

Preface	4
First things first	5
1 A working life	6
2 Moving between cultures	8
3 The Climate Crisis	10
4 Unusual experiences	12
5 Reading between the lines	14
6 Art and creativity	16
7 The sporting life	18
8 A healthy lifestyle	20
9 Taste	22
10 You are what you wear	24
11 Feeling good	26
12 Changing gender roles	28
13 Music in the air	30
14 Cash, cards, and cookies	32
15 Stuff	34
16 Taking care	36
17 Is it really taboo?	38
18 Living longer, living well	40
19 Keeping in touch	42
20 Good advice	44
Files	46
Homework	57
Key to homework	68
Audioscripts	69
Key words	80
Acknowledgements	inside back cover