

UNDERSTANDING REFERENCES

- 1 Look at the phrase in *italics* in the following paragraph about a footballer. Which underlined part of the text does the phrase in *italics* refer to?

Bruno Montero is not the most naturally talented of footballers, but when he's on the pitch, Montero gives absolutely everything for the team. Fans say they see him on his bike all around town, which, in an age when footballers are known for wearing the latest fashions and driving expensive sports cars, is *something you wouldn't expect of someone in his profession*. But then Montero has never been a typical footballer.

Why have you chosen that part of the text?

TIP

Part 5 often has a question which tests your understanding of referencing. The words used for referencing (*this, those, ones, something, etc.*) are often not very close to the part of the text which is referred to.

- 2 Which of the options (A – D) has a similar meaning to the part of the text that *something you wouldn't expect of someone in his profession* refers to?

- A his total commitment to his team
- B his interest in consumer goods
- C his limited ability as a footballer
- D his habit of cycling everywhere

- 3 Read the following paragraphs and answer the questions below them. Underline the key parts of the text to help you.

1

I think Gantner has *certain limitations* as a film-maker. Although his editing is sharp and energetic, and his application of special effects can't be faulted, his story-telling skills are considerably less impressive. The actors he casts tend to make up for his shortcomings in this respect, though.

The words *certain limitations* refer to the way Gantner

- A tells a story.
- B directs actors.
- C includes special effects.
- D edits his films.

2

Three years ago, I joined a singing group. It is often said that music is an international language and, despite our age differences – the youngest member is 18 and the oldest nearly 80 – and the fact that we include two nurses, a bus driver, two accountants, a student and a retired judge, we are living proof of *that cliché*. We are from Nigeria, Japan, Mexico, Korea, as well as several European countries, with the diversity of mother tongues, customs and ways of thinking that you would expect, but when we're singing, we're as one.

The words *that cliché* refer to the idea that

- A people of all ages enjoy music.
- B music appeals to particular professions.
- C cultural differences can be explored through music.
- D people from different parts of the world can communicate through music.

Exam Practice Test 2 Reading and Use of English Part 5

Read the Action plan on page 26. Then follow the exam instructions, using the advice on page 80 to help you.

You are going to read a review of a book about the psychology of food. For questions 31 – 36, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

Review of *Gastrophysics: The New Science of Eating* by Charles Spence

As head of a food research laboratory at the University of Oxford and a prolific author on the psychology of food, Spence is ideally placed to reveal recent discoveries such as: heavier cutlery encourages restaurant customers to pay more; ginger biscuits taste spicier when served from a rough plate; and strawberry mousse is perceived as 10% sweeter on a white dish than on a black one. And Spence is not afraid of stirring things up. 'The pleasures of the table reside in the mind, not the mouth,' he writes, no doubt triggering much resentment among cookbook writers the world over. In fact, while his book, *Gastrophysics: The New Science of Eating*, is about how to create the perfect meal, it has almost nothing to do with the everyday practicalities of cuisine. Instead, this is the science of 'everything else', a blending of gastronomy, psychology and physics to probe the numerous factors that influence our perception of flavour, steer our culinary choices and make all the difference between a memorable meal and one to be forgotten.

Top chefs and large food manufacturers alike have been quick to grab a slice of the action. As Spence points out, some restaurateurs have embraced multi-sensory trickery to boost the dining experience by, for example, spraying the scent of saffron over guests to enhance the flavour of lobster, or Googling their guests to tap into the powerful effect of personalisation. On a wider scale, and more worryingly, supermarkets label mass-produced food items with the names of non-existent farms, presumably to exploit consumers' apparent willingness to pay more for a sense of authenticity.

There's another side to the coin. By colouring a drink pink, manufacturers can cut the sugar content, relying on our subconscious association between colour and sweetness to make up the difference. The positive implications for health are not hard to see, although Spence advises against giving this much publicity – if customers were in on the secret, he says, they would then claim to be able to tell the difference. Meanwhile, Spence believes that in years to come, our cuisine could be shaped by his own finding that making the crunch of a crisp louder increases its apparent freshness. 'Playing on the sound of crunch might offer one way in to the popularisation of eating insects,' he writes as he considers how to make insects – a great potential source of protein and a possible solution to future global food shortages – more appetising.

Spence has a way with words and cheerfully leads the reader on a journey through the senses like a magician – an impression backed up by his liking for conjuring up imaginative dining experiences with top chefs and hosting multi-sensory cinema events. He skips from the importance of matching expectations with the taste of a dish to the revelation that people tend to link blob-like shapes to sweet foods – explaining furious accusations, not long ago, that a leading brand of chocolates had changed the recipe of a much-loved chocolate bar when it had, in fact, only rounded off its corners.

Spence's research is regularly dismissed by some chefs, who say that good food 'should speak for itself'. Spence's response to this is that, however much you may believe in the importance of good, simple raw materials, there is always a multi-sensory atmosphere. Even a chef who claims to let food do all the talking will go to the trouble of buying good heavy cutlery, he observes, because a plastic fork would mean a spoiled experience. Whether we like it or not, we are all affected by these inevitable manipulations. Spence's point is that there is no such thing as a neutral context for eating. The flavour in our mouths at dinnertime is affected by the company we keep, by the music playing in the room and by where we sit.

line 33
line 34
line 35
line 36

But eating is also affected by factors that Spence pays less attention to. He sometimes seems to treat human beings as if they were homogeneous amalgams of sense-organs, unaffected by culture or economic circumstances. Addressing the growing number of people who eat alone, he suggests: 'Next time you get peckish, why not invite someone to eat with you?' For a book on psychology, there is remarkably little here on the multiple ways that eating can become dysfunctional. There are people whose problems with eating go far beyond whether their plate is the right colour. *Gastrophysics* is brilliant when demonstrating how much the environment of the table affects our eating, particularly at high-end restaurants, but it has less to say about what we as humans bring to the table.

- 31 In the first paragraph, the reviewer suggests that Charles Spence is
- good at making science accessible.
 - inspirational for other food writers.
 - dismissive of traditional cooking.
 - willing to be provocative.
- 32 In the second paragraph, the reviewer is expressing
- disapproval of certain dishonest practices.
 - concern about the use made of technology.
 - surprise at the extent of Spence's influence.
 - admiration for the adaptability of businesses.
- 33 The reviewer's main point in the third paragraph is that
- some kinds of information should be withheld from the public.
 - future food resources will depend on people like Spence.
 - developments in gastrophysics can have social value.
 - advances in science often have unlikely origins.
- 34 The reviewer likens Spence to a magician because of
- the attention that he pays to detail.
 - the manner in which he communicates.
 - the tendency to keep his methods to himself.
 - the types of places where people often see him.
- 35 Which words have the opposite meaning to 'a multi-sensory atmosphere' in line 33?
- a spoiled experience (line 34)
 - inevitable manipulations (line 35)
 - a neutral context (line 36)
 - the company we keep (line 36)
- 36 What is the reviewer doing in the final paragraph?
- identifying the type of reader that the book would suit most
 - illustrating a point made in a previous paragraph
 - bringing together the main ideas in the article
 - drawing attention to a weakness in the book

Advice

- 31 Read the whole of the first paragraph before you answer this question.
- 32 Each option in this question has two parts: an attitude and what that attitude is about. Both parts must be present in the text for an option to be the correct answer.
- 33 You will need to read the whole of the third paragraph to answer this question.
- 34 Find the paragraph in the text where the idea of the magician is mentioned. Then look for words and information in that paragraph which refer to Spence's skills.
- 35 First, decide what you think 'a multi-sensory atmosphere' means in this paragraph. Then underline the sections of text where the words in the options come from.
- 36 The first and last sentences of the final paragraph should help you decide on the answer to this question.

Training Test 2

Reading and Use of English Part 6

Review

Decide if these statements about Reading and Use of English Part 6 are True or False. If you need help, read the Task information on page 29.

- The four texts are all about the same subject.
- The texts are usually reviews of books.
- There are four questions and there will always be one A answer, one B answer, one C answer and one D answer.
- You need to make sure you know what all four texts say about every question.
- It's a good idea to read the texts before you look at the questions.

USEFUL LANGUAGE: GIVING OPINIONS

- 1 The following sentences are taken from different reviews of a book written by an environmentalist called Philip Smith. In each sentence, underline the word or words which show what the reviewer's opinion is. The first sentence is an example of what to do.

- The strength of Smith's book lies in its organisation.
- Smith convincingly demonstrates how we have severely damaged many local ecosystems.
- Some of Smith's solutions are not very feasible.
- The explanation Smith comes up with for the decline in bird numbers is rather implausible.
- The main drawback with Smith's book lies in the way he expresses himself.
- Smith's idea that land should be allowed to go back to being wild is very attractive.
- Smith's last book quite rightly received some very positive comments.
- It's impossible to tell whether or not Smith's forecasts are valid.
- Smith's prose style in this book is its biggest weakness.
- Smith makes some practical suggestions for dealing with the problems.
- Smith's evidence for the environmental destruction that humans are causing is compelling.
- The praise that Smith received for his previous book was well-deserved.
- Smith offers a very credible theory regarding the falling bird population.
- As for Smith's predictions about the future, the jury is still out.
- The structure of Smith's book is a definite plus.
- Smith puts forward the rather unappealing notion that we should let parts of the country return to a completely natural state.

TIP

The writer of a Part 6 text will often refer to other people's opinions. Make sure you know what the writer's opinions are and what the opinions are of the other people the writer is referring to.

- 2 The reviewers in sentence 1 and sentence 15 express similar views.
- Find four more pairs of sentences expressing similar views.
 - Find three pairs of sentences in which the reviewers express opposite views.

Exam Practice Test 2

Reading and Use of English Part 6

Read the Action plan on page 31. Then follow the exam instructions, using the advice on page 83 to help you.

You are going to read four extracts from articles in which experts give their views on using tidal energy. For questions 37 – 40, choose from the experts A – D. The experts may be chosen more than once.

Tidal energy

A

There is currently a wide range of technologies for harnessing the energy potential of the world's seas and oceans. These include a few large barrages built in certain coastal waters, various smaller types of turbine further out to sea capturing wave power, and tidal lagoons where large walls are constructed to trap water at high tide and then release it through turbines at low tide. The challenge of making these technologies work is huge, but so is the prize. Once in operation, they produce no greenhouse gas emissions, and given what we know about the severity of climate change, this is of colossal importance. Any new technology will inevitably affect the environment to some degree. However, the evidence suggests that barrages and underwater turbines have a relatively benign effect. There are also bound to be people who think barrages are an eyesore. These structures, however, are often not easily visible from land and, compared with nuclear power reactors and wind farms, are inoffensive.

B

For the last thirty years, I have lived in a lovely spot next to the sea. From my living room window, I look out over a stunning bay with cliffs and small islands in the distance. I would be the first to resist any change to such a landscape, which is why I have listened carefully to recent objections to a proposal to install tidal energy structures just along the coast from me. All the evidence presented, however, indicates that these installations are minimally intrusive. Everything we know about global warming – its causes and implications for the future – points to the need to expand our ocean power resources without further delay. The technology is already available and is being enhanced all the time. While the initial costs are high, the longer-term benefits are just what we need – clean, renewable, predictable and low-cost energy.

C

Towering concrete barrages situated off coastlines and in river estuaries are clearly unsightly, and even submerged turbines can impinge on an area. The change in the speed and height of tides as a result of these schemes can be dramatic and can detract markedly from the visual appeal of these places. At the same time, things undoubtedly change for all kinds of organisms in the sea. Noise from construction and from turbines, the corrosion of building materials and the way that turbines change water flows can all be very disruptive for flora and fauna. This all sits uncomfortably with tidal power's prime selling point: that it has no toxic by-products of the kind produced by traditional energy sources, which cause temperatures around the world to rise. Also, it would be wrong to forget that other sources of clean, renewable energy cost far less to produce. The sensible choice is to continue to build on the successes of solar, wind and thermal energy until tidal technology has reached a point where it is viable.

D

I've heard plenty of hostile comments regarding the ugliness of tidal energy infrastructure. However, whether it offends aesthetic sensibilities is a trivial matter. The key issues are whether tidal power can deliver energy in a reliable, cost-effective and environmentally friendly way. The uncomfortable truth is that such schemes have a record of being extremely expensive upfront. The sea is a difficult environment for engineers to work in and more traditional energy sources like oil and gas cost less and make more sense to exploit. Once tidal schemes are up and running, they produce relatively little air pollution, but there's a tendency to forget the considerable energy consumption involved in manufacturing materials for them, and constructing and repairing them. This, of course, involves greenhouse gas emissions, which in turn play a role in higher temperatures across the planet. There is also a tendency to overlook how tidal schemes can harm animal and plant life. A major barrage in France, for example, has brought increased levels of silt which favours some plant and animal species, but is disastrous for others.

Which expert

shares C's view on whether developing the use of tidal power should be a priority?

37

has a different view from D regarding the impact that tidal power installations have on marine ecosystems?

38

has a different view from the others regarding the extent to which the physical appearance of tidal power systems is a concern?

39

has a different view from B on the significance of tidal power for global warming?

40

Advice

- 37 Look at the last two sentences in Text C. Does the writer think there should be a focus now on developing tidal power?
- 38 Look at the last two sentences in Text D. Does the writer think tidal power installations are bad for wildlife that lives in the sea?
- 39 Start by looking at the last two sentences in Text A. Is the writer concerned about the way tidal power installations look?
- 40 Look for the term 'global warming' in Text B. Does the writer think tidal power will help us deal with global warming?

Training Test 2 Reading and Use of English Part 7

Review

Read the following statements about dealing with Part 7. Do you agree with each one? Why or why not? If you need help, read the Task information on page 33.

- 1 It's a good idea to start by quickly reading the main text with the gaps in it.
- 2 Then you should quickly read through the options A – G.
- 3 It's useful to underline all the words in the text that you don't know.
- 4 For an option (A–G) to fit into a gap, there must always be a clear link with the text before and after the gap.
- 5 The main links to look for are words and phrases like *however*, *in addition* and *as a result*.
- 6 If you can't find a suitable option for one of the gaps, try completing the other gaps and come back to it later.

USING VOCABULARY TO LINK IDEAS

- 1 One way to link sentences and paragraphs is through related vocabulary and paraphrasing. Underline the vocabulary links in the following sentences.

The thick frames of fatbikes look rather like those of mountain bikes. Fatbike tyres, though, are wider and have lower air pressure.

These features allow them to grip snow and ice better.

- 2 Use suitable words from the box to complete the links in the following sentences. Three of the words in the box are not needed.

misconceptions	reassurances	conclusions	attempts
conditions	structures	skills	agreements
			facilities

- 1 The resort where I stayed has a comfortable new hostel and a restaurant which offers healthy but affordable meals.
Such are likely to attract more visitors, of course.
- 2 The snow on the higher fatbiking tracks was extremely soft, but then turned icy.
These sorts of can be very challenging.
- 3 When you start riding a fatbike, you need to learn how to lean in a certain way and lift your handlebars as you move forward.
These take some time to develop.
- 4 My instructor told me about an experienced road cyclist he knew who had wrongly assumed that fatbiking was very similar to mountain biking.
Apparently, of this type are very common.
- 5 The second part of the route was very steep and icy. 'You'll find this hard,' my instructor said. 'But give it a go.' After three unsuccessful, I got off my bike and pushed it up the track.
- 6 'Don't worry,' my instructor said. 'It's normal for beginners like you to fall off.'
These made me feel less embarrassed.

Exam Practice Test 2 Reading and Use of English Part 7

Read the Action plan on page 35. Then follow the exam instructions, using the advice on page 86 to help you.

You are going to read an article about beekeeping in Slovenia. Six paragraphs have been removed from the article. Choose from the paragraphs A – G the one which fits each gap (41 – 46). There is one extra paragraph which you do not need to use.

Mark your answers on the separate answer sheet.

The country that loves bees

The door opens and we emerge onto the flat roof. It is a sparse, unfurnished space. To the north-west are mountains, still slightly frosted in the late spring sunshine. Below, bathed in the same glow, is Ljubljana, the capital of Slovenia, with the River Ljubljanica running through its centre. And there, in a corner, is the hotel's current use for its upper level.

41

Going under the title 'President of the Urban Beekeeping Association', Gorazd Trusnovec is particularly proud of these twin outposts of his empire – which stretches to 24 hives, rented to keen beekeepers across the city. He installed them here last year, despite certain doubts he had about the idea.

42

In fact, they've been the basis of a sweet deal. The hotel gets to serve its own honey while Trusnovec has an experimental location for his business. It's not hugely profitable, but he says that 'Working with bees brings me peace of mind. My grandmother had a hive. The smell of honey extraction was incredible. I forgot it for 30 years – then it came back to me, this aroma from my childhood. I started to look at raising bees in the city. And now I couldn't imagine doing anything else.'

43

This national affection flickers at the pretty heart of Ljubljana. It is visible on Medarska Ulica – 'Honeysellers Street'. Admittedly, this thin lane is no longer devoted to the honey business, but the adjacent square of Pogacarjev Trg has stalls selling jars and bottles of

gold-amber. The honey theme can be seen in other parts of the capital too: on the early 20th century Mestna Hranilnica bank building, there is a wrought-iron canopy featuring a bee, and at the National Museum, a bee motif floats over the entrance.

44

Less global in ambition, but another great champion of bees, is Blaz Ambrozic. He has turned his farm into a temple to bees, giving tours and advice to would-be beekeepers, as well as to visitors who want to buy his honey. He throws me a net-veil protective hat as soon as I arrive, so that I can stand closer to his main hive – and even encourages me to place tentative fingers inside.

45

The rather pessimistic mood lifts as he starts to tell me about his venture into 'apitherapy'. Across Slovenia, beekeepers have recently been modifying their hives to make them more interactive. In Ambrozic's case, he has expanded his largest hive into an L-shape, with a padded bed in the added corner.

46

Some have taken this concept of the bee as a purveyor of relaxation even further. I later stay in the picture-book town of Mozirje, where a quartet of holiday chalets can be rented. Looking out through the window of one, I see wildflowers swaying in the breeze. It is difficult to say whether bees or tourists will appreciate this panorama more – but both can surely draw inspiration from it.

A 20 kilometres north-east of the capital, in the village of Lukovica, the focus on bees is more scientific than decorative. This is where the headquarters of the Slovenian Beekeepers' Association has its laboratory for testing the quality of independent producers' honey. The association is also an impressive advocate for bees, as an official explains when I visit: in 2017, it managed to persuade the United Nations to launch World Bee Day as a way of raising awareness internationally of the importance of bees for ecosystems.

B Lie down on it, and you can peer through glass and watch the bees as they buzz in and out. Ten minutes gazing at these tireless creatures as they flit in and out of their base has an almost hypnotically calming effect.

C 'I was sceptical about whether you could put hives at this height,' he muses. 'But it didn't take long before it became my best site, in terms of honey. The bees don't actually seem to struggle to reach this elevation.'

D Slovenian beehives look different from the hives I'm familiar with, however. They are smaller, bees enter via narrow grooves at the front, and the frames are removed horizontally and from behind. This, apparently, is less stressful for bees and less likely to result in stings for keepers.

E Its busy residents are unmoved as I do so. 'Every bee has a specific role,' their keeper tells me. 'Some are collectors, others are guard dogs or kindergarten nurses.' Their importance, he stresses, cannot be underestimated. 'Bees are under threat. If bees are not here, then there is less pollination, and less food ... and then starvation. It's that simple.'

F It takes the form of a pair of short beehives. A cloud of bees shakes and shimmers in front of the access slits into the hives. This causes the stocky man next to me to smile.

G Such feelings are not unusual in Slovenia, where there are around 90,000 beekeepers in a population of just two million. Much of the country is forested, and bees thrive there. It even has a distinct strain of the insect – Carniolan bees, which are valued for their non-aggressive nature and team ethic.

Advice

41 In the sentence before gap 41, what might the writer see in the corner of the roof? And in the paragraph after gap 41, what are 'these twin outposts of his empire'? They must refer to something in the missing paragraph, so look for a phrase in an option which relates to 'twin' objects.

42 Look in the options for words or an idea related to the word 'doubts' in the sentence before gap 42.

43 The words 'this national affection' in the sentence after gap 43 must refer back to something in the missing paragraph. Look in the options for evidence of 'national affection'.

44 Look at the words 'another great champion of bees' in the sentence after gap 44. Can you find any reference to the idea of being a champion of bees in one of the options?

45 Look at the words 'the rather pessimistic mood' just after gap 45. Can you find anything suggesting a pessimistic mood in one of the options?

46 Look at the words 'this concept of the bee as a purveyor of relaxation' in the sentence after gap 46. What could these words link back to in one of the options?

Training Test 2 Reading and Use of English Part 8

Review

Answer the following questions about how to approach Part 8. If you need help, read the Task information on page 38.

Why might it be a good idea to:

- 1 start by reading all four sections quickly?
- 2 highlight key words in the questions?
- 3 read Section A carefully to see which questions it answers rather than start with question 47 and look across the four sections for the answer?
- 4 highlight the parts of the texts where you find the answers?
- 5 write the question numbers next to parts of the texts where you find the answers?
- 6 leave a question and come back to it later?

TIP

The questions often ask about ideas that are conveyed by one or two sentences, not just a few words.

REPORTING VERBS

- 1 Decide whether the following verbs are 'neutral' or 'convey attitude'.

describe	highlight	suggest	deny	criticise	acknowledge	express regret	
mention	confirm	dismiss	explain	claim	question	state	justify

- 2 Use suitable verbs from the box above to complete the following sentences.

- 1 'I'm not obsessed by social media,' Chloe said.
Chloe being obsessed by social media.
- 2 'Is it really necessary to take on extra staff right now?' the finance manager asked.
The finance manager the need to take on extra staff.
- 3 'I'd like to make it clear that going paperless in the job I do is very difficult,' Jeff said.
Jeff the difficulty of going paperless in the job he does.
- 4 'The way the authorities reacted to the problem was totally inadequate,' the local residents said.
The local residents the authorities' reaction to the problem for being totally inadequate.
- 5 'It seems to me that there may be flaws in the methods used by their research team,' Professor Michaels said.
Professor Michaels that there were flaws in the methods used by their research team.
- 6 'I wish I hadn't given up running when I got that injury five years ago,' Sharon said.
Sharon about having given up running five years before.
- 7 'The idea of building a new road in this part of town is just out of the question,' Keith said.
Keith completely the idea of building a new road in that part of town.
- 8 'I completely agree we should all do our best to keep fit,' Marco said.
Marco fully the importance of trying to keep fit.

Exam Practice Test 2 Reading and Use of English Part 8

Read the Action plan on page 40. Then follow the exam instructions, using the advice below to help you.

You are going to read an article about yoga. For questions 47 – 56, choose from the sections of the article (A – D). The sections may be chosen more than once.

Mark your answers **on the separate answer sheet**.

In which section does the writer

- | | | | |
|---|---|----|--|
| express unease about the inward-looking nature of yoga? | <table border="1"><tr><td>47</td><td></td></tr></table> | 47 | |
| 47 | | | |
| describe being surprised by certain behaviour? | <table border="1"><tr><td>48</td><td></td></tr></table> | 48 | |
| 48 | | | |
| refer to a sense of envy? | <table border="1"><tr><td>49</td><td></td></tr></table> | 49 | |
| 49 | | | |
| mention suppressing concerns about the commercial exploitation of yoga? | <table border="1"><tr><td>50</td><td></td></tr></table> | 50 | |
| 50 | | | |
| provide an explanation for giving up yoga? | <table border="1"><tr><td>51</td><td></td></tr></table> | 51 | |
| 51 | | | |
| mention accepting her own perceived limitations? | <table border="1"><tr><td>52</td><td></td></tr></table> | 52 | |
| 52 | | | |
| acknowledge the benefits that yoga brought her? | <table border="1"><tr><td>53</td><td></td></tr></table> | 53 | |
| 53 | | | |
| indicate an aspect of yoga that can be seen as humorous? | <table border="1"><tr><td>54</td><td></td></tr></table> | 54 | |
| 54 | | | |
| mention being proved wrong? | <table border="1"><tr><td>55</td><td></td></tr></table> | 55 | |
| 55 | | | |
| offer an explanation for yoga's growing appeal? | <table border="1"><tr><td>56</td><td></td></tr></table> | 56 | |
| 56 | | | |

Advice

- 47 'Unease' is a feeling of being worried about something. Even if you haven't seen the word 'inward-looking' before, you should be able to understand it because it has a literal meaning.
- 48 The writer refers to people's behaviour in more than one section of the text, but only describes being surprised by it in one section.
- 49 Look for parts of the text where the writer mentions her attitude towards other people.
- 50 The writer refers to the commercial side of yoga in more than one text. Where does she mention that she had concerns about it?
- 51 The writer mentions leaving a class in more than one text. There is only one text where she explains why she gave up yoga.
- 52 When you 'accept your limitations' you are realistic about what you can and can't do. 'perceived limitations' are limitations that you think you have.
- 53 The writer mentions doing yoga in more than one text. There is only one text where she describes how it benefited her.
- 54 Look for words that are related to the idea of 'humour'.
- 55 Sometimes you need to read two sentences which are quite separate in a section in order to find the answer. Look for a sentence where the writer makes a prediction and then another sentence later where she indicates that her prediction was wrong.
- 56 The writer refers to the popularity of yoga in more than one text, but there is only one text where she specifically explains why it's growing in popularity.

The rise of yoga

Yoga has become a big business in certain parts of the world. Australian journalist Maggie Curran reports on her own experiences of the ancient discipline.

A

A decade ago, I was commissioned to interview an up-and-coming yoga entrepreneur whose particular brand of yoga involved 26 poses in a humid, heated room with mirrors and carpets. When I visited the man's studio and caught the stench and the robotic instructions from a mic'd-up teacher, I thought: 'This will never take off.' I had been doing a relatively gentle form of yoga for several years, but had never managed to get beyond beginners' level. I had come to assume that was all I was capable of, but somehow had never stopped completely. Halfway through the interview, the yoga businessman looked at me and said: 'You're overweight. You should join my classes. It would transform your life.' 'What?' was all I could splutter in response to this breach in interview etiquette. For years after that interview, I would walk past that man's expanding chain of studios and think: 'How could someone like that become so successful?' At the same time, I wondered if he'd had a point – was it possible to completely change your body shape by doing his yoga? And should this even be an aspiration?

B

These days, yoga has morphed from being an exercise you might do once a week in a gym to a way of life, and a physical and spiritual ideal to aspire to. About 40 million people are estimated to practise yoga in the US and the global yoga market is worth over \$80bn. It's not just the studios; yoga mats and clothing have become must-have items in certain places. In my area of Sydney, upmarket yogis have colonised the high street. Most people seem to have stopped wearing proper clothes. Unless you are around the bus stops in time for the morning commute, you see people dressed almost exclusively in exercise gear – yoga pants, vest top and hoodies, flip-flops in the summer, trainers in winter. Rich targets for satirists, these 'devotees' cycle around the neighbourhood, with rolled-up yoga mats on their backs, in search of organic fruit and vegetables. Ludicrous as they are in some ways, though, it would be dishonest not to disclose that I once secretly yearned to be one of them and to have what they had.

C

In many respects, yoga is the perfect pastime for our age – the meditative elements give us the opportunity to find peace and stillness in a time of increasingly hectic and crowded information, the instructional bits give us moral lessons, while the stretchy, bendy, sweaty physical stuff is a great way of countering hours a day spent hunched over a computer. Early last year, putting to the back of my mind any qualms I had about the ethics of how a 5,000-year-old spiritual discipline has been turned into a profit-making machine, I left my old class and joined an intensive programme to become 'a modern yogi'. This meant attending classes six times a week, meditating daily, keeping a journal and taking part in weekly meetings that are part tutorial on mindfulness and part group therapy. I stuck with it and found things started to shift. My body felt looser, more pliable. Physically it was tough, and it took a month to really get my fitness level moving, but gradually I was able to keep up with the most athletic classes and my skin and hair seemed to glow.

D

I then started thinking about what I was doing – about the nature of yoga and how so many people pour energy into their bodies when perhaps they should be trying to pour energy into the people and politics around them. Self-care is great – but what if there's no energy left to care about anyone else? I wrote in my journal, I went to the Monday night tutorials, I meditated, I drank juices, I did all the right things to become a modern yogi. I was on the way to joining the ranks of the chilled-out people I saw every day around me. I was almost there before I started wondering – is this really what I wanted to be? The answer was, of course, no. I kept at it for about two months before the narcissism of the whole enterprise got to me. There were other things, it turned out, that I had to do.