

- Cooper: Hi you guys. This is my first audio diary in a long time. In this audio diary, I'm gonna talk about something that we all think about and we all, I think, worry about. That's work. Work. I've learned a lot about work in the last two or three years, especially in the last year and a half, or the last maybe, 15 months, since I've been doing English by Doctor Cooper. I wanna talk about my life working and what I've learned.
- Cooper: I'm pretty old by now, and I have a lot of experience. I have an advantage in life. I've had an advantage in my life, my whole life, in that I have been always very **spoiled**, mimado. I've always been very spoiled by my parents, who have a lot of money. I'm not going to say they're rich, but they have a lot of money. Because of that, I've never had a lot of pressure to work. In other words, I've had pressure to work, but I haven't had pressure to have money. I've never had a desire to have a lot of money.
- Cooper: When I first became an adult, I didn't work very hard at all. You could say I was lazy. I was actually, I was very lazy. What happened was, when I ... I had to work very hard to get into University. I had to study very hard. I studied very hard. I had a lot of pressure when I was a teenager. I went to ... I was one of the best students in the United States, even though, I didn't always spend my high school days in the United States. In terms of the tests, I had very good test results. Because of that, I could go to ... Because of all that studying, I could go to a very, one of the best universities in the world and I did.
- Cooper: Once I got to that university, I got very lazy. I stopped working hard. I stopped caring. I did work. I wrote. I read, but I did the stuff that I'm good at. I didn't try to learn things that I didn't know. I tried to take classes and take courses in my "faculdade" in my first degree, that were easy for me. I regret that. It wasn't hard. I didn't ... I stayed away from anything that was pressure, anything that was hard work. I didn't learn how to **accomplish** anything.
- Cooper: In fact, the main thing I learned how to do at university was, I learned how to be a good athlete, to run and to ski, but not to study and to think. I always thought. I was a good writer. I wrote a lot of stories and books. I didn't do anything that wasn't fun. Sometimes I think, when we're young, we need to learn how to do things that aren't fun, and to **take on challenges** that aren't easy, and to **accomplish** a lot. I never learned how to do that.
- Cooper: When I finished university, I went back to Brazil. At this time in Brazil, I didn't ... Again, I worked, I taught a lot of people. They were easy jobs for me. I didn't really care. I didn't try hard. I didn't try to be anything. At this time, I might have been 20, early 20's. I didn't care about doing a good job, or about improving myself. I didn't have ambition. In fact, when I was in Brazil, I didn't have ambition for anything, to be honest. I just wanted to make friends. I wanted to teach well, when I taught. I didn't know how, because I didn't **take life seriously**. I more thought about life as, meeting girls, and making friends and going out to parties, and doing drugs.
- Cooper: Because of this, I often feel like, despite all ... In my 20's especially in my early 20's, I didn't ... I wasted a lot of time doing nothing. I regret it. I regret it, mostly, because I didn't learn how to work hard. The funny thing is, I left Brazil and I went to do a Masters

in New York City in applied linguistics. When I did that Masters in New York City, I worked very hard. It was as if, everything changed. My mind changed. I started to work very hard. I often think about that. Maybe because I was younger, it was easier for me.

Cooper: I worked almost the whole day, and I studied almost the whole day. I worked full-time, I studied full-time. At this point, I started to be a very good linguist I think. I did very well in university in my Masters. I was one of the top ... I think I was the top student. I know that sounds, that I'm not, like I'm, **conceited**, but I was very, very good at applied linguistics and at linguistics. I worked hard. I worked hard. You know what? Yeah. I worked hard.

Cooper: For some reason, even though I worked so hard, I didn't get tired. I think it's because although I worked hard, I also had breaks from work, where I would go down to Brazil for two months, or I would go ... Yeah. When I wasn't at university, and working, I took time off. I think this helped me a lot. I took time off. I didn't really ... I worked hard, very hard. I had a lot of time off too. I think this helped me.

Cooper: Then I went to Korea. When I went to Korea, again, I worked well, but I did everything easy for me. I taught courses at a very good university. I wrote books. Everything I did, I wanted to do. Okay, that's fine. I think what I did that made life easier again was, I had a lot of time off. I worked seven months and for five months, I was in Brazil.

Cooper: In Korea as a university professor, you only need to work seven months. For the rest of the year, two and a half months in the winter and two and a half months in the summer, you're free. It's great, cause they pay you. They pay you. You don't get that tired, because you have the time off. I met a lot of people in Korea. I was still in this **mindset**, where I wanted to have fun. I wanted to meet people. I wanted to go out. I did this.

Cooper: Then, something started to change. I started to get older. When I started to get older, I started to ... I wasn't young anymore. Maybe I looked young. We'll talk about this more a little later. I might have looked young, but I wasn't young anymore. I was a man. I had pressure to create a career of some kind. I decided to do a PhD at Oxford. I was accepted at Oxford. Still, when I got to Oxford, the first couple of years, I was lazy. I really was. I didn't ... When you're a PhD student like me, I was being **supported financially** by my mother. I didn't have to work. I could just do my studying.

Cooper: When you are a PhD student, you're doing your own research. You do your own research at your time. At the beginning, when I started at Oxford, I wasn't **self disciplined** enough to work hard all the time. My wife, Christina, she works hard all the time. Sometimes, I'm **amazed**. She's doing her first year of PhD now. When I did my first year, I did nothing. I did nothing. All I did was have fun. Sometimes I went out four days a week. Okay.

Cooper: And then, **all of a sudden**, I realized, shit, Cooper, if you don't start working hard on your PhD, you're not gonna finish. You're gonna waste all this time. You better work hard. That's when my life really changed. I had to do something that was very hard, and that **took up all of my time**. It was then, that I really stopped going to Brazil, about four or

five years ago. My life really became centered in England, where I started working harder and harder on my research, which I did in Brazil, but on writing my PhD thesis. I was sometimes very, very stressed. When I got stressed, I was very, very **mean** and angry. This is a point I wanted to make.

Cooper: It's really interesting when you work so hard ... I put myself in the bad situation. At the beginning of my PhD, I didn't work very hard. At the end, I had to really work hard. I didn't have much time. When you have to work so hard, and I was doing something very, very difficult. I chose something challenging. I chose something that wasn't easy, that was hard. When you work so hard like that, sometimes it changes your personality. It changed mine. I became very angry. It was very easy for me to get angry, to start yelling at people, to get ... I was very **intense**, and I was very stressed out.

Cooper: Now, sometimes I had fun. Usually, I was extremely stressed out, unless I was going out to party. I think ... This is what I think people don't always understand. When people are under a lot of pressure, either because of money, or because of their work, when they don't have free time at all, it changes their mind. Before, when I was working, and I had free time, you know, I had vacation time, a lot of vacation time.

Cooper: I worked hard, had a lot of vacation time. I didn't have a lot of pressure. I didn't have to do something that was difficult for me. I could relax, and I was always happy and everybody said, "Oh, Cooper, you're such a fun, nice guy." Then, when I started doing my PhD ... Not when I started, but when I finished my PhD and I had a lot of pressure, it changed my personality. I was more angry. I was more **intense**. But I finished my PhD.

Cooper: Now, after I finished my PhD, at the beginning, I became lazy again, believe it or not. I didn't do much for a whole seven or eight or nine months. I didn't do almost anything, when I finished my PhD. This was only about two years ago, three years ago. I didn't do almost anything. And then, two years ago, I decided to ... I got the first idea to do, English by Doctor Cooper. It grew, and it grew until maybe, 14 months ago, or 13 months ago.

Cooper: I was working extremely hard, so hard, that it changed my whole life, **changed my whole way of looking at the world**. Even though I've had a lot of success with Doctor Cooper, it's been hell. It's been hell. I mean, sometimes I worked 14, or 15, 16 hours **in a row**. I never experienced this. For about a year **in a row**, I didn't have any day off, not even Saturday or Sunday. It was crazy.

Cooper: Now, for ... I've just changed things, because I realized that working so hard, doing the filming, doing the classes and doing everything else, never having any free time, was destroying my life. How was it destroying my life? Well, first of all, it was hurting my relationship with Christina. I never had time to do fun things with Christina. She's a young woman. She wants to enjoy her life. I have to be there, but I couldn't because I was working so hard. Second of all, I was always stressed out and angry. Sometimes you guys see this in my classes.

- Cooper: Believe me, I would be so stressed out, that I couldn't relax. I couldn't fall asleep. I started to sleep badly too, because I would work until two o'clock in the morning. Then, I would have to go to sleep. It was very hard, very. No time. No free time. That's the main thing. No free time. No leisure time. Free time [inaudible 00:13:38]. Leisure time. "Tempo livre", "tempo de lazer" I had no leisure time at all. I started treating people bad.
- Cooper: And then I saw that on my videos and stuff, my looks started to change. I got big dark circles under my eyes, olheiras. My hair started to become a little bit gray. I said ... I didn't work out. I didn't even have time to work out. I always had worked out before, even during my PhD I worked out hard. I didn't have time to work out, or to train at all. My body started changing.
- Cooper: About four or five weeks ago, I decided, "You know what? Cooper, you can't do this anymore. You have to change. You have to start teaching fewer classes. You have to change the way people pay, and the way you do things. You're working so hard, that you never have any free time. It's ruining you. It's ruining your ..."
- Cooper: Even my mind was becoming less intelligent, because I was working too hard. I didn't have time to think. My relationship with Christina wasn't as good as it could be. My looks and my body, everything. I said, "Cooper, you better change, or you're gonna become old very fast." I decided to **get rid of** some of my classes. I'm very happy I did that. Now I have more free time. This week is the first week I've really felt more free time. I'm so happy about it. I'm in a better mood. I really feel very optimistic now. In this world, for me, we have a need to relax.
- Cooper: Okay. This is where I'm going to bring the subject to you. I'm gonna change the subject a little. For me, I have a need ... I think everybody needs free time. You hear people talking about, oh, how great it is now, because everybody can buy an iPhone. Everyone can buy a car. But nobody has any free time. So it makes everybody crazy. You know, not just me, but when I talk to my students and I can see in their face, stress, stress. It's not only stress about money, but it's stress, because they don't have ... Some of them have no free time.
- Cooper: Some of my students start to work at six or seven. They wake up at six. They get home at 8pm, or 7pm, every day. You can see the stress. You can see ... Let me tell you. This isn't like the old days for you guys. Okay? I'm lucky. I don't have to work as hard as I was doing. Some of you who work for a company, if you don't work that hard, you're going to be fired. You have all this pressure on you. I think this is the pressure that people feel in Brazil, is why they hope things will change with Bolsonaro.
- Cooper: For things to change, the whole system is gonna have to change. People are gonna have to start ... What's happened in society with cell phones and the internet, and multinational corporations, is people are forced to work very hard, all the time. They have these "metas", these goals they have to meet at work. They're **under a lot of pressure**. They can't get **fired**. They don't work. Things cost a lot of money. They are always stressed out. They never have free time. They don't have any free time during

the day. They look forward to their vacations and besides that, their life is hell. It's making, not just me, but everybody else so stressed.

Cooper: Even the whole atmosphere of life is so stressed, compared to the past. If you remember the past ... That's why I like to watch old movies because when I watch old movies, I see how people lived. Things were slower. People weren't always in a hurry. They weren't always in a hurry. They weren't always "com pressa". They could relax. They could visit people. They could enjoy reading. They could think more. They could have more friends, and now they can't.

Cooper: I know, I'm telling you from personal experience, I had this too for the last 15 months. It was ruining me. It was destroying me. Thank God I could stop. You guys, some of you can't stop. That makes me sad. I know what it does to you. It makes you stressed out. It hurts your relationships. It makes you get old quicker. It doesn't give you time to think or to be, the kind of person, the whole person that you want to be. You don't have time for anything, but necessities. This is too bad.

Cooper: It would be nice if somehow, we realized the system, there's a problem with the system of globalization. There's a problem with the system of having to buy so many things. We need to go back to the past. Somehow, we need to bring ... Not back to the past. We need to go back to a more natural way of living, where we have free time. Without free time, without some free time, life ... It's like we're slaves. Okay? I hope you liked my audio diary. Thanks for listening.