

Talking point 9 *What's the best way to . . . ?*

What's the best way to . . . ?	Classmate / Advice
keep feeling young	
get a good night's sleep	
cure a cold naturally	
avoid feeling nervous when speaking in front of a group	
be happy	
relax before a test	
keep calm when speaking English	
stay awake on the subway	
avoid stress when you're stuck in traffic	
help a friend stay healthy	