**Part A   Describe two negative effects of living in a fast-paced, modern society. You should refer to all three texts (1, 2 and 3) in your response.**

There are two serious minus effects result from living in the fast-speed environment. The first effect is that sleeping less will influence the work performance. Based on the research by Czeisler (2007), some doctors hurt the patients due to most of them working for a long time without sleep, and some of patients even died because of that. In addition, living in the fast-speed society also bring people a lot of stress, and eventually, getting the physical diseases. According to Cavanagh (2017) and text c, heart disease can result from higher stress causing people getting faster heart rate and breathing speed, because these two activities from the body will hurt people’s heart and even causing the people died. As a result, it has two drawbacks of staying the fast-speed society, including work performance, and getting physical diseases.

**Part B   What should people do to reduce the negative effects of living in a fast-paced, modern society? You may refer to any of the texts (1, 2, and/or 3) but this is not necessary.**

Doing excises can help people to decrease the possibility referring to staying the fast-changing environment. Recently, people have got many minus results to their self, for instance mental issues and chronic stress, because of the life step is going faster and faster than past in the society. Therefore, in order to improve the situation, people can regularly do some excises to find out self-speed in their daily life as well as felling their every breath during the workout time. Firstly, yoga is one of the excise suggestions. Yoga is known as good to people’s body and relaxing the emotion due to combining the light music and strath the muscles by a gentle way. Additionally, jogging is the other positive way to reducing minus influences. Unlike the other active sport, most people can be easy to start jogging around their home. As a result, even getting home lately by work, people still can wear the headphone, and enjoy the alone time with favourite music while jogging by their own temple every day, instate of the society’s speed. To sum up, if people do some simple excise like yoga or jogging, it is possible to reduce the dark results causing by living in the fast-speed environment.

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