



### HABIT and CUSTOM

Don't say: Telling lies is a very bad custom.

Say: Telling lies is a very bad **habit**.

Don't say: The Japanese have some strange habits.

Say: The Japanese have some strange **customs**.

! A **habit** belongs to the individual, but a **custom** belongs to a society.

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### SECRET TO A GREAT HANDSHAKE



**1. Start with eye contact and a smile** - a great handshake is about connecting with the other person.

**2. Go for the thumb** - keep your hand open and make sure your handshake will be a hand shake, not a finger or palm shake.

**3. Firm but not strong** - always make your grip firm, but make adjustments based on the firmness of the other person's grip.

**4. Up and down, not back and forth** - a good handshake has a nice up and down motion, not a back and forth one.

**5. Adjust duration to the situation** - an average handshake lasts about 2 seconds

**6. Close with eye contact and a smile** - if the smile and eye contact hasn't continued throughout the handshake, finish it off that way.

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### VOCABULARY BUILDING



**custom practice** - zvyklost

**business custom** - obchodní zvyklosti

**by custom** - na základě; podle zvyku

**grow into a custom** - vejít v obyčej

**local custom** - místní zvyklost

**bad habit** - zlozvyk

**be in the habit** of doing - dělávat

**as is his habit** - jak má ve zvyku

**force of habit** - síla zvyku

**get into a habit** - navyknout si

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### QUIZ:

Use **habit** or **custom** in these sentences.



1. You should get into the \_\_\_\_\_ of exercising every morning.
2. It's the \_\_\_\_\_ of many Indian people to pray for rain.
3. She has a bad \_\_\_\_\_ of smoking in bed.
4. The \_\_\_\_\_ of showing hospitality to strangers is ancient.
5. Smoking isn't a good \_\_\_\_\_, is it?

KEY: 1. habit, 2. custom, 3. habit, 4. custom, 5. habit

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