Contents

4	Threads of the self	2
	Reading 1	
UNIT	Embracing cognitive diversity P5	
	Reading 2	
	The story of the self P14	
	Unit project	
	The story of us P22	
2	Beyond the finish line	30
	Reading 1	
UNIT	The gentlemen's triathlon P33	
	Reading 2	
	The paradox of modern sport P42	
	Unit project	
	Planning a sporting event P49	
2	The muse within music	58
3	Reading 1	
UNIT	Why do we even listen to new music? P61	
	Reading 2	
	Jazz up your brains P72	
	Unit project	
	Making music a better partner in your life P79	
1	Shifting social interactions	88
4	Reading 1	
UNIT	The decline of etiquette and the rise of "boundaries" P91	
	Reading 2	
	Has listening become a lost art? P101	
	Unit project	
	Guidelines for an online learning platform P107	

UNIT	Reading 1	
	Animal charm P119	
	Reading 2	
	Meet the world's best commuter P130	
	Unit project	
	Experiments with animals: Should they be banned? P137	
6 UNIT	Journeys in medicine	146
	Reading 1	
	A surgeon's odyssey: A call to empathy P149	
	Reading 2	
	Traditional Chinese medicine as an art P159	
	Unit project	
	Promoting traditional Chinese medicine P167	
7 UNIT	Home and beyond	176
	Reading 1	
	City on mute P179	
	Reading 2	
	Talking buildings P188	
	Unit project	
	Fostering community bonds through public spaces P196	
8 UNIT	Pathway to progress	206
	Reading 1	
	The other invisible hand P209	
	Reading 2	
	A new philosophy of progress P219	
	Unit project	
	"Fast and fearless" vs. "slow and steady" in scientific development P226	
	r ast and reariess vs. Slow and steady in scientific development F220	
学术论文	写作	234

Harmony in heartbeats

116