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Unit 1 The Power of Language

A Famous Quote

Language is the dress of thought.

-----Samuel Johnson

Samuel Johnson (1709-1784), British man of letters, one of the most outstanding figures of the 18th century in England. He made lasting contributions to English literature as a poet, essayist, moralist, literary critic, biographer, editor and lexicographer. Johnson has been described as “arguably the most distinguished man of letters in English history.”

Text A Critical Reading

Pre-reading Questions

1. Do you usually challenge the idea an author represents? What do you think is active reading?
2. What suggestions do you expect the author will give on reading critically?

Critical reading **applies to** non-fiction writing in which the author **puts forth** a position or seeks to make a statement. Critical reading is active reading. It involves more than just understanding what an author is saying. Critical reading involves questioning and evaluating what the author is saying, and forming your own opinions about what the author is saying. Here are the things you should do to be a critical reader.

Consider the context of what is written. You may be reading something that was written by an author from a different cultural context than yours. Or, you may be reading something written sometime ago in a different time context than yours. In either case, you must recognize and take into account any differences between your values and attitudes and those represented by the author.

Question assertions made by the author. Don't accept what is written at face value. Before accepting what is written, be certain that the author provides sufficient support for any assertions made. Look for facts, examples, and statistics that provide support. Also, look to see if the author has integrated the work of authorities.

Compare what is written with other written work on the subject. Look to see that what is written is consistent with that others have written about the subject. If there are inconsistencies, carefully evaluate the support the author provides for the inconsistencies.

Analyze assumptions made by the author. Assumptions are whatever the author must believe is true in order to make assertions. In many cases, the author's assumptions are not directly stated. This means you must read carefully in order to identify any assumptions. Once you identify an assumption, you must decide whether or not the assumption is valid.

Evaluate the sources the author uses. In doing this, be certain that the sources are credible. For example, Einstein is a credible source if the author is writing about landmark achievements in physics. Also be certain that the sources are relevant. Einstein is not a relevant source when the subject is poetry. Finally, if the author is writing about a subject in its current state, be sure that the sources are current. For example, studies done by Einstein in the early 20th century may not be appropriate if the writer is discussing the current state of knowledge in physics.

Identify any possible author bias. A written discussion of American politics will likely look considerably different depending on whether the writer is a Democrat or a Republican. What is written may very well reflect a biased position. You need to take this possible bias into account when reading what the author has written. That is, take what is written with “a grain of salt.”

By being a critical reader, you will become better informed and may change your views as appropriate.

Text B The Language of Confidence

Pre-reading Questions

1. *Are there any words that make you feel confident or diffident?*
2. *Do you believe that language can influence people's thought? Give some example.*

The language we use programs our brain. Mastering our language give us a great degree of mastery over our lives and our destinies. It is important to use the language in the best way possible in order to dramatically improve our quality of life.

Even the smallest of words can have the deepest effect on our subconscious mind, which is like a child, and it doesn't really understand the difference between what really happens and what you imagine. It is eager to please and willing to carry out any commands that you give it--- whether you do this knowingly or not is entirely up to you.

“Try”

It is a small word yet it has an amazing impact upon us. If someone says, “I'll *try* to do that” you know that they are not going to be putting their whole heart into it, and may not even do it at all. How often do you use the word *try* when talking about the things that matter to you? Do say “I'll try to be more confident” or “I'll try to do that” or “I'll try to call”?

Think about something that you would like to achieve, and say it to yourself in two different ways. Firstly say, “I'll try to ...” and notice how you feel. Next say, “I will do ...” and see how you feel.

The latter makes you feel better than the first one, doesn't it? It gives you a sense of determination, a feeling that it will be done. Listen to the people around you and when they say they will try to notice if it gets done or not. Eliminate the word try from your dictionary and see how your life improves.

“Can't”

This is another small word with a big impact. It disempowers us, makes us feel weak and helpless, and damages our self-esteem. It limits our infinite abilities and stifles creativity. Rub it out from your internal dictionary and replace it with something that makes you feel great.

Instead of saying you can't, why not say something like “I choose ...” or “I choose not to ...” Using words like this allows you to take back your power and to be in control of your life.

Words may appear small and insignificant, yet they have a deep and lasting effect on us. Mastering your language gives you the power to live whatever life you desire.

What words do you use a lot that disempower you? Make a list of words you commonly use and then write next to them some alternatives you can use. Make these alternatives words that make you

feel fabulous, not only about yourself, but about life and what you are doing!

Unit 2 Mistakes to Success

A Famous Quote

Success is going from failure to failure without losing your enthusiasm.

---- Winston Churchill

Winston Churchill (1874-1965), British Conservative politician and statesman known for his leadership of the United Kingdom during the Second World War. Widely regarded as one of the greatest wartime leaders of the century, he served as Prime Minister twice. He is the only British Prime Minister to have received the Nobel Prize in Literature.

Text A Split Milk

Pre-reading Questions:

1. Did you make any mistakes on your way to success? Give some example.
2. Do you believe that making mistakes is a necessary ingredient for success? Explain.

Have heard of the story about spilt milk? Well, we all know there is no use crying over spilt milk. But this story is different. I would hope all parents would respond in this manner.

I recently heard a story about a famous research scientist who had made several very important medical breakthroughs. He was interviewed by a newspaper reporter who asked him why he was so much more creative than the average person; what set him so far apart from others?

He responded that, in his opinion, it all came from an experience with his mother that occurred when he was about two years old. He had been trying to remove a bottle of milk from the refrigerator when he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor – a veritable sea of milk!

When his mother came into the kitchen, instead of yelling at him, giving him a lecture, or punishing him, she said, “Robert, what a great and wonderful mess you have made! I have rarely seen such a huge puddle of milk. Well, the damage has already been done. Would you like to get down and play in the milk for a few minutes before we clean it up?”

Indeed, he did. After a few minutes, his mother said, “You know, Robert, whenever you make a mess like this, eventually you have to clean it up and restore everything to its proper order. So, how would you like to do that? We could use a sponge, a towel, or a mop. Which do you prefer?” He chose the sponge and together they cleaned up the spilt milk.

His mother then said, “You know, what we have here is a failed experiment in how to effectively carry a big milk bottle with two tiny hands. Let’s go out in the back yard and fill the bottle with water and see if you can discover a way to carry it without dropping it.” The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it. What a wonderful lesson!

The renowned scientist remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes. Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. Even if the experiment "doesn't work", we usually learn something valuable from it.

Wouldn't it be great if all parents would respond the way Robert's mother responded to him?

Text B The Cake

Pre-reading Questions:

1. *Have you ever been wrongly blamed by your parents? How did you feel at that moment?*
2. *What suggestions would you give to the parents who are blinded to their children's merits?*

Cindy glanced nervously at the clock on the kitchen wall. Five minutes before midnight.

"They should be home any time now," she thought as she put the finishing touches on the chocolate cake she was frosting. It was the first time in her 12 years she had tried to make a cake from scratch, and to be honest, it wasn't exactly an aesthetic triumph. The cake was ... well, lumpy. And the frosting was bitter, as if she had run out of sugar or something, which, of course, she had.

And then there was the way the kitchen looked. Imagine the huge blender full with all the fixings for chocolate cake --- including the requisite bowls, pans and utensils. Now imagine that the blender is turned on, high speed, with the lid off. Do you get the idea?

But Cindy wasn't thinking about the mess. She has created something, a veritable phoenix of flour and sugar rising out of the kitchen clutter. She was anxious for her parents to return home from their date so she could present her anniversary gift to them. She turned off the kitchen lights and waited excitedly in the darkness. When at last she saw the flash of the car headlights, she positioned herself in the kitchen doorway. By the time she heard the key sliding into the front door, she was THIS CLOSE to exploding.

Her parents tried to slip in quietly, but Cindy would have none of that. She flipped on the lights dramatically and trumpeted: "Ta-daaa!!" She gestured grandly toward the kitchen table, where slightly off-balance two-layer chocolate cake awaited their inspection.

But her mother's eye never made it all the way to the table. "Just look at this mess!" she moaned. "How many times have I talked to you about cleaning up after yourself?"

"But Mom, I was only ..."

"I should make you clean this up right now, but I'm too tired to stay up with you to make sure you get it done right," her mother said. "So you'll do it first thing in the morning."

"Honey," Cindy's father interjected gently, "take a look at the table."

"I know- it's a mess," his wife said coldly. "The whole kitchen is a disaster. I can't stand to look at it." She stormed up the stairs and into her room, slamming the door shut behind her.

For a few moments Cindy and her father stood silently, neither one knowing what to say. At last she looked up at him, her eyes moist and red. "She never saw the cake," she said.

Unfortunately, Cindy's mother isn't the only parent who suffers from Situational Timbercular Glaucoma – the occasional inability to see the forest for the trees. From time to time we all allow ourselves to be blinded to issues of long-term significance by stuff that seems awfully important right now, but isn't. Muddy shoes, lost lunch money and messy kitchens are troublesome, and they deserve their place among life's frustrations. But what's a little mud – even on new carpet – compared to a child's self-esteem? Is a lost dollar more valuable than a youngster's emerging dignity? And while kitchen sanitation is important, is it worth the sacrifice of tender feelings and relationships?

I'm not saying that our children don't need to learn responsibility, or to occasionally suffer the painful consequence of their own bad choices. Those lessons are vital, and need to be carefully taught. But as parents, we must never forget that we're not just teaching lessons – we're teaching children. That means there are times when really need to see the mess in the kitchen, and times when we only need to see the cake.

Unit 3 Friendship and Loyalty

A Famous Quote

Betraying a trust is a very quick and painful way to terminate a friendship.

- Ralph Waldo Emerson

Ralph Waldo Emerson (1803-1882), American essayist, lecture and poet, who led the Transcendentalist Movement of the mid-19th century.

Text A Reflections: Friendship and Loyalty

Pre-reading Questions

1. Do you believe that loyal friends are available on the Internet?
2. What personal qualities matter most in your choice of friends? And why?

How many of us recognize true loyalty in a friend? Loyalty consists of a friend, who will stick by you, through thick and thin. A friend who is always honest with you and never betrays the friendship with lies is a loyal friend. If you have a loyal friend, you have indeed found a true virtue in that friend.

The current trend on the Internet is befriending anyone who requests to be your friend. However, this new trend may lead to disasters. It may be popular and trendy to have a network fill with a multitude of mutual friends. However, one true loyal friend may be the only friend you need.

A term used on the popular Facebook site is B.F.F. This acronym means best friend forever. Are they really your best friends forever? You might ask yourself this question, "Will they share my private matters with others?" If the answer to that is, "I don't know", more than likely, they will not be your best friends forever. Maybe not, even for a day.

I choose to have a B.L.F., a best loyal friend, for those of you who may be challenged by the use of acronyms during this age of technology and fast-talking.

Loyalty found in a friend is akin to making a deposit in a bank account. More often than not, your

deposits gain interest, and interest in your well-being and welfare. A loyal friend attracts another loyal friend. In essence, water does seek its own level.

If you were a B.L.F way before Facebook gained notoriety, then I'm sure you understand the premise of loyalty in a friend. You should never exploit your B.L.F. to gain more friends or make yourself seem more important to others. These are not the traits of a best loyal friend.

A best loyal friend does not care who is invited to your party. They will attend your party and celebrate you, just in the way a best loyal friend should do.

Reconnecting with a best loyal friend is easier to do on the pages of Facebook. However, a virtual friend does not assure you of his loyalty. My caution to you is that you'd better pay attention to the smiling faces on the Facebook pages. In the eighties we were warned of smiling faces in a song, which contained these lyrics, "A smile is just a frown turned upside down, my friend." Now, that is the undisputed truth for my generation.

Text B A Tribute to the Dog

Pre-reading questions:

1. *Why do many people choose to keep dogs as pets instead of other animals?*
2. *Why do you think a growing number of Chinese, especially the elderly, prefer to keep pets?*

The best friend a man has in this world may turn against him and become his enemy. His son or daughter whom he has reared with loving care may prove ungrateful. Those who are nearest and dearest to us, those whom we trust with our happiness and our good name, may become traitors to their faith.

The money that a man has he may lose. It flies away from him, perhaps when he needs it most. A man's reputation may be sacrificed in a moment of ill-considered action. The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads. The one absolute, unselfish friend a man may have in this selfish world, the one that never deserts him, the one that never proves ungrateful or treacherous, is his dog.

A man's dog stands by him in prosperity and in poverty, in health and in sickness. He will sleep on the cold ground when the wintry winds blow and the snow drives fiercely, if only he can be near his master's side. He will kiss the hand that has no food to offer. He will lick the sores and wounds that come in the encounter with the roughness of the world. He guards the sleep of his pauper master as if he were a prince.

When all other friends **desert**, he remains. When riches take wings and reputation falls to pieces, he is as constant in his love as the sun in its journey through the heavens. If fortune drives the master forth, an outcast in the world, friendless and homeless, the faithful dog asks no higher privilege than that of accompanying him to guard him against danger, to fight against his enemies. And when the last scene of all comes and death takes its master in its embrace and the body is laid away the cold ground, no matter if all other friends pursue their way, there, by his graveside will the noble dog be found, his head between his paws, his eyes sad but open in alert watchfulness faithful and true even to death.

Unit 4 The Joy of Work

A Famous Quote:

Labour is often the father of pleasure.

- Francios – Marie Arouet (Voltaire)

Francios – Marie Arouet (Voltaire) (1694-1778), French poet, dramatist, historian, and philosopher. He was an outspoken and aggressive enemy of every injustice, especially of religious intolerance. His works are an outstanding embodiment of the principles of the French Enlightenment.

Text A Works Is a Blessing

Pre-reading Questions

1. *Do you often help your parents with the household chores? What do you usually do to help them?*
2. *Have you had any experience of doing part-time jobs to help support yourself and your family? What did you think about it?*

I grew up in Lakeland, LA, one of 12 children. We all lived on my parents' subsistence farm. We grew cotton, sugar cane, corn, hogs, and chickens and had a large garden, but it didn't bring in much cash. So when I was 12, I got a part-time job on a dairy farm down the road, helping to milk cows. We milked 65 cows at 5 in the morning and again at 2 in the afternoon, seven days a week.

In the kitchen on Saturday before daylight, I remember complaining to my father and grandfather about having to go milk those cows. My father said, "Ya know, boy, to work is a blessing."

I looked at those two men who had worked harder than I ever had – my father eking out a living on that farm and my grandfather farming and working as a carpenter during the Depression. I had a feeling I had been told something really important, but it took many years before it sank in.

Going to college was a rare privilege for a kid from Lakeland. My father told me if I picked something to study that I liked doing, I'd always look forward to my work. But he also added, "Even having a job you hate is better than not having a job at all." I wanted to be a farmer, but I joined the ROTC program to help pay for college. And what started out as an obligation to the Army became a way of life that I stayed committed to for 37 years, three months and three days.

In the late 1980s, during a visit to Bangladesh, I saw a woman with a baby on her back, breaking bricks with a hammer. I asked a Bangladesh military escort why they weren't using a machine, which would have been a lot easier. He told me a machine would put that lady out of work. Breaking those bricks meant she could earn enough money to feed herself and her baby that day. And as bad as that woman's job was, it was enough to keep a small family alive. It reminded me of my father's words: To work is a blessing.

Serving in the U.S. Army overseas, I saw a lot of people like that woman in Bangladesh. And I have come to believe that people without jobs are not free. They are victims of crime, the ideology of terrorism, poor health, depression and social unrest. These victims become the illegal immigrants, the slaves of human trafficking, the drug dealers, and street gang members. I have seen it over and over again on the U.S. border, in Somalia, the Congo, Afghanistan and in New Orleans. People who

have jobs can have a home, send their kids to school, develop a sense of pride, contribute to the good of the community, and even help other. When we can work, we are free. We are blessed.

I don't think I will ever quit working. I'm retired from the Army, but I'm still working to help people be prepared for disaster. And I may get to do a little farming someday, too. I'm not going to stop. I believe in my father's words. I believe in the blessing of work.

Text B How to Start Your Own Business

Pre-reading Questions:

1. *Do you hope to start your own business? What would you like to do?*
2. *What do you know about the necessary conditions for starting a business?*

The paradox of starting your own business lies in the simultaneous challenge and rewards, making it an experience unlike any other. So many businesses fail, and most entrepreneurs exclude themselves from the possibility. The tragic reality is that when business fail, the passion often dies with it. By following some sound advice and being prepared for the process, you will decrease your chances of losing a lot more than you bargained for. I have recently started a business and have learned some crucial lessons in the process that I feel privileged to share with you.

1. Identify your motivation. Why do you want to start your own business? To have more time? To make more money? To be your own boss? To have creative control over what you love to do? Write out all of your motivating factors and prioritize them. When you see them listed, you might see a pattern in that you're just unhappy at your current job and starting your own business isn't the answer.

2. Identify your passion. What do you love to do? What skills and knowledge do you uniquely bring to the table? What gets you excited about your work? Keep that passion at the forefront of your business plan, your marketing strategies, and your daily routine. If you keep your passion in plain sight, you will stay focused on the purpose of your business and not solely on the logistics.

3. Identify your market. If you are starting your business locally, research your competitor. Determine if there is room in the market for your business. What will you do differently to draw in customers? What niche market are the other businesses missing? If you are starting an Internet company, research the requirements for your own unique Web presence. Your business cannot survive without customers, so do enough research on the front end to determine if there enough potential clients to keep your business alive.

4. Identify your finance. If you have ever purchased a new home, you know that the financial obligations extend beyond the down payment and the mortgage. You have to buy furniture, trash cans, a garage door openers, light fixtures and landscaping equipment, and before you know it, you're far exceeded your financial boundaries. That can happen just as easily in a business. Do exhaustive financial planning. Meet with a financial advisor or someone at you bank to examine the financial viability of your business and the process of getting it up and running. Plan wisely and do not assume the best about your business. Be prepared for financial loss and get advice on how to alleviate that burden in the future.

5. Identify your support system. Seek out advice from seasoned business owners, even those

in your own field. Develop relationships with people who can offer sound advice and criticism that you might not see. If there is a business owner in your community or in your network that you aspire to model, examine his or her business practices and how they handle various situations. Ask for counsel before big decisions, and even create your own makeshift Board of Directors to help guide you in the planning and start-up process.

Once you have all of these elements in place, you are prepared to start the process of developing a business plan, applying for a license, establishing a marketing presence, etc. Owning your own business can be unparalleled in the professional world, and if you surround yourself with wise counsel, you can have a career that daily feeds your passion.

Unit 5 Keep your Dreams Alive

A Famous Quote

You are never too old to set another goal to dream a new dream.

-- C. S. Lewis

Clive Staples Lewis (1898-1963), Irish-born British scholar, writer and lay theologian. He was an established literary figure whose impact is increasingly recognized by scholars and teachers.

Text A Life Is Difficult

Pre-reading Questions:

1. *Do you believe that life is difficult? What are some of the difficulties that you have encountered in your life?*
2. *What suggestions did you get from your parents or friends when you met with difficulties in your life?*

Life is difficult.

This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth we transcend it. Once we truly know that life is difficult – once we truly understand and accept it – then life is no longer difficult. Because once it is accepted, that fact that life is difficult no longer matters.

Most people do not fully see this truth that life is difficult.

Instead they moan more or less incessantly, noisily or subtly, about the enormity of their problems, their burdens, and their difficulties as if life were generally easy, as if life should be easy. They voice their belief, noisily or subtly, that their difficulties represent a unique kind of affliction that should not be and that has somehow been especially visited upon them, or else upon their families, their tribe, their class, their nation, their race, or even their species, and not upon others. I know about this moaning because I have done my share.

Life is a series of problems. Do we want to moan about them or solve them? Do we want to teach our children to solve them?

Discipline is the basic set of tools we require to solve life's problems. Without discipline we can

solve nothing. With only some discipline we can solve only some problems. With total discipline we can solve all problems.

What makes life difficult is that the process of confronting and solving problems is a painful one. Problems, depending upon their nature, evoke in us frustration of grief, sadness, loneliness, guilt, regret, anger, fear, anxiety, anguish, or despair. These are uncomfortable feelings, often very uncomfortable, often as painful as any kind of physical pain, sometimes equaling the very worst kind of physical pain. Indeed, it is because of the pain that events or conflicts engender in us all that we can call them problems. And since life poses and endless of problems, life is always difficult and is full of pain as well as joy.

Yet it is in this whole process of meeting and solving problems that life has its meaning. Problems are the cutting edge that distinguishes between success and failure. Problems call forth our courage and our wisdom; indeed, they create our courage and our wisdom. It is only because of problems that we grow mentally and spiritually. When we desire to encourage the growth of the human spirit, we challenge and encourage the human capacity to resolve problems, just as in school we deliberately set problems for our children to solve. It is through the pain of confronting and resolving that we learn. As Benjamin Franklin said, "Those things that hurt, instruct." It is for this reason that wise people learn not to dread but actually to welcome problems and actually to welcome the pain of problems.

Text B Begin Again

Pre-reading Question:

1. *If your friends turn to you for advice when they face life's challenges, what will you say to them?*
2. *What advice do you expect the author will give to people in difficulties?*

To begin again means that you won't give up.

To begin again means you're trying.

You can either start over and live your life.

Or spend the rest of your life slowly dying.

It is never the falling that makes us fail.

It is never the pain or the crying.

You can never fail in life, my friend,

Unless you give up trying.

– Bob Perks

It seems lately that more and more of my friends are facing some seemingly insurmountable challenges in their lives. A few have lost their jobs and some have failed marriages. All too many have failed marriages. All too many have health issues or are battling cancer.

I don't know if it is desperation that causes them to turn to me for advice or whether they have come to value our friendship. But it is difficult, to say the least, to offer words of hope when all they feel is hopelessness. They expect answers, some magic waving of a wand, or a roadmap to get them back on their feet again.

I have often struggled with what to say. Mostly because I have faced many of the same challenges in my own life, I remember how empty I felt after someone cheerfully offered words like, "Keep your chin up!" "Things will get better!" "Hang in there!" "It's always darkest..." etc.

Yes, even those were quick to quote the Bible to me found me quite unreceptive at the time.

Now, as an inspiration writer, being thought of as a resource of hope or a good (or bad) example of what to do in life, I have even more people contacting me.

So, what do I say?

"What can I do, Bob?" I've lost my job. What do you suggest?"

"Begin again."

"He walked out on me. My whole world just ended. What should I do?"

"Begin again."

"Bob, I know both your on and your wife have cancer. I found out my wife does, too. What did you tell them?"

"Begin again."

It almost sounds too simple. I imagine in the darkest hours of one's life, those words would seem useless or uncaring. But it is indeed the answer.

All life challenges bring about an ending – and the chance for a beginning. A job prevents and opportunity to start over somewhere else and maybe even in another career.

A failed marriage does not mean you are through loving or being loved. It means there are others just like you needing to be loved. Find them.

A life-threatening disease does not mean giving up. It means starting a new path to recovery and discovering within yourself the ability to fight back and win.

And if you are a person of faith, even death does not mean it's over. It means, "to begin again."

Unit 6 The Value of Money

A Famous Quote:

Never spend your money before you have it.

– Thomas Jefferson

Thomas Jefferson (1743-1826), the third President of the United States and primary author of the Declaration of Independence.

Text A Teaching Children to Spend Pocket Money Wisely

Pre-reading Questions:

1. *Recall and describe how your parents allocated pocket money to you and how you spent it.*
2. *What influence does that way of giving pocket money have on kids finance management?*

School-going children need pocket money for food, stationary and bus fare. Parents give pocket money to their children in different ways. Some give a lump of sum at the beginning of a month or a week. Others prefer to give pocket money on a daily basis. The way in which pocket money is given affects how money is spent or saved. On the other hand, the children's spending habits may affect how pocket money is given.

Pocket money given on a daily basis is sometimes termed as "food money". Children usually use the pocket money to buy food during recess and also at lunch hour if they have school activities in the afternoon. They learn how to manage small sums of money. As the money is limited, they have to control their spending. Some parents choose this method of allocating pocket money in order to prevent their children from overspending, hoping that in time they can be trusted with larger sums of money. Parents who earn daily wages may also opt for this due to financial constraints.

Giving pocket money on a daily basis places responsibilities of budgeting on the parents, instead of child. The child may spend every single cent of the daily pocket money by overindulging in junk food, as they know they will get another sum of money the next day. This results in children being short-sighted in their spending. The thought of saving money never crossed their minds. They may develop the mentality that money is meant to be spent. Others spend more than they are given. They borrow from their siblings or their classmates when they feel like indulging themselves. Then they may ask for money to pay off their debts. This habit of borrowing causes them to depend on others to solve their problems. In such instances, the purpose of rationing is defeated.

Children need to learn how to budget their money. Some parents go by the "learning by doing" principle and give their children lump sums at the beginning of the month, and by the third week of the month their account is already dry.

On the other hand, some learn to budget their pocket money very well and even have savings at the end of the month. They do not borrow money necessarily. In other words, they learn to spend within their means. Buy the necessary first, and indulge ourselves only if there is money left. This habit, when inculcated since young, stands them in good stead when they start working and earning their own money. It enables them to resist the temptation of "buy now and pay later" schemes.

Formation of any habit starts at a tender age. There is no better way to teach children to manage money than to start with their pocket money. They need to learn the importance of budgeting right from kindergarten days. It is a good idea to start with daily pocket money and move on to monthly pocket money. When children learn to spend within their means, they are able to manage their finances well later in their lives.

Text B The Importance of Money in Life

Pre-reading Questions:

1. *What do you think of the old saying, “money is the root of evil”?*
2. *Do you believe how people think about money determines whether their money flow is constant?*

What were you taught about money as you were growing up? Something like “money doesn’t grow on trees”, or “money is the root of all evil”, or maybe “all rich people are greedy”?

Well, how do you expect to become a success financially if you believe these things? You attract into you life what you are thinking about and what you believe. If you think there is not enough money in this world for everyone you will never have enough money. That is called the Law of Attraction.

First of all, believing that “money doesn’t grow on trees” is an example of what’s called lack or scarcity programming. Our parents taught us that there was never enough money to go around, and that it was not readily available or abundant. But in truth, the universe is very abundant, and there is lots of money as your heart desires. What wonderful thing you could do with it: travel to the countries you have always dreamt of, buy a house you are even scared to think about, attend meditation classes so you could spiritually grow, donate money to your favorite charity, spend more quality time with your family, and the list goes on.

The key is to start thinking that you deserve the money and that there is lots of it available for your, and then you can start attracting in into your life. That’s abundance thinking, which is the opposite of lack or scarcity thinking. When you start thinking about abundance the Law of Attraction will do the rest. You do not need to know how it is going to happen. Just make the first step, first thought. Starting is already winning.

And what about thinking that “money is the root of all evil”? Can you really expect to become a success if you believe that money is the root of all evil? Unless you have a desire to be an evil person, your subconscious will not let you have money if you believe deep down that it is the root of evil.

By the way, the quote is taken out of context in the first place. It was originally stated as “the love of money is the root of all evil”. So it has nothing to do with the money itself.

Now that you understand that, you can start to think that money is in fact good. You can help people with money. You can stimulate the economy with money. Even the most kind-hearted spiritual person, who says they don’t need money, can do more to make the world a better place with money than without it.

And what about thinking that “all rich people are greedy”? Well, that creates us versus them, whereby you have labeled all of “them” greedy in your mind. You, on the other hand, are very giving in your mind. That’s why you don’t have money, because you’re not greedy.

Sure, there must be some rich people in the world who are greedy. But there are also poor people who are greedy. There are both rich and poor people who are very giving as well. The amount of money you have has nothing to do with these character traits.

In fact, a lot of rich people got there by not being greedy. Having a giving attitude opens up a flow of money that often brings them more. You will find the same thing: giving away money joyfully to a friend, and notice that it comes back to you in some other form. The world needs to be a balance of give and take, and being joyful both as you give and receive will ensure that you always go with the flow.

And changing your mindset from what you were taught as a child to a healthier view of money will allow you to become the financial success you deserve to be, to become the real you.

Unit 7 Inner Voice

A Famous Quote:

Your mind knows only some things. Your inner voice, your instinct, knows everything.

- Henry Franklin Winkler

Henry Franklin Winkler (1945-), American actor, director, producer and author. He has directed and produced several award-winning television series.

Text A Your Inner Voice

Pre-reading Questions:

1. *Do you believe that your inner voice will always lead you down the right path?*
2. *Have you ever been in a situation in which your inner voice urged you to take action?*

My day started just like all the other days for the past 15 years where I get up, make some coffee, shower, get dressed and leave for the train station at **precisely** 7:35 A.M. to arrive at work by 8:30. While on the train I would always choose a seat away from the crowd so I can read the newspaper in peace and quiet. At work I am always being **bombarded** with questions from coworker, suppliers, the telephone and then those dreaded meeting, so the last thing I need is some stranger to sit beside me and make small talk.

I don't know why but for some reason when I got on the train that day it was unusually full, something I don't recall ever happening in the past. With hesitation I sat down in the only seat available beside a middle-aged man who had his head down and seemed to be lost in his thoughts. I was glad that he didn't notice when I sat next to him as he just continued to look down towards the floor.

Shortly after the train left for my 30-minute ride downtown I found myself wondering what this man was thinking about. What could be so important that he didn't even see me sit next to him? I tried to forget about it and started to read my paper. However, for some strange reason this inner voice kept prompting me to talk to this man. I tried to ignore the voice, as there was no way I was starting a conversation with a complete stranger.

As you probably guessed, I eventually broke down and came up with an excuse to ask him a question. When he raised his head and turned his eyes towards me I could see that he must have been really upset as he had red eyes and still had some tears rolling down the side of his face despite his feeble attempt to wipe them away. I can't describe the sadness I felt seeing someone in so much pain.

We talked for about 20 minutes and in the end he seemed to be doing better. As we were leaving the train he thanked me profusely for being an angel taking the time to talk. I never did find out what was making his heart so heavy with pain but was glad I listen to the voice that day.

Several weeks had passed when I noticed envelope on my desk after returning from lunch. It was not addressed to anyone and only had the word angel written on it. My receptionist attached a note saying a gentleman dropped it off saying he did not know my name but had described me well enough that the receptionist knew it was for me. When I read note inside the envelope I was so filled with emotions that I couldn't contain myself. It was a letter from the man I met on the train thanking me again for talking to him and saving his life that day.

Apparently he had some very hurtful personal problems that were so overwhelming that he was planning to take his own life that day. In his letter he went to explain that he was a religious person and in desperation screamed out to God that if God really cared about him he would send someone to prevent him from taking his own life. In his eyes I was that someone, that Angel sent by God.

Not being a religious person myself, I don't know what that voice was that made me take a chance and talk to a stranger, but I do know that it make a difference in someone's life that day. So the next time you feel prompted for no apparent reason to talk to a friend, relative, neighbor or even a complete stranger please remember my story. You just may make a difference in someone's life when you listen to your inner voice.

Text B Make a Good First Impression

Pre-reading Questions:

1. *What do you think a smile indicates?*
2. *What can a person do to make a good first impression?*

At a dinner party in New York, one of the guests, a woman who had inherited money, was eager to make a pleasing impression on everyone. She had squandered a modest fortune on sables, diamonds and pearls. But she hadn't done anything whatsoever about her face. It radiated sourness and selfishness. She didn't realize what everyone knows: namely, the impression one wears on one's face is far more important than the clothes one wears on one's back.

Actions speak louder than words, and a smile says, "I like you. You make me happy, I am glad to see you." That is why dogs make such a hit. They are so glad to see us that they almost jump out of their skins. So, naturally, we are glad to see them.

A baby's smile has the same effect.

Have you been in a doctor's waiting room and looked around at all the glum faces waiting impatiently to be seen? Dr. Stephen K. Sproul, a veterinarian in Raytown, Missouri, told of a typical spring day when his waiting room was full of clients waiting to have their pets inoculated. No one was talking to anyone else, and all were probably thinking of a dozen other things they would rather be doing than "wasting time" sitting in that office. He told one of our classes:

"There were six or seven clients waiting when a young woman came in with a nine-month baby and a kitten. As luck would have it, she sat down next to a gentleman who was more than a little

distraught about the long wait for service. The next thing he knew, the baby just looked up at him with that great big smile that is so characteristic of babies. What did that gentleman do? Just what you and I would do, of course; he smiled back at the baby. Soon he struck up a conversation with the woman about her baby and his grandchildren, and soon the entire reception room joined in, and the boredom and tension were converted into a pleasant and enjoyable experience.”

The ancient Chinese were a wise lot – wise in the ways of the world; and they had a proverb that you and I ought to cut out and paste inside our hats. It goes like this, “A man without a smiling face must not open a shop.”

Your smile is a message of your goodwill. Your smile brightens the lives of all who see it. To someone who has seen a dozen people frown, scowl or turn their faces away, your smile is like the sun breaking through the clouds. Especially when that someone is under pressure from his bosses, his customers, his teachers or parents or children, a smile can help him realize that all is not hopeless – that there is joy in the world.

Unit 8 The Great Minds

A Famous Quote:

A pessimist makes difficulties of his opportunities; an optimist makes opportunities of his difficulties.

– Harry S. Truman

Harry S. Truman (1884-1972), 33rd President of the US (1945-1953), who led America's transition from wartime to peacetime economy. Truman made some of the most momentous decisions in US history, including the dropping of atomic bombs on Hiroshima and Nagasaki, Japan, the rebuilding of Europe under the Marshall Plan, and the fighting of the Korean War.

Text A Life without Limits

Pre-reading Questions:

1. *Can you imagine life without limbs?*
2. *Who will flash into your mind when it comes to disabled heroes? What qualities appeal to you most?*

Imagine being born without arms. No arms to wrap around someone, no hands to experience touch, or to hold another hand with. Or what about being born without legs? Having no ability to dance, walk, run, or even stand on two feet. Now put both of those scenarios together: no arms and no legs. What would do? How would that affect your everyday life?

Born in 1982 in Melbourne, Australia, without any medical explanations or warning, Nicholas Vujicic came into the world with neither arms nor legs. Having had an uneventful pregnancy and no family history to expect this condition, imagine the shock his parents felt when they saw their first born, brand new baby boy, only to find he was what the world would consider imperfect and abnormal. How would their son live a normal, happy life? What could he ever do or become when living with what the world would see as such a massive disability? Little did they know that this

beautiful limbless baby would one day be someone who would inspire and motivate people from all walks of life, touching lives all over the world.

As Nick grew up, he learned to deal with his disability and started to be able to do more and more things on his own. He adapted his situation and found ways to accomplish tasks that most people could only do by using their limbs, such as cleaning teeth, brushing hair, typing on a computer, swimming, playing sports and much more. As time went by, Nick began to embrace his situation and achieves greater things. In grade seven Nick was elected captain of his school and worked with the student council on various fund-raising events for local charities and disability campaigns.

After school Nick went on with further study and obtained a double bachelor degree majoring in accounting and financial planning. By the age of 19, Nick had started to fulfill his dream of encouraging others by sharing his story through motivational speaking. He found the purpose of his existence, and also the purpose in his circumstance. Nick wholeheartedly believes that there is a purpose in each of the struggles we encounter in our lives and that our attitude towards those struggles can be the single effective factor in overcoming them.

Now at 27 years old, this limbless young man has accomplished more than most people even twice his age. Nick recently made the massive move from Brisbane, Australia to California, USA, where he is the president of an international non-profit organization, and also has his own motivational speaking company, Attitude is Altitude. Since his first motivational speaking engagement back when he was 19, Nick has traveled around the world, sharing his story with millions of people, speaking to a range of different groups such as students, teachers, youth, business men and women, entrepreneurs, and church congregations of all sizes. People ask Nick, "How can you smile?" Then they realize there's got to be something more to life than meets the eye if a guy without arms and legs is living a fuller life.

Nick shares with his audiences the importance of vision and dreaming big. Using his own experiences in worldwide outreach as examples, he challenges others to examine their perspective and look beyond their circumstances. He shares his view of ceasing to see obstacles as problems, and instead begin to see them as opportunities to grow and reach out to others. He stress the importance of how attitude can be the most powerful tool we have at our lives and the lives of those around us. Nick shows through his own life that the major keys to fulfilling our biggest dreams are persistence and choosing to embrace failure as a learning experience, rather than allowing the guilt and fear of failure to paralyze us.

How does Nick Vujicic feel about his disability now? he accept it, embraces it and oftentimes pokes fun at his own circumstance as he shows off his many tricks. He meets challenges with his special blend of humor, perseverance and faith, always encouraging those around him to examine their perspective as they develop and define their vision. Using those new definitions he challenges each person he meets to make changes in their lives so that they can begin the path to fulfilling their biggest dreams. Through his amazing ability to connect with people from all walks of life and his incredible sense of humor he captivates children, teens and adults alike. Nick is a true inspirational and motivational speaker.

Text B An Unwanted Baby, Steve Jobs

Pre-reading Questions:

1. *What factors do you think contribute to success?*
2. *Can you figure out what reasons account for Steve Jobs' success?*

Steve Jobs is a man who has great courage and dares to take risks. He may not be perfect but he pulled together the most fantastic act by overcoming Microsoft, the movie industry and the music business. Jobs followed his dream and led a revolution in the computing world.

Steve Jobs was born on February 24, 1955, in San Francisco, California. His biological mother was an unwed graduate student named Joanne Simpson and decided to put him up for adoption. Joanne had a college education, and she insisted that the future parents of her boy be just as well educated. Unfortunately, the candidates, Paul and Clara Jobs, did not meet her expectations: Clara didn't graduate from college and Paul only attended high school. When she found out that both his future parents had never graduated from college, she refused to sign the adoption papers. She only relented a few months later and agreed to have her baby adopted by them, under the firm condition that they would send him to college.

Steve Jobs went to college but decided to drop out because it was too expensive. Recalling his time there he said, "I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned cke bottles for the 5 cents deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple."

After 20, Steve Jobs and a friend (Steve Wozniak) started a company in a garage on April 1st, 1976. Later that year, the debuted the Apple I and a local store offered to buy 50 machines. To finance the production, they had to sell their most expensive possessions. Jobs sold his Volkswagen van while Wozniak sold his Hewlett-Packard scientific calculator. Steve Jobs named their company Apple, in memory of a happy summer he had spent as a orchard worker in Oregon.

By 1982, however, his company sales sagged in the face of competition from IBM's new PC. Not wanting to dwell on successive failures, they worked on a new machine called the Macintosh. By 1986, the Mac, which Steve Jobs promised to be "insanely great," was a huge success. After 10 years, starting from 2 kids working in a garage, Apple computer had grown into a \$2 billion dollar company with over 4000 employees.

At 30, Steve Jobs, however, was fired from the company he cofounded with Steve Wozniak. He left the company after losing a bitter battle over control with Apple's CEO John Sculley, whom Jobs had recruited from Pepsi Cola. When Steve Jobs heard of the message he said, "You've probably had somebody punch you in the stomach and it knocks the wind out of you and you cannot breathe. The harder you try to breathe, the more you cannot breathe. And you know that the only thing you can do is just relax so you can start breathing again."

Steve Jobs sold over \$20 million of his Apple stock, spend days bicycling along the beach, feeling sad and lost, toured Paris, and journeyed on to Italy. Recalling this publicly heartbreaking episode, Jobs said, "I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life."

During the next five years he started two companies – NeXT and Pixar. NeXT didn't do as well as Jobs ha dreaded for, but Pixar was a success story. Jobs became and instant billionaire.

Meanwhile, his old company Apple was under immense pressure from its rival Microsoft and in 1996 posted billions of dollars in losses.

In December 1996, Steve Jobs convinced Apple to buy NeXT and make its software the foundation of the next-generation Mac OS. The technology he developed at the NeXT became the catalyst of Apple's comeback. Initially appointed as Apple's adviser, Steve Jobs was named Apple's interim CEO in 1997.

He had made Apple healthy again and returned it to a place where it was contributing new and innovative technologies to the computer world. Under his leadership, Apple returned to profitability and introduced innovations.

Unit 9 Facing Life's Challenges

A Famous Quote:

The only thing we have to fear is fear itself.

- Franklin Delano Roosevelt

Franklin Delano Roosevelt (1882-1945), the 32nd President of the United States (1933-1945), he led the nation out of the Great Depression and later into World War II. Before he died, he cleared the way for peace, including establishment of the United Nations. His presidency is widely regarded as one of the greatest in US history.

Text A: 300 Hurdles

Pre-reading Questions:

1. *Have you ever done hurdles? What do you think of it?*
2. *What kinds of difficulties and challenges have you ever met in your life?*

Life may give you negative, but don't despair – it may just develop into a beautiful picture one day. This year, I realized my theory that I have on life. Life is like a 300m hurdle race. Since I run the 300m hurdles, I would know what the race is like.

The first thing to any race is worrying about whether you are going to win or not. This relates to worrying about the petty things in life. Does it really matter if you win? Is it really going to be the end of the world? Or will you be upset if you lose and forget about it? In life we worry too much and live in the moment too little.

Next is the lining up in our own individual lanes. We each start at different spots, but the race is still the same distance for everyone. This relates to our lives taking us to different places and putting us in different situations, but hopefully we will end up in the same place, but maybe at different times.

Now comes the beginning of the race. We all try to keep up with everyone and pace ourselves with other people. This symbolizes that at times in everyone's lives we worry about fitting in or being

the same as other people, instead of worrying about being unique. If anyone were the same, the world would be incredibly boring.

Now comes the first hurdle. This hurdle is the easiest to get over because you are not worn out from running. We all make it over this hurdle with ease. This symbolizes those obstacles in life that we struggle to get over, but we always manage to do so. You can look at that hurdle in two ways: “I can’t make it over, I’m tired” or “I am one more hurdle closer to finishing this race.” This is an example of taking a negative situation and seeing something positive in it.

The next part of the race is every hurdle between the first and the last one. These hurdles get tougher and tougher and you may feel as though you can’t go on. This happens a lot in life too. There may be a situation that arises where you feel as though you can’t make it and all you can think is giving up. You may fall over that “hurdle” or struggle getting over it, but somehow you find it in yourself to jump over it and move on with the race.

Next is that last 100m of the race. You feel as though you just want to say, “No I can’t do this.” Again, you must find it in yourself that you can do it, and you must finish the race stronger than when you had started it.

Now lastly is the last hurdle. This hurdle is the toughest out of all of them. In life we find ourselves falling and falling, and maybe getting too lost in our problems that we feel like we have been through enough and there’s no hope. That last hurdle symbolizes these situations. It’s one step close to the end of the race.

Once you finish, you look back on it and you realize that you made it not by leaping, but step by step. “Yard by yard, life is very hard. But inch by inch, life can be a cinch.”

All it takes is one step at a time, one hurdle at a time.

Text B A Violin with Three Strings

Pre-reading Questions:

1. *Do you know anyone that is/was deprived of something in life but still leads/led a successful or brilliant life?*
2. *How do you understand the slogan “Nothing is impossible”?*

On Nov. 18th, 1995, Itzhak Perlman, the violinist, came on stage to give a concert at Avery Fisher Hall at Lincoln Center in New York City.

If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child, and so he has braces on both legs and walks with aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is an awesome sight.

He walks painfully, yet majestically, until he reaches his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up the violin, puts it under his chin, nods to the conductor and proceeds to play.

By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play.

But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap – it went off like gunfire across the room. There was no mistaking what that sound meant. There was no mistaking what he had to do.

We figured that he would have to get up, put on the claps again, pick up the crutches and limp his way off stage – to either find another violin or else find another string for this one. But he didn't. Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again.

The orchestra began, and he played from where he had left off. And he played with such passion and such power and such purity as they had never heard before.

Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that, and you know that, but that night Itzhak Perlman refused to know that. You could see him modulating, changing, re-composing the piece in his head. At one point, it sounded like he was de-turning the strings to get new sounds from them that they had never made before.

When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium. We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done. He smiled, wiped the sweat from his brow, raised his bow to quiet us, and then he said – not boastfully, but in quiet, pensive, reverent tone – “You know, sometimes it is the artist's task to find out how much you can still make with what you have left.”

What a powerful line that is! It has stayed in my mind ever since I heard it. And who knows? Perhaps that is the definition of life – not just for artists, but for all of us.

Here is a man who has prepared all his life to make music on a violin with four strings, who, all of a sudden, in the middle of a concert, finds himself with only three strings; so he makes music with strings, and the music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever before, when he had four strings.

So, perhaps our task in this shaky, fast-changing, bewildering world in which we live is to make music, at first with all that we have, and then, when that is no longer possible, to make music with that we have left.

Unit 10 Ode to Public Transportation

A Famous Quote:

Plain living and high thinking.

– William Wordsworth

William Wordsworth (1770-1850), one of the greatest English poets. He was a leader of the romantic movements in England and one of the greatest lyric poets in the history of English literature.

Text A: The Importance of Public Transportation

Pre-reading Questions:

1. *Do you find it important to use public transportation? What are some of the reasons?*
2. *What suggestions do you give to others on using public transportation?*

A US Congressman once proclaimed that, "There can be no doubt that the transportation sector is the most critical sector of our economy." I know exactly what he means. In this day and age, access to transportation is considered a necessity.

Public transportation is defined as a service that is available for use by the general public. It is a cheaper and environmentally friendly alternative. It is not a transportation service that you can arrange privately to suit your own personal convenience (although you may, to a certain extent, such as paying for cabin or suite on a train or ship) since you have to consider other passengers who are riding and making similar arrangements with you.

I have experienced first-hand how important public transportation is.

I live in Saipan, a US territory and the closest things we have to public transportation are tourist and school buses. You have to have your own car or bike, rent a car, or pay upfront for a taxi to go from point A to point B. Otherwise you end up basked in a sweat and sunburn traveling to work every day. When I first came here, I walked. I walked going to and from work. I walked to the store and lugged my heavy groceries back to the house. I walked to church and I barely got to places farther than a twenty-mile radius from my house since I did not own a car then, and I considered renting a car and riding a taxi such an expense for a starting single mother like I was at that time.

For me, public transportation is very important because of the following reasons:

1. It saves money.

According to research done by American Public Transportation Association, individuals can save up to \$9,515 annually by parking their cars at home and using public transportation instead. In this economy, saving money become a main concern in most households. With the rising prices of fuel and other vehicle-related expenses, doing the public commute to work and school certainly saves money.

2. It helps the environment.

When you switch from driving your car to taking public transport, you are reducing your carbon footprint and making a great step forward in saving the environment. The environmental costs of individuals using their cars every day has done massive damage to the environment and if the majority or all individuals like you and me use public transport instead, think of what good we could do for the environment.

3. It will wean us out of energy dependence.

According to a paper made by Dr. Jean-Paul Rodrigue and Dr. Claude comtois, transportation accounts for approximately 25% of world energy demand and for more than 62% of all the oil used each year. Ninety-five percent of transportation is almost completely reliant upon petroleum products with the exception of railways using electrical power. While the use of petroleum for other economic sectors, such as industrial and electricity generation, has remained relatively stable, the growth in oil demand attributed to the growth in transportation demand.

When we strengthen our public transportation services, we are consequently lessening this oil demand and dependence. It will also motivate us to consider alternative energy and fuel resources.

4. It provides ease and convenience.

Having public transportation definitely eases some of the burdens of people who do not have cars or prefer not to own one. They are provided with choices to use public transport. Public transportation also provides valuable services not just to local inhabitants in the area but to tourists as well. When a tourist visits a place, which does not have public transportation, their choices are limited and the experience they get is limited, too.

All in all, public transportation improves our way of life, strengthens the community, provides new jobs for the public and gives us a cleaner environment.

Text B: Personal Advantages of Taking Public Transportation

Pre-reading Questions:

1. *Do you prefer public transportation or driving?*
2. *What advantages do you expect the author will give for taking public transportation?*

When I take public transport, I always end up seeing a balanced view of regular folks, which is different from how they're usually depicted in the profit-driven media. I meet real, authentic people who may have the same concerns as mine. Whenever I'm on a bus, or the train, or even at times in a taxi that I share with other passengers, whom the driver picks up along the way, I get assurances that most folks mean well to me, i.e., they don't mean to harm me intentionally, despite a few terrible, harsh experiences I've had with some bad people before.

The meaningful experience of receiving respect from and giving respect to others

People generally behave as politely and respectfully as they can whenever they take public transportation. That's how all of us were taught, by and large, by our parents, our elders and the generations before. We always need to conduct our best selves when in public. It's a great experience seeing able-bodied men giving up seats for the elderly, disabled, or pregnant women. I even see women give up seats to others. I see people smiling and talking with each other. I feel more warmth among people when on a bus or the train. I see people behaving genuinely pleasant toward co-passengers, and I realize it takes a lot of guts to do this especially during their difficult times.

Save cash or other purposes

I always get the opportunity to save money, and am actually gaining pennies these days. This is particularly true when you live in a city, like New York, where subways and buses are in place. I've done the math: it's far cheaper to take the subway and then bus, plus the ferry if you live in Staten Island like me, than to keep a car and drive yourself to your usual destination. You save on the parking fees, the toll fees, the insurance cost, the repair and maintenance costs, and the perceived costs of aggravation from motorists on the road, the fuel, among other costs. On public transportation, you simply just pay the fare.

Light baggage to bring with you

I just carry myself and my tiny baggage. I occupy the least space, which is actually wherever I happened to be standing or sitting, which contributes to my baggage being very economical and lighter to carry. If ever there would be untoward incidents while in transit, I'd always be assured that I only have myself to worry about, which is unlike when you're in your car. If an accident happens while you are in your car, you will be doubly aggravated because you will have to keep tabs on things other than yourself (who, by then, may be extremely anxious or even, may the Lord-forbid, in a worst situation).

Strong push for long-term environmental projects

I am confident that I contribute more to efforts in sustaining and keeping a much cleaner environment. Motorists always have to consider that they actually are contributing more to accumulated environmental damage when they use fossil-sourced fuel for their cars. Those who are concerned about the environment, especially policymakers, leaders and managers, might as well heed this by taking the chance to take public transportation if time allows them. Their followers will eventually get the message: You'll be contributing more to saving what's left of our habitat by keeping away from using less of the natural resources.

Movement and exercise

I get the chance to do my exercises waling from my place to the bus stand (or the subway station, or the ferry station). I actually feel a much healthier me whenever I take public transportation.

Come, join me and everyone else taking public transportation.

Unit 11 Cyber World

A Famous Quote

The Internet is becoming the town square for the global village of tomorrow.

- Bill Gates

Bill Gates (1955-), American business magnate, investor, philanthropist, and author. Gates is the former chief executive officer (CEO) and current chairman of Microsoft, the software company he founded with Paul Allen.

Text A Cyber Love

Pre-reading Questions:

1. *Have you ever made a friend on the Internet? How did you develop your friendship?*
2. *What suggestions can you give if one hopes to make friends on the Internet?*

Thanks to the late 20th century technology, Maria of Denmark and Martijin of Holland met on a chatline. For months they've talked and sent letters to each other with the help of their computers as they found themselves falling head over heels in love. It was then that they decided to meet in the

real, not only the virtual, world. It was not easy to arrange as the young man and his lady were separated by 700 very real kilometers, but the date was a success and Maria and Martijin have been living together happily ever since. They've created a home page to let the world know how they've found happiness via the Internet and introduce couples who've met under similar circumstances.

Throughout history men and women have used a variety of means to find each other. Internet romance, according to some, is a bizarre method, and to others it is a natural way for the 90's to meet potential mates.

Romances formed on the Internet follow a characteristic script. The development of emotional intimacy is a long progress, sometimes taking several months. "Love at first byte" is rare although there are examples. The initial light exchanges, whether by e-mail or in chat rooms, are generally followed by increasingly self-revealing topics, and then after a while, the two strangers perceive each other as a true friend. Hearts open, an avalanche of e-mail crosses cyberspace carrying literary quality, and electronic messages are even enhanced with verse and virtual gifts (flowers, kisses, animated pictures). Could any heart with romantic inclinations resist? When you reach for the mouse with sweaty palms and butterflies in the stomach to look in the in-box for new mail – there's just no way to escape the fact – love has arrived.

How does a cyber romance vary from a real life romance? Perhaps one significant difference is that communication plays such a large part. Words that convey feelings have enormous effect. While before a real date we fix our hair and our clothes, on the Internet we polish our intellect, imagination and personality. In essence, the sequence is reversed – first we show our inner beauty and only after it has won victory does the veil fall off the physical vehicle of that personality at the time of that first meeting in person.

It is a popular topic in cyberspace to debate whether or not true love can develop merely on an intellectual level, without physical attraction or the familiarity of the other's appearance. To put in another way: Does the physical appearance of the man or woman play a part in the relationship if, through the exchange of thoughts and feelings, they already fell in love?

Many say it is against the nature of love to be deprived of the sense of sight, the look, the movement, and body language being present. There are those, of course, who favor Internet relationship claiming that the intensity of the emotional relationship that develops in such a way is superior to the mere stirring of the flesh.

Whatever the opinion may be on cyber love, it must be said in favor of the Internet that it puts people in touch with those who they otherwise would never have met. I would never have suspected that the first person I met by e-mail would be a German chimney sweeper, with whom, after a year of correspondence, albeit not romantic, a common interest still exists.

It is silly to perceive the Net as a demon, when we determine how we meet its challenges. While there are those who can use the Net to their advantage extracting useful information, there are those who become addicts losing common sense, hopping from chat room to chat room, writing piles of e-mails full of lies to chosen victims, and whose virtual reality, the flirtation, become part of their everyday lives, as if a disease. One thing is true – the net is very addictive. According to the confession of a multiple substance addict, it was easier to give up cocaine than the IRC.

In any case, keep your eyes open off-line as well. Turn off the machine and go to a dance or a club, because most woman still expect to be courted in a real, old-fashioned, and romantic way.

Text B The Impact of the Internet on Society

Pre-reading Questions:

1. *Can you imagine what your life would be like without the Internet?*
2. *What do you think is the impact of the Internet on society?*

The Internet has had a profound effect on society over the last two decades. Although it began as a government operation, over time this innovative technology eventually evolve into a public novelty. Looking at society today, one may find that the situation has certainly evolved. For many, the Internet has become an essential for daily living, no longer the fun novelty it was 10 years ago. Even a decade ago if you were to think about whether or not the Internet had a significant impact on society, the answer would likely have been probably not. While the Net may have been considered a neat innovation, it was not like anyone “needed” it.

However, over time this perception has changed for many individuals in society. The Internet has become, for the most part, and absolute necessity, either by requirement or by desire. Going online has become as natural as doing other daily tasks people have traditionally done. People take it for granted that the Internet will be available, and dependency on being connected has become the norm. Both business and individuals alike depend upon the routine availability of the Internet. Due to the fact that many business, government agencies ant other organizations have navigated to the online environment, generally people require consistent access, or 24/7 access, if you will.

In many ways the Internet has had a very positive effect on society. It has improved communication, simplified handling tasks and errands, offered huge convenience, enabled faster processing, and provided more options, all of which have freed more time to do other things.

Yet, interestingly enough the Internet has, in some ways, had negative effects. The quality of communication has declined; people are impatient because they have become accustomed to instant gratification, and using the Internet also takes up a lot of time. As website such as Facebook and other socially based interactions increase in usage, many hours a day are consumed as people keep up with their various networks, taking away from other activities.

When looking at it from the latter perspective, one may wonder whether or not the Internet has truly benefited society. Realistically, as with anything else, the Internet has its pros and cons. Tools such as e-mail and instant messaging have become the standard; social networks are quickly evolving into the next level of communication, and people enjoy their constant access. In this respect the benefits of the Internet are tremendous. This is not only evidenced by the many activities people engage in when they connect to the Internet, but also by the continuous progression and development of mobile devices such as smart-phones.

Society has evolved to the point where people expect and rely on reality available information. People also expect to receive rapid responses when doing business ad personal tasks. The Internet makes this possible. Many of the things that society takes for granted nowadays are all made possible by the development of the Internet.

What kind of an impact has the Internet had on society? Wrapped up in the advantages and disadvantages one thing is for certain: the Internet has a significant effect on society. To imagine the impact all one has to do is try to envision the consequences if the Internet was suddenly removed from society. Imagine a world where the Internet was unavailable. How would it affect on you?

Looking at it from this respect, for many it likely brings to light just how reliant and dependent society has become on the Internet and it would be extremely hard to turn back the clock.

Unit 12 A Break from Life

A Famous Quote:

Time you enjoy wasting, was not wasted.

- John Lennon

John Lennon (1940-1980), English rock musician, singer, songwriter, artist and peace activist, known as one of the founding members of The Beatles.

Text A Feeling Free

Pre-reading Questions:

1. *Do you find it difficult to enjoy a break from life? What are some of the difficulties you have?*
2. *What tips would you give to those who are fully occupied with their schedule and have little time feeling free?*

I woke up feeling cranky. I didn't want to do housework, though the laundry was piling up. I didn't want to read the work I brought home from the office. I didn't want to do anything that resembled responsible behavior. It was that kind of day.

As I drank my morning tea, I thought I felt a headache coming on. Yes, there it was, a dull throb just behind my eyes. Maybe I should go back to bed until it subsided. As I put the dishes in the sink, it seemed that my muscles were beginning to ache. Or was the ache in my joints? That could mean I was coming down with the flu. Everyone I knew had the flu this year. Why should I be the one to escape it? I absolutely should be in bed.

I shuffled back to bed, wiggled under the covers and shut my eyes. Another couple of hours of sleep would be so nice, but I was already completely awake. I ought to get up. But no, there was that headache and the beginning of a sniffle. Better get the tissues.

On my way back from the bathroom with a family-sized tissue box, I stopped to grab that big new novel I had bought but had no time to read. I opened the book and settled against the pillows.

The morning was moving along and so was my reading. Another twenty pages and I was stretching. I should try to crack the report I was working on. I should at least get up and do the wash. What if I was contagious? I certainly didn't want to spread any germs. The wash could wait. My family was resourceful enough to scrounge clothing for the next day.

Maybe I wasn't actually getting the flu. I didn't want to be sick. To be truthful, all I wanted was a little time off. I needed to nurture myself away from people, chores, career and the outside world. Did I have to wait to be sick to do that? As a child, the only respite from school or family chores was

illness. But I wasn't a child any more. Did I have to manufacture symptoms to provide myself with an excuse? No, I decided, I didn't.

I talked to myself. Okay, I said, you need a day off. Admit it. Accept it. Toss out the guilt and enjoy a mini-vacation. What would you like to do? Read? You're already doing that. Pamper yourself? Take a bubble bath. Be a hermit? Let the machine answer the phone.

I poured half the bottle of bath gel into the streaming water and added a hearty handful of chamomile bath salts. Then I lit a vanilla-scented candle and gingerly stepped into the bathtub. With a grateful sign, I immersed myself in my homemade spa. I heard the phone ring somewhere off in the distance and smiled.

It is funny how the aches subsided in the heat of the tub. They just slipped away with the last of the bubbles down the drain. My head felt just fine, the throb replaced by a sense of well-being.

By late afternoon, I was back at it, refreshed physically, mentally and emotionally. And rather than feeling helpless, I felt empowered, I had given myself permission to listen and respond to my needs, to care for myself the way I tended to my family. I didn't need the crutch of illness to justify a rest. It was such a simple awareness, but then isn't it the simple things that set us free?

Text B Self-esteem and Body Image

Pre-reading Questions:

1. *Do you have a positive body image? What do you think is the relation between self-esteem and body image?*
2. *What do you think is important to develop a positive body image?*

I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles, longer legs.

Do any of these statements sound familiar? Are you used to putting yourself down? If so, you're not alone. As a teen, you're going through a ton of changes in your body. And as your body changes, so does your image of yourself. Lots of people have trouble adjusting, and this can affect their self-esteem.

Why are Self-esteem and Body Image Important?

Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. A person who has high self-esteem will make friends easily, is more in control of his or her behavior, and will enjoy life more.

Body image is how someone feels about his or her own physical appearance. For many people, especially those in their early teens, body image can be closely linked to self-esteem. That's because as kids develop into teens, they care more about how others see them.

What influences a Person's Self-Esteem?

Puberty

Some teens struggle with their self-esteem when they begin puberty because the body goes through many changes. These changes, combined with a natural desire to feel accepted, mean it can be tempting for people to compare themselves with others. They may compare themselves with the people around them or with actors and celebs they see on TV, in movies, or in magazines.

But it's impossible to measure ourselves against others because the changes that come with puberty are different for everyone. Some people start developing early; others are late bloomers. Some get a temporary layer of fat to prepare for a growth spurt; others fill out permanently, and still others feel like they stay skinny no matter how much they eat. It all depends on how our genes have programmed our bodies to act.

The changes that come with puberty can affect how both girls and guys feel about themselves. Some girls may feel uncomfortable or embarrassed about their maturing bodies. Others may wish what they were developing faster. Girls may feel pressure to be thin but guys may feel like they don't look big or muscular enough.

Outside Influences

It's not just development that affects self-esteem, though. Many other factors (like media images of skinny girls and bulked-up guys) can affect a person's body image too.

Family life can sometimes influence self-esteem. Some parents spend more time criticizing their kids and the way they look than praising them, which can reduce kids' ability to develop good self-esteem.

People also may experience negative comments and hurtful teasing about the way they look from classmates and peers. Sometimes racial and ethnic prejudice is the source of such comments. Although these often come from ignorance, sometimes they can affect someone's body image and self-esteem.

Healthy Self-Esteem

If you have a progressive body image, you probably like and accept yourself the way you are. This healthy attitude allows you to explore other aspects of growing up, such as developing good friendships, growing more independent from your parents, and challenging yourself physically and mentally. Developing these parts of yourself can help boost your self-esteem.

A positive, optimistic attitude can help people develop strong self-esteem. For example, saying, "Hey, I'm human" instead of "Wow, I'm such a loser" when you've made a mistake, or not blaming others when things don't go as expected.

Knowing what makes you happy and how to meet your goals can help you feel capable, strong, and in control of your life. A positive attitude and a healthy lifestyle (such as exercising and eating right) are a great combination for building good self-esteem.

Tips for Improving Your Body Image

Some people think they need to change how they look or act to feel good about themselves. But actually all you need to do is change the way you see your body and how you think about yourself.

The first thing to do is recognize that your body is your own, no matter what shape, size, or color it comes in. If you're very worried about your weight or size, check with your doctor to verify that things are OK. But it's no one's business but your own what your body is like. Ultimately, you have to be happy with yourself.

Next, identify which aspects of your appearance you can realistically change and which you can't. Everyone (even the most perfect-seeming celeb) has things about themselves that they can't change and need to accept, like their height, for example, or their shoe size.

If there are things about yourself that you want to change and can (such as how fit you are), do this by making goals for yourself. For example, if you want to get fit, make a plan to exercise every day and eat nutritious foods. Then keep track of your progress until you reach your goal. Meeting a challenge you set for yourself is a great way to boost self-esteem!