

Love



Love is an emotion that every person experiences at some point. There are different kinds of love, such as eros, phileo, agape, and storge. Eros is adoring and wanting another person. This person can be your lover, husband/wife, and crushes. Phileo is the love you feel towards your friends. It is understanding and trusting them. Agape is the parental and sacrificial kind of love, for instance, the love of God towards people. Storge is the love towards the community and family. It is creating a strong bond and caring for them.

Love can be a mother's happiness upon seeing her newborn child. It can be a father's protective attitude towards his children. It is also caring for your sisters and brothers. It is treasuring and respecting yourself. It is the feeling of compassion towards others. Love triggers either a positive or a negative effect towards a person. For example, just thinking about your loved ones can make you feel inspired, but it can also distract you by thinking about them too much. To love is to hold a deep attachment to other people. The things they do and how they act will always affect you. Love is a wonderful feeling, so love and be loved.

What's the Meaning ...

1. emotion
2. eros
3. phileo
4. agape
5. storge
6. compassion
7. attachment

Lesson 1

Pronunciation Practice

- 1 dimension
- 2 sacrificial
- 3 compassion
- 4 attachment
- 5 wonderful

Questions Related to the Topic

1. Who can feel love?
2. What are the kinds of love?
3. Why does love have a positive and a negative effect?

Leisure Time



Some people have a tendency to make their work a priority in life. They overwork themselves nonstop, unconsciously abusing their physical and mental health. According to health specialists, when you overwork it brings dangerous effects to your body, causing you to develop a heart attack, stress, anxiousness, frustration, and impatience. Hence, it is important to balance your work and leisure time. Having leisure time will enable you to release tensions and take your mind away from stress.

There are various activities you can do in your leisure time. For example, doing your hobbies will make your body feel at ease. You can read your books, play your musical instrument, you can sing or dance. Other activities, such as jogging, taking a walk, swimming, traveling, and watching movies and TV shows are also another way to spend your leisure time. Therefore, don't make work a priority in life. Your health and well-being are more important, so be sure to have a leisure time.

What's the Meaning ...

- | | |
|------------------|-----------------|
| 1. tendency | 7. frustrations |
| 2. priority | 8. impatience |
| 3. unconsciously | 9. hobbies |
| 4. specialists | 10. well-being |
| 5. stress | |
| 6. anxiousness | |

Lesson 2

Pronunciation Practice

- 1 leisure
- 2 tendency
- 3 priority
- 4 unconsciously
- 5 physical
- 6 specialists
- 7 anxiousness
- 8 frustrations
- 9 impatience
- 10 jogging

Questions Related to the Topic

1. What are the results of overworking?
2. What can you do to release tensions and stress?
3. What are examples of activities you can do during your leisure time?

Beauty



How do people define beauty? What does it take to be beautiful? Above all, what is beauty? Every individual has different ways of explaining what beauty is. Beauty can take on many different forms: outer beauty, inner beauty, scenery beauty, or even the beauty of an event and many more.

For a lot of people, outer beauty which is thought to be something that you are born with is considered to be the most important. It is what stimulates the mind. Take for example, when you meet people for the first time you immediately notice their physical appearance including the clothes they wear.

On the other hand, some say beauty comes from within people's hearts. Inner beauty will last forever and will never fade. In contrast, outer beauty fades over time. A person's characteristics or behavior is what others would remember compared to a person's physical appearance.

However, beauty is also found in nature such as the sunset or the sunrise. One finds joy and solace by looking at scenic views that nature offers. Many people usually make memories by recalling the events and relating them to the surroundings that they see. Thus, making it timeless. The idea and standard of beauty have greatly changed all throughout time. It takes a certain kind of quality to appreciate the true meaning of beauty.

What's the Meaning ...

1. outer beauty
2. inner beauty
3. scenery beauty
4. timeless
5. appreciate

Lesson 3

Pronunciation Practice

- 1 define
- 2 beauty
- 3 physical
- 4 scenery
- 5 themselves
- 6 unfortunately
- 7 appreciation

Questions Related to the Topic

1. How do people define beauty?
2. Do standards of beauty exist? Give your views.
3. Are you appreciative of the beauty around you?

Good and Bad Manners



By definition, manners refer to how a person acts and behaves in front of other people.

We all have both good manners and bad manners, which naturally coexist within us. Basically, if you are a well-mannered person, you tend to be polite and respectful to others. You make people smile with your kind gestures. You may even be the reason they had a good start that day. In contrast, if you are ill-mannered, you are considered rude and a bit cheeky with people around you. What is worse? You could be the reason for one's bad day.

On the contrary, being good-mannered does not always mean having a good attitude and similarly, being bad-mannered does not always follow that one has a bad attitude. Sometimes it is the other way around because there is a thin line between manners and attitude.

We may possess these qualities, but it is still our choice as to which of these two would define us as a person.

What's the Meaning ...

1. good manner
2. bad manner
3. polite
4. rude
5. attitude

Lesson 4

Pronunciation Practice

- 1 possess
- 2 manner
- 3 behaves
- 4 polite
- 5 rude
- 6 attitude
- 7 opposite
- 8 define

Questions Related to the Topic

1. How is good manner being defined?
2. How is bad manner being defined?
3. What's the difference between manner and attitude?

Childhood Memories



Seeing a picture of you in your childhood years brings back so much memories. Some are funny and happy and some are bitter and gloomy. But whatever memories you hold close to your heart, those are the reasons for what you have become today.

Who can forget the fairy tales our parents and grandparents used to read for us before we go to sleep and the games we played with friends back then? The sweets we loved to eat and the person we wanted to be with all the time? Everybody has a lot of stories to share about because one never runs out of childhood memories.

What's the Meaning ...

1. **childhood**
2. **memories**
3. **bitter and gloomy**
4. **fairy tales**

Lesson 5

Pronunciation Practice

- 1 memories
- 2 bitter
- 3 gloomy
- 4 fairy tales
- 5 childhood

Questions Related to the Topic

1. **What brings back the memories of our childhood?**
2. **Is it fun to recall our childhood memories?**
3. **What are your childhood memories that you can never forget?**

Shopping in Today's World



Like most of the foods that we have nowadays, shopping has now become instant as well.

Shopping is very time consuming, but in today's world, we can buy our most wanted fashionable dresses in a blink of an eye. Shopping is very tiring, but, now, our longed-for pair of shoes is just a click away. With the help of advanced technology, shopping has become instant and hassle-free.

Before this so-called "online shopping", we used to browse around shops for just about anything. This takes us long hours and causes us aching feet.

Now, through the Internet, we can just browse online shops with just one click and in the comfort of our homes. This is much more convenient as we can avoid long queues and aching feet. Moreover, it saves us time, money and energy. But, the real question is, are we even sure of the quality? Are we assured that we get the best value for our money?

Nevertheless, we could always return and have an item replaced if we are not satisfied with it. But, then again, are we assured that what we buy online will be delivered to us?

These are just some of the questions we need to ask ourselves before shopping online.

What's the Meaning ...

1. shopping
2. instant
3. time consuming
4. blink of an eye
5. hassle-free
6. technology
7. online

Lesson 6

Pronunciation Practice

- 1 consuming
- 2 shopping
- 3 instant
- 4 tiring
- 5 couch
- 6 hassle-free
- 7 technology
- 8 assured

Questions Related to the Topic

1. How is shopping in today's world different from shopping in the old days?
2. What are the benefits of the new trend of shopping?
3. What are the disadvantages of how shopping is done in today's world?
4. Which would you prefer, shopping through the new trend or the traditional shopping?

The Family



What is a family? Anyone who is asked this question always answers, "Family is the basic unit of the society." Indeed, it is. Everybody belongs to a family: the child on the street belongs to a family; the superstar belongs to a family; the hero who saved his country belongs to a family; the person who persecuted millions of people belongs to a family; even the animals and plants have their own families; also, microorganisms belong to a certain family.

We are primarily defined based on the family we come from. But, this concept changes over time. A person could no longer be defined, genetically. Many other aspects are considered. What are these aspects? There is no definite enumeration.

Although, there are those who are much closer to their friends than their families, or to those who they grew up with, spent time with and lived with for years. They treat them just like their own family regardless of the fact that they are not related by blood.

No matter, blood-related or not, it all depends on how deep and special your relationship is with these people you call "family".

What's the Meaning ...

1. society
2. superstar
3. persecuted
4. microorganism
5. primarily
6. concept
7. genetically
8. definite

Lesson 7

Pronunciation Practice

- 1 society
- 2 persecuted
- 3 microorganism
- 4 primarily
- 5 genetically
- 6 definite
- 7 enumeration

Questions Related to the Topic

1. What is a family?
2. Do you believe that everyone belongs to a certain family? Why? Or why not?
3. Name some aspects that define where an individual belongs and can be called 'family'.

Homelessness



“I’ll go home...”, can the homeless utter these words? The answer could possibly be both “yes” and “no”. It could be a “no” because, perhaps, their concept of home is a house or a shelter; the building itself. Well, that is quite right. How can a homeless go home if he/she lives on the streets or under bridges? On the other hand, it could be a big fat “yes”, because, perhaps, the homeless consider the streets and bridges their home.

Even so, homeless generally describes people who live on the streets or under the bridges. Our homes protect us from the dangers of the outside forces such as calamities, dangerous animals or even from our own kind. But, have you ever wondered, what protects the homeless? Where do they go in times of calamities? What do they do when something or someone threatens their security?

What’s the Meaning ...

1. homeless
2. house
3. outside forces
4. calamities
5. threatens

Lesson 8

Pronunciation Practice

- 1 utter
- 2 bridges
- 3 dangerous
- 4 calamities
- 5 threatens
- 6 security

Questions Related to the Topic

1. What’s the difference between a house and a home?
2. According to the article, what are the outside forces which our homes or houses protect us from?
3. Do you know someone who is homeless?

Taking A Walk



Civilization has brought a lot of changes into our lives. Along these changes, people get busier and live an unhealthy lifestyle. Staying fit is a strenuous effort for everyone.

Planning one's schedule just to find time to hit the gym is both taxing and strenuous. One easy way to burn those calories off and to ease things up is by taking a walk.

Walking is an underrated form of exercise. It is ideal for people of all ages and fitness levels. It can be done alone, with your family and close friends or even with your pet. Studies show that regular walking helps reduce the risk of chronic illnesses. The longer you walk, the more you can maximize the health benefits.

What is the Meaning ...

1. burn off
2. strenuous
3. taxing
4. calorie
5. underrated
6. reduce
7. risk

Lesson 9

Pronunciation Practice

- 1 civilization
- 2 busier
- 3 strenuous
- 4 schedule
- 5 gym
- 6 underrated
- 7 exercise
- 8 reduce
- 9 chronic
- 10 maximize

Questions Related to the Topic

1. What are the benefits of walking?
2. Why do we need to maintain a healthy lifestyle in this fast-changing civilization?

Unity



“Unity” is only a word, yet it entails a meaning rooted to a deeper understanding for the betterment of every person. Unity means being part of a whole or working with others together to meet a purposeful goal. Unity can exist anywhere, such as your home, community, workplace, school, country, government, and organizations.

Unfortunately, unity is difficult to attain when others have different visions, beliefs and perceptions from yours. Having unity is being able to trust and respect others. It is not easy to develop a sense of trust to other people. When you cease to trust others, you fail to work with them. In this age, we often see news about murder, corruption, and war. Countries and people who experience these unfortunate situations lack unity, since, peace and harmony with other people are only attained if there is unity.

What’s the Meaning ...

1. unity
2. trust
3. peace
4. harmony

Lesson 10

Pronunciation Practice

- 1 entails
- 2 purposeful
- 3 organizations
- 4 perceptions
- 5 cease
- 6 attained

Questions Related to the Topic

1. Where can you find unity?
2. Why is unity difficult to attain?
3. Explain and give an example of unity.