



mairovergara

# **AULA 08**

# **Connected Speech**

DOMINANDO A PRONÚNCIA DO INGLÊS  
**CONNECTED SPEECH**  
COM PAULO LÖEBLEIN

# Connected Speech

AULA 08 | COM PAULO LÖEBLEIN

## TEXTO COMPLETO

### Try Something New for 30 days - Parte 4

So here's one last thing I'd like to mention. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to stick. When I gave up sugar for thirty days, day thirty one looked like this. So here's my question to you: What are you waiting for? I guarantee you the next thirty days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot! For the next thirty days. Thanks.

## TEXTO DETALHADO

**So here's one last thing I'd like to mention.**

[səʊ hɪəz wʌnlæstɪŋ aɪdlaɪktəmenʃn]

**I learned that when I made small, sustainable changes,**

[aɪlɜːrnt ðæt wenaimaɪd smɔːl səsteɪnəbl tʃeɪndʒɪz]

**things I could keep doing, they were more likely to stick.**

[θɪŋz aɪkʊdkiːpduːɪŋ ðeɪwərmɔːr laɪklɪtəstɪk]

**There's nothing wrong with big, crazy challenges.**

[ðerzʌθɪŋwɔːŋ wɪθ bɪg kreɪzi tʃælɪndʒɪz]

**In fact, they're a ton of fun.**

[ɪnfækt ðəreɪtʌnəvʌn]

**But they're less likely to stick.**

[bʌt ðærles laɪkli'tɛstɪk]

**When I gave up sugar for thirty days, day thirty one looked like this.**

[wen aɪgeɪvʌpʃʊgər fərθɜːrtideɪz deɪ θɜːrtiwaʊn lʊkdlaɪkðɪs]

**So here's my question to you: What are you waiting for?**

[səʊ hɪəzmaɪkwɛstʃən tuː wʌtɑːrjuːweɪtɪŋfɔːr]

**I guarantee you the next thirty days are going to pass whether you like it or not,**

[aɪgærəntiːjuː ðənekstθɜːrtideɪz ɑːrgənəpæs weðərjuːlaɪkɪtɔːrɒt]

**so why not think about something you have always wanted to try**

[səʊ waɪnə θɪŋkəbaʊt sʌmθɪŋ juːəvɔːlweɪz wɑːnɪd tətraɪ]

**and give it a shot!**

[əŋɡɪvɪtə ʃɑːt]

**For the next thirty days. Thanks.**

[fərðənekst θɜːrtideɪz θæŋks]