

# Englist.me



## Vocabulary Builder Reference from...

*Robert Waldinger: The secret to a happy life -- lessons from 8 decades of research | TED Talk*  
[https://www.ted.com/talks/robert\\_waldinger\\_the\\_secret\\_to\\_a\\_happy\\_life\\_lessons\\_from\\_8\\_decades\\_of\\_research](https://www.ted.com/talks/robert_waldinger_the_secret_to_a_happy_life_lessons_from_8_decades_of_research)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### auditorium

*n.* a room or building used for concerts, plays, or other public performances

*synonym*: hall, theater, amphitheater

(1) open-air **auditorium**, (2) **auditorium** annex

The **auditorium** seating was filled with people waiting for the concert to begin.

### startling

*adj.* extremely surprising, astonishing, and sometimes worrying

*synonym*: alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

### well-being

*n.* the state of being happy and healthy and prosperous

*synonym*: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

### ruminate

*v.* to think deeply about something; to ponder

*synonym*: ponder, meditate, contemplate

(1) **ruminate** about the past, (2) **ruminate** over a problem  
After a long work day, she likes to **ruminate** on her accomplishments and plan for the next day.

### **stressor**

*n.* something that causes stress or emotional tension  
*synonym*: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

### **subside**

*v.* to become less intense or widespread; to sink to a lower level

*synonym*: decrease, decline, diminish

(1) **subside** an argument, (2) **subside** after a short time

The storm **subsided**, leaving the town in peace.

### **circulate**

*v.* to move continuously or freely around a place or closed system

*synonym*: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

### **coworker**

*n.* a person who works with another in the same company or organization

*synonym*: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

### **liven**

*v.* to make something more interesting, exciting, or active

*synonym*: enliven, animate, revive

(1) **liven** up a boring meeting, (2) **liven** up atmosphere

The party was boring, but the drinks helped **liven** things up.

## ripple

*n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

*synonym*: wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

## snippet

*n.* a small piece or brief extract of something

*synonym*: fragment, excerpt, brief

(1) **snippet** of wisdom, (2) code **snippet**

The journalist saved a **snippet** of the interview for later reference.

## introvert

*n.* a shy and reticent person

*synonym*: observer, loner, solitary

(1) **introvert** personality, (2) **introvert** behavior

Being an **introvert** is not a weakness, and it's just a different way of interacting with the world.

## energize

*v.* to give energy or vitality to someone or something; to invigorate

*synonym*: invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

## discerning

*adj.* able to make good judgments about what is true or right

*synonym*: discriminating, perceptive, insightful

(1) **discerning** reader, (2) have a **discerning** palate

She has a **discerning** eye for art and can spot a fake a mile away.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym*: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

### **extrovert**

*n.* a person who is outgoing, sociable, and confident

*synonym*: outgoing, sociable, gregarious

(1) **extrovert** social skills, (2) natural **extrovert**

She intentionally acts like an **extrovert**.

### **facade**

*n.* the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant

*synonym*: front, camouflage, masquerade

(1) the outside **facade** of a castle, (2) **facade** of wealth

A gentle **facade** concealed his powerfulness.

### **acquaintance**

*n.* a person one knows but who is not a close friend

*synonym*: friend, associate, contact

(1) **acquaintance** with a language, (2) business

**acquaintance**

I met him at a party, and we quickly became **acquaintances**.

### **endemic**

*adj.* (of a disease or other problem) regularly found among particular people or in a certain area

*synonym*: prevalent, widespread, native

(1) **endemic** disease, (2) cholera- **endemic** area

Malaria is **endemic** in many tropical countries.

### **disguise**

*v.* to hide or alter someone's appearance to deceive or mislead others

*synonym*: mask, misinterpret, cloak

(1) **disguise** my feelings, (2) **disguise** his voice

Later it turned out that the politician **disguised** the fact from the public.

### **turnaround**

*n.* the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something

*synonym* : recovery, improvement, reversal

(1) miraculous **turnaround**, (2) **turnaround** strategy

The company's **turnaround** was a result of new management strategies.

## comical

*adj.* funny, especially in a strange or absurd way

*synonym* : amusing, funny, humorous

(1) a **comical** way to speaking, (2) cast **comical** eyes

He covered up his failure with **comical** laughter.

## pandemic

*n.* an outbreak of a disease that affects many people over a very wide area

*synonym* : outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

## trove

*n.* a valuable collection of rare or interesting things, usually on the earth

*synonym* : hoard, collection, assemblage

(1) **trove** of information, (2) stumble on a **trove**

The treasure **trove** of ancient artifacts was a museum's dream come true.

## nugget

*n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

*synonym* : chunk, clod, clump

(1) a gold **nugget**, (2) **nugget** of truth

It took a few weeks to extract the **nugget** of information from those complicated sources.

## Session 2: Spelling

- |                                |  |
|--------------------------------|--|
| 1. global pa_____ic            | <i>n.</i> an outbreak of a disease that affects many people over a very wide area  |
| 2. code sn_____t               | <i>n.</i> a small piece or brief extract of something  |
| 3. acq_____nce with a language | <i>n.</i> a person one knows but who is not a close friend   |
| 4. st_____ng earthquake shocks | <i>adj.</i> extremely surprising, astonishing, and sometimes worrying  |
| 5. the wel_____ng of a nation  | <i>n.</i> the state of being happy and healthy and prosperous  |
| 6. in_____rt behavior          | <i>n.</i> a shy and reticent person  |
| 7. li__n up atmosphere         | <i>v.</i> to make something more interesting, exciting, or active  |
| 8. sn_____t of wisdom          | <i>n.</i> a small piece or brief extract of something  |
| 9. a gold nu____t              | <i>n.</i> a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food |
| 10. argue with a co_____er     | <i>n.</i> a person who works with another in the same company or organization  |
| 11. have a dis_____ng palate   | <i>adj.</i> able to make good judgments about what is true or right  |
| 12. tr__e of information       | <i>n.</i> a valuable collection of rare or interesting things, usually on the earth  |

ANSWERS: 1. pandemic, 2. snippet, 3. acquaintance, 4. startling, 5. well-being, 6. introvert, 7. liven, 8. snippet, 9. nugget, 10. coworker, 11. discerning, 12. trove

13. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
14. st\_\_\_\_\_ng discovery *adj.* extremely surprising, astonishing, and sometimes worrying
15. en\_\_\_\_\_c disease *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
16. su\_\_\_\_\_e after a short time *v.* to become less intense or widespread; to sink to a lower level
17. stumble on a tr\_\_\_e *n.* a valuable collection of rare or interesting things, usually on the earth
18. jazz imp\_\_\_\_\_ion *n.* the act of making something up on the spot or creating or performing something without preparation
19. di\_\_\_\_\_se his voice *v.* to hide or alter someone's appearance to deceive or mislead others
20. a ri\_\_\_e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
21. ru\_\_\_\_\_te about the past *v.* to think deeply about something; to ponder
22. open-air aud\_\_\_\_\_um *n.* a room or building used for concerts, plays, or other public performances
23. dis\_\_\_\_\_ng reader *adj.* able to make good judgments about what is true or right
24. the outside fa\_\_\_e of a castle *n.* the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant

ANSWERS: 13. improvisation, 14. startling, 15. endemic, 16. subside, 17. trove, 18. improvisation, 19. disguise, 20. ripple, 21. ruminates, 22. auditorium, 23. discerning, 24. facade

25. aud\_\_\_\_\_um annex *n.* a room or building used for concerts, plays, or other public performances
26. en\_\_\_\_\_ze a team *v.* to give energy or vitality to someone or something; to invigorate
27. cholera-en\_\_\_\_\_c area *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
28. in\_\_\_\_\_rt personality *n.* a shy and reticent person
29. li\_\_n up a boring meeting *v.* to make something more interesting, exciting, or active
30. tur\_\_\_\_\_nd strategy *n.* the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something
31. natural ex\_\_\_\_\_rt *n.* a person who is outgoing, sociable, and confident
32. a co\_\_\_\_\_l way to speaking *adj.* funny, especially in a strange or absurd way
33. ri\_\_\_e in the water *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
34. co\_\_\_\_\_er relationship *n.* a person who works with another in the same company or organization
35. st\_\_\_\_\_or management *n.* something that causes stress or emotional tension
36. en\_\_\_\_\_ze the body *v.* to give energy or vitality to someone or something; to invigorate
37. flu pa\_\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 25. auditorium, 26. energize, 27. endemic, 28. introvert, 29. liven, 30. turnaround, 31. extrovert, 32. comical, 33. ripple, 34. coworker, 35. stressor, 36. energize, 37. pandemic



- |  |           |   |
|--|-----------|---|
| 38. di_____se my feelings                  | <i>v.</i> | to hide or alter someone's appearance to deceive or mislead others  |
| 39. a sense of wel_____ng                  | <i>n.</i> | the state of being happy and healthy and prosperous   |
| 40. ex_____rt social skills                | <i>n.</i> | a person who is outgoing, sociable, and confident   |
| 41. st_____or event                        | <i>n.</i> | something that causes stress or emotional tension   |
| 42. ru_____te over a problem               | <i>v.</i> | to think deeply about something; to ponder  |
| 43. miraculous tur_____nd                  | <i>n.</i> | the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something |
| 44. ci_____te an agenda before the meeting | <i>v.</i> | to move continuously or freely around a place or closed system  |
| 45. fa____e of wealth                      | <i>n.</i> | the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant                       |
| 46. nu____t of truth                       | <i>n.</i> | a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food                              |
| 47. business acq_____nce                   | <i>n.</i> | a person one knows but who is not a close friend  |
| 48. ci_____te a rumor                      | <i>v.</i> | to move continuously or freely around a place or closed system  |

ANSWERS: 38. disguise, 39. well-being, 40. extrovert, 41. stressor, 42. ruminate, 43. turnaround, 44. circulate, 45. facade, 46. nugget, 47. acquaintance, 48. circulate

49. cast co\_\_\_\_l eyes

*adj.* funny, especially in a strange or absurd way

50. su\_\_\_\_e an argument

*v.* to become less intense or widespread;  
to sink to a lower level

ANSWERS: 49. comical, 50. subside

## Session 3: Fill in the Blanks

1. The journalist saved a \_\_\_\_\_ of the interview for later reference.  
*n.* a small piece or brief extract of something
2. The storm \_\_\_\_\_ leaving the town in peace.  
*v.* to become less intense or widespread; to sink to a lower level
3. My ex-\_\_\_\_\_ and I had different working styles but managed to get along.  
*n.* a person who works with another in the same company or organization
4. The \_\_\_\_\_ seating was filled with people waiting for the concert to begin.  
*n.* a room or building used for concerts, plays, or other public performances
5. He created a beautiful piece of music using only \_\_\_\_\_.  
*n.* the act of making something up on the spot or creating or performing something without preparation
6. The treasure \_\_\_\_\_ of ancient artifacts was a museum's dream come true.  
*n.* a valuable collection of rare or interesting things, usually on the earth
7. She intentionally acts like an \_\_\_\_\_.  
*n.* a person who is outgoing, sociable, and confident
8. He describes the story with \_\_\_\_\_ reality.  
*adj.* extremely surprising, astonishing, and sometimes worrying
9. I met him at a party, and we quickly became \_\_\_\_\_.  
*n.* a person one knows but who is not a close friend

ANSWERS: 1. snippet, 2. subsided, 3. coworker, 4. auditorium, 5. improvisation, 6. trove, 7. extrovert, 8. startling, 9. acquaintances

10. They fear a \_\_\_\_\_ of a new type of virus.  
*n.* an outbreak of a disease that affects many people over a very wide area
11. Many businesses felt the \_\_\_\_\_ effect of the economy's decline.  
*n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
12. The deadline for the project was a major \_\_\_\_\_ for the team.  
*n.* something that causes stress or emotional tension
13. It took a few weeks to extract the \_\_\_\_\_ of information from those complicated sources.  
*n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
14. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
15. Malaria is \_\_\_\_\_ in many tropical countries.  
*adj.* (of a disease or other problem) regularly found among particular people or in a certain area
16. Later it turned out that the politician \_\_\_\_\_ the fact from the public.  
*v.* to hide or alter someone's appearance to deceive or mislead others
17. The party was boring, but the drinks helped \_\_\_\_\_ things up.  
*v.* to make something more interesting, exciting, or active
18. Being an \_\_\_\_\_ is not a weakness, and it's just a different way of interacting with the world.  
*n.* a shy and reticent person

ANSWERS: 10. pandemic, 11. ripple, 12. stressor, 13. nugget, 14. well-being, 15. endemic, 16. disguised, 17. liven, 18. introvert

19. He covered up his failure with \_\_\_\_\_ laughter.  
*adj.* funny, especially in a strange or absurd way
20. The company's \_\_\_\_\_ was a result of new management strategies.  
*n.* the amount of time needed to prepare a vessel or ship for a return trip; a change or improvement in the condition, performance, or affairs of something
21. She has a \_\_\_\_\_ eye for art and can spot a fake a mile away.  
*adj.* able to make good judgments about what is true or right
22. The fan \_\_\_\_\_ the air in the room quickly.  
*v.* to move continuously or freely around a place or closed system
23. A gentle \_\_\_\_\_ concealed his powerfulness.  
*n.* the face or front of a building, especially a large one; superficial or false appearance intended to conceal something unpleasant
24. After a long work day, she likes to \_\_\_\_\_ on her accomplishments and plan for the next day.  
*v.* to think deeply about something; to ponder
25. The motivational speaker \_\_\_\_\_ the crowd with their words.  
*v.* to give energy or vitality to someone or something; to invigorate

ANSWERS: 19. comical, 20. turnaround, 21. discerning, 22. circulates, 23. facade, 24. ruminate, 25. energized