Taken from the text about stress, page 20 in the Workbook

Say whether the following statements are **True** or **False** or **Not Mentioned**.

1. Stress is a sudden short feeling of worry that goes away when you are relaxing. \_\_\_\_
2. Work is not usually a place of stress. \_\_\_\_\_
3. The first time you lead a meeting can be very stressful. \_\_\_\_\_
4. The more times you do something, the more stressful it becomes. \_\_\_\_
5. For many people, meeting visitors from abroad and entertaining them is very relaxing. \_\_\_\_\_\_
6. According to the text, negotiating a contract is more stressful than working to deadlines. \_\_\_\_\_\_
7. Short term stress, like asking the boss for a pay rise, is less damaging than long term stress. \_\_\_\_\_\_
8. An example of long term stress is having more and more things to take of at work. \_\_\_\_\_
9. Working in a company office is more stressful than working in your own business. \_\_\_\_
10. If companies reduce stress levels, some staff may even decide to resign. \_\_

Taken from text about Jeff Bezos Workbook page 19

Read the following passage and answer the questions

1. Who founded Amazon and when? ……………………………………………………………………………………………………………………………………………………………………………………
2. What is the annual turnover of Amazon? ……………………………………………………………………………………………………………………………………………………………………………………
3. According to the passage, how did Jeff Bezos change people's shopping habits? ……………………………………………………………………………………………………………………………………………………………………………………..