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Intermediate Student’s Book

Life

1.39

**L = Lin, J = Jack**

**L:** Hi, Jack. Have you read this item on imaginary eating?

**J:** Hi, Lin. Yes, I saw it this morning. What a load of rubbish! I’ve never heard anything so ridiculous. If we think about eating food, we’ll lose weight, it said.

**L:** Not exactly. It said if you think about eating food, you stop wanting to eat it so much. So if you don’t eat it, then you might lose weight. I thought it made sense.

**J:** No, it’s rubbish. I’ll believe it when I see it! You can’t ‘think yourself thin’.

**L:** Well, I’m not so sure. I think willpower is really important, especially where food is concerned. Imagine you’re overweight and you want to lose a few kilos. If you don’t train your mind, you won’t be able to lose weight. I reckon you can achieve anything if you believe you can do it.

**J:** You mean like ‘mind over body’? Well, OK, mental attitude is important when you’re trying to change something in your life. But I don’t think that’s the same as what the news item said. So are you going to do this imaginary eating thing, then? Do you really think it’ll work?

**L:** Yeah, why not? I won’t find out unless I try.

**J:** And what exactly are you going to do, then?

**L:** OK, let’s think. I eat too many crisps and snacks, right? So, when I want to eat a snack, I’ll try just imagining that I’m eating it. Hey, you know what? This could be amazing. I’ll never need to buy chocolate again if this technique works!

**J:** Well, I can’t believe my ears!

**L:** Hey, as soon as it starts working, I’ll let you know. Self-belief, that’s what’s important.

**J:** I’m going to buy you some chocolate just in case. I think you’ll need it.

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