



ANGIELSKI
BEZ WYMÓWEK



i TALK

czyli rozmowy (nie)kontrolowane

POZIOM
B2 / B2+

KAMIL SZOSTAK



Angielski Bez wymówek

i Talk - czyli rozmowy *(nie)*kontrolowane

Poziom: B2/B2+

Autor:

Kamil Szostak

Skład i opracowanie:

Kamil Szostak

Wykonano w Canva Pro

Projekt okładki i wykonanie:

Marek Bodnar / lacedo.pl

Prawa autorskie:

Wszelkie prawa zastrzeżone. Rozpowszechnianie i kopiowanie całości lub części niniejszej publikacji jest zabronione bez pisemnej zgody autora. Zabrania się jej publicznego udostępniania w internecie oraz odsprzedaży.

LUBLIN 2025

Copyright © by Kamil Szostak Angielski Bez wymówek

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

Drogi czytelniku

Masz już za sobą godziny nauki angielskiego, opanowałeś (mniej więcej) czasy, słownictwo też nie najgorsze, potrafisz zamówić kawę, zapytać o drogę, a nawet opowiedzieć, co robiłeś wczoraj. No właśnie - wczoraj. A co z rozmowami o tym, co ważne dziś?

iTalk - czyli rozmowy (nie)kontrolowane to książka dla dorosłych, którzy chcą pójść o krok dalej. A nawet dwa. Nie znajdziesz tu nudnych dialogów o pogodzie (chyba że pogoda stanie się punktem wyjścia do rozmowy o zmianach klimatu, osobistej odpowiedzialności i planach na przyszłość – wtedy jak najbardziej!).

To pozycja dla tych, którzy chcą rozmawiać - naprawdę rozmawiać - po angielsku: z sensem, z zaangażowaniem i bez stresu, że popełnią błąd. Bo błędy będą. I dobrze! To znaczy, że się uczysz. A my tu nie uczymy po to, żeby zdać test, tylko po to, żeby żyć w języku angielskim.

W środku znajdziesz:

- tematy, które prowokują do myślenia, czasem do śmiechu, a czasem do... lekkiej egzystencjalnej zadumy,
- słownictwo na poziomie B2/B2+, podane w kontekście, który ma sens (czyli nie wyciągnięte z kapelusza),
- pytania i zadania, które ułatwiają rozpoczęcie i rozwinięcie konwersacji, nawet jeśli czujesz, że "jeszcze nie jesteś gotowy",
- refleksje, które zostają w głowie dłużej niż do końca rozdziału.

To nie jest zwykła książka do nauki języka. To pretekst do mówienia. I to takiego, które prowadzi do lepszego poznania siebie i innych. Może zabrzmiało górnolotnie - ale serio, kto powiedział, że lekcja angielskiego nie może być małą terapią (językową)?

Gotowy na rozmowy, które wymykają się schematom?

To świetnie, bo *iTalk* nie trzyma się sztywnych reguł. Tu chodzi o Ciebie, Twój głos i Twoją historię - opowiedzianą po angielsku.

Let's talk. No pressure - just *iTalk*.

www.bez-wymowek.pl



Angielski Bez wymówek

CONTENT

czyli o czym będziesz rozmawiać

1. **Mental Fatigue** - Tired after doing nothing: *Od czego tak naprawdę odpoczywam?*
2. **Setting Boundries** - The art of saying 'no': *Kiedy i jak powiedzieć 'nie'.*
3. **Vicious Circle** - You are just like your mother: *Zachowujesz się jak twoja matka!*
4. **Unbusy** - Sorry, I'm busy: *Jestem zajęty - a może tylko udaję?*
5. **Moral Credit** - When good cancel bad: *Jak naprawić stare błędy?*
6. **Silence** - Speak out: *Cisza czasem mówi więcej.*
7. **Others' Feelings** - Empathy and emotional responsibility: *Czy jestem odpowiedzialny za czyjeś uczucia?*
8. **Ticking Clock** - I know when to die: *W obliczu śmierci.*
9. **True Version** - Masks we wear: *Maski życia codziennego. Kim tak naprawdę jestem?*
10. **After Thirties** - A new kind of friendship: *Przyjaźnie po 30+*
11. **Independence** - Fear behind 'I need you': *Potrzebuję pomocy - tak trudno powiedzieć.*
12. **Mirror Mirror** - When the reflection tells lies: *Brak akceptacji własnego ciała.*
13. **Tattoos** - Stories written on skin: *Co o nas mówią tatuaże?*
14. **Wrong Body** - The language of identity and gender: *Urodziłem się w złym ciele.*
15. **Have Faith** - Spiritual but not religious: *Duchowość w XXI wieku.*
16. **New Family** - Regardless of blood: *Rodzina z krwi czy z wyboru?*
17. **Married** - But not in love: *Małżeństwa bez miłości.*
18. **Second Act** - Never too late to begin again: *Moje drugie życie po 60+.*
19. **Broken Green** - The hidden cost of being eco-friendly: *Drogie eko.*
20. **Talk or Scroll** - Can we still talk to each other: *Czy rozmawiasz z ludźmi "na żywo"?*
21. **Childfree** - Who will take care of you: *Życie bez dzieci - nowy trend?*
22. **Being Different** - Am I the only one who feels this way: *Chyba tu nie pasuję?*
23. **Moving Back** - A new definition of adulthood: *Wracam do domu ojca.*
24. **Human Product** - The power of data: *Sprzedajemy się - ile jesteś wart?*
25. **Golden Cage** - The hidden costs of comfort: *Życie na wypasie - ale w klatce.*
26. **Body's Biography** - The stories written on our skin: *Blizny, rozstępy, znamiona - nasze historie.*
27. **Dream Job** - Love what you do: *Czy napewno kocham to, co robię?*
28. **Impression** - Look where i've been: *Zdjęcie z podróży - nowy status społeczny.*
29. **Retail Therapy** - Emotional spending: *Wkurzyłem się - idę sobie kupić nową koszulkę.*
30. **Cheer or Fear** - The dark side of being a sports fan: *Fan czy już fan(atyk).*
31. **Invisible Bills** - The silent budget killer: *Gdzie są moje pieniądze!*
32. **Prevent** - Care before it goes wrong: *Czy dbasz o siebie wystarczająco dobrze.*
33. **Andro-meno** - Pause: *Nie ma się czego bać! - to naturalne.*
34. **Before Me** - I wish you would die...: *Historie rodzin, które opiekują się dziećmi z niepełnosprawnościami.*
35. **Flexible Brain** - Still ready to learn: *Wiek to nie przeszkoda w nauce.*



HUMANPRODUCT

THE POWER OF DATA

Imagine walking into a store where everything is free - coffee, clothes, even electronics. It sounds like a dream, right? But there's a catch. Instead of paying with money, you must hand over something much more personal: your private information. This is not a scene from a science fiction film; it is the reality of our digital world. Every time you browse a website, click on an ad, or like a post, you are giving away something valuable - your data. And companies are eager to collect, analyze, and profit from it. In today's economy, you are not just the customer - you are the product.

Many of us use services like Google, Facebook, or TikTok without spending a single euro. These platforms appear to be free, but they earn billions in revenue. How is that possible? The answer lies in targeted advertising. By collecting information such as your age, interests, location, shopping habits, or even sleep patterns, companies build detailed profiles of who you are. These profiles are then sold or used to show you personalized ads. The more accurate the profile, the more valuable you become to advertisers.

Recent studies suggest that an average social media user can be tracked in hundreds of different ways. Every click, scroll, or pause reveals something about your preferences. Even your silence - what you don't interact with - can be used to make predictions about you. These insights are then used to influence your behaviour, from what you buy to how you vote.

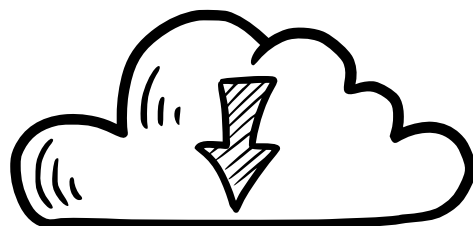
It's true that data collection can bring certain benefits. Recommendations on Netflix, route suggestions on Google Maps, or discounts based on your shopping history can make life easier. Some people argue that if they have nothing to hide, there's nothing to worry about. But is it really that simple? The problem lies not just in what companies know about us, but how they use this knowledge. Algorithms powered by artificial intelligence can manipulate what we see and how we think. In some cases, users are shown only the information that confirms their beliefs, which can lead to misinformation or even social division.

There are also cases where data leaks have exposed private information to criminals or strangers. Once your data is out, it's almost impossible to get it back.

Moreover, people rarely read the long, complex "terms and conditions" they agree to. As a result, they may unknowingly give permission for companies to track their behavior across multiple devices or sell their data to third parties. In short, we are giving away more than we realize, often without informed consent.

In today's world, data is power. The companies that collect and control the most data have an enormous influence over the economy, politics, and even our daily choices. But while they profit, we rarely see the benefits. This raises an important ethical question: Should people be paid for their data? Some experts argue that users should have more control over their digital identity. They believe in creating laws that protect individuals' privacy and require companies to be more transparent. Others think we should move toward a model where people can choose to sell their data directly or opt out entirely. These ideas are already being discussed in many countries, especially in the EU, where privacy laws like GDPR (General Data Protection Regulation) are starting to make a difference.

The truth is, most of us never agreed to become digital products. But as technology becomes more deeply embedded in our lives, the line between user and resource continues to blur. It's time we start asking difficult questions: Who owns our data? Who benefits from it? And what rights should we have in this new digital economy? After all, if data is the new currency, shouldn't we have a say in how it's spent?



HUMANPRODUCT

Exercise 1 Discuss.

1. Do you agree with the idea that users are “the product” when using free online services?
2. Should companies be allowed to collect data in exchange for free access to their platforms?
3. How does this article relate to your personal experience online?
4. Would you pay for social media or search engines if it meant protecting your data?
5. What are the risks of companies knowing too much about individuals?
6. Could personal data ever become a form of salary or compensation?
7. Have you ever read the “terms and conditions” before accepting them?
8. In what ways can online privacy be compared to real-world privacy?
9. How would your online behavior change if you knew exactly what data was being collected?
10. Should schools or workplaces educate people more about digital privacy?
11. Should people be able to sell their own data instead of giving it away for free?
12. What do you think the future of digital privacy will look like in 10 years?

Exercise 2 Match words with correct definition.

- | | |
|------------------|---|
| 1. surveillance | A. a person or company that promotes products or services to the public |
| 2. consent | B. permission for something to happen, especially after understanding the risks |
| 3. leak | C. to secretly watch someone’s actions or behaviour over time |
| 4. algorithm | D. information about someone that gives a picture of their habits, interests, and background |
| 5. manipulate | E. to influence someone’s thinking or actions in a dishonest or unfair way |
| 6. privacy | F. a system used by computers to make decisions or solve problems |
| 7. track | G. something designed for one specific person, based on their needs or interests |
| 8. advertiser | H. the right to keep personal life and information free from public access |
| 9. profile | I. a situation when secret or sensitive information is revealed accidentally or illegally |
| 10. personalized | J. to follow or record a person’s actions or location |

1 _

2 _

3 _

4 _

5 _

6 _

7 _

8 _

9 _

10 _

HUMANPRODUCT

Exercise 3 Complete the sentences with the correct word or phrase.

1. Spotify creates _____ (*spersonalizowany*) playlists based on my mood and preferences.
2. Some websites try to _____ (*manipulować*) your opinion by controlling what you see.
3. The company released a public apology after the major data _____ (*wyciek*).
4. Governments often justify online _____ (*nadzór*) by saying it improves safety.
5. The _____ (*reklamodawca*) of today use data to target their audiences more accurately.
6. Many websites _____ (*śledzić*) your movements even after you leave their page.
7. A detailed online _____ (*profil*) was created based on my search history.
8. I value my digital _____ (*prywatność*) and use private browsers.
9. The social media feed is designed by an _____ (*algorytm*) that guesses what you'll like.
10. You should never share information without reading the _____ (*zgoda*) form first.

Exercise 4 Discuss the following questions.

1. How can a leak of personal data affect someone's life?
2. In your opinion, should advertisers have access to users' personal data?
3. Do you believe algorithms understand you better than people? Why or why not?
4. How easy is it to protect your privacy in today's digital world?
5. Do you enjoy personalized recommendations, or do they feel invasive?
6. What would you do if a company used your data without your consent?
7. Do you think privacy is more important than convenience in the digital age?

New vocabulary:

--	--	--	--	--

HUMANPRODUCT

Exercise 5 Match phrasal verb with correct definition.

- | | |
|----------------|--|
| 1. give away | A. to divide something into smaller parts for understanding |
| 2. sign up | B. to agree to join or participate in a service or event |
| 3. log in | C. to hand over something, often without realizing its value |
| 4. opt out | D. to choose not to participate |
| 5. take over | E. to discover new information |
| 6. break down | F. to start or create something new |
| 7. find out | G. to examine or investigate something |
| 8. set up | H. to take control of something |
| 9. look into | I. to locate something or someone after searching |
| 10. track down | J. to enter a system using a username and password |

1 __

2 __

3 __

4 __

5 __

6 __

7 __

8 __

9 __

10 __

Exercise 6 Complete each sentence with the correct phrasal verb from the list.

- I forgot I had already _____ (*zarejestrować się*) for the app a few months ago.
- Don't _____ (*ujawnić*) your email address on unknown websites.
- I always _____ (*zalogować się*) before shopping online to make sure it's safe.
- She decided to _____ (*zrezygnować*) of all marketing emails.
- One day, small companies might _____ (*przejść*) the whole market.
- Let me _____ (*rozłożyć na części*) this data into simpler categories.
- We still haven't _____ (*dowiedzieć się*) who sold the information.
- He wants to _____ (*założyć*) his own privacy-focused social network.
- The journalist promised to _____ (*zbadać*) the misuse of private data.
- Authorities worked quickly to _____ (*namierzyć*) the hacker responsible.

HUMANPRODUCT

Exercise 7 Complete each sentence using the correct tense of the verb in brackets.

1. If users _____ (know) how their data was being used, they might have been more careful.
2. By next year, most companies _____ (adapt) to the new privacy regulations.
3. She wouldn't be so worried now if she _____ (read) the privacy policy more carefully.
4. Your personal information might never have been leaked if stronger passwords _____ (use).
5. He claimed that his account _____ (hack) while he was on holiday.
6. I wish I _____ (think) twice before signing up for so many free apps.
7. The government reported that several data breaches _____ (occur) over the past month.
8. You should _____ (check) the settings before agreeing to share your location.
9. Many users had no idea their data _____ (sell) to third parties.
10. They said they _____ (remove) the data from their system, but it was still online.

Exercise 8 Complete each sentence by changing the form of the word. Some words won't change.

1. Companies rely on user data to create highly _____ PERSON advertisements.
2. The politician gave a strong speech in favour of online data _____. PROTECT
3. Social media has changed the way people form and express their _____ IDENTIFY
4. Many users give consent without fully reading the terms, often out of pure _____ AWARE
5. It's illegal to collect private data without the user's clear _____. PERMIT
6. People should question the ethical _____ of selling VALID user data.
7. He was shocked by the company's _____ use of his AUTHORISE personal photos.

KEY

Lesson 21

Exercise 2

1. D
2. I
3. H
4. G
5. F
6. C
7. J
8. B
9. A
10. E

Exercise 3

1. alienation
2. inevitability
3. stigma
4. societal
5. trajectory
6. autonomy
7. scrutiny
8. conformity
9. trajectory
10. narrative

Exercise 5

1. J
2. C
3. A
4. D
5. E
6. F
7. B
8. I
9. G
10. H

Exercise 6

1. push back
2. phase out
3. open up about
4. hold up
5. face up to
6. turn away from
7. push for
8. lay down
9. step into
10. carve out

Exercise 7

1. would have chosen
2. had spoken
3. will have been living
4. hadn't worried
5. is imposed
6. had lived
7. has never told
8. had considered
9. have thought
10. have felt

Exercise 8

1. security
2. acceptance
3. expectation
4. fulfilment
5. labelled
6. personal
7. tolerant
8. excluding

Lesson 22

Exercise 2

1. H
2. I
3. C
4. B
5. J
6. D
7. F
8. E
9. A
10. G

Exercise 3

1. embrace
2. fit in
3. illusion
4. isolation
5. judgment
6. outsider
7. support group
8. belong
9. self-awareness
10. safe space

Exercise 5

1. spoke out
2. blended in
3. left out
4. checked in (on)
5. faced up to
6. fell apart
7. stepped up
8. fell apart
9. sorted out
10. came forward

Exercise 6

1. come forward
2. speak out
3. sort out
4. left out
5. check in (on)
6. face up to
7. fall apart
8. hold up
9. step up
10. blend in

Exercise 7

1. exclusion
2. self-awareness
3. judgment
4. belonging
5. emotional
6. vulnerability
7. support
8. pleasing
9. connection
10. honesty

Exercise 8

1. would never have realised
2. will have prepared
3. had felt
4. had listened
5. hadn't shown
6. would have
7. have shown
8. felt
9. had been hiding

Lesson 23

Exercise 2

1. B
2. F
3. G
4. D
5. C
6. A
7. H
8. E
9. J
10. I

Exercise 3

1. tension
2. boomeranging
3. underpaid
4. privacy
5. contribute
6. short-term contract
7. adulthood
8. household
9. stigma
10. redefining

Exercise 5

1. moved back
2. lives with
3. moved out
4. help out
5. fell behind
6. get by
7. phased out
8. pushed through
9. settled in
10. weighed in

Exercise 6

1. settled in
2. move back
3. live with
4. phased out
5. help out
6. get by
7. fell behind
8. pushed through
9. weighed in
10. moved out

Exercise 7

1. expectations
2. insecurity
3. dependency
4. stigma
5. privacy
6. dynamic
7. instability
8. unappreciated
9. maturity
10. closeness

Exercise 8

1. had planned
2. will have saved
3. hadn't expected
4. had talked
5. are being treated
6. have coped
7. hadn't lived
8. had been

Lesson 24

Exercise 2

1. C
2. B
3. I
4. F
5. E
6. H
7. J
8. A
9. D
10. G

Exercise 3

1. personalized
2. manipulate
3. leak
4. surveillance
5. advertiser
6. track
7. profile
8. privacy
9. algorithm
10. consent

KEY

Lesson 24

Exercise 5

1. C
2. B
3. J
4. D
5. H
6. A
7. E
8. F
9. G
10. I

Exercise 6

1. signed up
2. give away
3. log in
4. opt out
5. take over
6. break down
7. found out
8. set up
9. look into
10. track down

Exercise 7

1. had known
2. will have adapted
3. had read
4. had been used
5. had been hacked
6. had thought
7. had occurred
8. have checked
9. had been sold
10. had removed

Exercise 8

1. personalised
2. protection
3. identity
4. unawareness
5. permission
6. validity
7. unauthorised

Lesson 25

Exercise 2

1. C
2. A
3. E
4. J
5. I
6. D
7. H
8. F
9. B
10. G

Exercise 3

1. stability
2. pressure
3. minimalism
4. mental well-being
5. appearance
6. routine
7. freedom
8. expectations
9. consumer culture
10. comfort

Exercise 5

1. H
2. J
3. I
4. A
5. C
6. F
7. D
8. E
9. B
10. G

Exercise 6

1. turned away from
2. live up to
3. settle for
4. hold on
5. step away from
6. took up
7. checked out of
8. fell into
9. opted for
10. burned through

Exercise 7

1. decision
2. failure
3. unfulfilment
4. ability
5. luxurious
6. strength
7. expectations
8. simplicity
9. pressure
10. maturity

Exercise 8

1. had followed
2. didn't take / hadn't taken
3. had
4. will have lived
5. would be
6. was being controlled / had been controlled
7. had never felt
8. would have achieved

Lesson 26

Exercise 2

1. flaw – B
2. erase – C
3. puberty – D
4. resilience – A
5. transformation – E
6. perception – F
7. unfiltered – G
8. embrace – H
9. confidence – I
10. unrealistic – J

Exercise 3

1. embrace
2. flaw
3. transformation
4. erase
5. resilience
6. puberty
7. unfiltered
8. unrealistic
9. confidence
10. perception

Exercise 5

1. look back
2. face up to
3. live with
4. come up
5. bring out
6. speak out
7. grow into
8. stick with
9. go without
10. break through

Exercise 6

1. break through
2. go without
3. stick with
4. speak out
5. grow into
6. look back
7. live with
8. come up
9. bring out
10. face up to

Exercise 7

1. had accepted
2. will have lived
3. had never felt
4. were not / weren't
5. had spoken
6. would feel
7. were posted / had been posted
8. have struggled
9. was thinking / had been thinking
10. would never have started

Exercise 8

1. transformation
2. judgment
3. adolescence
4. inspiring
5. resilience
6. unrealistic
7. honesty

Lesson 27

Exercise 2

1. C
2. H
3. G
4. B
5. I
6. F
7. J
8. D
9. A
10. E

Exercise 3

1. fulfilment
2. assume
3. glamorous
4. idealised
5. unstable
6. satisfaction
7. notion
8. resilience
9. pursue
10. vocation

Exercise 5

1. C
2. G
3. F
4. B
5. I
6. J
7. D
8. H
9. A
10. E

Exercise 6

1. break into
2. take up
3. stick to
4. keep up
5. drop out
6. lay off
7. rely on
8. come up with
9. follow through
10. work out



Teksty

Teksty zawarte w niniejszym e-booku zostały opracowane na podstawie ogólnodostępnych materiałów źródłowych pochodzących z Internetu. Na ich podstawie stworzono treści z wykorzystaniem modelu językowego ChatGPT, opracowanego przez OpenAI. Mimo dołożenia wszelkich starań w celu zapewnienia rzetelności i poprawności merytorycznej, e-book ma charakter edukacyjny i nie stanowi źródła ostatecznego ani specjalistycznego. Autor dokonał redakcji końcowej.

Grafika

Wszystkie grafiki wykorzystane w niniejszym e-booku zostały pozyskane z serwisu Canva Pro oraz/lub wygenerowane przy użyciu narzędzi opartych na sztucznej inteligencji (AI). Grafiki te zostały użyte zgodnie z obowiązującymi licencjami i zasadami użytkowania.

Korekta

Autor dołożył wszelkich starań, by informacje zawarte w tej publikacji zostały przedstawione starannie i rzetelnie. Jeśli zauważysz miejsce wymagające poprawy, napisz do mnie na angielskibezwymowek@gmail.com



ANGIELSKI BEZ WYMÓWEK

Cześć! Nazywam się **Kamil Szostak** i mam jedną supermoc: potrafię sprawić, że dorośli zaczynają mówić po angielsku - i to bez rozpisywania czasów na tablicy i bez paniki na dźwięk słowa grammar.

iTalk - czyli rozmowy (nie)kontrolowane to naturalna kontynuacja mojego podejścia do nauki języka. To książka, która powstała z buntu przeciwko nudnym podręcznikom, sztywnym ramkom i pytaniom w stylu „*czy to już powinien być Present Perfect?*”. Nie, nie powinien. Powinno być autentycznie i z sensem.

Daje Ci narzędzie do prowadzenia prawdziwych rozmów – tych ważnych, inspirujących i takich, które mogą Cię czasem zaskoczyć (nawet w Twoim własnym języku, a co dopiero po angielsku). Stworzyłem **iTalk**, bo wiem, że dorośli uczą się inaczej. Mają coś do powiedzenia. Mają swoje przemyślenia, doświadczenia i refleksje. Nie chcą uczyć się angielskiego tylko po to, żeby zdać test - chcą rozmawiać o tym, co naprawdę ich obchodzi.

iTalk to nie tylko książka - to zaproszenie do rozmowy. Bez presji. Bez stresu. Bez wymówek.

To co - pogadamy?



www.bez-wymowek.pl



Angielski Bez wymówek