

فایل اول

I have put on weight recently. I don't know what to do. What have you done to **lose** weights so far?

I have **tried** many different diets, but they didn't work. That's the point. Have you done daily workouts?

No, I haven't. I don't have **time** for workouts.

Let me show you some easy moves. First, you need to...

فایل دوم

Laughter is what makes the world go round. If you can't laugh, life would be very boring and **depressing**. The sound of **laughter** is one of the most beautiful sounds in the world. Just hearing it makes me smile and want to laugh, too. I have to find out what's funny so I can share the joke or share the fun. I particularly love the sound of **small children laughing**. It's amazing the things they find a laugh about. I think I heard somewhere that laughter is the best medicine.

That's so true. I also think a good laugh **keeps you healthy**. A few people I know belong to a **laughter club**. They stand around in circles and laugh. Yes, laughter really is one of the best things.

فایل سوم

-How much is the ticket?

-It is \$4. How many tickets do you want?

-15 tickets, please.

-Just a moment.

-Here are your tickets. \$60, please.

-How much?

-\$60

-Okay, can I pay with my credit card?

-Yes, sure



فایل چهارم

Art and society share a complex and dynamic relationship. Art has the power to both reflect and shape society, serving as a mirror that reflects the **values** and beliefs of a community. In turn, society influences the **creation** and reception of art, providing the context within which artists work and displays the way of life and **identity** of a nation. Handicrafts are good examples of the art and culture of a country. By handicrafts, we mean making **decorative** items in a skillful way using our hands. Each culture has its own handicrafts. Making and selling handicrafts are good ways to help a country's **economy** and introduce its culture to other nations. Many people of the world **produce** handicrafts and sell them to tourists. In some Asian countries, a part of the country's income comes from making and selling handicrafts.

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