Contents

Introduction 1
1 You and your image 2
2 The future lies in your hands 8
3 How honest are you? 13
4 Food and fitness 20
5 Life's tensions 28
6 A taste of taste 34
7 Brain fever 40
8 Beyond reason 48
9 Your pen personality 57
10 Our families, our friends 68
11 Left, right and centre 80
12 Laughing matters 86
Answers and scoring instructions 99
Guidelines for teachers and students working alone To the student 105 To the teacher 106 General guidelines 106 Types of exercise 107 Notes on individual units 110 Useful language sections 111 Theme, function and structure chart 113