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1 The way we are	p4 The art of beauty Reading Ideal beauty Strategy Guessing the meaning of unknown words Vocabulary Describing appearance Vocabulary insight Compound adjectives: appearance	p6 Appearance and survival Grammar Present simple and present continuous Listening Humans and survival
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2 Travellers' tales	p16 The power of tourism Reading A road less travelled Vocabulary insight Compound nouns: travel Vocabulary Travel	p18 Memorable journeys Grammar Narrative tenses Listening Alternative holidays
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3 Feeling good	p30 Happiness Reading Is chocolate the answer? Strategy Identifying main ideas of paragraphs Vocabulary insight Idioms: happiness and sadness Vocabulary insight Noun suffixes: <i>-ness, -ity</i>	p32 Healthy bodies, healthy minds? Grammar Past simple and present perfect Listening Physical activity in school
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4 A right to fight	p42 Disappearing worlds Reading Island story Vocabulary The environment Vocabulary insight Prefixes: <i>semi-, under-, over-, re-, co-, inter-</i>	p44 Action! Grammar Expressing the future Listening A Critical Mass bike ride
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6 Paying the price	p68 Word on the street Reading The influencers Vocabulary Advertising Vocabulary insight Collocations: advertising	p70 Fair trade Grammar The passive Listening A fair-trade fashion show
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7 The senses	p82 Taste Reading A question of taste Strategy Understanding the purpose of a paragraph Vocabulary insight Perception and observation Vocabulary insight Adverb–adjective collocations	p84 Beyond human senses Grammar Reported speech Listening Dogs to the rescue
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8 Decisions	p94 Think differently Reading The big question Vocabulary Describing jobs Vocabulary insight Idioms: work	p96 If they hadn't ... Grammar Third conditional; <i>I wish</i> and <i>If only</i> Listening Help from Heifer Listening Regrets
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9 Digital humans	p108 A day in the life Reading A day in the life of a digital human Vocabulary insight Phrasal verbs: relationships Vocabulary insight Words often confused	p110 Friendships now and then Grammar Defining relative clauses Listening Online friendships
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10 Creativity	p120 Art is everywhere Reading The stories behind the names Strategy Summarizing what you read Vocabulary Abstract nouns: talent Vocabulary insight Phrases with <i>and</i>	p122 Around the world in one dance Grammar Participle clauses Listening <i>Singing in the Rain</i>
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