

Can people (1) ... change? If you (2) ... the Internet, you'll find huge numbers of websites that offer encouraging plans for personal change. The problem is that most of these sites are operated by someone who's selling something, whether it's a self-help book or a series of audio CDs (3) ... at making you the best you can be. What's more difficult to find are accurate statistics on personal change. However, there are plenty of statistics on getting rid of a habit, but they only (4) ... that a set of individuals could make that one change. Experts say that for a person to change his or her habits, many things need to line up. The person must have a (5) ... to change, and he or she must set up organised systems to (6) ... this change. Generally, it's believed that people have more success when one major change is tackled at a time. It also (7) ... if you write your plan out and (8) ... it with someone. Most professionals say that it (9) ... 21 to 30 days to make or (10) ... a habit.

Прочитайте текст. Выберите один из предложенных вариантов ответа. Заполните пропуск (7).

- 1) advises      2) recommends      3) helps      4) needs