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1 Lessons for life pages 9–20	time phrases the continuous aspect	personality and identity wordbuilding: binomial pairs word focus: <i>life</i>	getting to know people	linking in word pairs merged words in everyday phrases
VIDEO: Arctic wisdom page 18 ► REVIEW page 20				
2 More than a job pages 21–32	perfect forms passive forms	wordbuilding: phrasal verb <i>get</i> idioms: safety word focus: <i>foot/feet</i> personal qualities	presenting yourself	word stress
VIDEO: Climbing Yosemite page 30 ► REVIEW page 32				
3 Design for life pages 33–44	qualifiers intensifying adverbs	describing towns adverb + adjective collocations word focus: <i>ground</i>	expressing opinions	<i>quite, fairly</i> and <i>pretty</i> stress in intensifying adverbs linking vowel sounds (intrusion)
VIDEO: A story of solutions page 42 ► REVIEW page 44				
4 Innovation pages 45–56	future probability past modals	wordbuilding: <i>-able</i> phrasal verb <i>come</i> word focus: <i>give</i>	making a short pitch speaking skill: making key points	weak forms in past modals word stress
VIDEO: This man risked it all page 54 ► REVIEW page 56				
5 The magic of travel pages 57–68	emphatic structures avoiding repetition	repeated word pairs wordbuilding: synonyms word focus: <i>matter</i>	telling an anecdote speaking skill: linking events	<i>do, does</i> and <i>did</i> stress in short responses long sounds
VIDEO: On the road: Andrew McCarthy page 66 ► REVIEW page 68				
6 Body matters pages 69–80	phrasal verbs verb patterns	wordbuilding: compound words injuries idioms: health word focus: <i>face</i>	discussing proposals speaking skill: proposing and conceding a point	stress in two-syllable verbs toning down negative statements
VIDEO: The art of parkour page 78 ► REVIEW page 80				

Listening	Reading	Critical thinking	Speaking	Writing
two speakers talk about important lessons in life a talk by a sociologist about understanding what makes people who they are	an article about the lessons we learn from the past an article about the language of Shakespeare	purpose	your favourite saying situations in your life call my bluff	taking notes writing skill: using abbreviations
a talk about the livelihood of Kazakh nomads an interview with a firefighter	an article about the Moken people of Myanmar an article about rock climbing in Yosemite	analysing language	more than a job safety features your comfort zone	a covering letter or email writing skill: fixed expressions
a description of a photograph an interview with an architect about small homes	an article about two towns with individual characters an article about the architect Zaha Hadid	summarizing	your home town a bit of luxury how spaces affect you	an opinion essay writing skill: discourse markers
a news report about bionic body parts an interview about the inspiration for inventions	an article about the future of bendable technology an article about a social entrepreneur	finding counter arguments	future solutions how people managed in the past a social business	a proposal writing skill: making recommendations
an extract from a talk by a travel writer a radio interview about holidays to unknown places	a travel blog about different approaches to travelling an article about travel in graphic novels	evaluating sources	how you travel a mystery tour knowing places	a review writing skill: using descriptive words
a conversation between two friends about health and exercise an interview with an ultrarunner about sports injuries	an article about different exercise regimes an article about beauty	author influence	exercise trends describing an injury does beauty sell?	a formal report writing skill: avoiding repetition

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7 Digital media pages 81–92 VIDEO: Talking dictionaries page 90 ► REVIEW page 92	passive reporting verbs nominalization	wordbuilding: verb prefix <i>out</i> idioms: business buzz words word focus: <i>break</i>	making a podcast speaking skill: hedging language	new words
8 The music in us pages 93–104 VIDEO: A biopic page 102 ► REVIEW page 104	the adverb <i>just</i> purpose and result	themes of songs idioms: music word focus: <i>hit</i>	your favourite music speaking skill: responding to questions	expressions with <i>just</i> intonation to express uncertainty
9 Window on the past pages 105–116 VIDEO: Collecting the past page 114 ► REVIEW page 116	linking words present and perfect participles	wordbuilding: verb + preposition crime and punishment word focus: <i>board</i>	checking, confirming and clarifying	silent letters
10 Social living pages 117–128 VIDEO: Initiation with ants page 126 ► REVIEW page 128	adverbs and adverbial phrases negative adverbials and inversion	being a good member of society having fun word focus: <i>free</i>	making conversation speaking skill: showing interest	sentence stress intonation and elision
11 Reason and emotion pages 129–140 VIDEO: Madeline the robot tamer page 138 ► REVIEW page 140	unreal past forms conditionals and inversion	feelings wordbuilding: heteronyms word focus: <i>beyond</i>	recognizing feelings	heteronyms adjectives ending in <i>-ed</i>
12 Mother nature pages 141–152 VIDEO: Three years and 6,000 miles on a horse page 150 ► REVIEW page 152	approximation and vague language <i>would</i>	wordbuilding: adverb + adjective collocations idioms: adjective collocations word focus: <i>move</i>	a debate speaking skill: interrupting	intonation in interruptions

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Listening	Reading	Critical thinking	Speaking	Writing
a talk by a journalist about digital technology an interview about social media marketing	a study of global facts about selfies an article about a day at a hackers' conference	identifying personal opinion	the impact of digital media brands attitudes to security	a news report writing skill: cautious language
an interview with a busker a talk by a neuroscientist about music therapy	an interview with a musician about cultural influences a review of a documentary about Bob Marley	identifying key points	themes of songs how to relax a charity concert	a description writing skill: parallel structures
a talk about the significance of historical objects a story about an unusual crime	an article about what personal letters reveal about our past a story about hidden treasure	unanswered questions	an important past event a case of fraud historical irony	describing a past event writing skill: sequencing events
an extract from a radio programme about ethnic communities a podcast about the importance of play	an article about ant society an article about the Hadza of Tanzania	reading between the lines	being a good member of society social games feeling free	a discursive essay writing skill: referring to evidence
a short talk by a photographer about photographing people a lecture about irrational thinking	an article about understanding emotions an article about artificial intelligence in the future	analysing structure	modern life mind games technology and occupations	an email message writing skill: avoiding misunderstandings
three people describe the landscape where they live an extract from a radio interview about the Japanese poet Basho	an article about the importance of geo-literacy an article about how wildlife are moving into our cities	different perspectives	natural and man-made features events in nature the animal and human worlds	a letter to a newspaper writing skill: persuasive language