Topics For Reading

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Lesson 1: The Paradox of Happiness	1

New research reveals a surprising truth: the tendency to feel unhappy may be inherent, but happiness is something that we can create for ourselves.

Lesson 2: Close to Home Technological Advances Erode 14 Barrier Between Work and Home As technological advances take over our lives, it becomes harder for people to separate their work lives from their home lives.

Lesson 3: The Birth-Order Myth Although many people think that being the first, second, or third child in a family affects our personalities, such beliefs are really untrue.

- Lesson 4: Why So Many More Americans Die in Fires 42

 Even though it has some of the fastest fire departments in the world, the US has more fire deaths than nearly any other industrialized country.
- Lesson 5: Acupuncture: The New Old Medicine 55

 Many people today are discovering that acupuncture can cure illness that conventional medical treatment cannot cure. It is also inexpensive and almost painless.
- Lesson 6: Highs and Lows in Self-Esteem

 During our lives, we experience periods of high and low self-esteem because we are affected by biological, social and situational factors.

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Lesson 7: The Federal System of Government

The US government was designed over 200 years ago.

It has a complex but effective system of checks and balances to ensure that no one has too much power.

Lesson 8: **Too Soon Old, Too Late Wise**He may be 90 years old, but prof. Paul Weiss still teaches philosophy to university students and challenges them to think

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To My God

Thank you always for your love, support, patience and confidence, not only during the writing of this book, but through all the ups, downs, pains, and joys of my life.

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INTRODUCTION

How to use this book Unit one

Every lesson in this book consists of the following:

- Pre-reading Preparation
- Reading Passage
- Fact-Finding Scanning Exercise
- Reading Analysis
- Word Forms Exercise
- Information Organization
- Information Organization Quiz and Summary
- Critical Thinking Strategies
- Follow-up Discussion and Writing Activities
- Cloze Quiz
- Discussion
- Research Activities

This book has been designed to help students improve their reading skills and develop confidence as they work through the text. At the same time, it is structured so that the students will steadily progress to skillful, independent reading. All of these activities are presented to prepare students for academic work and the world of information they will encounter.

The format of the lesson is consistent. Although each lesson can be done entirely in class, some exercises may be assigned for homework. This, of course, depends on the individual teacher's preference, as well as the availability of class time.

Pre-reading Preparation

The pre-reading activity is designed to stimulate student interest and provide preliminary vocabulary for the passage itself. The importance of pre-reading preparation should not be underestimated. Studies have shown the positive effect of pre-reading preparation in motivating student interest, activating background knowledge, and enhancing reading comprehension.