

Lifestyle English For Work Socializing And Travel

THE INTERNATIONAL, NEW YORK TIMES AND SUNDAY TIMES BESTSELLER, WITH OVER A MILLION COPIES SOLD WORLDWIDE
Guaranteed to bring warmth and comfort into your life, The Little Book of Hygge is the book we all need. Denmark has an international reputation for being one of the happiest nations in the world, and hygge is widely recognised to be the magic ingredient. Hooga? Hhyooguh? Heurgh? It is not really important how you pronounce or even spell it. What is important is that you feel it. Whether you're cuddled up on a sofa with a loved one, or sharing comfort food with your closest friends, hygge is about creating an atmosphere where we can let your guard down. The definitive, must-read introduction to Hygge, written by Meik Wiking, CEO of the Happiness Research Institute, this book is packed full of original research, recipes and ideas to help you add a touch of hygge to your life. 'The best qualified author . . . cosy and engaging' Sunday Express 'Infectiously positive . . . the best beginner's guide' Mail on Sunday 'This book explains everything you need to know about the Danish art of living well' Metro

The following is a simplified version of the Contents Page, showing the Topic and Language covered in each unit. The full version of the Contents Page in the Student's Book also includes the Vocabulary, Pronunciation, and Skills work covered in each unit.

In *Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It*, veteran educator and brain expert Eric Jensen takes an unflinching look at how poverty hurts children, families, and communities across the United States and demonstrates how schools can improve the academic achievement and life readiness of economically disadvantaged students. Jensen argues that although chronic exposure to poverty can result in detrimental changes to the brain, the brain's very ability to adapt from experience means that poor children can also experience emotional, social, and academic success. A brain that is susceptible to adverse environmental effects is equally susceptible to the positive effects of rich, balanced learning environments and caring relationships that build students' resilience, self-esteem, and character. Drawing from research, experience, and real school success stories, *Teaching with Poverty in Mind* reveals * What poverty is and how it affects students in school; * What drives change both at the macro level (within schools and districts) and at the micro level (inside a student's brain); * Effective strategies from those who have succeeded and ways to replicate those best practices at your own school; and * How to engage the resources necessary to make change happen. Too often, we talk about change while maintaining a culture of excuses. We can do better. Although no magic bullet can offset the grave challenges faced daily by disadvantaged children, this timely resource shines a spotlight on what matters most, providing an inspiring and practical guide for enriching the minds and lives of all your students.

Lifestyle is designed to meet the everyday language requirements of people who need English for work, travel and socialising. As well as dealing with how people communicate at work, it also helps learners interact effectively outside of the work environment, enabling them to 'get things done' in a variety of situations.

Lifestyle Intermediate Coursebook and CD-ROM Pack Longman

An expert on human longevity reveals the sometimes unusual but effective secrets of diet, behavior, fitness, and attitude collected from long-lived communities around the world, revealing the critical everyday lifestyle choices and behavior that correspond to a longer, healthier life. Reprint.

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY** The Wall Street Journal • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

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Take care of yourself with style using this ultimate wellness guide, tailored to tweens and packed with tips, quizzes, and advice from a modeling agency executive. Would you rather feel great, or look great? You don't have to choose with *The Official Book of Me*, because this collection of guidance for healthy and happy living will help you radiate beauty inside and out. A custom-cultivated combination of the best info from the previously published *My Self and My Life*, both from Wilhemina Kids & Teens modeling agency president Marlene Wallach, *The Official Book of Me* covers a broad spectrum of wellness information. From healthy nutrition and exercise habits to the art of negotiating and relaxation techniques, the content of this indispensable book will help you discover

your uniqueness and be the best you can be.

“Engaging, well-researched and frequently hilarious, *From Shy To Social* is one of those rare self-help books that feels like you're being coached and encouraged by a trusted friend. An absolute must-read for all of the love shy men out there.” — Sofi Papamarko, Relationship Columnist & Contributor to The Huffington Post and The Globe & Mail
Keywords: Dating success, relationship advice, pickup artist women dating sex, confidence building presentation, assertiveness training public speaking, improving social skills conversation

Coursebook ISBN 978-1-4082-3717-5 EUR 29.50 Workbook ISBN 978-1-4082-3719-9 EUR 16.50

This course includes authentic material taken from Dorling Kindersley's acclaimed Eyewitness Travel Guides which explore some of the world's top tourist destinations. Informed by speech act research, conversational analysis and intercultural research, Lifestyle teaches useful 'people skills language'. This language will help students avoid misunderstanding and communication breakdown enabling them to develop good work and social relationships in their everyday lives.

No judgement of taste is innocent - we are all snobs. Pierre Bourdieu's *Distinction* brilliantly illuminates the social pretensions of the middle classes in the modern world, focusing on the tastes and preferences of the French bourgeoisie. First published in 1979, the book is at once a vast ethnography of contemporary France and a dissection of the bourgeois mind. In the course of everyday life we constantly choose between what we find aesthetically pleasing, and what we consider tacky, merely trendy, or ugly. Taste is not pure. Bourdieu demonstrates that our different aesth

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*.

Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results:

- The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients
- The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping
- The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service

In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

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environment, enabling them to 'get things done' in a variety of situations. * Functional language is presented in a cross-cultural context helping learners to build successful business and social relationships and avoid communication breakdown * Built on a solid syllabus of grammar, vocabulary, speaking and listening, the course is straightforward and easy to use with clear learning aims * Language is regularly recycled throughout the course and there are regular Review units

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Alzheimer's disease, a haunting and harrowing ailment, is one of the world's most common causes of death. Alzheimer's lingers for years, with patients' outward appearance unaffected while their cognitive functions fade away. Patients lose the ability to work and live independently, to remember and recognize. There is still no proven way to treat Alzheimer's because its causes remain unknown. *Mind Thief* is a comprehensive and engaging history of Alzheimer's that demystifies efforts to understand the disease. Beginning with the discovery of "presenile dementia" in the early twentieth century, Han Yu examines over a century of research and controversy. She presents the leading hypotheses for what causes Alzheimer's; discusses each hypothesis's tangled origins, merits, and gaps; and details their successes and failures. Yu synthesizes a vast amount of medical literature, historical studies, and media interviews, telling the gripping stories of researchers' struggles while situating science in its historical, social, and cultural contexts. Her chronicling of the trajectory of Alzheimer's research deftly balances rich scientific detail with attention to the wider implications. In narrating the attempts to find a treatment, Yu also offers a critical account of research and drug development and a consideration of the philosophy of aging. Wide-ranging and accessible, *Mind Thief* is an important book for all readers interested in the challenge of Alzheimer's.

A powerful and effective, no-fluff, no-hype system designed to help you boost your fitness/healthy lifestyle/weight loss motivation so that you can finally: -transform your body with joy and ease -have fun with your workout and diet plans -achieve desired results faster and with less stress -save time and frustration -stop sabotaging your fitness/healthy lifestyle and weight loss efforts If you have ever struggled with motivation or couldn't stick to your weight loss or health resolutions, you have come to the right place. *Committed to Wellness* is a short and concise read that focuses on the missing ingredient to any successful wellness, fitness, or weight loss program – your motivation and how a few simple mindset shifts can help you succeed on your journey. "Great advice with easy to read and understand information. Very practical ideas. I made notes while reading and feel that I am set for success - you can use the advice in the book to go with any diet or exercise program, nothing to buy, not trying to sell anything. A great approach to make any workout routine or diet successful. Highly

recommend!" – by MissingTexas Here's Just a Short Preview of What You Will Discover Inside: -why the way you talk to yourself influences your motivation (+how you can boost your motivation almost instantly just by changing your self-talk) -best practices to eliminate perfectionism (no, it doesn't have to be about doing more!) -the #1 reason why most people fail with diet and workout plans (can happen to you unless you fix this one "mindset thing"!)-the most common misconceptions about "trying to lose weight" or "sticking to a diet" and how they make you feel stuck (+ a simple, love-based remedy!)-the most effective preparation tips (so that you never struggle with procrastination again) -why trying to do too much too soon can actually hurt your progress and motivation (and the "easier way" that works better!)-the biggest secret behind changing your self-image and paradigm shift (so that you start taking healthy actions, almost on autopilot!) + more effective weight loss and fitness motivation tips inside! You and I both know that most healthy diets, exercises, and workout plans will give you excellent results if you stay motivated to stick to them and enjoy them (so that you can transform on a deeper level). This is what Committed to Wellness is designed to help you with. You, too, can master your motivation and start making healthy and empowering choices in alignment with your health and fitness goals. Order your copy now and discover the power of true self-motivation to reach new levels of success on your health & fitness journey!

This Surgeon General's report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social, environmental, advertising, and marketing influences that encourage youth and young adults to initiate and sustain tobacco use. This is the first time tobacco data on young adults as a discrete population have been explored in detail. The report also highlights successful strategies to prevent young people from using tobacco.

Easy-to-understand science-based strategies to maximize your brain's potential. Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Due to worries about declining brain health, some seek out dubious products or supplements purportedly designed to improve memory and other cognitive abilities. Fortunately, scientific research has uncovered a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. John Randolph translates this science in an engaging and accessible way, including the brain-boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology, social and clinical psychology, and habit formation research are powerful self-coaching exercises designed to help the reader incorporate lifestyle changes that promote brain health. The Elementary Workbook contains further practice of areas covered in the corresponding units of the Coursebook. It is designed to provide practice activities for personal study and an answer key is included so that students can check their progress.

Aging is a process that encompasses virtually all aspects of life. Because the speed of population aging is accelerating, and because the data needed to study the aging process are complex and expensive to obtain, it is imperative that countries coordinate their research efforts to reap the most benefits from this important information.

Preparing for an Aging World looks at the behavioral and socioeconomic aspects of

aging, and focuses on work, retirement, and pensions; wealth and savings behavior; health and disability; intergenerational transfers; and concepts of well-being. It makes recommendations for a collection of new, cross-national data on aging populations—data that will allow nations to develop policies and programs for addressing the major shifts in population age structure now occurring. These efforts, if made internationally, would advance our understanding of the aging process around the world.

Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? Life in the Fasting Lane fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach

to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can:

- Live a happier and more balanced life
- Reduce your environmental impact
- Improve your work-life balance
- Free your home from clutter
- Enjoy good food the Swedish way
- Grow your own and learn to forage
- Cherish the relationships with those you love

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Have you ever walked alone into a room of chattering people and felt nervous? Is the idea of attending a wedding or job interview where you won't know many people intimidating? The art of conversation is a necessary skill for navigating life's social and business occasions, and with practice you can develop the ability to easily talk to people. *What Do You Say When ...* is a smart, useful tool that helps you assess all situations and approach people with confidence. When you can chat easily and know

the right things to say, you not only feel more relaxed, but also make others feel comfortable. *What Do You Say When ...* provides a complete guide to conversation in a variety of circumstances. It teaches the basics, plus helpful rules that work anywhere and with anyone—at cocktail parties, dinners, charity benefits, job interviews, conferences and conventions, dates, and even at family reunions and other gatherings. Also covered are can't-fail conversation openers and strategies for expanding conversation and getting to know casual social or business contacts better. You'll learn how to find appropriate words for difficult times, such as a friend's divorce, illness, or job loss, or when someone's loved one has died. Included, too, are tips on teaching your children to converse politely. Filled with examples, ideas, and practical advice, *What Do You Say When ...* helps you master one of life's most essential skills.

Lifestyle Active Teach provides software for interactive whiteboards or computer with projector. It is also ideal for use on a laptop and in one-to-one classes.

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Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —*New York Times* In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent

mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality.

Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

A fireman in charge of burning books meets a revolutionary school teacher who dares to read. Depicts a future world in which all printed reading material is burned.

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