



mairovergara

AULA 05

Connected Speech

DOMINANDO A PRONÚNCIA DO INGLÊS
CONNECTED SPEECH
COM PAULO LÖEBLEIN

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AULA 05 | COM PAULO LÖEBLEIN

TEXTO COMPLETO

Try Something New for 30 days - Parte 1

A few years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for thirty days. The idea is actually pretty simple. Think about something you've always wanted to add to your life and try it for the next thirty days. It turns out thirty days is just about the right amount of time to add a new habit or subtract a habit — like watching the news — from your life. There's a few things that I learned while doing these thirty-day challenges.

TEXTO DETALHADO

Try something new for thirty days

[ˈtraɪsmʌθɪŋnuː fər 'θɜːrtideɪz]

A few years ago,

[əfjuːr zə ɡəʊ]

I felt like I was stuck in a rut,

[aɪfellaɪkaɪwəz stʌkɪnərʌt]

so I decided to follow in the footsteps of the

[səʊ aɪdɪsaɪdɪd təfɔːləʊz ɪndəfʊtsteps əvðə]

great American philosopher, Morgan Spurlock,

[ɡreɪtəmerɪkən fəlaːsəfər ˈmɔːɡən ˈspɜːrlɒk]

and try something new for thirty days.

[əntɹaɪ sʌmθɪŋnuː fərθɜːrtɪdeɪz]

The idea is actually pretty simple.

[ðiɑɪdiːə ɪzæktʃuəli prɪti sɪmpl]

Think about something you've always wanted to add to your life

[θɪŋkəbaʊt sʌmθɪŋ juvɔːlweɪz wɑːnɪd təæd tjər laɪf]

and try it for the next thirty days.

[əntɹaj ɪt fərðəneks θɜːrtɪdeɪz]

It turns out thirty days is just about the right amount of time

[ɪtɜːrnzaʊt θɜːrtɪdeɪz ɪzdʒʌstəbaʊt ðəraɪtəmaʊntaɪm]

to add a new habit or subtract a habit

[tu ædənuː hæbɪtɔːr səbtræktəhæbɪt]

like watching the news - from your life.

[laɪkwɑːtʃ zɪŋ ðənuːz frəmjər laɪf]

There's a few things that I learned while doing these thirty day challenges.

[ðerzəfjuː θɪŋz ðætəɪ lɜːrnd waɪl duːɪŋ ðiːz θɜːrtɪdeɪ tʃælɪndʒɪz]