Contents

| | | Grammar | Vocabulary | Reading/Listening | Speaking/Writing |
|---|--------------------------|--|---|---|---|
| 1 People 1A Introductions 1B What are they like? 1C The good and the bad 1D New people | p6 p8 p10 p12 | Questions Present Simple and Present Continuous Pronunciation: Questions | Personality adjectives Adjectives to describe experiences | Introductions What kind of friend are you? Life as an au pair | Small talk An informal email Correcting mistakes Describing people |
| 2 Travel 2A When holidays go wrong 2B Holiday romance 2C Family backpacking in Vietnam 2D Holiday experiences | p14 p16 p18 p20 | Past Simple and Past Continuous Present Perfect Simple + yet, already, just, ever, never Pronunciation: Past Simple verb endings; Weak forms was / were | Verb + noun collocations Adjectives for holiday experiences | A safari story A nightmare flight A holiday romance A backpacking holiday | Staying in a hotel Pronunciation: Intonation in polite questions A travel blog post Time sequencers |
| Video: Vietnam | p22 | | | | |
| 3 Work 3A Stress 3B Is that really true? 3C Getting rich on Instagram 3D Skills and interests | p24 p26 p28 p30 | Quantity: much, many, some, any, etc. Pronunciation: Stress on quantity words Something, anything, nothing, etc. | Work – Benefits and tasks Work – Experience Work and social media | Stress at work Liar! Making money from Instagram | Likes and dislikes A formal email Starting and closing an email |
| 4 Childhood 4A How we lived 4B School days 4C Childhood then and now 4D Life decisions | p32 p34 p36 p38 | Used to Pronunciation: Used to Modals: can, have to, must Pronunciation: Have to | Kitchen equipment School / studying collocations Synonyms | Childhood memories School rules Why childhood is better now Kids in the UK | Giving and responding to advice A paragraph about a big decision Structuring a paragraph Reasons and results |
| Video: The good old days | p40 | | | | |
| 5 Health 5A Fit and healthy 5B Food in the future 5C Are we healthier or unhealthier now? 5D Getting better. | p42 p44 p46 p48 | Will for decisions, offers and promises Future forms: will, be going to, Present Continuous Pronunciation: Word stress | Health and fitness Word families Nouns for diet and illness | Three health plans Healthy habits Can we feed the world? Modern health problems | Talking about health and illness Pronunciation: Difficult words A new year plan Connecting contrasting ideas |
| 6 City Life 6A Calm or crowded? 6B The best city in the world 6C Changing cities 6D Places Video: Parkrun | p50 p52 p54 p56 | Comparatives Superlatives | Describing towns and cities Recommending places Adjectives to describe cities | Comparing places Vienna Changing cities | Asking for and giving directions A description of your hometown Describing and recommending places |

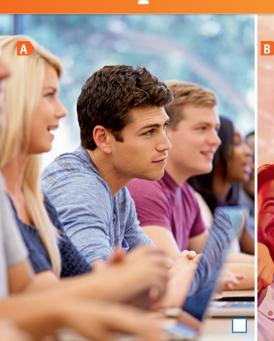




| | Grammar | Vocabulary | Reading / Listening | Speaking/Writing |
|--|---|--|--|--|
| 7 Connections 7A Time p60 7B Relationships p62 7C The story behind the place p64 7D Events p66 | Tense review Present Perfect: for and since | Relationships Society | Thinking about the past, present and future Childhood sweethearts A historic building and the people who lived there | Reacting to news Pronunciation: Sounding enthusiastic and sympathetic An invitation |
| 8 Stories 8A A famous writer p68 8B Fact is stranger than fiction p70 8C A Sherlock Holmes story p72 8D Feelings and events p74 | Past Perfect Pronunciation: Contractions Narrative tenses | Types of books Connecting words Adjectives Adjectives ending in -ed and -ing | Agatha Christie Cave rescue The problem of Thor Bridge | Talking about feelings A short story Adverbs Pronunciation: Emphasizing feelings |
| Video: Film locations p76 | | | | |
| 9 Opportunities 9A Luck p78 9B Happiness p80 9C Enjoying life p82 9D Opinions p84 | Infinitive with to Pronunciation: Weak forms of to Gerunds | Negative prefixes Verbs + gerund or infinitive Phrases for time | You make your own luck Being happy Things that make me happy Getting more out of life | Agreeing and disagreeing Pronunciation: Intonation in opinions An opinion blog Opinions and reasons |
| 10 Environment 10A Going green p86 10B Looking to the future p88 10C Plastic life p90 10D Structuring ideas p92 | Modals of advice Will, may, might | Environment Geographical features Change | Living a greener life Environmental problems Plastic pollution | Structuring a presentation A summary of survey results Connecting ideas |
| Video: Saving the planet p94 | | | | |
| 11 Life 11A Optimist or pessimist? p96 11B The grass is always greener? p98 11C Thinking negatively p100 11D Making a complaint p102 | First conditional Pronunciation: Contractions Second conditional | Phrasal verbs Adverbs Collocations | Are you a pessimist or optimist If I lived in London, The power of pessimism | Making and dealing with complaints Pronunciation: Apologizing An email of complaint |
| 12 Technology 12A New designs, old ideas p104 12B Tech free p106 12C Social media p108 12D What did you hear? p110 | Passives Reported speech | Word families Verb + noun collocations Compound nouns | Bicycles then and now A digital detox Social media | Talking about and reacting to news Pronunciation: Emphasizing your feelings A summary Note-taking |
| Video: Are you addicted? p112 | | | | |

Irregular verbs **p131**

1 People



- **Listening:** Introductions
 - **Pronunciation:** Intonation in questions

Grammar: *Ouestions*



1A Introductions

- 1 Double Listen to three conversations. Match the people to the places in the pictures.
- 2 Door What do the people talk about? Listen again and match the topics to the conversations.
 - a hobbies and interests
 - **b** holidays
 - c home and family _____
 - d work and studies _____
- 3 Dog Complete the guestions with the words in the box. Then listen and check.

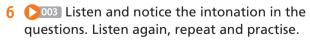
| | are | do x 2 | doing | have x 2 | go | work | |
|---|-----|--------------|---------|-------------|--------|----------|----|
| 1 | W | hat do yo | ou | ? | | | |
| 2 | WI | ho do yo | U | for? | | | |
| 3 | W | hat do yo | ou like | a | t the | weeken | d? |
| 4 | W | hat do yo | ou | in you | ur fre | e time? | |
| 5 | W | here | y | ou from? | | | |
| 6 | Do | you | ć | any brothe | rs or | sisters? | |
| 7 | W | here do y | ou usua | ally | O | n holida | y? |
| 8 | | you mmer? | ć | any holiday | plan | s this | |

4 Match the guestions in exercise 3 to the topics in exercise 2.

5 Complete the questions with the correct form of the verb in brackets. Then match them to the topics in exercise 2.



- 2 What _____ (do) last weekend?
- 3 Where _____(go) on holiday last summer?
- 4 Do you _____ (like / go) on city breaks?
- **5** Where _____ (be) you born?
- 6 Who do you _____ (live) with?
- 7 Which company _____ (work) for?
- 8 What subjects (study) at the moment?



- 1 Do you have any hobbies?
- 2 What did you do last weekend?
- 3 Where did you go on holiday last summer?
- 4 Do you like going on city breaks?
- 7 Work with a partner. Student A: ask your partner the questions in exercise 3. Student B: ask your partner the questions in exercise 5.
- 8 Work in groups of four. Tell your classmates something you found out about your partner.



- 9 Read the questions and guess the answers. Then read the text to check.
 - 1 Which age groups find it most difficult to meet new people and make friends? Why?
 - 2 What modern ways are there to meet people and make friends?
 - 3 Do you think more young people or old people feel lonely?

LONELY?

When the BBC asked people to complete an online survey about being lonely, over 55,000 people answered the questions. So, which age group felt lonely? Nearly forty per cent of people aged 16 to 24 said they felt the most lonely. This is perhaps not surprising when you think about all of the changes that happen at this age. People leave school, start work, go to college or university and they often move out of their parents' home. Many of these changes can mean moving to new towns or cities and when you do this, it can be very hard to meet new friends. One way to look for new friends is to use an app such as Bumble BFF, Huggle, Hey Vina, Go Green Go or Peanut. Simply write a profile, add a picture and you're ready to search for a new friend. Swipe right on the people you like and simply start a conversation.



10 Work with a partner. How would you feel about using an app like this? What questions would you ask someone when you first met them?

What do you like doing at the weekend?

What kind of music do you like?

What's your favourite TV programme?

11 Notice the word order in the questions in exercise 10. Complete the rules in the grammar box with *before* or *after*.

GRAMMAR: Questions In questions with do/does/did, we put these words the subject. In questions with be, we put am/is/are/was/were the subject

- 12 Put the words in the correct order to make questions.
 - 1 did / last / night / go / out / you?
 - 2 this / weekend / what / you / doing / are?
 - 3 sport or exercise / you / do / do / any?
 - 4 how often / you / go / do / to the cinema?
 - 5 TV programmes / what / do / you / watch?
 - 6 at the weekend / do / ever / work / you?
- 13 Complete each question with one missing word.
 - 1 What you doing tonight?
 - **2** What are you going do after the class?
 - 3 When did you meet best friend?
 - 4 How often you see your parents?
 - 5 Where your best friend live?
 - 6 What kind of music do you like listening?
- 14 Work with a partner. Ask and answer the questions in exercises 12 and 13.
- 15 Imagine you are meeting some new people. Think of four or five questions to ask them. Then walk around the class. Ask and answer your questions.

1B What are they like?

- Grammar: Present Simple and Continuous
- Vocabulary: Personality adjectives
- Reading: What kind of friend are you?
- 1 Write down the names of three friends. Work with a partner and tell them:
 - 1 the reason you like each person.
 - 2 the things you usually do together.
 - **3** something about their personality.
- 2 Read the article. Do your friends match these friend types?

What kind of friend are you?

survey by Onepoll and HF Holidays of 2,000 people in the UK found that the average person has 40 friends. It also found there are seven different personality types in every friendship group. So which type of friend are you?

THE ORGANIZER Constantly planning and organizing nights out and activities. They are very <u>efficient</u> and have everything planned to perfection.

THE MOTIVATOR The curious friend who always wants to try something new and exciting. They are confident in new situations and always encourage you to do new things.



THE ORACLE When you come up with a new idea for something to do, they have already done it. In fact, they are so <u>arrogant</u> they have probably done everything!

THE ELEPHANT Like an elephant, they never forget. They are thoughtful and always send birthday or anniversary cards. However, they also won't ever forget anything bad you have said or done.

THE MAVERICK The most <u>sociable</u> friend. They are always fun to be with, but just don't rely on them to be on time.

THE SCROOGE They are never careless with money and are perfect for dividing the bill at the end of a meal. Just don't expect them to pay for everyone's drinks.

STEADY EDDIE / EDWINA The most reliable friend you have. They are the first person you call when you have a problem.

- 3 (2004) Look at the underlined adjectives in the article. Then choose the correct adjectives to complete the sentences below. Listen and check your answers.
 - 1 Mark is very *sociable / reliable*. If he promises to do something, he will do it.
 - 2 Their daughter is so *curious / arrogant*. She's always exploring everything.
 - 3 Harry is always really *confident / careless* with his work. It's full of mistakes!
 - 4 Thank you for the flowers! It was very curious / thoughtful of you.
 - **5** Lisa is so *efficient / confident*. She never seems nervous or shy.
 - 6 Tom really loves himself. I don't think I know anyone else who is so sociable / arrogant.
 - 7 Lucas is a really sociable / careless guy. Whenever there's a party, he's there.
 - 8 Ahmed is really efficient / thoughtful. He finishes everything really guickly and never wastes time.





4 Work with a partner. Use personality adjectives from exercise 3 to describe some of your friends. Give examples to support the things you say.

Jenny is really arrogant. She's always right and never wrong!

5 Doub Listen to Hayley talking to five friends.

Are the sentences True or False?



- 1 Matt wants to pay for the things he ate.
- 2 Mia likes to do the same things all the time.
- 3 Mohammed has forgotten Sam's birthday.
- 4 Hayley is breaking up with her boyfriend.
- 5 Emma has always done the things Hayley has done.
- 6 Oos Complete the sentences with the verbs in the box. Then listen again and check.

| | <u> </u> | n buying 're spending owe says |
|---|-----------------|-----------------------------------|
| | 9- | 31.73 |
| 1 | . You | £32.50. |
| 2 | ! We always | there! |
| 3 | 3 I | flowers for Sam. |
| 4 | I think I | up with Dave. |
| 5 | he never calls. | less and less time together and |
| 6 | Everyone | Uganda is really beautiful. |

7 Match the sentences in exercise 6 to the rules in the grammar box.

| GRAMMAR: Present Simple and Con- | tinuous PAGE 114 |
|--------------------------------------|------------------|
| We use the Present Simple: | |
| a to talk about things that are gene | erally true |
| b to talk about habits and routines. | · |
| c with state verbs and feelings. | 1 |
| We use the Present Continuous to ta | lk about: |
| d actions happening right now. | |
| e actions happening around now. | ······ |
| f changing situations. | <u>.</u> |
| | |

8 Complete the social media updates with the correct Present Simple or Present Continuous form of the verbs in brackets.

| 1 | I(hate) it when people are late! 🗸 |
|---|---|
| 2 | We (sit) in the airport. We (wait) to go on holiday 😂 🗸 |
| 3 | I don't know, but I think people |
| 4 | The food here(be) amazing! |
| 5 | Normally, I(get up) at 8 but today I(stay) in bed! |

- 9 Use the prompts to write questions.
 - 1 why / you / study / English?
 - 2 how often / you / meet / your best friend?
 - 3 what / make / someone / a good friend?
 - 4 how / you feel / when / you meet / new people?
 - 5 you spend / more or less time / with your friends / at the moment?
- **10** Work with a partner. Ask and answer the questions in exercise 9.
- 11 Find photos of you and your friends on your phone and imagine posting them on social media. Write what is happening under each picture.





1C The good and the bad

Reading: Life as an au pair

Vocabulary: Adjectives to describe experiences

1 Do you enjoy going to new places? Complete the table with your own ideas. Share your answers with a partner.

| Things I enjoy about going to new places | Things I miss about home |
|--|--------------------------|
| trying new food | my family |
| | |

- What is an au pair? Do you know anyone who has worked as an au pair?
- 3 Read the first paragraph of the article. What might someone enjoy about being an au pair?
- 4 Student A: read about Lina. Student B: read about Archie. When you have finished, close your books and tell your partner what you remember.
- 5 Read about the other person. Are the sentences True or False?
 - 1 The children go to school.
 - 2 The children laugh at the au pair.
 - 3 The children are not nice to the au pair.
 - **4** The au pair's language skills have improved a lot.
 - 5 The au pair enjoys the local food.
 - **6** The au pair is going out tonight.
- 6 Work with a partner. Compare the experiences of the two au pairs.

The children Lina looks after don't go to school, but the children Archie looks after do.



Young people often choose to become an au pair because they want to live somewhere warmer, learn another language, practise their skiing or simply because they love children. There are lots of different websites that match au pairs with families and these sites always talk about 'an amazing time', 'an enjoyable experience' or 'the time of your life'. Is this really always the experience of an au pair? We spoke to two au pairs about their experiences in two very different places.

LINA, 21

What's your typical day like?

I get up at six, have a shower and then make breakfast for the kids. They usually get up about 6:30 so my day starts early! In the morning, we just play games inside and I read them stories. Most afternoons, we go out in the snow to play. The parents are ski instructors and they usually get home around six in the evening.

Do you like the family?

The family are really friendly and sociable. I'm lucky as well because they are pretty generous. An au pair is normally paid around 300 euros, but I get 600 euros a month. The kids are only five and three years old, but they're very sensible and follow all my rules. It's a bit embarrassing though, because they're always correcting my French and laughing at my mistakes! Unfortunately, the parents are a bit careless and forgetful. They often forget to do the food shopping and then I have to make dinner from just tins and packets! Once they also forgot to pay the gas bill. I had to have a shower in freezing water and it was minus 10 degrees outside! The family seem to find it all very amusing, but I don't!

What do you like about living in the Alps?

It's an incredible location to look at, but seriously <u>dull</u> after a couple of weeks living here with nothing much to do. My French has improved a lot because I only have two English friends and they live in the next village!

What do you miss most about home?

I miss the food from home. The Alpine food has too much cheese and the meat is hardly cooked! It can be quite hard being a woman here, too. Women are expected to look amazing all the time and the mum often criticizes my choice of clothes!

What are you doing now?

I'm making lunch while the kids are watching TV. I'm also packing my suitcase because I'm going away for the weekend. I can't wait!





ARCHIE, 22

What's your typical day like?

It's quite tiring really. After getting the kids to school, I have to do the shopping, the cleaning, the ironing and prepare lunch. In the afternoon, I seem to spend most of my time trying to stop the children using their phones when they need to do homework. It's really stressful!

Do you like the family?

When I first got here, they gave me a tour of the house and they were very friendly. However, the kids are really <u>annoying!</u> They don't listen to me or respect me. They have told me to go back to England several times! They are clever, though. In front of their parents they are always very polite towards me and helpful around the house. It can be really <u>challenging</u> at times.

What do you like about living in Madrid?

Madrid is the best thing about this experience. It's a really international city and I have friends here from all around the world. Unfortunately, my Spanish hasn't got much better because we all speak in English!

What do you miss most about home?

I actually really miss green vegetables and salad! They don't serve many vegetables with the food here, and a lot of the food is fried.

What are you doing now?

Marta, the mum, has just got home, so I'm getting ready to go out. We're going to a concert tonight so I might feel a bit tired in the morning. That always makes the next day go more slowly.







7 Look at the underlined adjectives in the article and check the meaning. Then choose the correct adjectives to complete the sentences.

| | ., | | |
|---|-----------------------------------|-----------------------|-----------------------|
| 1 | It's really He always shouts a | | |
| | a annoying | b dull | c enjoyable |
| 2 | The film was sohour. | I turned | it off after half ar |
| | a dull | b amazing | c enjoyable |
| 3 | Jessica is so loud w | - | lt's a bit |
| | a challenging | b stressful | c embarrassing |
| 4 | It's a reallyI've ever had. | job. One of th | ne most difficult |
| | a challenging | b dull | c amusing |
| 5 | The film was quite much. | , but I | didn't laugh that |
| | a stressful | b amusing | c amazing |
| 6 | I had anreally was a wonder | | h the family. It |
| | a annoying | b stressful | c amazing |
| 7 | It was an | holiday. We had | d lots of fun! |
| | a enjoyable | b embarrassing | c annoying |
| 8 | The course is so | | of all the work |
| | a stressful | b dull | c enjoyable |

- 8 Work with a partner. Which person do you think had the better experience, Lina or Archie? Why? Use adjectives from exercise 7 in your answers.
- Work with a partner. Both of you are au pairs.Student A: you are having a terrible time. StudentB: you are having an amazing time. Make notes on:

your usual day the family the place where you live what you miss about home what you are doing now

10 Work with a partner. Use your notes to tell your partner about your experience.



1D New people

Speaking

1 Work with a partner. Look at the conversation topics in the box. Imagine you are speaking to someone new. Which topics would you talk about? Which would you avoid? Why?

books cars family films your age food and drink music politics your job people you both know religion your last holiday your health problems the news the weather

I wouldn't talk about my health problems. They're too personal!

- Work in groups of four. Compare your ideas from exercise 1.
- 3 Listen to four short conversations. What topic(s) do the people talk about?

| | Topic(s) |
|---|----------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |

4 Complete the phrases in the Key Language box with the words in the box. Listen again and check.

drink enjoying just know x 2 'Il time was way

KEY LANGUAGE Small talk

| 1 | Do you many people here? |
|---|---|
| 2 | Can I get you a? |
| 3 | Do Iyou from somewhere? |
| 4 | Are you the party? |
| 5 | Sorry, one moment. I'veseen Michael. |
| 6 | Is this your first in London? |
| 7 | It great to meet you. |
| 8 | What do you do, by the? |
| 9 | Will you excuse me a moment? I be right |
| | back. |

- 5 Match the phrases in the *Key Language* box to the categories below.
 - a Opening a conversation _____
 - **b** Keeping a conversation going _____
 - c Ending a conversation _____

- ▶ Speaking: *Small talk*
- Writing: An informal email; Correcting mistakes;
 Describing people



- 6 Sound natural and relaxed.
 - 1 Did you have a good weekend?
 - 2 This is my friend Tara.
 - 3 Would you like a drink?
 - 4 I'd love a cola!
 - 5 How was your holiday?
 - 6 It was amazing!

💋 YOUR TURN

7 Imagine you are going to a party. You will know hardly anyone there. Prepare five or six questions to ask other people.

What do you do in your free time?

Where are you from?

8 Imagine you are at the party. Half the class are Student A and half the class are Student B. Move around the class.

Student A:

introduce yourself ask a question

Student B:

keep the conversation going end the conversation

9 Swap roles and repeat the task in exercise 8.







Writing

- 1 Read Ella's email and answer the guestions.
 - 1 What does Mia want?
 - 2 Why does Ella recommend Sophie?
- 2 Work with a partner. Correct the highlighted mistakes in the email.



Hi Mia,

How are you? I hear ¹ you looking for a new flatmate. I have a really good friend, Sophie, and she is looking for a new flat. I think you two would have ² much fun together. When you first ³ met her she's a bit nervous but when you get to know her she's <u>really easygoing</u>. She's <u>reasonably</u> neat and tidy and she's 4 reliable extremely. She can be a bit noisy at times but when we lived together I 5 am terribly busy and she was always very considerate. She 6 doesnt know that many people ⁷ on the city because she ⁸ hasnt lived there for that long. However, she's incredibly sociable and I'm sure you'll love living with her. And she's also amazingly creative! Our flat 9 at Munich was beautiful and really cool because of the changes she 10 make! One slightly annoying thing is that she ¹¹ spend ages in the bathroom, but ¹² their are two bathrooms in your flat so it shouldn't be a problem \bigcirc

Would you like to meet her? Let me know and I can give you her number.

Love





3 Match the mistakes in the email to the types of mistake in the box.

> sp = spelling ww = wrong word wo = word order gr = grammar t= tense p = punctuation ↑ = missing word

- 4 Use the symbols to help you correct the mistakes in the sentences.
 - 1 Hell make a really great flatmate.
 - 2 I meet him at work.
 - 3 His a great cook.
 - 4 Harry is one of the <u>friendlyest</u> people I know.
 - 5 I lived with him for a while <u>at Munich</u>.
 - 6 He drives a car blue.
 - 7 He very funny and great to hang out with.
- 5 Add the underlined adverb + adjective phrases in the email to the *Key Language* box.

KEY LANGUAGE Describing people

- 1 Positive really good,,
- 2 Negative a bit lazy,

Tip! A bit and slightly are always used with negative adjectives

- 6 Choose the correct adverbs to complete the sentences.
 - 1 He's reasonably / incredibly sociable, but he doesn't go out that much.
 - 2 Mary can be extremely / fairly noisy sometimes but she's never that loud.
 - 3 Carl is *incredibly / a bit* busy at work, so you'll hardly ever see him.
 - **4** You'll love it when Daniel cooks. He's a *really / reasonably* good cook.
 - **5** Ana is *extremely / quite* thoughtful. She always leaves lovely notes and presents around the flat to cheer me up.
 - **6** She's a bit / extremely lazy but when you remind her about something, she does it.

💋 YOUR TURN

- 7 Think about your best friend. Write an email to someone recommending them for a flat share. Use adverb and adjective phrases to describe them.
- 8 Swap your email with a partner. Use the correction code in exercise 3 to mark any mistakes you think they have made.
- 9 Swap back and correct the mistakes that your partner has marked.

9C Enjoying life

Reading: *Getting more out of life*

Vocabulary: Phrases for time

1 Write down how much time you spend doing these things each day.



- Work with a partner. Compare the amount of time you spend doing each activity in exercise 1. Which should you spend more or less time on?
- Work with a partner. Read the introduction to the article and look at the pictures. What do you think the tips might be?
- 4 Read the rest of the article and complete it with the correct headings.
 - a Lower your aims
 - **b** Stop taking photos
 - c Stop looking at your phone
 - d Get off social media
 - e Stop comparing yourself to others



People often have regular habits and routines, and they do these things without really thinking about how they make them feel. Here are six tips to help you enjoy life more.

1 Get a hobby

2

Working <u>long hours</u> in a stressful job can leave us feeling like we don't have enough energy to do anything else but eat, sleep and work. However, it's important to try to <u>make time for</u> hobbies. Sitting on the sofa watching TV or looking at your phone is a <u>waste of time</u>. Instead, join a sports club, or at least go for a jog or swim before or after work.

The average person spends hours every week on social media, but the more you <u>spend time</u> on social media, the worse your mood can get. People worry about how many 'likes' their posts get. They feel jealous of other people's lives. They get into arguments. Even the feeling of wasting time can create a negative mood.

People frequently compare themselves to other people. You go to someone's place and you check out their flat, their furniture, their car and their clothes. You look on social media at people's social life and holidays. Doing these things won't make us enjoy our life any more. Save time and energy. Stop comparing yourself to others and enjoy the things you have.

