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Self-improvement

1 WORD POWER *Unusual services*

A Match the occupations with the definitions. Then compare with a partner.

What's...?

1. a hypnoterapist
2. a fortune-teller
3. a genealogist
4. a headhunter
5. a car detailer
6. a party planner
7. a personal shopper
8. an interior designer

It's someone who....


- a. organizes events and celebrations
- b. plans the decorations for a home
- c. makes purchases such as gifts for you
- d. traces or studies a family's history
- e. finds jobs for people
- f. cleans and polishes automobiles
- g. predicts future events
- h. uses hypnosis to treat psychological problems and bad habits

B *Pair work* Would you ever go to any of the people in part A? In what situations?

A: Would you ever go to a hypnoterapist?

B: Well, maybe. I want to quit smoking.

2 CONVERSATION

A  Listen and practice.

Ken: You know, I've always wanted to have my fortune told.

Lisa: Really? Do you know where you can get it done?

Ken: I'm not sure. But maybe there are some fortune-tellers listed in the phone book. Let's take a look.


Lisa: Hmm. Here's one. You could have your palm read by Madame Zara for \$70.

Ken: That's really expensive.

Lisa: What about this one? You can get your fortune told over the phone for only \$3.75 a minute.

Ken: That's reasonable. Come on. Try it with me!

CLASS AUDIO ONLY 

B  Listen to the phone conversation. What does the fortune-teller say about Ken's future?

C *Class activity* Do you believe in fortune-telling?



3 GRAMMAR FOCUS

Have or get something done

Use "have" or "get" to describe a service performed for you by someone else.

Active

Do you know where I can have someone tell my fortune?

You can have Madame Zara read your palm.

You can get someone to tell your fortune over the phone.

Passive

Do you know where I can have my fortune told?

You can have your palm read by Madame Zara.

You can get your fortune told over the phone.

A Imagine you want to have these things done. Write questions using the passive with *get* or *have*. Then write possible answers.


I want to

1. have someone read my horoscope
2. get a professional photographer to take my photo
3. have someone trace my family history
4. get someone to check my fitness level
5. have someone train my dog

1. Do you know where I can have my horoscope read?
You could have it read by my mother. She's an astrologer.

B Pair work Take turns asking and answering the questions.

4 PRONUNCIATION Sentence stress

A  Listen and practice. Notice the sentence stress in these active and passive sentences.

Active

A: Where can I have someone fix my watch?

B: You can have someone fix it at the Time Shop.

Passive


A: Where can I have my watch fixed?

B: You can have it fixed at the Time Shop.

B Group work Ask questions about three things you want to have done. Pay attention to the sentence stress. Other students give answers.

5 LISTENING

CLASS AUDIO ONLY 

 Listen to people talk about things they want to have done. Check (✓) the correct information about each person and complete the chart.

	1. Anne	2. Eric	3. Dawn	Why does he or she need to have this done?
have some shopping done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get a party planned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
have a swimming pool built	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6 DIFFERENT PLACES, DIFFERENT WAYS!

Group work Are these services available in your country? For those that aren't, do you think they would be a good idea?

Can you . . . ?

- have a meal served on a commuter bus
- get a suit or dress made on the street
- get free medical advice over the telephone
- do grocery shopping by television
- get your dog walked by a professional dog walker
- have a medical checkup in a shopping mall
- buy clothing from a vending machine
- have library books delivered to your home
- buy groceries at a gas station
- have a marriage ceremony performed in your home

- A: Can you have a meal served on a commuter bus?
 B: I don't think so, but it sounds like a good idea.
 What do you think they would serve?
 C: Probably just sandwiches and sodas.



7 SNAPSHOT

Best-selling Self-improvement Books

SELF-HELP

- ▶ **Confidence: Finding It and Living It**
- ▶ **Finding the Champion Within: A Step-by-Step Plan for Reaching Your Full Potential**
- ▶ **I Could Do Anything I Wanted If I Only Knew What It Was: How to Discover What You Really Want and How to Get It**
- ▶ **Positive Plus: The Practical Plan for Liking Yourself Better**

DIET AND EXERCISE

- ▶ **A New You in 21 Days**
- ▶ **Eat Smart, Think Smart: How to Use Nutrients and Supplements to Achieve Maximum Mental and Physical Performance**
- ▶ **Eight Weeks to Optimum Health: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power**
- ▶ **Healthy for Life: The Scientific Breakthrough Program for Looking, Feeling, and Staying Healthy Without Deprivation**

Talk about these questions.

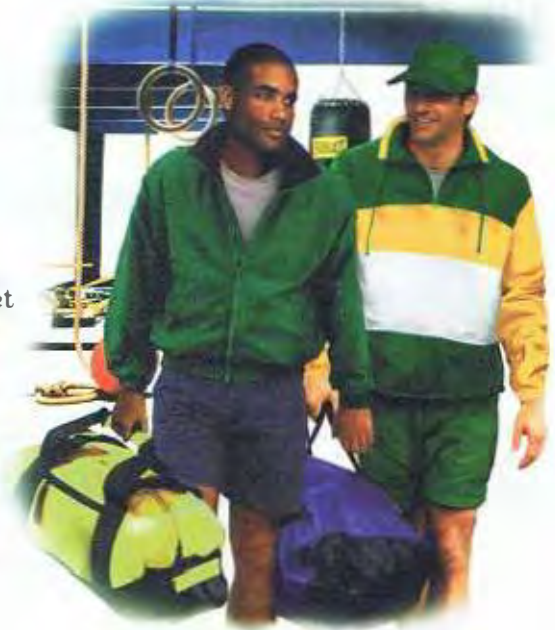
- Are self-improvement books popular in your country?
- Why do you think people read books like these?
- Which of these books would you like to read? Why?

Source: Publishers Weekly

8 CONVERSATION

A  Listen and practice.

- James:** This has got to stop! Another Friday night without a date! What can I do?
- Mike:** What about looking through the personal ads in the newspaper? That's how I met Stephanie.
- James:** Actually, I've tried that. But the people you meet are always different from what you expect.
- Mike:** Well, why don't you join a dating service? A friend of mine met his wife that way.
- James:** That's not a bad idea.
- Mike:** Also, it might be a good idea to check out singles' night at the bookstore.
- James:** Yeah. If I don't find a date, at least I might find a good book!



B Class activity What are some other good ways to meet people?

9 GRAMMAR FOCUS

Suggestions

With gerunds

What about looking through the personal ads in the newspaper?
Have you thought about ... ?

With infinitives

It might be a good idea to check out singles' night
at the bookstore.
One thing you could do is (to) ...

With base form verbs

Maybe you could go to a chat room on
the Internet.

With negative questions

Why don't you join a dating service?

A Match each problem with the best suggestion. (More than one answer is possible.)

Problems

- How can you build self-confidence?
- What can help improve your memory?
- How can you stop overeating?
- What can help you sleep better?
- How can you be happier?
- What can help you relax?

Suggestions

- be more socially active
- see a hypnotherapist
- try meditation
- take a class
- play concentration games
- exercise more

B Group work Take turns asking and answering the questions in part A. What other suggestions can you think of for each problem?

- A: How can you build self-confidence?
B: Well, what about taking a class in self-improvement?
A: That's a good idea. What else?
C: Well, another thing you could do is ...

10 LISTENING

CLASS AUDIO ONLY

Listen to three different suggestions for each of the problems in the chart. Write down the suggestion you think is best. Then compare in groups.

Problem	Best suggestion
1. how to overcome shyness
2. how to stop biting your fingernails
3. how to get in shape for summer

11 PROBLEMS AND SOLUTIONS

A Group work Give three suggestions for each of these problems.

How can you . . . ?



B Class activity Share your solutions with the class. Which solutions are the most creative?

12 WRITING Advice column

A Pair work Read these letters that teenagers wrote to an advice columnist. Choose one of the letters and discuss suggestions for the problem. Then write your own reply.

A friend of mine seems anxious a lot. She pushes herself really hard and looks tired all the time. How can I help her?

Worried

I argue with my family all the time, but I'd like to get along with them better. It's hard for me to see all my friends getting along so well with their families. What can I do?

Frustrated

B Group work Take turns reading your advice. Whose advice is best? Why?

13 READING

How to Improve Your Memory

Have you ever had a problem remembering names, phone numbers, or other facts?

Mark began to introduce the guest speaker to the audience, but then paused in horror. He had forgotten her name.

Barbara hid her jewelry when she went on vacation. When she came back, she couldn't remember where she'd put it.

Perhaps you've had experiences like these. Most people have. And, what's worse, most people have resigned themselves to a life of forgetting. They're unaware of a simple but important fact: Memory can be improved. If you'll just accept that fact, this book will show you how.

First, relax. If you're overanxious about remembering something, you'll forget it. And avoid being negative. If you keep telling yourself that your memory is bad, your mind will come to believe it and you won't remember things.

When you forget something, don't follow up with a remark like "Gee, I need to have my brain rewired." Jokes like this are negative and will have a negative effect on you and your memory.

But relaxing isn't enough. To improve your memory, you'll need to take an active role. Like your body, your memory can be strengthened through exercise. Look for opportunities to exercise your memory. For example, if you're learning a language, try to actively remember irregular verbs.

If you aren't actively aware of things, you won't remember them. So, go through your day being actively aware. For example, make mental pictures of what you see. Don't just put your keys down! If you want to find them again, make a mental picture of the place where you're putting them. . . .



A Read the text excerpt (a short part of a longer book). Then talk about these questions.

1. According to the text, what are some of the reasons people have problems remembering things?
2. What are some things people can do to improve their memory?

B Group work Talk about these questions.

1. Have you ever been embarrassed because you forgot something important?
2. What kinds of things do you have the most trouble remembering?
3. Which of the suggestions do you find the most useful? Why?
4. What other tips can you think of for improving memory?

interchange 9

Keeping up appearances

What do teenagers worry about? Turn to page IC-12.