

EPISODE 87
LEVEL B2

READING COMPREHENSION



MUSICIANS AND MUSIC

Bobby is a musician and her job is to help rock musicians and other stars **handle** (= deals with) the pressures of fame and an often ridiculous lifestyle. One key aspect of her work is to **ease** (= make it easier) any tension among band members before a tour starts. Sometimes a band can even ask her to join the **entire** (= the whole) tour, in the same way as they would take their own personal physician, chef or trainer. When a group of people are on the road for months at a time, with a **punishing** (= really exhausting) schedule, alternately **bullied** (= criticised) by the manager and worshipped by fans, it does not make for the most stable atmosphere. Easy access to drink and drugs can add to this **potent** (= strong) cocktail. In this business everybody is paranoid about everything. There are some managers who are in therapy themselves, but nobody is supposed to know about it. Performers are often **reluctant** (= not willing) to admit they can no longer cope because they are afraid they will be thought weak. She set up her specialist practice Rock'n'Roll Therapy with another therapist in the early 90s and has been working in this area ever since. A lot of boy band come from problem families and **have a very low opinion of** (= not believe in yourself) themselves. When someone in a **fragile** (= stressful / weak) situation finds the fans have turned against them, the effect can be even devastating. If people learn to have a sense of self then it doesn't matter if in the eyes of the world, they are great one day and rubbish the next, because they know who they are. A lot of the work I do is about helping them to know themselves and recognising that success or failure in the business isn't **the be-all and end-all** (= the only thing that matters) of life.



EXERCISE 1

Answer the questions after reading the text:

1. What do you think would be the most stressful aspects of being on a tour?
2. Why do you think members of a rock band might want to have a therapist?
3. In what way could the feelings with fans be devastating?

ENGLISH IN USE



DEFINING RELATIVE CLAUSES

SUBJECT:

- A man is standing over there. The man is my uncle.
=> The man _____ WHO _____ / _____ THAT _____ is standing over there is my uncle.
- The book is lying on the table. The book is mine.
=> The book _____ WHICH _____ / _____ THAT _____ is lying on the table is mine.

OBJECT:

- A man is coming tomorrow. I love the man.
=> The man _____ WHO _____ / _____ WHOM _____ / _____ THAT _____ I love is coming tomorrow.
- I bought the book. The book was very expensive.
=> The book _____ WHICH _____ / _____ THAT _____ I bought was very expensive.

OBJECT + PREPOSITION:

- I work with this man. The man is very intelligent.
=> The man _____ WHO _____ / _____ THAT _____ I work **with** is very intelligent.
=> The man **with** _____ WHOM _____ I work is very intelligent.

- I paid for the book. The book is interesting.
=> The book _____ WHICH _____ / _____ THAT _____ I paid **for** is interesting.
=> The book **for** _____ WHICH _____ I paid is interesting.

POSSESSION:

- The boy's hair is red. The boy is my brother.
=> The boy _____ WHOSE _____ hair is red is my brother.
=> The boy **with** red hair is my brother.
- The roof of this house is red. This house is mine.
=> The house _____ WHOSE _____ roof is red is mine.
=> The house **with** the red roof is mine.

EXERCISE 2

Complete the sentences with an appropriate relative pronoun: who, which, that, why, when.

1. Until I was 8 we live in a village called Stanwayis now a suburb of Colchester.
2. The school I went to was a 20-minute walk away.
3. I got on well with my sister is ten years younger than me.
4. That's the reason the garden of our second house was so small.
5. There are some therapistsknowledge is really crucial.

IDIOM CLOSE-UP



EXERCISE 3

ROLL UP = arrive somewhere, often late or unexpectedly

WEAR YOURSELF UP = make yourself very tired

STUMBLE ON = find by chance

THE HIGH POINT OF THE WEEKEND = the most enjoyable part

1. Don't with loads of equipment.
2. Don'tby trying to see all the acts.
3. At one point Ian amazing performance of jazz dance.
4. For me, going to this concert was the the weekend

PHRASAL VERBS CLOSE-UP



EXERCISE 4

MAKE FOR = provide

MAKE UP = become friends again after an argument

MAKE OUT = manage to see, read or hear

BE MADE UP OF = consist of

1. It doesn't the most stable atmosphere.
2. I couldn't a good excuse for being late so I told the truth.
3. There was so much noise that I couldn't what they were saying.
4. The band is a drummer, a guitarist and a vocalist.

NEWS



Music has soothing powers

*"Music has soothing powers which work wonders on the mind, body and soul," says Kolhapur-based IT professor Sachin Jagtap who uses musical therapy to **aid** the healing process of patients.*

Music is proven to **lift** spirits and have a calming effect on people. City based IT professor Sachin Jagtap, who is a firm believer in the **healing powers** of music, has introduced music therapy in the city. Interestingly, he uses Indian classical ragas to help people with **ailments**.

I heard a claim this week that has **thrown me for a loop**:

Music therapists should not be allowed to work by themselves with individuals with communication disorders.

Given that I am a board certified music therapist (and have been for 10 years), my reaction to this claim is likely stronger than most. Nonetheless, I am **struggling** to understanding how music can be divorced from communication. Certainly you can have communication without music . . . but can you have music without communication.

As a music therapist, it is within my training and scope to use music to elicit spontaneous speech and communication, to address speech, language, and communication needs, and to target nonverbal expressions. I don't diagnose or evaluate communication **disorders**. I don't treat communication disorders. I assess and address speech, language, and communication needs . . and if the client is lucky enough, I get to do this in collaboration with a speech-language-pathologist ."

To lift = to make sb happier

Healing powers = possibilities to cure sth

Ailments= small health problems

Throw sb for a loop = make sb irrigated

Struggling = trying very hard

Disorders = small health problems

KEY TO EXERCISES

Ex. 1

Open answers

Ex. 2

1. which
2. where
3. who
4. why
5. whose

Ex. 3

1. roll up
2. wear yourself up

3. stumbled on
4. high point of

Ex. 4

1. make for
2. make up
3. make out
4. made out of