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Reader's Club

- Today's Idioms
- Vocabulary & Pronunciation
- Reader's Club
- Question & Answer Period
- Questions
 - After class steve@doeducation.net
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Today's Idioms

midnight

burn the midnight oil

to work very late into the night • *I've got to get this report finished by tomorrow so I guess I'll be burning the midnight oil tonight.*

picture

be out of the picture

to not be involved in a particular situation • *Withers is out of the picture with a leg injury, so Jackson is in goal today.*

OPPOSITE be in the picture • *Although Derek has handed over control of the company to his son, he's still very much in the picture.*

Vocabulary & Pronunciation

Stop your negative thinking.

How to Fix the Broken Record in Your Head

envision	- to picture in the mind; imagine
purge	- to become pure or clean
burbling	- to speak in a confused or silly way that is difficult to hear or understand
drown out	- make imperceptible
imperceptible	- Impossible or difficult to perceive by the mind or senses
affirmation	- Something declared to be true
self-esteem	- Pride in oneself; self-respect
boost	- to expand; to make greater; to improve
counteract	- to undo or prevent the effect of

Vocabulary & Pronunciation

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psychotic	- a person suffering from severe mental illness
tantrum	- A fit of bad temper. Also called regionally hissy
hysteria	- state of violent mental agitation
grumble	- to complain in a bad-tempered way
kielbasa	- A spicy smoked Polish sausage.
binge	- a bout of excessive eating or drinking
bout	- a short period of great activity
substitute	- replace

Reader's Club

Stop your negative thinking.
How to Fix the
Broken Record in Your Head

By Martha Beck

Reader's Club

(The one that's always saying you're not good enough.)

Ah, the promise of a fresh new calendar—a fresh new You! This is the year it will finally happen: You'll **envision** your ideal life, **purge** your bad habits, and sail on to perfection! For almost half an hour! At least, that's how long it takes for the **burbling** Maria von Trapp voice in my head to be **drowned out** by one that sounds more like Don Rickles. Don never lets Maria finish a thought:

"In 2010 I'm going to exercise during lunchtime—" "No, Walrus Girl, you're going to lunch during exercise time."

"I vow to stay calm no matter—" "You and how much Valium, Cruella?"

"I'll say **affirmations** to **boost** my **self-esteem**—" "Loser!Loser!Loser!Loser!"

How do I **counteract** this negativity? I have **psychotic** breaks. But that is not what you should do. You should follow these tips:

Reader's Club

1. Recognize your negative voice as a 2-year-old's tantrum. Trying to reason with it only increases the **hysteria**. Instead, take your inner 2-year-old to a quiet place and let it throw its fit. Write down all the cruel judgments until they fade to a **grumble**.

2. Accept that some of your self-criticism may be true, but never let failure end the story. Instead of saying no to the negative voice, say, "Yes, and...." For example, "Yes, last year I jogged only as far as that new **kielbasa** stand...and I also managed to stop a few **binges** by reading trashy novels instead." Speaking of which...

Reader's Club

3. Never just quit; always **substitute**. Bad habits fill needs, so find good alternatives to them. But remember, push-ups can't substitute for pancakes unless you love push-ups (in which case we will never be really close). Companionship, laughter, play—these things can sub for pancakes...most of the time. And that's enough.

4. Instead of planning to be perfect, plan to do a little better. Win 51 percent of the battles, and you'll win the war.

Reader's Club

Q1. Let's say, You are in a serious car accident on your way to a very important meeting, and you get a minor injury from that accident. What would be the first words out of your mouth?

Q2. Do you consider yourself to be a negative person or a positive person?