## **Contents**

	Map of the units	4
1	Our people	6
2	Mastering languages	11
3	All in the mind	16
4	Office space	21
5	Dramatic events	26
6	Picture yourself	31
7	Leisure and entertainment	36
8	Don't blame the media	41
9	At top speed	46
10	A lifelong process	51
11	Being somewhere else	56
12	The living world	61
13	Health and lifestyle	66
14	Moving abroad	71
	Answer key	76
	Acknowledgements	96