

Major  
New Edition

Reading & Topic-Discussion Textbook  
for Intermediate and Advanced Students

# EXPRESS YOURSELF 1

**25** Contemporary Issues with **25** Dialogues

399 Topical Questions  
61 Opinion Samples  
236 Useful Expressions

Written by LIS KOREA Editorial Staff &  
Duane Vorhees



# EXPRESS YOURSELF 1



## Introduction

**L/S** Korea is the Goldilocks of the English practice textbook industry. Other books are “too big” or “too small”—they either provide too much information to the user or too little for effective, thoughtful communication. But “Express Yourself” and the others in the series are all “just right.” They intend to help people learn and use new words and ideas, in a natural setting. The student is not being treated like a robot, programmed to make a certain substitution within a preset sentence structure, but, like a human being, to make an intelligent response to a given situation. Although some answers may be “wrong” grammatically, there are always many possible “right” answers. Conversations are directed, in that a certain point is being discussed and a number of options are offered as samples, but everyone engaged in them is an equal contributor. In addition to major revisions of responses and essays throughout the book, the 2nd edition also includes a new feature. At the end of each chapter there is a dialogue, in natural but correct American English, to give users a “feel” for how the real language is used in a lifelike situation. Every attempt has been made to present an interesting, engaging conversation as a sort of “modeling.” However, of course, other people would speak differently, perhaps using more or less slang, or a different vocabulary, and it would still be all right.

Duane Vorhees

리스 코리아 출판사의 Express Yourself 가 출간된 후 많은 선생님들과 영어 학도들이 보내주신 뜨거운 성원에 감사 드립니다. 이에 리스 코리아 편집진들은 좀더 완벽한 교재를 만들기 위해 많은 노력을 기울여 왔습니다. 그 결과 이제 부끄럽지 않은 새로운 개정판 Express Yourself (1) / Express Yourself (2) 를 선보이게 되었습니다. 새로운 개정판에도 영어 선생님들과 학도들의 많은 관심과 사랑을 기대합니다.

### 새로운 개정판의 특징은 다음과 같습니다.

1. Part(1) 본문에서는 기존의 토픽을 완전히 재구성했으며 또한 새로운 토픽을 더하여 각 권 25개씩 엄선했습니다.
2. 본문에 대한 Comprehension을 더했으며, 또한 Express Yourself에 서는 다양한 실제 토론 포인트를 제공하였습니다.
3. 선생님들과 학습자들을 위해 좀더 다양해진 Opinion Samples를 제공 하였습니다.
4. 각 단원 끝에는 Useful Expressions을 두어 학생들이 각 단원의 토론 포인트와 연관 있는 표현을 배우도록 하고 또한 그것에 관해 토론을 할 수 있도록 했습니다.
5. 각 교재 Part (2)에서는 Part (1)에서 토론 한 것을 생생한 Dialogue로 재구성하여 실제 학습자들로 하여금 구어체의 영어와 토론 기법들을 보여 주도록 했습니다. 또한 다양한 질문들을 두어 토론도 할 수 있도록 했습니다.
6. 어려운 단어나 구문에 대해 각주에 상세한 설명을 하여 독자 여러분의 이해를 돕고자 했습니다.
7. 또한 새롭게 MP3 파일을 제공하여 독자들의 영어듣기 능력 향상에 도움이 되도록 했습니다.

이제 저희 리스 코리아 편집진의 노력의 산물인 새로워진 개정판 Express Yourself (1) / Express Yourself (2) 와 함께 독자여러분의 영어학습에 새로운 발전을 기대합니다.

이책이 나오기까지 집필에 애써주신 리스코리아 편집진들, 그리고 집필과 책임 감수까지 해주신 Duane Vorhees씨에게 많은 감사를 드립니다.

# CONTENTS

Topical  
Dialogues



Contemporary  
Issues



Introduction	6	
<hr/>		
1	Life-styles	10 114
2	Traffic & Transportation	14 116
3	Meals	18 118
4	Sleep	22 119
5	Vacation	26 120
<hr/>		
6	Special Days	30 122
7	Friends	34 124
8	Hobbies	38 126
9	Jobs	42 128
10	Men & Women	46 130
<hr/>		
11	Health	50 134
12	Good Habits & Bad	54 136
13	Cars	58 138
14	Money	62 140
15	Great Inventions	66 142
<hr/>		
16	Parents & Children	70 144
17	TV & Movies	74 146
18	Books, Newspapers & Magazines	78 148
19	Sports	82 150
20	Education	86 152
<hr/>		
21	Family	90 154
22	Crime & Punishment	94 156
23	Communication	98 158
24	Smoking & Drinking	102 160
25	Mysteries in Our Lives	106 162
<hr/>		
	Appendix (Openers for Your Discussion!)	164

# 25

Contemporary  
Issues

**E**XPRESS

**Y**OURSELF (1)

**P**ART (1)

## Issue 01

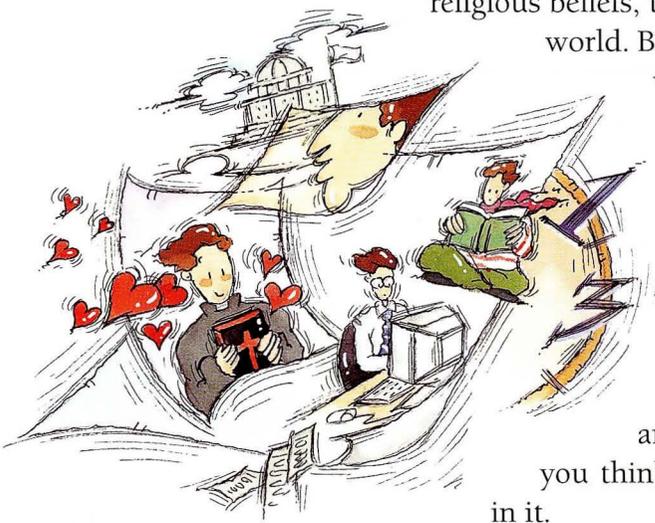
# Life Styles



People have different attitudes toward living. Some seek self-oriented happiness, without any consideration for others. To them, “happiness” means wielding<sup>+</sup> political or economic power over others. But most of these people turn out to be disappointed in their pursuit of happiness: since man’s desire is endless, nothing can fully satisfy their needs.

Other people believe that the first step to attaining happiness is to restrict personal desire. Priests, monks, and nuns are the most common representatives<sup>+</sup> of this group. By refraining from worldly passion, they think they are happy because they live their lives in accordance with<sup>+</sup> religious commands. But, can anyone without personal autonomy<sup>+</sup> be genuinely happy?

A third group consists of very ordinary people. They have no great wealth or political authority. While they may have religious beliefs, they do not turn their back on<sup>+</sup> the world. But they treasure their families, they value the little things of everyday life. They are happy if they have three meals a day, a car, a home, a vacation, enough money to educate their children....



Which group of people is the happiest? Who knows?<sup>+</sup> If you think you are happy, then you are. Happiness is the result of how you think about the world and your place in it.

- **wield** : exercise (influence) effectively
- **representatives** : typical examples of something
- **in accordance with** : in conformity with
- **autonomy** : self-government; independence
- **turn one's back on** : abandon, ignore, or reject
- **Who knows?** : It is not possible to know at the moment.

## Comprehension



1. According to the essay, how many groups of life styles are there?
2. What does the expression “to turn one’s back on the world” mean?
3. What is the definition of happiness?

## Express Yourself



1. What types of social activities do you engage in?
2. What would you think about becoming a priest, monk, or nun?
3. What religion do you have?
4. How do you spend your free time? Do you prefer spending it alone or with friends?
5. Do you think the quality of your life is improving or getting worse?
6. What musical instruments can you play?
7. Do you enjoy singing?
8. Have you ever done any volunteer work?
9. Are you usually on time for appointments?
10. How do you relieve<sup>↓</sup> your stress?
11. Are you forgetful?<sup>↓</sup> If so, how do you cope with<sup>↓</sup> it?
12. Do you think you are happy? Why or why not?

→ **relieve** : lessen or reduce (pain or anxiety, for example); ease

→ **forgetful** : often forgetting things

→ **cope with** : deal well with (sb) or (sth)

## Opinion Samples



**1.** The quality of my life is worsening. I agree that material wealth grows as the economy expands. But I don't think money is everything in terms of a quality life. What are the really decisive factors? I think quality depends upon environmental concern, stress, crime rates, education, etc. Economic wealth comes after these. We all know our environment is becoming dirtier and crimes are on the rise. Everybody suffers from stress, caused by a variety of sources, which shortens the life expectancy<sup>+</sup> of our generation. Even material comfort might be a source of stress. The quality of life can't be measured by material wealth.

**2.** Traditional sex roles used to be clear-cut<sup>+</sup> in our society. Men did not try to understand women's work, and vice versa.<sup>+</sup> For example, men did not pitch in<sup>+</sup> to help with domestic chores, and women were not allowed to interfere in male jobs. This division was probably an obstacle to mutual understanding. But now society is changing rapidly. Many women are making money outside the home, while more men seem ready to help with cooking, cleaning the house, washing the dishes, taking care of the children, and so forth. This not only helps men and women understand each other better, but also helps ease the problems between spouses.

→ **life expectancy** : the length of time that a person or animal is expected to live

→ **clear-cut** : not vague or confused; obvious

→ **vice versa** : the same but in the opposite order

→ **pitch in** : join forces with others; help or cooperate

## Useful Expressions



*These expressions are related to the topics discussed in this chapter. It will be good speaking practice to let students explain what these sentences mean in their own English.*

**1.** The world is full of people making a good living but poor lives.

→ \_\_\_\_\_

**2.** Death is not a period, but a comma, in the story of life.

→ \_\_\_\_\_

**3.** Believe that life is worth living, and your belief will help create the fact.

→ \_\_\_\_\_

**4.** It has been said that life is a game—but how can we play it if we don't know where the goalposts are?

→ \_\_\_\_\_

**5.** Some people treat life like a slot machine—putting in as little as possible while hoping for the jackpot.\*

→ \_\_\_\_\_

**6.** A long life is a gift of God; a full and fruitful life is your own doing.

→ \_\_\_\_\_

**7.** After all, life is really simple; we ourselves create the circumstances that complicate it.

→ \_\_\_\_\_

**8.** The tragedy of life is what dies inside a man while he lives.

→ \_\_\_\_\_

**9.** People who are afraid of death are usually afraid of life.

→ \_\_\_\_\_

**10.** We make a living by what we get, but we make a life by what we give.

→ \_\_\_\_\_

## Issue 02

# Traffic & Transportation



In modern societies, cars have become indispensable for most people. They are needed for commuting to work, for shopping, and for leisure purposes. However, this widespread use also poses many traffic-related problems. For example, since the roads are congested<sup>↓</sup> most of the day, the meaning of “rush hour”<sup>↓</sup> is fast disappearing. A lot of drivers complain that the police are more interested in “collecting money” from law-breaking commuters<sup>↓</sup> than in facilitating the traffic flow. In addition, as more and more “demand pressure” is put on gasoline supplies, and as more taxes are added by the government to regulate usage, prices are rising dramatically.

Worldwide, the automobile is probably the number-one contributor to air pollution, and policies designed to protect the environment are expensive. So far, mass transportation systems such as subways and buses—and electric or other

alternatives<sup>↓</sup> to internal combustion

engines<sup>↓</sup> –have proved inadequate for solving the needs of conveniently moving large numbers of people from place to place.



- **congested** : too full or crowded because of too many people or vehicles

- **rush hour** : a period of heavy traffic

- **commuter** : a person who travels regularly between a home in one community and work or school in another

- **alternatives** : choices, more possibilities from which to choose

- **internal combustion engines** : engines which produce energy by burning fuel within themselves

## Comprehension



1. What does “rush hour” mean and why is the expression becoming meaningless?
2. Explain “demand pressure.”
3. Why haven't the problems associated<sup>+</sup> with automobile usage been corrected?

## Express Yourself



1. If you were late for an appointment, would you violate the traffic rules?
2. What traffic rules do you often break?
3. If you were stopped by a police officer for a traffic violation, what would you do?
4. Have you ever tried to bribe<sup>+</sup> a police officer?
5. How do you feel when you get a ticket?
6. If you knew you were only going to be someplace for 10 minutes, would you pay for half an hour of parking or just park illegally?
7. When do you take the subway?
8. When do you take a taxi?
9. When do you take a bus?

- **associated** : connected

- **bribe** : pay money to (sb) in exchange for a favor, especially by doing something dishonest

## Opinion Samples



**1.** Yesterday I got my first traffic ticket.<sup>↓</sup> I was so angry that I drove away recklessly.<sup>↓</sup> Even though I knew this was dangerous behavior, I couldn't help myself. But after nearly causing an accident, I stopped my car, drank a coffee, and relaxed for a few minutes. I realized that my bad driving was the reason I had received the ticket in the first place, and this helped calm me down. Then I was able to drive the way I know I should.

**2.** When I go downtown I never drive. For one thing, it is very dangerous. The roads are crowded with cars all the time, and an accident or some road construction can cause me to be delayed an hour or more. So driving never guarantees on-time arrival for appointments. And gas and parking are both expensive. On the other hand, the subway is safe, cheap, and timely.

---

-> **traffic ticket** : a notice given to a driver for a traffic violation

-> **reckless** : lacking care or caution; careless

## Useful Expressions



1. Fewer accidents are caused by traffic jams<sup>↓</sup> than by pickled<sup>↓</sup> drivers.  
→ \_\_\_\_\_
2. Traffic tickets are like wives. No one complains about them until he gets one of his own.  
→ \_\_\_\_\_
3. The way traffic is today, it's easier to star<sup>↓</sup> on Broadway than it is to cross it.  
→ \_\_\_\_\_
4. Fast transportation has made us all neighbors—but, unfortunately, not brothers.  
→ \_\_\_\_\_
5. People seem to have thought up every solution to the traffic problem except staying at home.  
→ \_\_\_\_\_
6. Doctors tell us that people are living too fast. Traffic statistics show they are dying the same way.  
→ \_\_\_\_\_
7. A traffic light is a device for trapping you in the middle of the intersection.  
→ \_\_\_\_\_

→ **traffic jam** : a long line of vehicles on a road that cannot move, or that can only move very slowly

→ **pickled** : intoxicated; drunk

→ **star** : play the leading role in a theatrical or film production

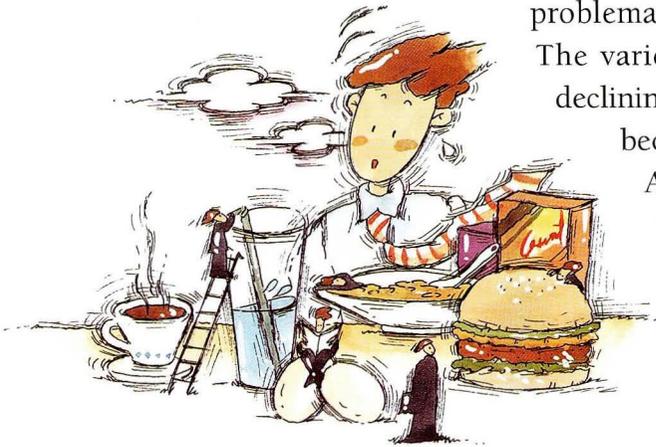
## Issue 03

## Meals



Eating is supposed to be one of the most pleasant things in life. Sometimes we are not sure if we eat to live or live to eat. However, these days, many people are being deprived of<sup>f</sup> regular meals. Some folks claim they are too busy to take the time, or they skip<sup>+</sup> a meal because they are dieting. The meal that is most often missed is breakfast, so the eater or fixer<sup>+</sup> can stay in bed longer, even though health experts usually insist this is the most important meal of all. In some cases, this phenomenon is because wives are working outside the home, in others because husbands do not insist on breakfast. More convenient Western ideas about breakfast are becoming popular: eggs, toast, cereal, coffee.

Later in the day, lunches are also becoming more problematic, especially for salaried workers. The variety and quality of food seem to be declining, even as the restaurants themselves become more crowded and expensive. After work, it is usually an informal requirement to join co-workers in a meal and drinks, so a family meal at home is out of the question<sup>+</sup> for a lot of male workers.



- **deprive (sb) of (sth)** : take something from someone, especially something they need or want
- **skip** : not do something that you usually do or that you should do
- **fix** : make (sth) ready; prepare
- **out of the question** : not possible

## Comprehension



1. Which meal is considered the easiest to skip?
2. How many reasons are given for not eating?
3. What does a Western breakfast consist of?

## Express Yourself



1. Do you usually have breakfast?
2. Who prepares breakfast in your family?
3. What do you think about having a modest Western-style breakfast?
4. What do you usually eat for lunch?
5. What do you most look for in a lunch outside the home?
6. What do you think about carrying a lunch box to work?
7. What is your favorite dessert?
8. Do you usually volunteer to pay for your fellow workers' lunches?
9. What do you think about Dutch treat?<sup>†</sup>
10. Do you think it's a good idea to take a nap after lunch?
11. Do you think one hour is enough time for lunch?
12. What is your favorite food?
13. Do you like Western food? If so, which?
14. Do you drink coffee after a meal?
15. How many cups of coffee do you drink a day?
16. Do you try to maintain a balanced diet?
17. Do you usually buy fruit in a department store, or in the market?
18. Are you worried about pesticides<sup>‡</sup> when you eat fruit?
19. Do you peel your apples?

→ **Dutch treat** : an occasion when people share the cost of something such as a meal in a restaurant

→ **pesticide** : a chemical used to kill harmful insects

## Opinion Samples



**1.** For too long we have thought that common courtesy demands that one person pay for everyone's meals. Oftentimes this leads to an embarrassing struggle over who will pay. Of course, each person is expected to take turns,<sup>+</sup> but the order is not always clear and this may lead to resentment<sup>+</sup> by the others. Meal costs are also constantly rising, so paying for multiple meals at one time is often inconvenient. We could save ourselves a lot of trouble if we would agree to go Dutch—each pays for his own meal.

**2.** I'm very concerned about getting poisoned by what I eat. I can never be sure if any fruit is pesticide-free, even after I wash it. So I try to peel it before I eat it. As a result, I shy away from<sup>+</sup> some of my favorite foods, like strawberries. My health is more important than my palate.<sup>+</sup>

---

→ **take turns** : succeed one another in order

→ **resentment** : a feeling of displeasure or anger because of an insult or other wrong

→ **shy away from** : drawback; hesitate to do

→ **palate** : the sense of taste

## Useful Expressions



1. Don't argue at the dinner table. The one who is not hungry always wins the argument.  
→ \_\_\_\_\_
2. Children who are reared in homes of poverty have only two mealtime choices—take it or leave it.<sup>†</sup>  
→ \_\_\_\_\_
3. Exercise doesn't make you nearly as hungry as thinking does—especially thinking about food.  
→ \_\_\_\_\_
4. The best exercise is to exercise discretion<sup>†</sup> at the dinner table.  
→ \_\_\_\_\_
5. More and more food is coming canned or prepackaged—including food for thought.  
→ \_\_\_\_\_
6. There is a new diet that will reduce weight like nothing else. It's called the high price of food.  
→ \_\_\_\_\_
7. Most kids think a balanced diet is a hamburger in each hand.  
→ \_\_\_\_\_
8. Eating plenty of onions and garlic will help you live longer, claim dietary authorities—but you will die very lonely.  
→ \_\_\_\_\_
9. Table manners must have been invented by people who were never hungry.  
→ \_\_\_\_\_
10. Many people seem to be allergic to food for thought.  
→ \_\_\_\_\_

→ **take it or leave it** : accept or refuse (sth) without changes or conditions

→ **discretion** : caution or self-control in one's speech or behavior

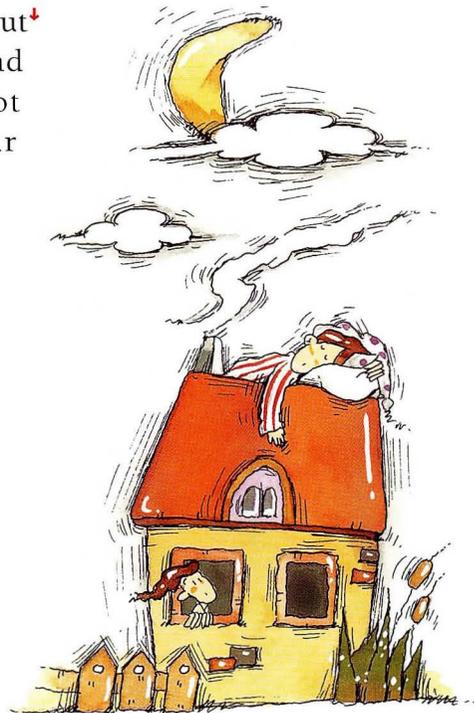
## Issue 04

# Sleep



It is commonly believed that everybody should get at least eight hours of sleep a day. But a lot of people try to get by on less, thinking that sleeping is just a waste of their time. Even some experts claim that it is the quality of sleep that counts rather than the quantity, and that we could live healthy lives with only three or four hours of good sleep. To them, “good sleep” is characterized by REM (Rapid-Eye Movement). It is during this phase of sleep that we dream.

Dreams and their interpretation are other interesting phenomena associated with sleeping. Throughout history, seers<sup>+</sup> have tried to use them as a guide to the future. Today, psychologists are apt to see them as the acting out<sup>+</sup> of the anxieties and fantasies we cannot express during our waking hours. For Sigmund Freud, they were symbolic expressions of our sexual desires.



→ **seer** : a person who can foresee or foretell events

→ **acting out** : performing, behaving as though in a real situation but not actually doing the action

## Comprehension



1. How many hours of sleep do we need every day?
2. When do we dream?
3. What purposes do dreams serve in human culture?

## Express Yourself



1. How many hours do you sleep?
2. Do you feel okay with three or four hours' sleep?
3. If your spouse were snoring, what would you do?
4. Do you need an alarm clock to get up in the morning?
5. Do you like to sleep in a bed or on the floor?
6. Do you think your dreams have anything significant to tell you?
7. How often, and when, do you dream?
8. Do you try to interpret what your dreams mean?
9. Do you believe that you would be lucky if you saw a pig in your dreams? If so, would you buy a lottery ticket?
10. Do you enjoy a nap<sup>+</sup> during the day time?
11. Do you think sleep helps relieve your stress?
12. Do you think it's okay to work at night?

<sup>+</sup>nap : a brief sleep, usually during the day

## Opinion Samples



**1.** Whenever I have a dream I try to interpret it in a Freudian manner.<sup>↓</sup> Most of my dreams relate to my everyday life, so understanding them helps me know more about myself. Since Freud was a pioneering<sup>↓</sup> genius in the field of psychology, any interpretation based on his ideas must be accurate.

**2.** Three or four hours' sleep! Doing that might save time, but I don't think most people could operate very effectively that way. I have tried to get by with less sleep, many times, but I always felt tired and irritable, and would have to take a nap at work just to get me through the day. So now I make it a rule<sup>↓</sup> to get at least six hours of sleep, no matter what, and most nights I get seven or eight. So these days I feel refreshed and energetic, and I get a lot more done.

---

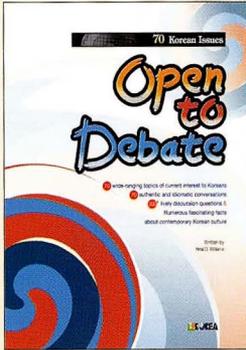
- **in a Freudian manner** : by Sigmund Freud's doctrines

- **pioneering** : being the earliest in a field or study, activity, etc.

- **make it a rule** : always try

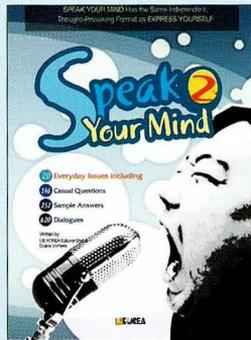
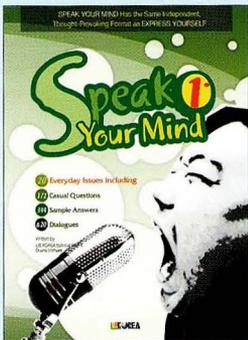
# LIS KOREA에서 나온 DISCUSSION TEXTBOOK

LIS KOREA는 토론 학습 교재 전문 출판사입니다.



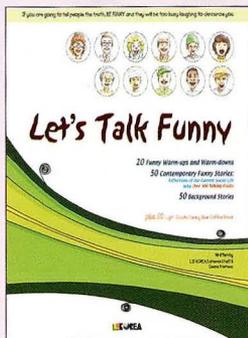
## 한국 주제들을 위한 토론교재 Open to Debate

- 한국 사회에서 이슈화 되고있는 70개의 주제를 선정하여 200개가 넘는 구체적 토론의제를 제공하고 있다.
- 각 이슈의 도입부분에 해당 주제에 대한 다이얼로그를 제공하여 흥미를 더했슴
- 한국사회의 토론이슈를 영어로 살펴볼 수 있는 최적의 교재



## 중급자들을 위한 토론교재 SPEAK YOUR MIND (1) (2)

- 일상적이며 쉬운 주제들을 선정하여 간결하게 정리했슴.
- 대표 주제에 대한 질문과 대답을 여론조사 형식으로 꾸며 독자들이 쉽게 주제에 접근할 수 있도록 했슴.
- 모든 주제들에 찬반의견을 달아 독자들의 다양한 의견을 접할 수 있도록 했슴.

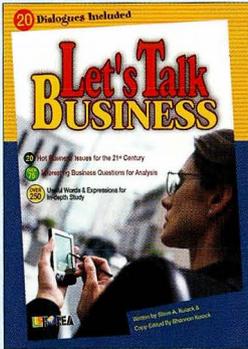


## 재미있는 창작 이야기로 토론의 즐거움을 LET'S TALK FUNNY

- 70개의 재미있는 창작 이야기가 수 백 개의 토론 이슈와 어우러져 독자들에게 재미있게 영어로 토론 할 수 있는 기회를 제공합니다.
- 또한 우리생활에 감추어져 있던 또 다른 50개의 Thinking Points를 제공하여 발상을 전환할 수 있는 계기가 되도록 했슴니다.

# LIS KOREA에서 나온 DISCUSSION TEXTBOOK

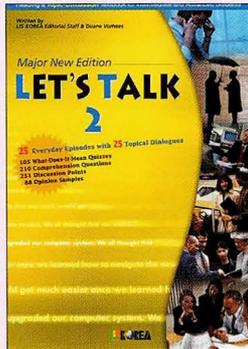
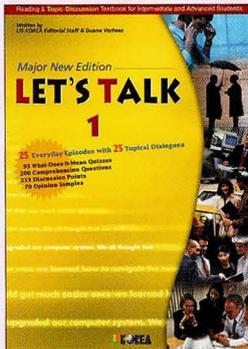
LIS KOREA는 토론 학습 교재 전문 출판사입니다.



본격적인 비즈니스 토론 교재

## LET'S TALK BUSINESS

- 20개의 현대 비즈니스 주제가 78개의 Talking Points를 제공합니다.
- 수 백 개의 다양한 어휘와 표현들이 예문과 함께 어우러져 Self-study를 가능하게 합니다.
- 20개의 Topical Dialogue별도 수록



중고급 토론교재의 결정판

## LET'S TALK! (1), (2)

- 실생활과 아주 밀접하고 분명한 의견 대립이 나올수 있는 주제를 선정 고급 토론 영어를 위한 기초를 가질 수 있도록 구성
- 토론 영어의 기초 단계인 영어로 설명하는 힘을 길러주기 위해 “What Does It Mean?”을 삽입
- Question에서는 제시된 주제에 대한 이해력 측정뿐만 아니라 한 주제에 대한 깊이있는 토론에 대비하는 힘을 길러 주고자 했다.
- Discussion Points에서는 주어진 주제에 대한 토론 포인트는 물론이고 그와 연관된 많은 주제 제공
- Opinion Samples에서는 학습자들이 주어진 주제에 대해 토론을 준비할 수 있도록 만든 찬반 의견과 참고 의견들을 제시하고 있다.
- 어려운 표현이나 Idiomatic Expressions에 대해 각주에 충분한 영어 설명을 달아 학습자들로 하여금 이해가 쉽도록 하였다.

## EXPRESS YOURSELF(1)

초판 11쇄 인쇄 : 2014년 2월 1일 인쇄

초판 11쇄 발행 : 2014년 2월 5일 발행

지 은 이 : 리스크리아 편집부 &

Duane Vorhees

그 림 : 일러스트레이터 박희정

펴 낸 곳 : (도서출판) 리스크리아

펴 낸 이 : 조은예

등 록 : 남양주 제 399-2011-000003호

전 화 : (0502) 423-7947

편 집 디 자 인 : 예림칼라

인 쇄 : (주)미광원색

[www.liskorea.co.kr](http://www.liskorea.co.kr)

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission in writing of the Publisher.