

Academic Reading Practice Test 18

READING

READING PASSAGE 1

You should spend about 20 minutes on Questions 1–13, which are based on Reading Passage 1 below.

Clutter Bugs Beware

Having an abundance of stuff is a symptom of 21st Century materialism—people are conditioned by society to think that more is better—but take heed: it can suck your energy and your time. An unruly assortment of stuff littering your room or your home can be both annoying and unsettling. Precious items and anything with real sentimental value should be stored carefully, of course, but clutter such as old receipts, outdated invitations, catalogues, your collection of trashy magazines and unwanted gifts should be disposed of. If you added up the time spent looking for misplaced objects or sifting through unnecessary papers to find what you need, what would that amount to? There is a lot to be said for the old adage: a place for everything and everything in its place.

This ancient organising truism can help you get your life in order and be free from clutter forever. Firstly, develop a system with a restricted series of options. Put all incoming material into your ‘inbox’ at work, or whatever the equivalent is at home, then deal with the tasks one by one. Either do them immediately or prioritise them into A, B or C tasks ensuring that the ‘A’ tasks take precedence over all others.

Another simple tip: find a home for everything. Before you toss something down on the countertop or sofa, ask yourself, ‘Is that where it belongs?’ If it does not have a home, designate a place for that object and use the same spot every time. Label boxes and containers, drawers and cupboards and, remember, procrastination is to be avoided at all costs. Stow belongings and equipment in their assigned places straight away. Get into the habit—concentrate your energy on it until it becomes automatic. Clear off all flat surfaces like the desk in your office, the bench top in the kitchen or the bed in the bedroom.

Be aware of transition stages, when you are moving from one task to another, and exploit this phase productively to clean and clear up. It is a good idea to have an evaluation now and then to review your organising system and make adjustments. Perhaps there is more to de-clutter or perhaps you need to rearrange items, for example, if they are stored in one room but you use them in another. Clutter is also categorized as anything that is not finished so, if you have incomplete projects, make time to get them over and done with. Once you are clutter-free and well-organised, your life may change for the better.

Feng shui principles discourage the accumulation of clutter as ‘chi’ or energy cannot move freely around masses of material, causing stagnation and a breeding ground for negative energy. For harmony and productivity, chi has to be free flowing and unrestricted. (Interestingly, the word ‘clutter’ comes from an Old English word which means ‘to cause to become blocked or obscured’.) Apparently, hoarding creates excessive ‘yin’ energy which interferes with the natural flow and causes imbalance. Some of the consequences of this are purported to be poor concentration, stress, resentment and a lowered immune

Practice Test E Reading B 6 G Net

Mark Steyvers



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Decoding **Practice Test E Reading B 6 G Net**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Practice Test E Reading B 6 G Net**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Practice Test E Reading B 6 G Net

1. Understanding the eBook Practice Test E Reading B 6 G Net
 - The Rise of Digital Reading Practice Test E Reading B 6 G Net
 - Advantages of eBooks Over Traditional Books
2. Identifying Practice Test E Reading B 6 G Net
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Practice Test E Reading B 6 G Net
 - User-Friendly Interface
4. Exploring eBook Recommendations from Practice Test E Reading B 6 G Net
 - Personalized Recommendations
 - Practice Test E Reading B 6 G Net User Reviews and Ratings
 - Practice Test E Reading B 6 G Net and Bestseller Lists

5. Accessing Practice Test E Reading B 6 G Net Free and Paid eBooks
 - Practice Test E Reading B 6 G Net Public Domain eBooks
 - Practice Test E Reading B 6 G Net eBook Subscription Services
 - Practice Test E Reading B 6 G Net Budget-Friendly Options
6. Navigating Practice Test E Reading B 6 G Net eBook Formats
 - ePub, PDF, MOBI, and More
 - Practice Test E Reading B 6 G Net Compatibility with Devices
 - Practice Test E Reading B 6 G Net Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Practice Test E Reading B 6 G Net
 - Highlighting and Note-Taking Practice Test E Reading B 6 G Net
 - Interactive Elements Practice Test E Reading B 6 G Net
8. Staying Engaged with Practice Test E Reading B 6 G Net
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Practice Test E Reading B 6 G Net
9. Balancing eBooks and Physical Books Practice Test E Reading B 6 G Net
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Practice Test E Reading B 6 G Net
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Practice Test E Reading B 6 G Net
 - Setting Reading Goals Practice Test E Reading B 6 G Net
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Practice Test E Reading B 6 G Net
 - Fact-Checking eBook Content of Practice Test E Reading B 6 G Net
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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