

Four generations [Quatro gerações]

Texto e áudio – Nível de dificuldade baixo/médio.

Vamos praticar?

Aqui você encontra um texto para praticar leitura e listening.

Abaixo do texto há um link do site Acapelabox para você praticar seu listening.

Self-respect

Self-respect is fundamental for a great life. To develop self-respect means to cultivate the self-confidence to deal with whatever life puts in our way. Below we can see some ways to improve our self-respect.

Be true to yourself: There is very big social pressure from parents, work and society to become a certain person and to achieve certain things. It is important you have faith in your own values and remember what is important to you.

Learn to deal with criticism: We are sensitive. Nobody likes criticism and when we are criticized, directly or indirectly, we feel bad about ourselves. Don't take criticism personally. Just because we are not very good at a particular task, doesn't mean we need to lose our self-respect.

Take care of your appearance, without being a slave to fashion: Our appearance is important. It can give us confidence or it can make us feel weird. Take care of our appearance; dressing smart for the right occasion gives us self-confidence. Dress for your own benefit; don't dress in the expectation of pleasing others and receiving compliments.

Respect others: If you have no respect for others, how can you have self-respect? If we look for the good qualities in other people, it is easier to remember the good qualities in ourselves.

Never hate yourself: We make mistakes. Sometimes we can do wrong things, but we should never put ourselves down unnecessarily.

ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.