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- **RESHMA SAUJANI**
  - Reshma Saujani’s idea worth spreading is that the world can benefit from all the innovations and problems women would solve if they were socialized to take risks and embrace imperfection.
  - Authentic Listening Skills: Prediction
  - Critical Thinking: Supporting evidence

- **TRISTRAM STUART**
  - Tristram Stuart’s idea worth spreading is that good, fresh food is being wasted on a colossal scale—and that we have the power to stop this tragic waste of resources.
  - Authentic Listening Skills: Content words
  - Critical Thinking: A speaker’s authority

- **MELATI AND ISABEL WIJSEN**
  - The Wijes’ idea worth spreading is that when kids apply their energy and perseverance to improve the world, they can bring about amazing changes.
  - Authentic Listening Skills: Content words
  - Critical Thinking: A speaker’s authority

- **DAME ELLEN MACARTHUR**
  - Ellen MacArthur’s idea worth spreading is that we live in a world of infinite possibilities but finite resources—and this requires creative thinking about our global economy and our individual lifestyles.
  - Authentic Listening Skills: Weak forms

- **GREG GAGE**
  - Greg Gage’s idea worth spreading is that we can use DIY neuroscience equipment to help more people understand and participate in brain science.
  - Authentic Listening Skills: Reduced forms
  - Critical Thinking: Analyze how a message is delivered
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2 | Enjoy the Ride | Travel Vocabulary Building Compound nouns | A description of three unusual ways to get to school | Adjectives ending in -ed and -ing | Urbexers—Life on the Edge of the City Critical Thinking Selecting information | Narrative forms Pronunciation Used to | Asking for and giving directions | A story Writing Skill just
3 | Active Lives | Sports Vocabulary Building Phrasal verbs | A podcast about Ashima Shiraishi | Simple past and present perfect | Can sports protect Africa’s lions? Critical Thinking A balanced view | Present perfect and present perfect continuous Pronunciation For | Agreeing and disagreeing | Writing Skill Giving your opinion
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5 | Work | Describing work Vocabulary Building Ways of seeing | A podcast about the world of work | Verb patterns verb + -ing or infinitive with to | A Real-Life Crime-Fighting Superpower Critical Thinking Exaggerating | Present and past models | Job interviews Pronunciation quote | A cover letter Writing Skill Hedging
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- **SUE AUSTIN**
  - Sue Austin's idea worth spreading is that a wheelchair doesn't have to mean "disability," it can be an exhilarating new way to see and experience the world.
  - Authentic Listening Skills
  - Following the argument

- **SUZANNE LEE**
  - Suzanne Lee's idea worth spreading is that we can use bacteria to produce materials that we can turn into clothes, as sustainable and biodegradable alternatives to leather, cotton, and plastics.
  - Authentic Listening Skills
  - Reformulating

- **CELESTE HEADLEE**
  - Celeste Headlee's idea worth spreading is that when we talk and listen with genuine interest in the other person, we will learn amazing things.
  - Authentic Listening Skills
  - Understanding fast speech

- **THOMAS HELLUM**
  - Thomas Hellum's idea worth spreading is that Slow TV provides real-time, surprisingly popular entertainment which viewers can relate to.
  - Authentic Listening Skills
  - Collaborative listening

- **TIM URBAN**
  - Tim Urban's idea worth spreading is that procrastination can keep us from chasing our dreams, and we're all affected by it.
  - Authentic Listening Skills
  - Supporting your argument

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**JOE GEBBIA**
Joe Gebbia’s idea worth spreading is that we can design products, services, and experiences that feel more local, authentic, and that strengthen human connections.

**JAMES VEITCH**
James Veitch’s idea worth spreading is that spam email can lead us to some surprising, bizarre, and often hilarious exchanges with others.

**DAVID EPSTEIN**
David Epstein’s idea worth spreading is that the amazing achievements of many modern-day athletes are thanks to a complex set of factors, not just natural ability.

**ROBERT HAMMOND**
Robert Hammond’s idea worth spreading is that we can work together to turn abandoned and neglected parts of our cities into vibrant community spaces.

**BEAU LOTTO AND AMY O’TOOLE**
Beau Lotto and Amy O’Toole’s idea worth spreading is that all of us can be scientists if we approach the world with the curiosity, interest, innocence, and zeal of children.
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7 Moving Forward Pages 80–91 Teenage stereotypes Vocabulary building Binomial expressions A radio show about teenagers Adverbials Pronunciation really Ms. Marvel: Teenage Comic Superhero Critical thinking Evaluating evidence Expressing habitual actions and states
8 The Real Me Pages 92–103 Health and fitness Vocabulary building Adjective suffixes -able and -ible A radio show about healthy living Relative clauses with prepositions The Healthiest Places in the World? Critical thinking Checking facts Articles
9 A Healthy Life Pages 104–115 Making your point Vocabulary building Adjectives ending in -ful and -less An interview with Dr. Emily Grossman on conveying the concept of electricity to students Advanced question types Pronunciation Question intonation Earhrise Critical thinking Understanding quotations Subordinate and participle clauses
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