly stressed

- b Circle the right form. Check (✓) if both are correct.

- Life is *faster* / *more fast* than before.
- Traffic in cities is *more bad* / *worse* than it was.
- Everybody is *busyer* / *busier* than they were five years ago.
- We are *more stressed* / *stresseder* than our grandparents were.
- We do everything *more quickly* / *faster*.
- People aren't *as patient as* / *as patient than* they were before.

- c ➤ p.134 Grammar Bank 5A. Learn more about comparatives and *as...as* and practice them.

## 3 PRONUNCIATION sentence stress

### The /ə/ sound

Remember! Unstressed words like *a*, *as*, and *than* have the sound /ə/, and *-er* is pronounced /ər/.

- a (2 41)) Listen and repeat the sentences. Copy the rhythm and try to get the /ə/ sound right.

- I'm **busier** than **a year** ago.
- My **life** is **more stressful** than in the **past**.
- I **work harder** than **before**.
- I **walk** and **talk faster**.
- I'm **not as relaxed** as I **was a few years ago**.

- b Are any of the sentences true for you?

## 4 SPEAKING

- a Think about how your life has changed over the last 3–5 years. Read the questions below and think about your answers.

- 1 Do you spend more or less time on these things? Say why.

working or studying	sleeping
getting to work / school	cooking
sitting in traffic	shopping
talking to friends	eating
meeting friends	using your phone
being online	using your computer



- Do you have more or less free time? Why?
- What don't you have time for nowadays? What would you like to have more time for?

- b Answer the questions with a partner. Whose life has changed more?

## 5 LISTENING

- a You're going to listen to an expert talking about how to live your life more slowly. Look at her five main tips (= good ideas). Guess what the missing words are.

- Whatever you are doing, just try to \_\_\_\_\_ and enjoy it.  
Example: \_\_\_\_\_
- Make a list of three things that are \_\_\_\_\_ for you.  
Example: \_\_\_\_\_
- Don't try to do \_\_\_\_\_ at the same time.  
Example: \_\_\_\_\_
- Sit down and do \_\_\_\_\_ for half an hour every day.  
Example: \_\_\_\_\_
- Be near \_\_\_\_\_.  
Example: \_\_\_\_\_

- b (2 42)) Listen and check. Then listen again and write one example for each tip.

- c Are there any tips that you think you might use? Why (not)?

