

3.1 Challenges

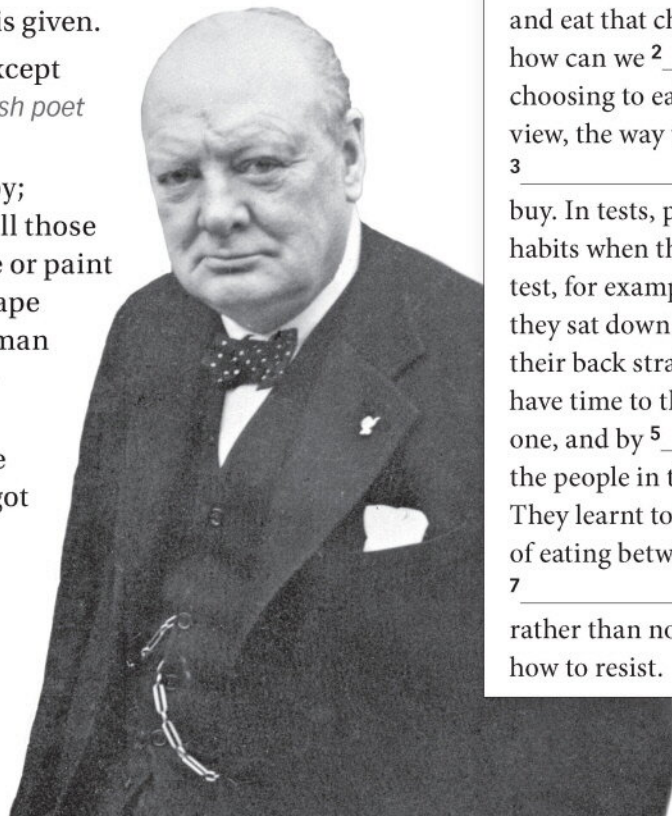
Vocabulary challenges and success

- 1 Choose the correct option to complete the sentences.
- Penny was losing, but she didn't give in / at / on. She tried really hard and won the match in the end.
 - When he was young, Tom avoided thinking *for* / *about* / *to* getting a job. He preferred to have fun!
 - You really should *make* / *do* / *go* an effort to meet people and go out more.
 - One way of dealing *over* / *with* / *at* problems at school is to discuss your concerns with a teacher.
 - Amy will never get a job if she just waits *for* / *at* / *over* somebody to give her one.
 - Listen to the advice of older people. It's the best way of *making* / *having* / *doing* the right choices in life.
 - If you can't find the job you want, *show* / *be* / *have* patient and wait until the right opportunity comes along.
 - Strong-minded people *lift* / *prove* / *rise* to challenges in life.

➔ **STUDY TIP** We use the verb *make* in the expressions *make an effort* and *make the right choice*. What other nouns collocate with the verb *make* to form useful expressions?

2a Complete the famous quotes with one suitable word. The first letter is given.

- 'I can resist everything except temptation.' *Oscar Wilde* Irish poet and playwright
- 'Writing is a form of therapy; sometimes I wonder how all those who do not write, compose or paint can m_____ to escape the madness ... (of the) human condition.' *Graham Greene* English novelist
- 'It is no use saying, "We are doing our best". You have got to s_____ in doing what is necessary.' *Winston Churchill* British politician



- 'The aim of the wise is not to secure pleasure, but to a_____ pain.' *Aristotle* Greek philosopher
- 'Nothing makes me so happy as to o_____ nature and to paint what I see.' *Henri Rousseau* French painter
- 'Some are born great, some a_____ greatness, and some have greatness thrust upon them.' *William Shakespeare* English playwright

b 3.1))) Listen and check.

3 Complete the text using one word from box A in the correct form and one word from box B in each space.

A manage succeed think prefer give rise wait

B to (x3) in (x2) about for

Improving your willpower

In his book, *Willpower: Rediscovering Our Greatest Strength*, co-written with *New York Times* science columnist John Tierney, psychologist Roy Baumeister argues that every time we resist temptation, our willpower gets weaker and weaker until we can't resist any longer and we ¹ give in and eat that chocolate, or buy that handbag. So, he asks, how can we ² _____ the challenge of choosing to eat, buy or do the right thing? In Baumeister's view, the way to improve your willpower is to avoid ³ _____ things you really want to eat or buy. In tests, people ⁴ _____ stop bad habits when they had other things on their minds. In one test, for example, he told people to sit up straight every time they sat down. Because they had to concentrate on keeping their back straight all the time, the people in the test didn't have time to think about bad habits. By doing tasks like this one, and by ⁵ _____ doing them well, the people in the tests learnt how to control their bad habits. They learnt to ⁶ _____ lunch instead of eating between meals, for example. Although most of us ⁷ _____ eat that chocolate immediately rather than not eat it at all, it is possible to teach ourselves how to resist.

