



Mini Lectures Book ²



1. **Health & Medicine:** *COVID-19 Pandemic [04:20].*
2. **Business / Environment:** *The rise in zero waste shops [03:23].*
3. **Retail / business / environment:** *The true price of fast fashion [04:35].*
4. **Finance / technology:** *Fintech payment systems: PayPal & Stripe [04:05]*
5. **Sociology / psychology:** *Mindfulness-based Cognitive Therapy [03:48]*

Level **** [B1/B2/C1]

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Lecture content

1. Health & Medicine: COVID-19 Pandemic [04:20].

The 4-minute lecture starts with an introduction to COVID-19 and its possible origins. The lecturer provides a basic description of how COVID-19 infects the body by preventing the interferons from recognizing it is a danger. He then discusses how the virus mutates and provides two examples of a UK and South African variant. The lecture also highlights how the virus spreads and its longevity in the air and on surface. The listening test includes: [open questions](#), [table completion](#) and [summary gap fill](#).

2. Business / Environment: The rise in zero waste shops [03:23].

The 3.23-minute lecture discusses the issue with waste and explains what zero waste shops are and why people have set them up. It illustrates the benefits of zero waste shops and also explains the criticisms. It finishes with a range of questions that the lecturer proposes and attempts to answer about zero waste shops. The listening test includes: [open questions](#) & [gap fill exercises](#).

3. Retail / business / environment: The true price of fast fashion [04:35].

The 4.35-minute lecture discusses what fast fashion is and its purpose. It focuses on three serious environment impacts caused by the fast fashion industry. 1) materials 2) manufacturing 3) waste. The lecture provides examples and data to support the claims. It finishes by suggesting that we (the consumers) are the problem and we should support companies that follow a circular economic model. The listening test includes: [open questions](#), [table completion](#), [multiple choice](#) & [gap fill exercises](#).

4. Finance / technology: Fintech payment systems: PayPal & Stripe [04:05]

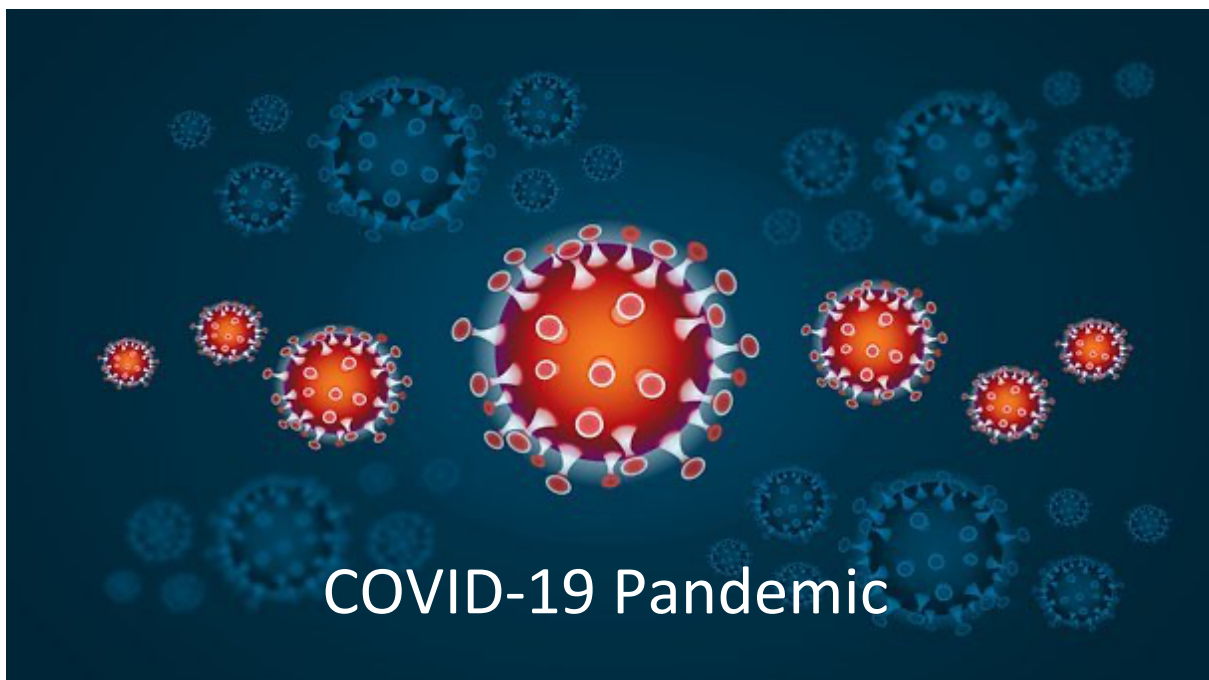
The 4-minute lecture explains what Fintech is and illustrates some the Fintech services, paying particular attention to payment systems. It compares two of the biggest payment services: PayPal and Stripe in terms of finances, users and security. It finishes with deciding which one is a better system. The listening test includes: [gap fill exercises](#), [open questions](#) and [multiple choice](#).

5. Sociology / psychology: Mindfulness-based Cognitive Therapy [03:48]

The 3.52-minute lecture starts by providing some important statistics connected to mental health: number of people affected, causes, demographics and economic costs. It then defines MBCT, mindfulness and cognitive based therapy and explains how they work. It finishes by looking at briefly at the success rates of this treatment. The listening test includes: [gap-fill exercises](#), [open questions](#) & [multiple choice](#).



COVID-19



Mini Lecture

EXAMPLE

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Lesson Plan: COVID-19 EXAMPLE

Lesson: Lecture listening

Time: 1 hour

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'COVID-19.
- What is COVID-19?
- How does COVID-19 affect the body?
- What are the main symptoms of COVID-19?

Listening: Lecture & Test Questions [30-40 minutes]

Video (04:12) Available in paid download

MP3: Available in paid download

- Give out **Listening: mini lecture worksheet**.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2

- Students listen & take notes (*use paper or the PPT slides*)
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Post lecture extra ideas

- Write a 100-word summary of the lecture.
- Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
- Research the COVID-19 vaccines (presentation or seminar).
- Research the positives and negatives that COVID-19 has had on a country (presentation or seminar).

Listening: Mini Lecture Worksheet

Task 1: Key vocabulary

Check these words before listening:

Pandemic. infections. strains. devastating. unprecedented. coronavirus. to deceive. body cells. to detect. immune system. to switch off. a warning system. symptoms. to reproduce. mutations. variants. contagious. aerosols. to assume. precautions. lockdowns. strains. virus. resilient. innovative. ingenious.

Task 2: Lecture Listening

Listen to the lecture on the COVID-19 Pandemic and fill in the information below.



2.1 COVID-19

i) When and _____ identified?

i) Where?	
ii) When?	

___ / 2

ii) The science of COVID-19

i)	How is _____	coronaviruses?

___ / 2

2.2 Mutations

i) Explain how COVID-19 mutates.

___ / 1

ii) What are the mutations called?

_____ mutation	
South African mutation	
_____ a key mutation	

___ / 3

2.3 COVID-19 spread (Fill in gaps with 1-3 suitable words).

_____ to person through i) _____ which are infectious viral particles that can float the air for up to ii) _____ hours. _____ from _____ . COVID-19 can survive on hard surfaces from between iii) _____ days and on _____ iv) _____ hours. ___ / 4

2.4 Author's opinion: Does the lecture think we can control this virus? why?



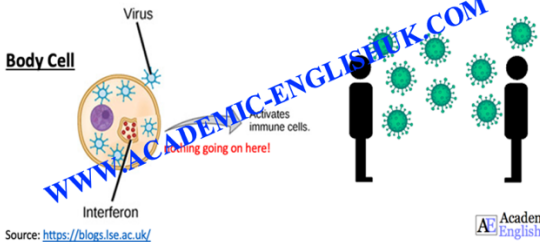


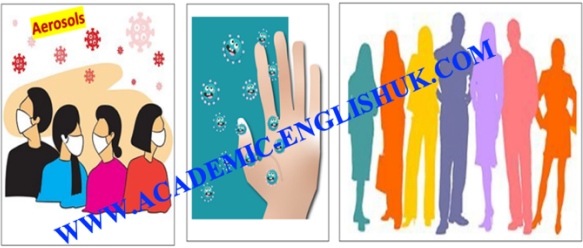
YES	NO

___ / 2

Total Score ___ / 14

PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<h3>COVID-19</h3>   <p>Academic English UK</p>	
<h3>What is COVID-19?</h3> <p>Novel Coronavirus > new type > unknown</p>  <p>Source: https://blogs.lse.ac.uk/</p> <p>Academic English UK</p>	
<h3>Mutations</h3>  <h3>Variants</h3>  <p>Source: https://www.promocell.com</p> <p>Academic English UK</p>	
<h3>COVID-19 spread and future</h3>  <p>Academic English UK</p>	

Listening ANSWERS

2.1 COVID-19

i) When and where was COVID-19 first officially identified?

i) Where?	Wuhan, China
ii) When?	16 January 2019

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

COVID-19 virus pandemic lecture transcript

(C. Watts 2021)

Hello and welcome to this lecture today on the COVID-19 virus pandemic. Since the virus was first officially identified on the 16 January 2019 in Wuhan, China, the number of COVID-19 cases has risen sharply worldwide, and hundreds of thousands of new infections are being reported every day. The virus is still ever present in almost every part of the world and mutating and creating other strains

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Zero Waste



Mini Lecture

EXAMPLE

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Lesson Plan: The Zero Waste Movement **EXAMPLE**

Lesson: Lecture listening

Time: 1 hour

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'The Zero Waste Movement'.
- What does zero waste mean?
- Do you throw away a lot of rubbish?
- Do you ever think carefully about the products you buy in terms of packaging?

Listening: Lecture & Test Questions [30-40 minutes + feedback]

Video (03:23): Available in paid download

MP3: Available in paid download

- Give out **Listening: mini lecture worksheet**.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2 (harder)

- Students listen & take notes (*use paper or the PPT slides*)
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Post lecture extra ideas

- Write a 100-word summary of the lecture.
- Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
- Research other ways to reduce waste (presentation or seminar).
- Research the positives and negatives for a society going zero waste (presentation or seminar).

Listening: Mini Lecture Worksheet

1: Key vocabulary

Check these words and phrases before listening:

zero waste. sustainability. toxins. landfills. consumers. single-use packaging. buy in bulk. Processed food. obesity. criticisms. to be mined. accessibility. disposable income. mainstream. privilege.

2. Lecture Listening

Listen to the lecture on zero waste shops and answer the following questions:



2.1. Introduction

i.	What is _____ shops?	
ii.	Name two _____ with?	A. _____ B. _____

___ / 3

2.2. What is a zero waste shop? Complete the gaps. The first letter is given to you.

They all share a _____ i. c_____ to shop knowing that their ii. i_____ on the environment is iii. m_____. _____ the _____ iv. r_____ containers to v. p_____ items.

___ / 5

2.3. Name three _____ shops.

i.	
ii.	
iii.	

___ / 3

2.4. Name two _____ waste shops.

i.	
ii.	

___ / 2

2.5. Why does the lecturer believe _____ future?

i.	
----	--

___ / 1

2.6. What does the lecturer _____ be zero waste?

i.	
----	--

___ / 1

2.7. Complete the gaps in the following information about the lecturer's stance:

"What we need is a i. c_____ change where _____ about what we ii. c_____ afford _____ we choose iii. n_____ to buy"

___ / 3

Total Score ___ / 18

PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<h3>Zero waste shops</h3>  <p>Sustainability</p>   <p><small>AE Academic English UK</small></p>	
<h3>Benefits of zero waste shops</h3>  <p>Single use plastic packaging</p>  <p>Bring your own containers</p> <p><small>AE Academic English UK</small></p>	
<h3>Criticisms of zero waste shops</h3>   <p><small>AE Academic English UK</small></p>	
<h3>The future</h3>    <p><small>AE Academic English UK</small></p>	

Listening ANSWERS

2.1 Introduction

i.	What is driving the rise in zero waste shops?	<i>Consumers' attention to sustainability.</i>
ii.	Name two things are people concerned with?	<i>Plastic in the oceans. Pollution in water, air and soil. Toxins from landfill. [Any of these]</i>

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

The rise in zero waste shops lecture transcript

(C. Watts 2021)

Hello and welcome to this short lecture on zero waste shops. A quiet revolution is taking place around the world, and it is being driven by consumers' growing attention to sustainability issues. Concerned by the quantity of plastic in the oceans, pollution in the water, air and soil and toxins from landfills, individuals are driving the change towards a zero waste lifestyle....

THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION...



Fast Fashion



Mini Lecture

EXAMPLE

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Lesson Plan: Fast Fashion **EXAMPLE**

Lesson: lecture listening

Time: 1 hour

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'Fast Fashion'.
- What does fast fashion mean?
- Do you buy a lot of new clothes?
- Do you ever think carefully about how these clothes are made?

Listening: Lecture & Test Questions [30-40 minutes + feedback]

Video (04:35): Available in paid download

MP3: Available in paid download

- Give out **Listening: mini lecture worksheet**.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2 (harder)

- Students listen & take notes (*use paper or the PPT slides*)
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Post lecture extra ideas

- Write a 100-word summary of the lecture.
- Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
- Research the other detrimental effects of fast fashion (presentation or seminar).
- Research the positives and negatives of clothes made using a circular economy approach (presentation or seminar).

Listening: Mini Lecture Worksheet

1: Key vocabulary

Check these words and phrases before listening:

_____ impacted.	chic.	_____ discarded.	_____ polyester.	_____
oil products.	_____ natural fibre.	_____ toxic emissions.	_____ spin.	_____
_____ fossil fuels.	fabric,	_____ carbon footprint.	_____ landfill.	circular _____

2. Lecture Listening

Listen to the lecture on 'the true price of fast fashion' and answer the following questions:



2.1 Introduction – provide 3 adjectives to describe fast fashion.

i.	ii.	iii.
----	-----	------

___ / 3

2.2 What is the _____ fashion?

___ / 1

2.3. Fast fashion materials: What do _____ what is the problem?

Numbers	Connection	Problem
63%		

___ / 4

2.4 Multiple choice: Answer these questions fast fashion. Select one answer only per question.

i.	The manufacturing of fast fashion produces a huge amount CO2 mainly from...	A. _____
		B. Transportation
		C. _____
ii.	Fast fashion _____ has a carbon footprint...	A. Higher than flights and shipping combined
		B. _____
		C. Similar to flights and shipping combined
iii.	_____ clothing were made in...	A. _____
		B. 2014 than in 2004
		C. _____
iv.	The clothes _____ because...	A. They are sent to landfill
		B. _____
		C. They are mixed materials types

___ / 4

2.5. Complete the gaps about the lecturer's stance. First letter is given.











"I think now is the time that I _____ we need to be _____
 _____ start S _____ companies who
 _____ the C _____ economy.

___ / 3

Total Score ___ / 15

PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<h3>Fast Fashion</h3>  <p>ZARA H&M</p> <ul style="list-style-type: none"> > buy > throw away > buy newer > perfect WRONG 	
<h3>Environment: Materials</h3> <ul style="list-style-type: none"> • Sandin & Peters (2018) • Polyester & synthetic materials • Oil products  <ul style="list-style-type: none"> • Cotton = natural fibre • T-shirt = 2,700 litres  	
<h3>Environment: Manufacturing</h3> <ul style="list-style-type: none"> • Machinery = spin, weave & create the fabric <p>Grown</p>  <ul style="list-style-type: none"> • Greenpeace (2020) Global Emissions 	
<h3>Environment: Waste</h3> <ul style="list-style-type: none"> • More clothes than ever before • 100 billion garments in 2014 <p>Thrown away > donated > recycled = never worn</p> <p>Developing countries > never used or landfill</p> <ul style="list-style-type: none"> • What can we do?   	

Listening **ANSWERS**

2.1 Introduction – provide 3 adjectives to describe fast fashion.

cheap, chic, inexpensive, fashionable, not high-quality materials. (any of these)

___ / 3

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

The True Price of Fast Fashion

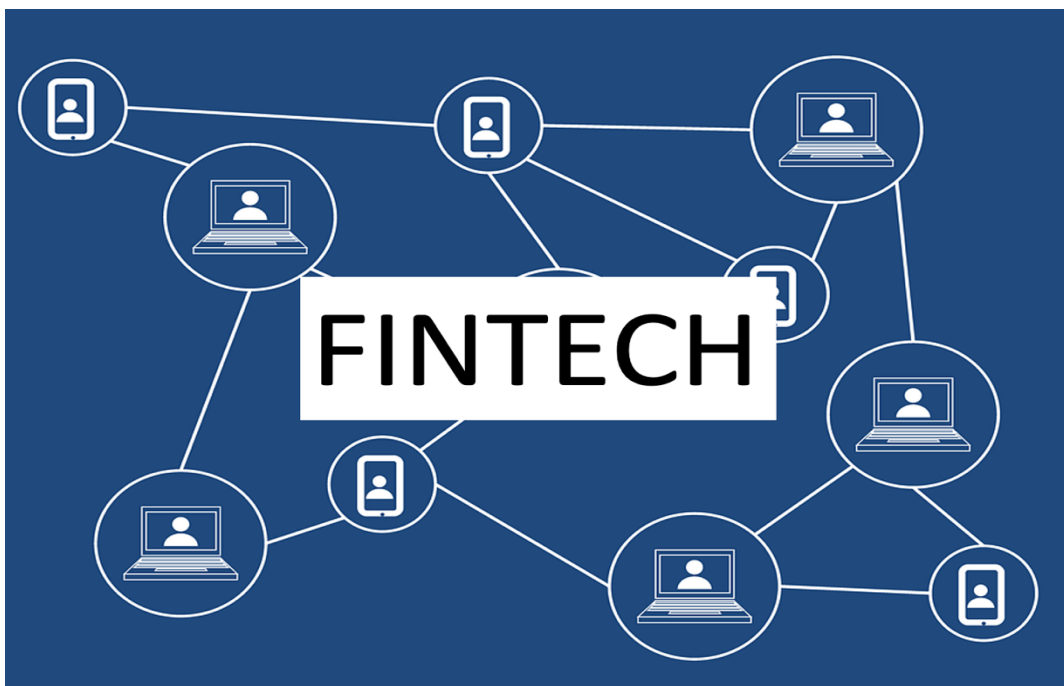
(S. Williams 2021)

Hello. In today's lecture we'll be talking about the global phenomenon of fast fashion, and how it has impacted our planet. So, first of all, what is fast fashion? It's a term used to describe the cheap, chic clothes available in big clothing stores like Zara and H&M. These clothes are inexpensive and fashionable, but not made of very high-quality materials.

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Fintech



Mini Lecture

EXAMPLE

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Lesson Plan: Fintech EXAMPLE

Lesson: Lecture listening

Time: 1 hour

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'Fintech'.
- What does FinTech mean?
- Do you know of any Fintech services? Which ones?

Listening: Lecture & Test Questions [30-40 minutes + feedback]

Video (04:05): Available in paid download

MP3: Available in paid download

- Give out **Listening: mini lecture worksheet**.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2 (harder)

- Students listen & take notes (use paper or the PPT slides)
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Post lecture extra ideas

- Write a 100-word summary of the lecture.
- Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
- Research other areas of fintech (presentation or seminar).
- Research the positives and negatives of fintech (presentation or seminar).

Listening: Mini Lecture Worksheet

Task 1: Key vocabulary

Check these words and phrases before listening:

advancements. _____ . widen. virtual. transactions. _____ currencies. encryption. peer-to-peer lending. merchants. _____ fraud. legitimate. differentiate. _____ . infrastructure. decrypting. _____ . fraudulent. features.

Task 2: Lecture Listening

Listen to the lecture on Fintech and answer the following questions:



2.1 Gap Fill

i) What is Fintech? Complete the gaps. The first letter is already given.

Fintech is the application of new T _____ in the finance F _____

___ / 2

2.2 Name one of the three main Fintech activities.

___ / 1

2.3 Open Questions

Answer these questions about PayPal?

i.	When was PayPal founded?	
ii.	_____	
iii.	How many countries is it available in?	
iv.	_____	
v.	How long can PayPal hold payments for?	

___ / 5

2.4 Multiple choice

Answer these questions about Stripe. Select one answer only per question.

i.	Stripe's revenue was...	A. 415 million in 2019
		B. _____
		C. 450 million 2009
ii.	US _____ for...	A. _____
		B. 88% of all transactions
		C. _____
iii.	_____ decrypting and transmitting card numbers runs in..	A. The same hosting environment
		B. _____
		C. The same and separate hosting environments
iv.	Radar protects users against...	A. Frozen accounts
		B. _____
		C. Fraud

___ / 4

2.4 Gap Fill

i) Which one does the lecturer say is better? Complete the gaps.











_____ is a little _____ so many additional features, but _____ which have in-house developers, _____ has _____.

___ / 2

Total Score ___ / 14

PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<p style="text-align: center;">Fintech</p> <ul style="list-style-type: none">• 'A portmanteau of finance and technology'...• <i>Technology: reduce costs, simplify processes and widen the market.</i>• <i>Fintech financial activities.</i>• <i>Payment systems.</i> <div style="display: flex; justify-content: center; align-items: center;"></div>	
<p style="text-align: center;">PayPal</p>  <ul style="list-style-type: none">• Founded• Revenue• Countries• Currencies• Features• Criticisms 	
<p style="text-align: center;">Stripe</p>  <ul style="list-style-type: none">• Founded• Revenue• Countries• Currencies• Features• Criticisms 	
<p style="text-align: center;">Conclusion</p> <p><i>Which is better?</i></p> <div style="display: flex; justify-content: center; align-items: center;"></div>	

Listening ANSWERS

2.1 Gap Fill

i) What is Fintech? Complete the gaps. The first letter is already given.

Fintech is the application of new *technological* advancements to products and services in the *finance* industry.

___ / 2

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

FINTECH: Payment systems

(C. Watts 2021)

Hello and welcome to this short lecture on Fintech. A portmanteau of finance and technology, Fintech is the application of new technological advancements to products and services in the finance industry. Each financial sector uses technology to reduce costs, simplify processes and widen the market for their services, and the internet is used as a virtual storefront. Fintech describes a variety....

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Mental Health



Mini Lecture

EXAMPLE

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Lesson Plan: Mental Health **EXAMPLE**

Lesson: Lecture listening

Time: 1 hour

Level: *****[B1/ B2/C1].

Lesson Aim:

To focus on one key topic and develop a range of key academic skills based on this topic.

Introduction [5 minutes]

- Introduce the topic 'Mental Health'.
- Can you explain what mental health means?
- How do people in your country respond to mental health issues?

Listening: Lecture & Test Questions [30-40 minutes]

Video (03:48): Available in paid download

MP3: Available in paid download

- Give out **Listening: mini lecture worksheet**.
- Students check key vocabulary.

Option 1

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.

Option 2

- Students listen & take notes (*use paper or the PPT slides*)
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

Post lecture extra ideas

- Write a 100-word summary of the lecture.
- Apply critical thinking strategies to the lecture. Use this critical thinking question document: <https://www.academic-englishuk.com/wp-content/uploads/2020/03/Critical-Questions-a-linear-model-AEUK.pdf> (writing, presentation or seminar).
- Research other types of therapy for mental health disorders (presentation or seminar).
- Research in depth what are the main causes of depression (presentation or seminar).

Listening: Mini Lecture Worksheet

Task 1: Key vocabulary

Check these words and phrases before listening:

treatment. disorder. mental health. genetic. biological. psychological. anxiety. depression. socioeconomic status. susceptible. Buddhist. meditation. aware. therapy. derived. influence. psychotherapy. dysfunctional. therapeutic. adjustments. enhance. recurring. favourable.

Task 2: Lecture Listening

Listen to the lecture on Mindfulness-based Cognitive Therapy [MBCT] and answer the following questions:



2.1 Open Questions

i.	How many people have mental disorders per year in England?	
ii.	Name _____.	1. 2.
iii.	How many people in Britain suffer from anxiety or depression?	
iv.	Name _____?	1. 2.
v.	How _____ mental health issues?	

___ / 7

2.2 Multiple choice

Choose one answer only for each question.

i.	Mindfulness is a combination of...	ancient wisdom and 21 st century science.
		_____.
ii.	Mindfulness _____ of our...	ancient wisdom and 20 th century science.
		_____ thoughts, feelings and meditation.
iii.	CBT is a type of...	sociology.
		_____ psychology.
iv.	CBT was developed in the...	1950s.
		_____ 1970s.
v.	MBCT _____ ...	_____ mediation and quality of life strategies.
		_____ quality of life strategies and thinking patterns.

___ / 5

2.3 Gap Fill

i) How does MBCT help people with recurring depression? Complete the gaps. The first letter is already given.





MBCT has shown to be b_____ as _____
f_____ at the first sign of depression.

___ / 2

Total Score ___ / 14

PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<h3>Mental Health</h3>  <ul style="list-style-type: none"> • MBCT: Mindfulness-Based Cognitive Therapy. • Second largest health burden. • Anxiety and depression. • All ages, genders, cultures and socioeconomic status. • Cost: billions per year. • Health care & social services. <p style="text-align: right;"><small>AE Academic English UK</small></p>	
<h3>M.B.C.T</h3> <ul style="list-style-type: none"> • Mindfulness-Based Cognitive Therapy. • Buddhist traditions. • Jon Kabat-Zinn (University of Massachusetts). • <i>Free themselves from their own negative patterns of behaviour.</i>  <p style="text-align: right;"><small>AE Academic English UK</small></p>	
<h3>C.B.T</h3> <ul style="list-style-type: none"> • Cognitive Behavioural Therapy. • Dr Aaron T Beck (University of Pennsylvania). • <i>Our thoughts influence our feelings which influence our behaviour.</i> <p>MBCT</p> <ul style="list-style-type: none"> • <i>Mindfulness techniques of meditation, breathing & stretching exercises with CBT.</i>  <p style="text-align: right;"><small>AE Academic English UK</small></p>	
<h3>Conclusion</h3> <p>So does it work?</p> <p>Research (MHFA, 2020)</p>  <ul style="list-style-type: none"> • Anxiety & depression. • Recurring depression. • Individuals learn to manage themselves. <p style="text-align: right;"><small>AE Academic English UK</small></p>	

Listening ANSWERS

2.1 Open Questions

i.	How many people have mental disorders per year in England?	1 in 4
ii.	Name 2 of the 4 factors that cause mental health.	1. Genetic 2. Biological ...

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

MBCT Lecture Transcript

(C. Watts, 2021)

Hello, I'd like to talk to you today about one of the leading treatments for mental health disorders, MBCT, i.e.. We shall look at exactly what this is a little later in this lecture, as I'd like to start with some important statistics connected to mental health. Mental health is the second largest health burden in...

THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION...