

READY TO IMPROVE YOUR ENGLISH FAST?

Hello!

If you've downloaded this e-book, it means you want to have **better English** so you can **speak more confidently**.

That's exactly what we're going to work on during the next 20 days!

I'll take you lesson by lesson through the various areas of English – grammar, vocabulary, speaking, pronunciation, reading, listening, and more – so you can improve ALL your skills.

These lessons are designed to help you **learn quickly and effectively**.

They are “short and sweet,” meaning you just need 10-15 minutes a day (no need to study for hours and hours).

Each of these lessons is a **free sample** from an Espresso English course or e-book – so if you like the lesson format, you can get a lot more lessons like it when you buy the full course or e-book.

The sequence of 20 lessons starts with the easier ones and gets increasingly more advanced. Even if you're already at the intermediate level, I suggest you start at the beginning (so that you can review some essential grammar and vocabulary) and then follow these 20 lessons in order.

Make sure to **print out the checklist** on the next page so that you can **track your progress** and mark each lesson complete as you finish it.

I hope you enjoy learning with me!

Your teacher,
Shayna



P.S. If you love ALL these lessons, you can get our [Complete Program](#): a 50% discount on 600+ lessons!



BETTER ENGLISH IN 20 DAYS

with Espresso English

TRACK YOUR PROGRESS!

- 1. Present simple or present continuous?
- 2. Vocabulary around the house
- 3. English phrases for telephone calls
- 4. Collocations for success and failure
- 5. Train your pronunciation
- 6. Practice shadowing
- 7. English phrases for meetings
- 8. Learn 90 irregular verbs easily
- 9. Phrasal verbs for communication
- 10. Super-confusing words explained
- 11. Vocabulary for perceptions of the senses
- 12. Fix common grammar errors
- 13. Reading skills – How to stay motivated
- 14. Listening skills – Creative work environments
- 15. Conversational English – Discussing the news
- 16. Advanced Grammar – Modal verbs for deduction
- 17. Idioms about time
- 18. Advanced words for personality & behavior
- 19. 40 collocations for communication
- 20. How to think in English

DAY 1:

PRESENT SIMPLE OR PRESENT CONTINUOUS?

When talking about actions in the present, when should you say...

- “I work” vs. “I’m working”?
- “We go” vs. “We’re going”?
- “He studies” vs. “He’s studying”?

In today’s lesson you’ll learn the difference between the **present simple** tense (I work) and the **present continuous** tense (I’m working) as well as a number of “signal words” that are commonly used with each tense.

[Click here for the lesson](#)

This is a free sample from our [Basic English Grammar e-book](#), which will teach you essential English grammar so that you can have a strong foundation!

[★ Learn more about the e-book](#)

(Too easy for you? We're starting with easier lessons and getting increasingly harder. For more of a challenge, try this lesson on [mixed present tenses](#).)

DAY 2:

VOCABULARY AROUND THE HOUSE

Let's learn 60+ English words for things you use every day!

Today we're going to go through a house, learning vocabulary for the different objects in each room AND the different actions you can do there.

You'll also learn the difference between "house" and "home."

[Click here for the lesson](#)

This is a free sample from our [Vocabulary Builder Course Level 1](#), which will help you express yourself without stopping to think of the right word.

[★ Learn more about the course](#)

(Too easy for you? There's also a "Level 2" of the vocabulary course!
Here's a lesson from that level on [vocabulary for car accidents.](#))

DAY 3:

ENGLISH PHRASES FOR TELEPHONE CALLS

For many English learners, talking on the phone is terrifying.

It's really difficult to understand the other person when you can't see him or her.

But it's much easier to talk on the phone when you know the common phrases that native English speakers use!

Today you'll learn 60 telephone English phrases you can use in both formal and informal conversations.

[Click here for the lesson](#)

This is a free sample from our [Everyday English Speaking Course Level 1](#), which will teach you real English for lots of situations in daily life.

[★ Learn more about the course](#)

(Too easy for you? There's also a "Level 2" of the speaking course!
Try this more advanced lesson on [talking about holiday plans](#).)

DAY 4:

COLLOCATIONS FOR SUCCESS & FAILURE

Collocations are the typical combinations of words that native English speakers use. If you're wondering how to take the English words you know and put them together **in a natural way**, then focus on learning collocations!

Today's lesson will teach you 25 collocations in the form of a story about "Successful Samantha" and "Disastrous Dan":

[Click here for the lesson](#)

This is a free sample from our [1000 Collocations in 10 Minutes a Day E-Book](#), which will teach you common combinations of words fast!

[★ Learn more about the e-book](#)

DAY 5:

PRACTICE YOUR PRONUNCIATION

One of the first things that other people notice about your English is your pronunciation – it's what gives the first impression of your English skill level!

Practicing and improving your pronunciation can make the difference between having successful conversations... and being unable to communicate :-/

In today's lesson, you'll practice by repeating after me!

We'll focus on perfecting the sounds in the words SIT, SEAT, and SET.

It's very important to master this difference, because you don't want to mix up the words "beach" (a nice place for vacation) and "bitch" (a very offensive name to call a woman).

[Click here for the lesson](#)

This is a free sample from our [American English Pronunciation Course](#), which will help you speak English more clearly, confidently, and correctly.

 [Learn more about the course](#)

DAY 6:

PRACTICE SHADOWING TO SOUND MORE LIKE A NATIVE ENGLISH SPEAKER

Today you'll continue improving your pronunciation by practicing "shadowing."

Shadowing is a technique in which you repeat whole phrases immediately after me, imitating my pronunciation and intonation very closely.

It's a great way to reduce your foreign accent and learn to speak more continuously (without so many pauses between words).

This lesson makes it so easy – simply repeat each phrase aloud after me (I've left space in the audio for you to do it!)

[Click here for the lesson](#)

This is a free sample from our [Shadowing with Shayna Course](#), which will help your spoken English flow better and sound more natural.

 [Learn more about the course](#)

DAY 7:

LEARN PRACTICAL PHRASES FOR MEETINGS

Have you ever been shy about participating in a meeting in English?

It can be really hard to think of the right phrases in a professional situation, when everyone is watching you. Some English learners prefer to stay quiet.

But I want to help you speak up confidently - so in today's lesson, you'll learn 82 practical phrases to use in meetings.

[Click here for the lesson](#)

This is a free sample from our [Business English Course](#), which will teach you essential phrases and vocabulary for professional situations.

[★ Learn more about the course](#)

DAY 8:

LEARN 90 IRREGULAR VERBS

Did you know that about 70% of the time when we use a verb in English, it's irregular?

The English language has so many irregular verbs that it can make you go crazy... but even irregular verbs follow some patterns.

In this lesson, you'll learn groups of irregular verbs that can make it easier to remember them. For each group, I've given one pronunciation example.

Don't just study this list – try to create your own sentences and use all the verbs you know! This will help the verbs stay in your memory much better.

[Click here for the lesson](#)

This is a free sample from our [Intermediate English Grammar E-Book](#), which will help you create more complex phrases and sentences in English.

[★ Learn more about the e-book](#)

(Too easy for you? Try this more advanced lesson on the [passive voice](#).)

DAY 9:

LEARN PHRASAL VERBS FOR COMMUNICATION

Phrasal verbs are combinations of a verb + preposition, which have a specific meaning in English – for example, **wake up**, **throw away**, and **get out**.

There are *thousands* of phrasal verbs in English, and we use them often!

In today's lesson, you'll learn 20 phrasal verbs for communication.

Most of these will probably be new to you – like **harp on**, **rattle off**, and **butt out**.

You'll learn them in a fun and natural way, through a sample conversation.

[Click here for the lesson](#)

This is a free sample from our [Phrasal Verbs in Conversation Course](#), which will teach you 500+ phrasal verbs in context.



[Learn more about the course](#)

DAY 10:

LEARN THE DIFFERENCES BETWEEN SUPER-CONFUSING WORDS

The English language has a lot of confusing words.

Some of them are actually the same.

Some have small differences between them.

And others are *completely* different!

Today you'll learn the difference between **compliment**, **complement**, **complimentary**, and **complementary**.

[Click here for the lesson](#)

This is a free sample from our [600+ Confusing English Words Explained E-Book](#), which will make confusing words clear so you can use them confidently.

[★ Learn more about the e-book](#)

DAY 11:

VOCABULARY FOR PERCEPTIONS OF THE SENSES

If you want to take your vocabulary beyond the “basics,” this lesson is for you! Today you’ll learn a great variety of words for describing the perceptions of the five senses – sight, hearing, smell, taste, and touch.

Not only will you learn the vocabulary words... but you can also **put them into practice** with a downloadable exercise and short-answer questions.

[Click here for the lesson](#)

This is a free sample from our [Vocabulary Builder Course Level 2](#), which will help you express yourself more fluently with more advanced vocabulary.

[★ Learn more about the course](#)

DAY 12:

FIX GRAMMAR ERRORS WITH ADJECTIVES AND ADVERBS

Fear of making a mistake can hold you back from speaking English.

But when you learn about the most common errors in English, then you can avoid them – and use your English more confidently!

Today you'll learn exactly how to fix 6 mistakes that students often make with adjectives and adverbs.

[Click here for the lesson](#)

This is a free sample from our [200 Common Errors in English Course](#), which will help you avoid mistakes in grammar, vocabulary, pronunciation, and more.

[★ Learn more about the course](#)

DAY 13:

READING SKILLS – HOW TO STAY MOTIVATED

For a lot of English learners, reading is slow and frustrating.

You might “get lost” in the text because you need to check the dictionary frequently, and then it’s really hard to understand what the article is saying.

That’s why I teach a step-by-step method for improving your reading comprehension, and in today’s lesson you can try it with a text called “How to stay motivated.”

[Click here for the lesson](#)

This is a free sample from our [Reading Course](#), which will improve your reading skills and teach you new vocabulary through interesting articles.

 [Learn more about the course](#)

DAY 14:

LISTENING SKILLS – CREATIVE WORK ENVIRONMENTS

Listening to native speakers can be really hard... especially when they're speaking fast! Sometimes you don't hear one word, and then it's impossible to understand the whole sentence.

Today you'll practice listening in a way that actually improves your skills step by step, so you can make progress towards understanding every word. It's important to do all the steps in order, to get the most benefit from the lesson.

The audio is also available in both slower and faster speeds, so you can choose which one is best for you! The topic of the listening is "Creative Work Environments," about companies that have innovative spaces.

[Click here for the lesson](#)

This is a free sample from our [Listening Course](#), which helps you make progress towards understanding every detail when listening to English.

[★ Learn more about the course](#)

DAY 15:

CONVERSATIONAL ENGLISH – DISCUSSING THE NEWS

When native English speakers talk, we use a LOT of informal expressions, idioms, phrasal verbs, and slang.

This is why you might be able to understand “textbook English,” but it’s hard to understand conversations in movies and TV shows!

In today’s lesson, you’ll learn more advanced conversational expressions from a dialogue about news and current events.

[Click here for the lesson](#)

This is a free sample from our [Everyday English Speaking Course - Level 2](#), which will help you talk more like a native English speaker.



[Learn more about the course](#)

DAY 16:

ADVANCED GRAMMAR – MODAL VERBS FOR DEDUCTION

Are you wondering how to use must, might, may, should, could, and can't - as well as their past versions (must have, couldn't have, etc.)?

Today's lesson will make it clear!

[Click here for the lesson](#)

This is a free sample from our [Advanced English Grammar Course](#), which will help you master the details of the English language.

[★ Learn more about the course](#)

DAY 17:

IDIOMS WITH TIME

Do you know what expressions like **made my day**, **spur of the moment**, and **have the time of your life** mean?

English has a lot of idiomatic expressions – short phrases with specific meanings that are often not obvious from the individual words.

The best way to learn these is NOT by trying to translate each word – that won't work! Instead, you should learn idioms in context, so you can see exactly how they are used.

Today you can learn and practice idioms that contain “time” words.

[Click here for the lesson](#)

This is a free sample from our [300+ Idioms Course](#), which will help you learn and practice idioms in a fun way.

[★ Learn more about the course](#)

DAY 18:

ADVANCED WORDS FOR PERSONALITY & BEHAVIOR

Today you'll expand your vocabulary with advanced English words to describe someone's personality and behavior!

I'll teach you positive words like **unflappable**, **conscientious**, and **witty** - as well as negative words like **callous**, **meddlesome**, and **testy**.

[Click here for the lesson](#)

This is a free sample lesson from our [Advanced Vocabulary and Collocations Course](#), which will help take your vocabulary from "average" to AMAZING!

[★ Learn more about the course](#)

DAY 19:

40 COLLOCATIONS FOR COMMUNICATION

Do you know what these expressions mean?

- a lull in the conversation
- a stirring speech
- a cryptic comment
- an incisive remark

You'll learn all these and more in this lesson on 40 advanced collocations!

[Click here for the lesson](#)

This is another free sample lesson from our [Advanced Vocabulary and Collocations Course](#), which teaches you 1,000+ high-level words.

[★ Learn more about the course](#)

DAY 20:

HOW TO THINK DIRECTLY IN ENGLISH

Do you mentally translate from your native language to English?

If you want to become fluent in English, one secret is learning to think directly in English!

It might seem difficult... but today I'll teach you how to learn and practice this skill step by step (and you DON'T have to be advanced to do it):

[Click here for the lesson](#)

If you liked all the lessons in this book, and you want to get ALL our courses and e-books for the best price possible... you can get a [50% discount!](#)



[Complete Program: 50% Discount](#)

GREAT JOB!

You've finished "Better English in 20 days"

Congratulations on being a dedicated student!

You've learned lots of words and phrases, trained your listening and reading skills, practiced your pronunciation, and improved your grammar.

Now what's the next step?

There's still a lot more to learn...

COURSES & E-BOOKS

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