"Sapiens"
English Lesson

Episode #95

Full Transcript

Welcome to the premium lesson for the episode on the book *Sapiens.* I'm going to go over the vocabulary, expressions, phrasal verbs from this lesson that you might not be too familiar with. I will talk about them, use them in examples and then ask you some questions about them trying to get your brain working and help this to be more interactive.

So just listen to this, do as I say, repeat the lesson, get these words deep into your head and be relaxed about it. This shouldn't be a stressful experience.

If you are feeling stressed right now maybe you're not in the right environment, maybe you're sitting at your desk looking at the screen. That might not be the best place to do it; maybe it is. If not, if you are feeling stressed, go out for a walk or wait until you're driving in your car or at the gym. Find a time when you are inspired and motivated. It'll make this a lot easier and a lot more effective.

Anyway, first phrase here -- this is a phrasal verb "come about", to come about. To come about simply means to happen or to take place (another phrasal verb) to happen or to take place. In the lesson I use it when I say I will talk about the new vocabulary phrasal verb expressions and whatever may come about. So kind of what will appear, what will happen. When you went to the party yesterday, what came about? What happened? If you're talking about something specific. We don't separate this phrasal verb come something about or come the party about, we use it together. What came about the other day during that meeting? What happened during that meeting? And remember, the goal here isn't for you to use this phrasal verb as soon as possible; the goal is for you to understand it when you hear it (very important). Don't stress that you need to use this. Focus on comprehension.

Next one here -- in this lesson you here a few instances of numbers. And in English there are a couple of different ways to talk about numbers. Here we're talking about millions, specifically numbers in the millions. And when we're talking about millions, something that we do that makes it faster, makes it faster to say a large number we use *point*: 2.5, 2.5 million or 3.8 million would be 3,800,000, 2.5 million (2,500,000). We usually only do this when it is a rounded number. If it has a lot of numbers 2,586,300 whatever, we don't do that, but if it's just like 3.5 million, 6.8 million we say it like this. This is just to make it easier. Often when we talk about millions we don't use large numbers, we don't use very specific numbers, we use more just rounded numbers like 3.5. It's easier to say 3.5 million than 3,486,942. So when you hear that, visualize a four, five zero zero, zero zero zero which would be 4.5 million.

Next one here, hunch over. Now, first I want you to think about -- there is an older story based on a guy called The Hunchback of Notre Dame. It's a French fable or story. I don't really know the history behind it actually. It was a guy in a clock tower, he would walk around and his back would be hunched over. He would be bending down kind of at the knees and his back would be hunched, bent. Think of really old people. Sometimes you see old people walking down the street and their back is bent towards the ground and they're literally walking while looking at the ground. It's a sad sight to see, but that's hunched over. To hunch is to bend basically. To hunch over is to bend over at the knee so your back is kind of almost parallel to the ground.

Question for you, are you sitting down? If you're sitting down, are you hunched over in your chair? Are you bending forward? That's not good for your posture. So you can put your back straight, sit back, sit straight up; that would be the opposite of hunched over. Don't hunch over in your chair, it's bad for your posture. Do I sound like your mother?

Next word here, **harsh**, a harsh environment. This could usually mean severe, like, a severe, extreme environment. If you're in the middle of the desert, it's hot; that's just an extreme environment. It's difficult to deal with. Talking about in the episode how when humans got smarter they were able to deal with harsh environments and the species of

humans that weren't getting smarter died, but harsh is *extreme.*

Often if somebody says something rude or offensive to you, you can call that harsh. You hear somebody talking to somebody else "Oh, you're fat," you say, "wow, don't be so harsh, don't be so extreme." So *harsh* is usually pretty negative. It could mean cruel as well. "Don't be so cruel. Don't be so evil."

When was the last time somebody said something harsh to you?

When was the last time you were harsh with somebody? Maybe you were too harsh on an employee or a colleague. Has that happened recently? Think about it, talk about it out loud or in your head if you're embarrassed.

Last question here, next time you're about to say something harsh, maybe you're angry or full of emotions, maybe it's even in an email, maybe you're going to email somebody with some harsh words what can you do to avoid being so harsh, to avoid offending the other person, to avoid being cruel? What can you do to avoid that situation?

Another phrasal verb, **die out**. So we know it die means; to die is to end your life, to stop living is to die. When we throw the word *out* after die, we're talking usually about a species of an animal or something like that, so to die out is like extinction if it goes extinct forever. So if a species of, I don't know... insect dies out, the species totally died out, that means it's gone forever. So for whatever reasons dinosaurs died out.

Also, a candle can die out, a flame. You light a candle it has a flame, that can die out when it stops burning maybe the fuel of a lamp, the fuel of something burns up, there's no more left, so that would die out as well.

So two situations: animals go extinct, they don't make anymore offspring, they don't create anymore babies, they die out or a flame, a candle or a lamp dies out. Similar to this but different is a light bulb and a lamp like a lightbulb that most of us use for light in our house. That doesn't die out, that actually **burns out**. So a little different there. Not in the episode "burn out", but I just wanted to point this out to you, look at

all these phrasal verbs. So a lightbulb burns out.

When was the last time a light bulb burned out in your house or apartment?

What did you do about it when the light bulb burnt out?

Quickly give me an answer to this as quickly as possible, what is the first animal that comes to mind, the first species of animal that comes to your mind when I talk about a species that have died out. Think about it. What's the answer? Go!

Next word here, gather. *Hunt and gather*, you here this a lot when you talk about history, the hunters and gatherers. To gather is to collect or to come together. You ever heard of the word gathering? "We're having a gathering next weekend. We're having a gathering at my house." That would be like a little party, you have some friends coming over, you're collecting in the same location. Or a large crowd gathered in the square to protest Donald Trump. They gathered in the square to protest Donal Trump. When you're talking about food you go out in the fields and you and you gather food, you collect it, you bring it together. Probably not going to use that definition very often, but in your life you will use it to gather together. Let's gather in the meeting room in 10 minutes. Let's get together, let's collect, in the meeting room in 10 minutes. We're going to gather in the meeting room in 10 minutes, or "I'm having a gathering next weekend, would you like to come over to my gathering?"

So asking you some questions about this, what was the last gathering that you went to? What was the last social gathering that you went to?

What is the next gathering that you have planned? Do you have something planned in your future? Is there a gathering that you have planned in the future that you're going to or maybe that you're going to have?

Next one here is **to cope,** to cope with. The verb is to cope, C-O-P-E. To cope is to deal with a situation, a difficult situation, to deal with, to handle, to fix you can say or to manage. So how are you going to cope

with getting fired? You just got fired, bad situation, how are you going to cope with that? Often in my podcast I talked about different ways to cope with different emotions, different experiences, different things that happen to us in life, giving you strategies that I learned from books on how to cope with things. Maybe you can't cope with something, "I can't cope with her anymore, she's too problematic. This woman in my life she's bringing too many problems to my life. I just can't cope with her anymore. I can't deal with her anymore."

So question time for you, what is something that has been difficult recently? Something that has happened to you recently, how did you cope with it?

Or maybe you haven't coped with it yet. Maybe you have not coped with the situation yet because you haven't been able to. Do you have any plans on how you are going to cope with this? If you plan on coping with this, if you want to take care of the situation, do you have any plans on when or how you will cope with the situation?

The term here "come up with", to come up with. You've probably heard this before. This is to produce something or a solution or an idea specifically when you're pressured or challenged to do so. So you're in a meeting and everybody's brainstorming solutions to problems that you're having or a specific problem at work, you need to come up with a solution. You're trying to come up with a solution, trying to produce a solution or an idea or product to solve this problem.

You can also use *come up* in a different way if a date or some events coming up, coming soon in the future. "Oh, your birthday is coming up" or "We have that big project coming up." That means it's coming soon, it's coming into your future soon. Totally different way to use come up, but that's the tricky part of phrasal verbs; multiple meanings.

Quick questions for you, when was the last time you came up with something that you think was quite innovative or helpful? Tell me about the last time you came up with something cool.

Are you good at coming up with things? Are you creative or do you like

when other people do it for you?