

- 1 1 journalist 2 essay  
 3 *New York* magazine 4 September 2016  
 5 news and images 6 information addicts

- 2 1, 3, 5, 7, and 8

- 3 1 g 2 a 3 c 4 b 5 d 6 e

- 4 1 f 2 a 3 b 4 e 5 d 6 c

- 5 1 no easy 2 last  
 3 need 4 suggesting  
 5 small 6 happily

- 6 1 C 2 B 3 A 4 A 5 B 6 C

- 7 a a sudden change  
 b a total change  
 c a short period of time

- 8 1 in early December 2017  
 2 during the whole month of January  
 3 forty to fifty  
 4 1,600 people  
 5 thirty days  
 6 hundreds

- 9 **Necessary technology:** electric toothbrush  
 microwave oven radio  
**Optional technology:** apps television  
 text messaging video games websites

10

Raymond Kethledge
is a judge
likes to work alone at a desk in a barn
has no internet

Michael Erwin
used to be an army officer
worked in Iraq and Afghanistan
thinks running is cheaper than seeing a doctor

- 11 1 d 2 a 3 d 4 c 5 b 6 c

- 12 1 zero 2 talking  
 3 cell phone 4 films  
 5 promise

- 13 1 all 2 for  
 3 out 4 able  
 5 to 6 being

- 14 1 When people are bored, they usually think about their ~~work~~ **own social life**.  
 2 Technology has made people's social networks much ~~smaller~~ **larger** and much ~~more~~ **less** local.  
 3 The problem is that social media ~~can't stop~~ **can distract** people from connecting with other people in the real world.  
 4 People who use social media a lot are much more likely to be ~~sociable and happy~~ **lonely and sad**.  
 5 The benefits you get from posting on a friend's wall are much ~~bigger~~ **smaller** than the benefits you would get from spending time with the same friend in real life.  
 6 Face-to-face communication makes our brains notice things like the ~~clothes people are wearing, how they are moving,~~ **expressions on people's faces, their body language**, and how they are speaking.

- 15 1 c 2 b 3 c 4 a 5 c 6 d

- 16 a 7 b 3 c 6 d 2  
 e 1 f 4 g 8 h 5

- 17 1 Gary 2 Bennett  
 3 Pete 4 Pete  
 5 Sax 6 Bennett

- 18 • Change the oil in your car.  
 • Put a new electric light on your ceiling.

- Make a wooden headboard for your bed.
- Create a vegetable garden.

- 19 1 times                      2 fall  
 3 seasonal                    4 quarterly  
 5 objectives                  6 rules  
 7 in                              8 used

- 20 1 b    2 c    3 a

- 21 1 T    2 DS    3 F    4 T    5 DS    6 F

- 22 1 She is a social-media professional.  
 2 For finding entertainment.  
 3 Like a bad TV program.  
 4 The highest number of people a human can successfully stay in contact with (150).  
 5 Seeing them in the office or speaking after work.  
 6 You can find new ideas quickly and be seen by people who are useful for you to contact for your work.

- 23 1 Slow Media Manifesto  
 2 slow food philosophy  
 3 local, high-quality food  
 4 low-information diet

- 24 1 succeed                    2 really  
 3 changing                    4 scientist  
 5 excited                      6 unless  
 7 used                         8 able

- 25 1 People were surprised to learn how much their lives had been taken over by technology.  
 2 He was the head of the mental health center at a famous university where I had been invited to speak.  
 3 In the past, FI people were usually older people who had been given a lot of money by their parents.

- 4 These websites or apps have been created by companies which make money from your attention.  
 5 He argued that half of those sixteen hours could be used to do something useful.

- 26 1 which                      2 whom  
 3 how                         4 where  
 5 what

- |          |                          |                    |                          |
|----------|--------------------------|--------------------|--------------------------|
| 27 app   | <input type="checkbox"/> | board game         | <input type="checkbox"/> |
| club     | <input type="checkbox"/> | concert            | <input type="checkbox"/> |
| craft    | <input type="checkbox"/> | data               | <input type="checkbox"/> |
| knitting | <input type="checkbox"/> | musical instrument | <input type="checkbox"/> |
| retweet  | <input type="checkbox"/> | screen             | <input type="checkbox"/> |

- 28 1 block                      2 clutter  
 3 addict                      4 input  
 5 podcast                    6 boycott  
 7 entertain                  8 minimalism  
 9 swipe

- 29 1 generation                2 clicks  
 3 distract                    4 valuable  
 5 platform                  6 predict

- 30 1 My advice is: get up, **get out**, and start to enjoy the benefits that joining things can bring.  
 2 This does not mean you have to **get rid of** your phone.  
 3 They **put on** their earphones when they left their house.  
 4 And they only **took off** their earphones again when they had to speak to another human.  
 5 They do not have to completely stop doing anything, **miss out on** good or useful things, or annoy their friends.