

## UNIT 2

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### Unit 2, Listening 1: Training the Brain

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**growth:** *noun* getting bigger

**slow down:** *verb* to start to go more slowly

**training:** *noun* learning and practicing new skills

### Unit 2, Listening 2: Brain Food

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**alert:** *adjective* feeling very awake; able to pay attention

**focused:** *adjective* giving all your attention to something