

Contents

1 UNIT	Threads of the self	1
	Unit overview	1
	Reading 1 Embracing cognitive diversity	2
	Reading 2 The story of the self	10
	Unit project The story of us	18
2 UNIT	Beyond the finish line	21
	Unit overview	21
	Reading 1 The gentlemen's triathlon	22
	Reading 2 The paradox of modern sport	33
	Unit project Planning a sporting event	42
3 UNIT	The muse within music	45
	Unit overview	45
	Reading 1 Why do we even listen to new music?	46
	Reading 2 Jazz up your brains	55
	Unit project Making music a better partner in your life	62
4 UNIT	Shifting social interactions	65
	Unit overview	65
	Reading 1 The decline of etiquette and the rise of "boundaries"	66
	Reading 2 Has listening become a lost art?	77
	Unit project Guidelines for an online learning platform	86

5 UNIT	Harmony in heartbeats	91
	Unit overview	91
	Reading 1 Animal charm	92
	Reading 2 Meet the world's best commuter	102
	Unit project Experiments with animals: Should they be banned?	110
6 UNIT	Journeys in medicine	113
	Unit overview	113
	Reading 1 A surgeon's odyssey: A call to empathy	114
	Reading 2 Traditional Chinese medicine as an art	126
	Unit project Promoting traditional Chinese medicine	135
7 UNIT	Home and beyond	137
	Unit overview	137
	Reading 1 City on mute	138
	Reading 2 Talking buildings	147
	Unit project Fostering community bonds through public spaces	155
8 UNIT	Pathway to progress	157
	Unit overview	157
	Reading 1 The other invisible hand	158
	Reading 2 A new philosophy of progress	168
	Unit project "Fast and fearless" vs. "slow and steady" in scientific development	174