



RealLife Podcast

Connected Speech Lesson

Red = Pronunciation | Blue = Vocab/Idioms

TRANSCRIPT (Standard English)

WTF?

JUSTIN: Yeah, actually we **got a¹** few of them!

CHAD: Ohh, wait one sec. Let's get **rid of²** this fucking cat! Yeah you, you know **I'm coming for you³**.

POTALA: Meowwww! (Potala is the black cat to the right. You can barely see her next to Meru!):

INTRO

Hey there, citizens of the world, welcome to the RealLife Podcast, where our mission is to inspire, connect, and empower the world to learn English the fun, natural, and RealLife Way.

We believe that English should not be a dry and boring school subject, but an inspiring and enriching lifestyle that you can practice and enjoy whenever and wherever you want.

In this podcast you will have lots of fun, learn plenty of new expressions, and drastically improve your listening comprehension.

We'll also teach you the secrets of native pronunciation, connected speech, and help you tune in your listening and speaking to the rhythm and flow of English.

So sit back, relax, and let's get on with the show.

THE SHOW

CHAD: Aww yeah!! **What's going on¹** RealLife English?

That's right, we are finally back. This is the first episode of 2014, and as always this is Chad from RealLife English, where we believe that listening to podcasts is a fun, natural, and effective way to learn English. So,

CONNECTED SPEECH, PRONUNCIATION, AND NOTES

1. got = "gah-duh"
2. get rid of = "get ridda"
3. I'm coming for you = "I'm comin' for ya"



CONNECTED SPEECH, PRONUNCIATION, AND NOTES

1. What's going on? = "What's goin' on?"

download this now and listen to us while you are...

I don't know², **stuck in traffic**³, cleaning the house, washing your cat, or...

JUSTIN: Skateboarding!

CHAD: Skateboarding, nice, nice... and joined with me in the studio today is the man who sleeps standing up, Justin Murray.

JUSTIN: What's up guys, happy New Year, **great to be back**⁴, hope you guys really enjoyed your holiday season and you **ended the year with a bang**⁵.

CHAD: Yeah, what does that mean, to **end the year with a bang**⁵?

JUSTIN: **To go out with a bang**⁵ is to end the year with like an explosion, in a grand way.

CHAD: Yeah, **would you**⁶ say you ended the year with a bang?

JUSTIN: I would definitely say that, for sure!

CHAD: Nice

JUSTIN: And **how about yourself**⁷?

CHAD: Yeah, it was a bang, it was a really good end of year for me and I'm very excited and **looking forward**⁸ to starting 2014, which is really relevant right now because we have some big news for you guys. The RealLife English podcast is going to be **getting**⁹ bigger and better, **would you** say?

JUSTIN: **Heck yeah!**¹⁰

CHAD: Yeah, **we got**¹¹ some big ideas for 2014 and we're really **excited**¹² to share them with you guys so we're just **going to**¹³ go through this podcast casually but you're **going to** notice that there are some very distinct and **exciting**¹² changes in the RealLife podcast.

JUSTIN: Like **that intro**¹⁴

2. I don't know = "I dunno"

3. Stuck in Traffic = your car is stopped in traffic.



4. Great to be back = "grea-tuh be back"

5. Go Out With a Bang (Idiom): Finish with something big, explosive, and often positive.

Go Out With a Band



6. Would you = "woul-dja"

7. How about yourself? = "How 'bout yourself?" *We say this when we want to repeat the same question to the person who asked us.

8. Look forward to (phrasal verb): To anticipate or be excited about something in the future.

9. Getting = Gettin'

10. Heck Yeah = an enthusiastic way to say yes. "heck" is often an inoffensive replacement for *hell* ("hell yeah" is also common)

11. *We got* is a more colloquial way to say "we've got" (we have).

12. Excited = "exci-did" / Exciting = "exci-ding"

CHAD: Like the intro, the new intro that's right. So we have a **lot of**¹⁵ news, I mean we have just come back from our end of year trips, right? We both went travelling.

JUSTIN: Yep¹⁶

CHAD: Yep¹⁶, not together, different places. So, we're just **settling back**¹⁷, **we can**¹⁸ talk more about that I guess **later**¹⁹ on in this podcast but, **let's jump into**²⁰ the news. **What do you think**²¹?

JUSTIN: Sounds great

CHAD: Awww Yeah!

"Let's Jump Into It"



THE NEWS (3:12)

CHAD: Ok so let's- let's change the news around a little bit. Let's first... do we have any RealLife news **we can**¹ just **shed some light**² on, **just to**³ start off?

JUSTIN: What does **shed some light** mean?

CHAD: To **shed some light onto something**⁴ just means to put that into focus, make that the main subject of **whatever**⁵ we're talking about. To shed some light **onto** a certain matter or subject.

JUSTIN: Okay, so **what are we going to**⁶ **shed some light on**⁷?

CHAD: Umm, **I don't know**, I'm not really sure I just got back from my trip so I'm not really sure what's going on, do you know? What's the news in RealLife

13. Going to = "gonna"

14. That intro = "tha-dintro"

15. A lot of = "a-lah-duh"

16. Yep = a relaxed and informal way of saying "yes."

17. Settling back = to get comfortable again in the rhythm of normal life.

18. We can = "we kin" *when preceded by the subject the longer and stronger sound of "caan" is shortened to "we can."

19. Later = "lay-der"

20. Jump into (idiom): Promptly or quickly start doing something.

21. What do you think = "Wha-da-ya think?"

CONNECTED SPEECH, PRONUNCIATION, AND NOTES

1. We can = "we kin" *see above number 18.

2. Shed some light onto (idiom) = to clarify a topic, explain.

3. Just to = "jus-tuh"

4. Onto = "on-tuh"

5. Whatever = "Whad-ever"

6. What are we going to = "Whad-are-we goin-da"

English?

JUSTIN: Well, we have **a couple of**⁸ parties coming up, that we're excited to announce and also participate in. It's really great because we make **a lot of**⁹ online content but when we come and talk to people in person it really **breathes life into**¹⁰ our motivation and our project.

CHAD: Yeah, where are the **parties**¹¹ exactly?

JUSTIN: The parties, well, here it's **going to**¹² be in Belo Horizonte and the other is **going to** be in Barcelona, and soon we'll have another one in Sao Paulo.

CHAD: In Sao Paulo ok, yeah, awesome. So I guess that's all for the RealLife news, I was just reading an **article**¹³ online, It's a pretty interesting news story, **I thought I'd**¹⁴ share it with everyone today. **What do you think**¹⁵?

JUSTIN: Yeah **go for it**¹⁶.

CHAD: Ok, so I found this **pretty**¹⁷ interesting article the other day. **Let me**¹⁸ just read out the headline.

JUSTIN: What does **headline**¹⁹ mean?

CHAD: A **headline** is like the **title**²⁰ of a news **article**. Okay so, the **headline** is this – **Slim**²¹ **Mum**²² of Four Breaks Steak **Eating**²³ World Record by devouring a 72 ounce **Hunk**²⁴ of Meat in under 3 Minutes.

JUSTIN: 72 ounce **hunk** of meat in under 3 minutes?



CHAD: Yeah, yeah, so **let me**²⁵ just quickly **break this**

7. Light on = "ligh-don"

8. A couple of = "a couple-a"

9. A lot of = "a-lah-duh"

10. Breathe Life Into (Idiom) = to revive, give life, enthusiasm, inspiration

11. Parties = "par-dees"

12. Going to = "gonna"

13. Article = "ar-di-cull"

14. Thought I'd = "Thaw-died"

15. What do you think? = "Wha-da-ya-think?"

16. Go for it (expression) = give it a try, see what you can do

17. Pretty = "prih-dee"

18. Let me = "lemme"

19. Headline = title (of an article)

20. Title = "tie-dull"

21. Slim = skinny

22. Mum = Australian and British word/pronunciation for the North American word "mom"

23. Eating = "ee-ding"

24. Hunk = big piece of something (often food)



down²⁶, a slim mum, what does **slim** mean?

JUSTIN: Skinny.

CHAD: A skinny mum of 4, so **she has**²⁷ four children.

JUSTIN: Wait, I say mom, you say mum?

CHAD: I say mum, and we **write it**²⁸ with a “u,” I think you **write it** with an “o.”

JUSTIN: Yeah.

CHAD: Yeah, so this mother of 4, she broke the record for **eating** the biggest steak in the least **amount of**²⁹ time.

JUSTIN: Wow, 3 minutes!

CHAD: Yeah, 72 ounces! **I don't know**... how heavy is that in kilograms? Is that like a kilogram?

JUSTIN: So that's just a **little**³⁰ over 2 kilos. You know in the **United States**³¹ we actually don't use kilos, we use **ounces and pounds**³².

CHAD: Yeah, I don't understand that at all, it's difficult to convert that. But yeah, so this woman she **didn't eat**³³, they **didn't use**³⁴ the word eat, she **devoured**. **What does**³⁵ **devour**³⁶ mean?

JUSTIN: Well **devour** is when you eat something with a lot more enthusiasm, more animal-like right?

CHAD: Yeah, it's like an animal and there's a video here of her **eating** the steak, so we're **going to** attach the video, we're **going to link it to**³⁷ the show notes so you guys can check it out. But **let me**³⁸ just quickly summarize the **article** here; Molly Shueler, I think **is her**³⁹ name, from Nebraska in the **United States**, she was filmed breaking the record for the quickest time **taken to**⁴⁰ eat the 72 ounce piece of steak.

JUSTIN: Wow!

CHAD: Yeah it says here that Molly actually she managed to **smash** the **Guinness world record**⁴¹. Are you aware of the Guinness world record thing?

25. Let me = “lemme”

26. Break this down = explain it in a comprehensible manner

27. She has = “She-as”

28. Write it = “ri-dit”

29. Amount of = “amoun-nuv”

30. Little = “li-dull”

31. United States = “Uni-did States”

32. Ounces and pounds = “ounces-an-pounds”

33. Didn't eat = “did-in-eat”

34. Didn't use = “did-in-use”

35. What does = “wha-does”

36. Devour



37. it to = “ih-tuh”

38. Let me = “lemme”

39. is her = “is-er”

40. Taken to = “taken-tuh”

41. Guinness World Record



JUSTIN: Yeah actually, I am.

CHAD: Yeah, **what do they**⁴² mean by to **smash** the record?

JUSTIN: **It means to break it into pieces**⁴³, to break it quite violently. It means to do it by a lot.

CHAD: Yeah, it wasn't like she just beat the record, she annihilated them, she broke the record by a lot. So yeah, she's from Nebraska in the **United States**, is that common in the United States to... I've seen this in movies a lot, they often have **eating** competitions don't they?

JUSTIN: Yeah, well Nebraska especially is like **in the middle of**⁴⁴ **the United States**, it's more **conservative**⁴⁵ in that area and there are more farms and it's a different culture. So, that makes sense that that would happen in **one of those**⁴⁶ farming states.

CHAD: Yeah it says that she's, she seems like she's a very skinny woman, if you watch the video you will notice she's not a fat person. She's very slim. She actually says in the **article** that it's **genetic**⁴⁷; she feels like just something that she was like born with, the **ability**⁴⁸ **to eat**⁴⁹ really quickly and **a lot of**⁵⁰ food **in one sitting**⁵¹.

JUSTIN: It happens **you know, there are**⁵² **freaks of nature**⁵³.

CHAD: Hahaha there are freaks of nature, what's a **freak of nature**?

JUSTIN: **A freak of nature** is somebody who defies or goes against the laws of nature.

CHAD: Maybe Michael Jordan was a **freak of nature**, he is a **freak of nature**.

JUSTIN: It's true

CHAD: That guy can fly

JUSTIN: Chuck Norris.

42. What do they mean? = "what-duh-they mean?"

43. It means to break it into pieces = "it means-tuh break id-in-tuh pieces."

Nebraska, USA



44. In the middle of the = "in the middle-uh-the" (of = "uh")

45. Conservative = "conserva-div"

46. One of those = "one-uh-those" (of = "uh")

47. Genetic = gene-dik

48. Ability = abilDy (North American T → D sound)

49. To eat = tuh eat

50. A lot of = "a-lah-duh"

51. In one sitting = in one occasion

52. There are = "there-ir"

53. Freaks of nature (expression): somebody who defies natural laws

Michael "Air" Jordan



CHAD: Hahaha Chuck Norris

JUSTIN: You know I heard Chuck Norris held every record in the Guinness Book of World Records.

CHAD: Haha, yeah I think so. The Guinness world record I think is just the next best from Chuck Norris. Have you ever entered in some kind of **eating** competition? Pie **eating**? Hotdog **eating**???

JUSTIN: Uhh, no **I don't think so**⁵⁴. Have you?

CHAD: Uhh no but one time in Australia I went to a restaurant where they had a one kilo steak and if you could eat the whole steak and the side dish that came **with the steak**⁵⁵, which was like you know potato chips or fries, or **something** like that, a salad, if you ate the whole meal you would not have to pay for the meal and you would get your picture on the wall. They take a **snapshot**⁵⁶, they take a **Polaroid**⁵⁷ picture and they **put it**⁵⁸ on the wall... and I did it!

JUSTIN: Really! And how old were you?

CHAD: Ahh, I was probably 18 or 19. Yeah, and I went back there about a year **later**⁵⁹ and my picture was still on the wall, **but I**⁶⁰ doubt it's on there anymore.

JUSTIN: Wow. So, **would you**⁶¹ say that you **eat a lot**⁶²?

CHAD: I think I **eat a lot**, and that 1 kilo steak for me was really difficult and **I did it in**⁶³ about 20-30 minutes.

JUSTIN: **And that was**⁶⁴ over 2 kilos that she did?

CHAD: She ate over 2 kilos in three minutes so this woman is definitely a freak of nature.

JUSTIN: Wow.

CHAD: Yeah, so that is just a random news story for today's podcast. If you guys **want to** read more about that story, or watch the video, we're **going to** link it in the show notes.

JUSTIN: And if you have any ideas for really great

Superman's Hero: Chuck Norris

Some people wear Superman pajamas.

Superman wears
Chuck Norris
pajamas.



54. I don't think so = "I don't think so"

55. With the steak = "wi-the-steak"

56. Snapshot = a quick and informal photograph (to snap a picture is to take a picture)

57. Polaroid = photo that instantly prints from the camera

58. Put it = "pu-dit"

59. Later = "lay-der"

60. But I = "bu-die"

61. Would you...? = "Woul-dja...?"

62. Eat a lot = "Ea-duh-lot"

63. I did it in = "I did-id-in"

64. And that was = "An-that was"

65. Want to = "wanna"

66. Going to = "gonna"

67. Leave it in = leave-id-in

news stories, just **leave it in**⁶⁷ the comments, we're looking for news stories to share, interesting, funny stuff that other people should know about, err... just-inspiring stuff too.

CHAD: Yeah, anything you think is relevant, cool, inspiring, something that should be on the podcast, **let us know**⁶⁸ and we might feature it on the next podcast.

JUSTIN: Yeah, help us out. Thank you

CHAD: Awww yeah!!

68. Let us know = "*led-us know*"
(North American T→D)

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