

Advanced One - Unit One - Summary

All this reading wants to say is that nowadays "time," especially free time, has become a rare material in society. We can see all of the evidence in our daily lives; even we have no time to dedicate to family gatherings !!

Forty years ago, a specialist at heart diseases, for the first time, noticed that all of the patients referring to him have a mutual point, and that is the stressful and rush behaviors. Today we have the same thing too, but there is a problem. Every day, this problem grows more and more intense, and people's life and behavior become more stressful.

We want to find the reason for all of the above issues?! The answer is technology! We should accept that this term has been attached to our daily life, and we can not separate that. Imagine in the past people had to wait for several days, even weeks to deliver their letter but now we have e-mail, and you can send a one in blinking an eye. The rapid growth of technology helps time acceleration!

The negative point about this technology is that it's destroying society and family's crucial and basic social principles! For example, today, people prefer to be alone and alienated rather than being with other people. This virtual gap in the community is demolishing face-to-face interactions!

In this paragraph, the writer mentions that this condition threatens our social environments and our physical health. Actually, by using this technology, we harm ourselves. Different kinds of illnesses like insomnia, heart attack, depression, etc. after all, we should accept that our brain is not growing as fast as technology.

We, as adults, are somewhat guilty in response to our children's healthy life. The statistics indicate that nowadays, diseases in the children have been observed that we had not before. Looking with more details, we understand that parents force their children to adapt to this new technological life. This situation is not satisfactory, but this disaster can put some children under pressure and make them feel overloaded !!

All of these stressful behaviors can be recovered in psychological sight, but we should not expect quick feedback. The considerable paradox about this problem is that we are in a hurry while changing our wrong behaviors!

Barton Sparagon, medical director of the Meyer Friedman Institute in San Francisco, tries to help the people with their stress and notify them about the impact of this stress on their daily life. There are some different ways to help the people, but one of the practical ones is to put the patient in a long shop line to learn how to be patient.



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1. How can we understand the Hurry Sickness in daily life?
2. We can call this Century "Rapid Growth of Time & Technology." Do you agree with this term?
3. How can Huriness result in the violent behaviors of the citizens?
4. Do stressful manners and diseases have any relation to each other? Explain.
5. How can technology cause Hurry Sickness?
6. Do you prefer life with/without technology? Explain.
7. Are you alienated or a social person?
8. How can we improve this trend and help society with this condition?
9. How can people with low brain evolution create such a revolution in the technology field?
10. Name some damaging disorders of modern technology?
11. Is it the right job to stop our children from using new technology?
12. As a parent, how can you help your child releasing from this pressured condition?
13. Is there any hope of changing our bad behaviors?
14. What is the great paradox about human behavior?
15. Name some exercises that can be helpful for chronically impatient persons?
16. Have you ever tried to face your stress and rush source? What did you do with that?



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