Presentations and dialogues

*Presentations*

1. Keeping fit strategies for modern people.
2. My secret of keeping fit.
3. What are the most important things for my sense of well-being?
4. My positive and negative emotions and their impact on my life.
5. Human progress is measured by our increased ability to avoid doing the chores.
6. Technology is increasingly filling our time.
7. My happiness formula.
8. Human contact is critical to happiness but technology can put it out of our lives.
9. The book / film that can change our lives.
10. The book / film I cannot stand.
11. The art of reading is on the decline.

**Words**

Community

Strenuous

Low-fat (diet)

(High / low) self-esteem

Benefit of smth

To vegetate

Hostility (to / towards smb / smth)

Nerd

To undervalue

Vital for / to smth

Solitary (activities)

Well-being

Frustration

Power nap

Postgraduate

Self-centred

Efficient

Embarrassed about / at smth

Odd

Awesome

Solitary

Sinister

Bizarre

Exhaustion

Non-conformist

**Phrasal verbs**

To focus on / upon smth

To reward (smb for smth)

To moan (on / about smth) (to smb / at smb)

To talk smth over with smb

To split up with smb

To pass out

**Set expressions and idioms**

To feel out of control

To start off with good intentions

To have got a sweet tooth

Under pressure

To take smth seriously

Pull yourself together!

To be in tears

To keep in touch with smb

Big mouth

To have a lump in your throat

On the edge of your seat

Not to have a dry eye

**Phrases**

To belong to a community

To do strenuous exercise

To have a healthy diet

To follow a low-fat diet

To have the benefit

To have a beneficial effect on smth

To keep fit

To avoid weight gain

Exercise in building immunity and prolonging life

To be good for one’s waistline

To meet a violent death

To raise one’s blood pressure

To reduce the risk of heart attacks

To form friendships

To take vitamins

To be psychologically balanced

To increase immunity to smth

To gain satisfaction from doing smth

Lack of confidence in smth

To give a more optimistic outlook

To respond sympathetically

Solid traffic

Rush hour

Don’t take any notice of him / her

To have a row with smb

To depend a lot on the accompanying music

To free smn from drudgery

To open up new possibilities for fun

To lead smn to misery

To transform lifestyle

To add much happiness to one’s life

To avoid social interaction in the real world

To accept criticism from others

To have a regular income

To build up one’s self-confidence

To become more self-aware

**Feeling and emotions**

Self-aware

Grumpy

Frustrated

Confident

Content

Curious about smth

Insecure

Panicky

Unsociable

Positive about smth

**Expressions with ‘life’**

A life of luxury

To have the time of one’s life

The chance of a lifetime

To make very difficult life for smb

That’s life!

Private life

Lifejacket

Social life

Life sentence

Lifeguard

Lifelike

**Film or book appraisals**

I couldn’t put it down.

I didn’t want it (the book / film) to end.

I skipped the boring parts.

It was a terrific holiday read.

A novel that combines elements of … in a spell bending narrative

It’s not a comfortable read

I lived and breathed this book over a week.

It’s a completely compelling story to read.

It holds your attention from the start and becomes more shocking as it progresses.

There is a turning point when …

A novel-within-a-novel

To weave stories together

virtuosic storytelling

a typically Hollywood feel-good message

The playwright / author / actor should be shot.

To bring smb / smth to life

To send shudders down one’s spine

To pick a book up / to put a book down

A stunning setting

To receive excellent reviews in newspapers

To have a profound influence on the world of art

To be captivated by the imaginary universe

To have the cultural impact on the society

To pick up a book with a complex plot

A form of escapism

To preach against violence

Prolific author

In meticulous detail

To inspire readers / other writers

To make books into films

To get emotionally involved with the character

To be set in (exotic locations)