

Catch Word#269 – Move mountains

AD-FREE

Episode description

Have you ever had to move mountains to achieve something? In this episode, Andrew and Suzanne teach you two useful idiomatic expressions that mean to work extra hard: to bend over backwards and to move mountains. Give this episode a listen to learn how to use these expressions!

Catch Word is the Culips vocabulary series for intermediate and advanced English language learners. With this series you will learn idioms, expressions, and phrasal verbs that will help improve your English listening and speaking skills.

Fun fact

In this episode, Andrew and Suzanne agree that moving mountains is a nearly impossible task. But hypothetically, what would happen if someone did that? It would very likely result in environmental chaos: disturbed plants and animals, drastic climate change, and natural disasters such as floods and earthquakes.

Expressions included in the study guide

- To bend over backwards
- To move mountains
- In a nutshell
- It was meant to be
- That's the spirit
- To do/work wonders



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Catch Word episode 269, Move mountains, featuring Andrew and Suzanne.

Joining me today is my cohost, Suzanne. Hello, Suzanne, how are you?

Suzanne: I'm great, Andrew. Thanks. And hello to all the listeners out there.

Andrew: You know, Suzanne, I was talking to one of my friends last week, and she was telling me about a problem that she's having at work these days. And the problem is that essentially she's overworked. She's got a lot on her plate, a lot of work to do, and just not enough time to do it, unfortunately.

Suzanne: I think a lot of us have probably been in that situation before where we feel like we have to work extra hard in order to get all of our tasks completed.

Andrew: Yeah, exactly. I know I've been in that situation before as well and it's no fun. But there is one little silver lining in this story and that is that my friend's situation is the inspiration for this episode. And so today, everyone, in this lesson Suzanne and I are going to teach you two idiomatic expressions that we can use when we're talking about having to really work hard or really put in a lot of effort in order to do something. And those two expressions are **bend over backwards** and **move mountains**.

Suzanne: Awesome. Yeah, these expressions both imply making a great effort, although they have slightly different nuances. So we'll make sure to clearly explain those differences to you here today.

Andrew: And with that being said, let's get started by talking about our first key expression, which, Suzanne, is **to bend over backwards, bend over backwards**.

Suzanne: Oh, my back is already hurting just thinking about it. No, I'm just kidding. That's not what it means, right?

Andrew: Well, in a way, that is a great way to introduce this expression because when we **bend over backwards**, I think about, at least in my mind, the image of somebody doing yoga pops into my head. And I can't do yoga, but some people who are good at yoga, and I know, Suzanne, you do yoga, so maybe you can do this, but people who know how to practice yoga can do that pose where they kind of **bend over backward**.

Suzanne: Yeah, like a backbend, right? Yeah, it's like a bridge, I think, a bridge or something like that.

Andrew: That's the expression I was looking for, a bridge. So, when people who do yoga do that, they're fine, they're OK, but for a normal person like me who can't do yoga, then that seems extremely painful and like it would be very hard to accomplish that pose. And I think maybe that is the imagery behind this expression, because **to bend over backwards**, it means to try really hard or put in an extra amount of effort in order to accomplish something or to finish a task or to meet a deadline, that kind of situation. And so if we think of somebody, you know, bending their back in a very uncomfortable and unnatural way in order to do something, that's difficult, that's hard, and that connects to the meaning of this expression.

Suzanne: That's true. And it is used quite a bit in professional contexts, right? Like doing that at work or, like you mentioned with your friend, doing that kind of amount of work or extra bit of work, going that extra mile, especially to, like, please your boss or please your colleagues.

Andrew: A common complaint I hear in my own personal professional life, and just when I'm watching movies or just talking with friends, is people say something like, "I shouldn't have **to bend over backwards** to make my boss happy." Or "I shouldn't have **to bend over backwards** to meet this deadline." Meaning that they're working too hard and it's unfair. They feel like it's unfair. So they're kind of complaining about having to work so

hard. And so especially, I think, we use this expression to talk about complaining about feeling like we're overworked and with that kind of sentence style like I shouldn't have **to bend over backwards**.

Suzanne: Yeah, it's like what I'm doing should be enough, right? I shouldn't have to always go the extra mile, always maybe, you know, be by my phone when my boss calls, or always have to stay extra hours, whatever that extra amount is to put in all that effort.

Andrew: And Suzanne, like you mentioned, we can use this in a professional context to talk about office life and our careers. But could we use it in a more casual day-to-day situation as well?

Suzanne: It totally can happen in your everyday life outside of work, like, say, your family member suddenly is surprising you and coming to stay with you for a couple weeks. And you have to kind of **bend over backwards** to, like, accommodate them and, you know, make space for them and clean up the house. It's kind of a big job when you weren't planning to do that, right? So that can definitely happen.

Andrew: Yeah, so I think, just to summarize, then, this expression **to bend over backwards** just means to put in a lot of effort and to work really hard in order to achieve a goal or finish a task. And we can use it in a career and professional type situation. And we can also use it when we're talking about tasks that we do in our daily lives. Like you mentioned, Suzanne, accommodating a guest or cleaning our house or doing daily chores and errands, all of those situations are perfect to use this expression in. And I would say that it's a pretty common expression. Would you agree, Suzanne, do you hear this somewhat regularly?

Suzanne: Absolutely, yeah, I do. And it reminds me of, not to bring in another expression, but this is a little bit more literal, like, to go out of your way, right? Like you have to go out of your way to accommodate someone or something and that's similar. But **bend over backwards** is kind of a more fun image so that you're having to stretch yourself to accommodate the circumstances.

Andrew: So now that we know what it means, why don't we listen to a couple of examples? Suzanne, and I have prepared two for you all, and we will take a listen to them right now. So let's check out that first example. Here we go.

Coworker 1: You know, I've been working late every night just to meet this project deadline. I shouldn't have to **bend over backwards** just to make management happy.

Coworker 2: I hear you. We're not machines, right?

Coworker 1: Exactly.

Coworker 2: If you need a hand with anything, just ask. I'm happy to help.

Coworker 1: That's so nice of you. I'll let you know.

Andrew: So, in the example that we just heard, two coworkers were talking about office life, and one of the coworkers was complaining about how hard he has been working lately because he has a deadline to meet. And he voiced that complaint by saying, "I shouldn't have to **bend over backwards** just to make management happy." And I think probably a lot of listeners right now know exactly this kind of feeling when you have a boss or a manager that has really high expectations and in order to meet those expectations, you have to work really hard, and you feel like you have to work too hard. You have to put in too much effort and too much energy. So, yeah, that is like we mentioned earlier, Suzanne, right? A common way to use this expression is when you are complaining about how hard you have to work at the office.

Suzanne: Exactly. And having to perform, right? That extra bit that is making you overworked, just like your friend.

Andrew: And I like that other expression that we heard in that example, we're not machines. That's another thing that people say from time to time when we're complaining about having to work really hard because, you know, a robot or a machine doesn't really get tired, they can just go and go and go and go, but humans, we're not like that. We need

to have breaks and rest in order to perform our best. So saying something like we're not machines means that we need to have some time off from time to time.

Suzanne: Yeah. We're human.

Andrew: We're human after all, exactly. Let's listen to the second example now.

Friend 1: How's the wedding planning going?

Friend 2: It's been a whirlwind. I've been **bending over backwards** to find the perfect venue, choose the flowers, and manage the guest list. It's overwhelming.

Friend 1: I can't even imagine. Is anyone helping you?

Friend 2: Oh, yeah. Thankfully my sister is visiting next week. She's staying for 2 weeks and is going to help me to do a lot of planning, I can't wait for her to get here.

Suzanne: So, this is a great example of using this expression in your everyday life, even though you may not be planning a wedding every day, but it's more in your personal life. And so we have two friends, and one of them is planning their wedding. And it's a lot, right, on that person's plate, there is a lot of tasks to take care of. And it seems that this person is expressing that they've had to work extra hard, they've had to put in extra hours, they've had **to bend over backwards** for each aspect of the wedding. So, clearly, it hasn't come easily. It's been difficult at each point of planning. So they say, it's overwhelming. And also, there's a fun expression that they say, it's been a whirlwind, right? A whirlwind, this kind of flurry of intensity, this has been thrust upon them or put into their everyday life, and they've had to do extra work in order to get all of this done. And then you hear how thankful she is that her sister is visiting so that some of that burden can be taken off her shoulders and shared so that she doesn't have **to bend over backwards** and go out of her way to complete all of these tasks for the wedding.

Andrew: Yeah, exactly. Suzanne, I don't know about you, but when I hear that expression, it's been a whirlwind, I think of it just being like a tornado blowing through in

her life, right? Just like a tornado can come and completely destroy a town, right? Like comes into the city and knocks down all of the houses and blows over all of the cars and it's just very destructive. If something is a whirlwind in our life like that, and it just really destroys our life almost, right? It takes up all of our energy and effort. And, yeah, at least for this character, planning the wedding has been a whirlwind. It's been just like an overwhelming task, which has required her **to bend over backwards**, to work really, really hard in order to do.

OK, so let's move on to our second key expression for this episode, which is very similarly related, I think they have a lot of things in common. And expression #2 is **to move mountains, to move mountains**. And, Suzanne, I think like, yeah, this is very easy to imagine this situation, right? Like, a mountain is a very heavy, heavy item. In Montreal, Suzanne, there's Mount Royal, right? And if I said, "Oh, Suzanne, could you just go and push that mountain over a few metres?" Would that be an easy task for you to do? Or a nearly impossible task for you to do?

Suzanne: It's definitely impossible. I mean, I guess nothing's impossible, I would definitely have to hire a lot of contractors and things and probably get arrested in the process, because Montreal wouldn't like that. But, yeah, it's near impossible, right, to physically move a mountain. Those are pretty stationary. And so when we think, "Wow, how did you do this?" Right? How did you accomplish this in such a short time, let's say, you know, if someone asks, "Like, oh, I had **to move mountains**." Right? It's almost like you had to do the impossible in order to accomplish this or to get through this challenge. So, yeah, it's kind of doing the impossible, or near impossible, in order to complete something and put in that effort. Yeah.

Andrew: Exactly. So of course, we're using it metaphorically here in this expression, right? We don't physically mean moving mountains. We're using it as a metaphor, comparing the amount of effort that we're putting into achieving our goal or to overcome a really difficult challenge. So, yeah, essentially, then, **in a nutshell, to move mountains**

just means to put in a lot of effort, a lot of work in order to do something. And, again, Suzanne, I think we can use this expression in our professional lives, and we can also use it in our personal lives. I think it fits perfectly in both of those contexts. Would you agree with that?

Suzanne: Absolutely. I think anytime in your personal life that you might have to put in a lot of effort to accomplish a goal or to overcome a challenge in order to accomplish a goal. An example is one of my good friends just recently completed her first half marathon. And, you know, she just started running, she didn't know what she was doing. She really like started from the baseline. And she had to overcome knee injury and an ankle injury. And she did it. She ran that half marathon, it wasn't perfect, but she did it. And that is an example of having **to move mountains** in order to make that happen and overcome the challenges in order to do it in such a short time. So, yes, it's definitely used quite a bit, I think, in our personal lives.

Andrew: That's so awesome. Congratulations to your friend. And that's funny that you mentioned that example, because the conversation examples that we're going to listen to now, when I was preparing them, I almost made one about a marathon. But I thought, I always talk about running on Culips, I'll make a different example. But then we still ended up talking about running, which is great. **It was meant to be.**

Suzanne: Just to let you know, a quick update. She is definitely very sore, but she's healing well. It was a little bit of a shock, but she made it.

Andrew: Yeah, that's amazing. And it is a great illustration of how we use this expression, right, **to move mountains**, to do something that you think is impossible, that you think will require too much effort, but then you actually do it. So that is a great illustration. And, Suzanne, speaking of those conversation examples, why don't we take a listen to the first one now.

Coworker: This project seems impossible to finish before the end of the week. I think we'll have **to move mountains** just to get everything done in time.

Team leader: Yeah, but we've faced tight deadlines before, we can do it.

Coworker: True. We've done it before, we can do it again.

Team leader: **That's the spirit.**

Andrew: So, in this example, we hear two coworkers talking and, Suzanne, I got the vibe that one of the coworkers was a rather unmotivated employee. And the other guy was perhaps the team leader or manager trying to motivate his employee a little bit. But anyways, they're talking about a project that they have to finish before the end of the week, and one of the coworkers said, "We'll have **to move mountains** to get everything finished in time." Meaning we have so much work to do in order to meet this deadline at the end of the week. And the other employee said, "Oh, it's OK, we've faced tight deadlines before." And that's a really great adjective to know, to use to describe a deadline. A tight deadline means a deadline that's coming up very, very soon or a deadline that doesn't give you very much flexibility in order to complete all of the work that you need to do before the deadline. That's what we call a tight deadline. So that guy says, "You know, we've had tight deadlines before and we were successful and we can do it again now." And the other employee was like, "Yeah, sure. OK, whatever."

Suzanne: Not too convinced.

Andrew: Not too convinced, exactly. But that's a great example of how we can use this expression **to move mountains** when talking about having to do something very, very difficult.

Suzanne: Great explanation, Andrew. And now let's listen to example #2.

Friend 1: I am super stoked about starting our CrossFit class next week. I've heard it **does wonders** for your body and fitness.

Friend 2: I don't know. I've tried exercising before, but I haven't seen any results. Just feels like I'll have **to move mountains** to see any changes to my body.

Friend 1: Well, just start where you are and with consistent effort, you'll definitely see results, trust me, and just take it one step at a time.

Friend 2: I guess you're right, it's better to start and make some progress than to not start at all, right? Let's do this.

Suzanne: So in this example, we have one friend who's really excited to start CrossFit and this new exercise routine. And the other friend is kind of seeing this as a really big challenge, right? I've tried exercising before but I've never seen any results, so they're already seeing this as a huge effort and challenge to overcome. And they say it's almost near impossible to see results. They'll have **to move mountains** to see any change in their body. I think we can all relate to that when we've tried exercising and eating right and all of those things to get healthier. It's not easy, right? So one thing that's really interesting that the other friend says is that "Just start where you are, and take one step at a time." Right? And if you think about it, that image of a mountain, in order to overcome that challenge, it does take one step at a time, right? If you're climbing a mountain, you just got to do it one step at a time.

Andrew: Well, you could think about moving the mountain one pebble at a time or one stone at a time. It's the same idea, right?

Suzanne: Yeah, exactly. Taking it one bit at a time. And that makes that challenge a little bit less daunting because, just like we said before, moving a mountain is really daunting. Unless you're like The Incredible Hulk. I mean, how do you pick up a mountain and move it? So that is a great way to look at it, right? When you have that kind of challenge, and you can't **move mountains**, you can just take it one step at a time.

Andrew: Great explanation, Suzanne, and listeners, unfortunately that will bring us to the end of our episode today. So, thank you so much for tuning in. And congratulations on completing an English study session with us. Even though I think sometimes learning English can feel like **moving mountains**, you did the right thing today, you studied English you put in the time, you put in the effort, and you moved that mountain just a little bit closer towards the goal. So great job for doing that.

Suzanne: Yes, great job. And just to summarize what we discussed today, we looked at two idiomatic expressions that are about exerting significant effort, right? The first one, **bending over backwards**, means making a substantial effort, sometimes at a personal cost, to achieve something. And the second one, **moving mountains**, is about the need to exert a huge amount of effort as if you're trying to physically move an actual mountain to overcome a difficult task or a challenge.

Andrew: If you have any questions or comments about this episode, please let us know. You can leave a comment on our website, which is Culips.com, or on our discussion forum and share your thoughts with us.

Well, that's it for us for now, but stay tuned for another brand-new Culips episode coming soon. Until then, take care and we'll talk to you soon. Bye!

Suzanne: Bye!

Andrew: That brings us to the end of this lesson. Talk to you next time. Bye!

Detailed Explanations

To bend over backwards

Idiom, informal

The first expression featured in this episode is **to bend over backwards**. As Andrew and Suzanne explain, **to bend over backwards** means to do extra work beyond what's expected of you, to go the extra mile in order to help someone or please someone. Suzanne uses one more expression, to go out of your way, which means to make a special effort to accomplish something.

When someone **bends over backwards** to do something, they put in a lot of effort and work really hard in order to achieve it. Often they have to put in too much effort and even sacrifice their own needs, which can lead to them feeling overwhelmed and resentful.

As Andrew and Suzanne point out, this expression is commonly used in professional contexts when you have to do extra work and try especially hard to get your tasks completed. It can also be used in various daily life situations, when doing extra work is necessary in order to achieve personal goals or help others.

Here are a couple more examples with **to bend over backwards**:

Simon: I can't believe our client backed out of the deal! We've **been bending over backwards** to make sure everything meets his needs.

Lisa: I know, right? It's frustrating. We've put in so much effort and invested so many resources in this project.

Simon: What a waste of time!

Helen: I'm so lucky I have such an amazing assistant. She's a lifesaver!

Scott: True. She's been **bending over backwards** to make sure things are going well in the office while you were away. She really went out of her way to handle all the workload and keep everything under control.

To move mountains

Idiom

The other expression featured in this episode is **to move mountains**. It means to work really hard in order to overcome a challenge or do something extremely difficult or seemingly impossible, just like the literal act of moving mountains.

The main difference between **to move mountains** and to bend over backwards is that **to move mountains** is used to express the idea of achieving something challenging through hard work and determination, while to bend over backwards emphasizes putting in extra effort in order to please someone else.

Just like to bend over backwards, the expression **to move mountains** is commonly used in both professional and personal contexts. For example, one might have **to move mountains** in order to get a promotion at work. Or someone might say that they'll **move mountains** to make their dream come true. When someone says they're ready **to move mountains** to achieve something, they mean that they're willing to do everything in their power to make it happen, no matter how hard it will be.

Here are a couple more examples with **to move mountains**:

Teresa: I've been trying to grow my social media presence and get more followers, but it's just so hard.

Nick: Yeah, it can be challenging.

Teresa: It seems impossible, especially with all the competition. I feel like I'll have **to move mountains** to reach at least 10,000 followers.

Nick: Keep going and you will get there. Don't lose hope!

Paul: I can't believe you managed to plan such a massive event in just 2 days! You did an excellent job.

Sasha: Thanks. It was definitely a lot of hard work. I had **to move mountains** to make it happen in such a short time!

In a nutshell

Idiom

In a nutshell is a common idiomatic expression that is used when summarizing something. When someone uses this expression, they intend to provide the essential or key points of something without going into too much detail.

When explaining the meaning of the expression to move mountains, Andrew says, “**In a nutshell**, to move mountains just means to put in a lot of effort, a lot of work in order to do something.” By using **in a nutshell**, he summarizes the key points of what the expression to move mountains means.

This expression is particularly useful in presentations and discussions, or when providing a quick summary of a concept. It helps you express the main idea in a brief and effective way, and for others to better understand the main points. For instance, someone might say, “The meeting was quite long but, **in a nutshell**, we decided to change the marketing strategy.”

However, **in a nutshell** can be used in any situation where you need to summarize the key points of something, such as when discussing a book or a movie.

Here are a couple more examples with **in a nutshell**:

Lucy: Could you tell me what you do for a living?

Jeff: I’m a data scientist.

Lucy: So what does your job involve?

Jeff: I have a lot of responsibilities but, **in a nutshell**, I use data to solve problems and provide valuable insights for business improvement.

Danny: I just finished this book and I think you might enjoy it.

Trisha: What is it about?

Danny: **In a nutshell**, it’s a mystery novel about a detective trying to solve a murder. But it’s filled with unexpected twists and turns that keep you guessing until the very end.

Trisha: Right, I’ll give it a go. Thanks!

It was meant to be

Phrase

It was meant to be is an expression we use to convey the idea that something was destined to happen. If **something was meant to be**, it means that it was bound to happen; it was inevitable. The phrase **it was meant to be** suggests that things were beyond our control; they were unavoidable and couldn't have turned out differently.

In this episode, Andrew uses this expression when discussing conversation examples that he prepared. He says that even though he wanted them to be about something other than running, they ended up talking about running anyways. By saying **it was meant to be**, he expresses the idea that it was destined to happen despite him trying to avoid it.

This expression can be used in the negative form as **it wasn't meant to be**. If **something wasn't meant to be**, it means that thing wasn't destined or intended to happen. When someone says **it wasn't meant to be**, they accept the fact that something didn't happen the way they expected, because they believe that it was beyond their control. For example, if someone didn't get a job, they might say, "Well, **it wasn't meant to be**." What they mean is that they accept the situation and believe it's ultimately for the best.

Here are a couple more examples with **it was meant to be**:

Sean: How did you meet your husband?

Stephanie: It's actually a funny story. I got on the wrong train and when I realized that, it was too late to get off. And then this guy asks me what time it is. We keep talking, and he asks for my number because he wants to see me again. So that's how we met!

Sean: Incredible! So you wouldn't have met if you had been on the right train! **It was meant to be.**

Stephanie: Totally, we were destined to meet.

Sally: I really liked that apartment. I can't believe someone else got it!

Oliver: I know you're upset, but maybe **it wasn't meant to be**. Everything happens for a reason. Our perfect place is still out there somewhere, we just need to keep looking.

That's the spirit

Phrase

That's the spirit is a phrase that is used to express encouragement and support towards someone's positive attitude in a particular situation. If someone says **that's the spirit** to you, it means that they approve of and appreciate your optimistic approach to a situation.

This phrase is often used to motivate people and encourage them to keep up the good work and positive attitude towards something difficult. For example, if someone isn't sure they can do something but they're willing to try anyways, you could say **that's the spirit** to show your support and approval of their determination and enthusiasm. Saying this is like giving them a pat on the back to lift their spirits.

In the first dialogue featuring the idiom to move mountains, one coworker says, "We've done it before, we can do it again," to which the other coworker responds, "**That's the spirit.**" In other words, he approves of and encourages the positive attitude and optimistic approach of his coworker.

Here are a couple more examples with **that's the spirit**:

Michael: I don't know if I should apply for this job. What if I'm not competent enough for it?

Jen: But what if you are? You won't know unless you try.

Michael: You're right. It looks like a great opportunity. I should try. Even if I don't get it, at least I'll know for sure.

Jen: Now **that's the spirit.** I'm sure you'll get it, just have some faith.

Mark: How did your driving test go?

Ashley: I failed it.

Mark: Oh, no! Are you OK?

Ashley: Yeah, I'm fine. I know exactly what I did wrong, I'll just try again. I'm sure I can do better next time.

Mark: **That's the spirit!**

To do/work wonders

Idiom

To do/work wonders is an idiomatic expression that means that something or someone has a really good effect on something and makes a big positive difference. If something or someone **does or works wonders**, they're really helpful or impressive, and improves things significantly.

This expression is used to talk about something that is highly beneficial and helps to achieve remarkable results, often even exceeding your expectations. For example, if you tried a toothpaste that instantly made your teeth brighter, you can say, "This toothpaste really **does wonders!**"

In the second dialogue featuring the idiom to move mountains, one friend says that CrossFit **does wonders** for your body and fitness. What she means is that CrossFit has a really positive effect on your body and helps you achieve impressive results.

Here are a couple more examples with **to do/work wonders**:

Jeremy: I've been feeling so stressed and anxious these days. There's just so much going on, pressure at work, and things at home are not so great.

Emma: I'm really sorry to hear that. You know, I've been through something similar before, and what helped me get through that period is meditation.

Jeremy: Really? I've never tried it. I'm not quite sure if I can benefit from it.

Emma: Oh, meditation **works wonders** for your mind and body. It helps to calm your thoughts and reduce stress. I used to be sceptical too, but once I gave it a try I was amazed at the positive effects it had on my life.

Tyler: Your hair looks great! Is that a new haircut?

Kate: Thank you so much. Yes. Also, I've been using this oil I bought online, and it really **does wonders!** My hair used to be dry and frizzy, and now it looks so much better.

Tyler: Would you mind sending me a picture of the bottle of oil? My wife complains about her dry hair all the time.

Kate: Sure, no problem!

Quiz

- 1. Which of the following is a good example of bending over backwards?**
 - a) stretching after work
 - b) making a mistake
 - c) working overtime to meet the deadline
 - d) not doing something you were asked to do

- 2. If someone says they had to move mountains to achieve something, it means that _____.**
 - a) it was very easy to do
 - b) they had to carry heavy things
 - c) it took a very long time
 - d) they've overcome a challenge

- 3. What expression should you use if you want to summarize the key points of something?**
 - a) in a nutshell
 - b) in an eggshell
 - c) in a seashell
 - d) in a nut

- 4. If someone says, "That's the spirit" to you, they _____.**
 - a) are criticizing you
 - b) are seeing ghosts
 - c) are supporting and encouraging you
 - d) think you're not trying hard enough

- 5. If something is highly beneficial and helps to achieve remarkable results, it _____.**
 - a) makes wonders
 - b) does wonders
 - c) moves wonders
 - d) means wonders

Writing and Discussion Questions

1. Have you ever had to bend over backwards to help someone? Talk about that experience.
2. Talk about a time when you had to move mountains to achieve something difficult.
3. What are your job responsibilities? Describe them in a nutshell.
4. Has there ever been a moment in your life when you felt like something was meant to be? Talk about that experience.
5. Talk about a product that you've used that has done wonders.

Quiz Answers

1.c 2.d 3.a 4.c 5.b

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