The influence of television has been profound in the last half of the twentieth century. For many people, watch television is a kind of hobby, although a very passive one. To avoid the effects of not have any exercise, many people have enthusiastically taken up such active and wilderness sports as kayak and white-water raft, and dangerous sports such as sky-dive and bungee-jump.

For the rich and the poor, for the active and the inactive, hobbies make life more enriching for many.

7 PERSONALIZATION

You have probably experienced some great changes at certain times in your life. Write a short essay about one of those changes. Include some of the phrases from the box, making sure that the phrases are followed by appropriate gerunds.

I'll never forget . . .
I don't regret . . .
I had some problems . . .
I began . . .
I finally became comfortable in my new situation by . . .
I really enjoyed . . .
For others about to do the same thing, I would recommend . . .
I am now very happy about . . .

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