

# Englist.me



## Vocabulary Builder Reference from...

Wendy Suzuki: How to calm your anxiety, from a neuroscientist | TED Talk

[https://www.ted.com/talks/wendy\\_suzuki\\_how\\_to\\_cal\\_m\\_your\\_anxiety\\_from\\_a\\_neuroscientist](https://www.ted.com/talks/wendy_suzuki_how_to_cal_m_your_anxiety_from_a_neuroscientist)

### All Words

#### IMPORTANT

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## Session 1: Word List

### ambiguous

*adj.* open to more than one interpretation; not clear or decided

*synonym*: unclear, uncertain, equivocal

(1) **ambiguous** situation, (2) clarify **ambiguous** points

The instructions provided were **ambiguous** and confused the team.

### sweat

*n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

*synonym*: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

### palm

*n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves

*synonym*: hand, fist

(1) the **palm** side of the forearm, (2) coconut **palm** trees

This high-performance camera is compact enough to fit in the **palm** of your hand.

## freak

*n.* an abnormality that is not typical or expected

*synonym*: anomaly, deviation, oddity

(1) a rock **freak**, (2) **freak** weather

The **freak** accident caused the car to flip over and land on its roof.

## sensation

*n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

*synonym*: feeling, perception, mania

(1) cause a widespread **sensation**, (2) taste **sensation**

If you apply this ointment, you may feel a mild burning **sensation**.

## anxiety

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

## brain

*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

*synonym*: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

## transform

*v.* to change in outward structure or looks;

*synonym*: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

## clinical

*adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

*synonym*: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

## tremendous

*adj.* very great in degree or extent or amount or impact; extremely good

*synonym* : enormous, giant, immense

(1) **tremendous** amount, (2) **tremendous** popularity

We had a **tremendous** time yesterday.

## evolution

*n.* a gradual process of transformation of living things

*synonym* : elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

## essential

*adj.* indispensable; fundamental

*synonym* : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

## survival

*n.* the state of continuing to exist or live, frequently in the face of difficulty or danger

*synonym* : endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

## vague

*adj.* not clearly expressed or understood

*synonym* : ambiguous, imprecise, dim

(1) **vague** idea, (2) make a **vague** answer

The **vague** rumor turned out to be false.

## volume

*n.* the amount of space occupied by an object or substance; the magnitude of sound

*synonym* : capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## breath

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

*synonym*: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

## inhale

*v.* to breathe in air or a different substance, such as smoke

*synonym*: breathe in, take in, draw in

(1) **inhale** the smoke, (2) **inhale** the aroma

He **inhaled** deeply, trying to calm down.

## exhale

*v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently

*synonym*: breathe out, expel, emit

(1) **exhale** a big sigh, (2) **exhale** cigarette smoke

He took a deep breath and slowly began to **exhale**.

## immediate

*adj.* happening or done without delay or occurring shortly after something else

*synonym*: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past

Both forts were subject to **immediate** attacks.

## calm

*adj.* not excited, angry, or nervous; free from wind, large waves

*synonym*: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

## destress

v. to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress

*synonym*: relax, unwind, decompress

(1) **destress** after a long day at work, (2) **destress** and improve mood

I always make sure to prioritize self-care to **destress** and recharge my batteries.

## nervous

*adj.* worried and anxious about something; relating to the nerves

*synonym*: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

## parasympathetic

*adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

*synonym*: relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

## recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

*synonym*: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

## provoke

v. to stimulate or give rise to a particular reaction or have a particular effect

*synonym*: stimulate, incite, encourage

(1) **provoke** a disease, (2) **provoke** a reaction

Her behavior **provoked** a quarrel between the couple.

## conversation

*n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

*synonym* : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

## ancient

*adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

*synonym* : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

## monk

*n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

*synonym* : friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

## modern

*adj.* of or belonging to the present time or recent times

*synonym* : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

## meditation

*n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

*synonym* : contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

## mood

*n.* the way you feel at a particular time; an angry or impatient state of mind

*synonym* : mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

## release

*v.* to set free or allow to escape from confinement

*synonym* : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

## bunch

*n.* a grouping of several similar things which are growing or fastened together

*synonym* : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

## beneficial

*adj.* helpful, useful, or sound; promoting or enhancing well-being

*synonym* : useful, advantageous, fruitful

(1) a **beneficial** result, (2) **beneficial** to all countries

Laughing is **beneficial** to our health.

## neurochemical

*adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

(1) **neurochemical** substances, (2) **neurochemical** mechanism

Our study focuses on **neurochemical** changes in the brain.

## dopamine

*n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

(1) **dopamine-inhibiting** agent, (2) antagonism of **dopamine**

The drug controls the level of **dopamine** in the brain.

## serotonin

*n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

(1) **serotonin** drug, (2) **serotonin** levels

The medicine works by boosting **serotonin** levels in the brain.

## norepinephrine

*n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

*synonym* : noradrenaline

(1) **norepinephrine** receptor, (2) enhance **norepinephrine** release

Some medications used to treat depression work by increasing the levels of **norepinephrine** in the brain.

## endorphin

*n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

*synonym* : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

## reward

*n.* a thing given in acknowledgment of service, hard work, achievement, etc.

*synonym* : compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards

Night fishing has a lot of **rewards**.

## negative

*adj.* having the quality of something bad or harmful; expressing refusal

*synonym* : minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

## bubble

*n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses



*synonym* : blob, balloon, mania

(1) **bubble** in the champagne glass, (2) economic **bubble**  
Many people worry that the current real estate market is a **bubble** that could burst soon.

## closet

*n.* a small room or cabinet with a door used for storing things, especially clothes

*synonym* : cabinet, cupboard, locker

(1) **closet** full of suits, (2) walk-in **closets**

He brushed the suit before hanging it back into the **closet**.

## sticky

*adj.* made of or covered with an adhesive substance; hot or warm and humid

*synonym* : adhesive, gluey, clingy

(1) **sticky** weather, (2) **sticky** situation

A peculiar **sticky** material coated the foliage.

## creative

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

*synonym* : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

## movement

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

*synonym* : motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

## session

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

*synonym* : conference, gathering

(1) the morning **session**, (2) the court **session**  
Parliament is now in **session**.

## vacuum

*n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction  
*synonym*: void, emptiness, gap

(1) **vacuum** cleaner, (2) **vacuum** packing

Please use the **vacuum** to clean up the mess on the floor.

## deadline

*n.* a date or period by which something must be done  
*synonym*: time limit, period

(1) transfer **deadline** day, (2) the **deadline** for applications

No matter what, we must have this done before the **deadline**.

## jack

*n.* a mechanical device used for lifting or supporting heavy objects

*synonym*: lever, crank, wrench

(1) a **jack** of all trades, (2) a line-in **jack**

He used a **jack** to lift the car to change the tire.

## elevator

*n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

*synonym*: lift, hoist

(1) **elevator** ride, (2) modern **elevator**

The hotel's **elevator** was out of order, so we had to take the stairs to our room on the fifth floor.

## flee

*v.* to leave by running away, especially out of fear or danger

*synonym*: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

## possibility

*n.* a chance that something may happen or be true

*synonym*: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

## assess

*v.* to judge or decide the nature or quality of someone or something

*synonym*: estimate, evaluate, consider

(1) **assess** a tax of 10 pounds, (2) **assess** the quality

Our company needs to **assess** the business impact of climate change.

## yoga

*n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

*synonym*: meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

## martial

*adj.* relating to soldiers or the military; warlike or inclined towards war

*synonym*: military, warlike, combative

(1) **martial** combat, (2) **martial** law

The **martial** arts teacher instructed the students in self-defense techniques.

## affirmation

*n.* a statement declaring something to be true strongly

*synonym*: confirmation, validation, endorsement

(1) self- **affirmation**, (2) statement of **affirmation**

The **affirmation** from her boss gave her the confidence she needed to move forward with her project.

## retake

*v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result

*synonym* : recapture, reclaim, recover

(1) **retake** photo, (2) **retake** control

I will have to **retake** this test to get a passing grade.

## norm

*n.* something that is regarded as usual, typical, or standard

*synonym* : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

## incorporate

*v.* to include something as a part of a larger entity

*synonym* : contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

## all-consuming

*adj.* taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

*synonym* : engrossing, immersive

(1) **all-consuming** flame, (2) **all-consuming** passion

His **all-consuming** love for her made him forget about everything else in his life.

## evaluate

*v.* to assess or estimate the quality, significance, quantity, or value of something

*synonym* : assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation

The meeting aims to **evaluate** possible choices.

## anxious

*adj.* worried and nervous

*synonym* : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

## **insecure**

*adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

*synonym* : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

## **emotion**

*n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

*synonym* : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

## **evolve**

*v.* to develop gradually, or to cause the development of something or someone gradually

*synonym* : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

## **warn**

*v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future

*synonym* : alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

## **communicate**

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

*synonym* : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

## **colleague**

*n.* one of a group of a coworker, especially in a profession or a business

*synonym* : coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

## **prioritize**

*v.* to assign a higher level of importance to something compared to other things

*synonym*: rank, order, arrange

(1) **prioritize** tasks, (2) **prioritize** people over cars

The organization **prioritized** the needs of the community in its decision-making.

## **threaten**

*v.* to utter intentions of injury or punishment against someone

*synonym*: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

## **telltale**

*adj.* revealing or betraying information or evidence; serving as a sign or indicator of something

*synonym*: revealing, indicative, suggestive

(1) **telltale** evidence, (2) **telltale** heart

The **telltale** signs of a dishonest employee were missing files and constant delay.

## **boost**

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

## **empathy**

*n.* the ability to share another person's feelings or experiences by imagining that person's situation

*synonym*: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

**Empathy** is also necessary to understand history.

## take-home

*n.* the amount of money earned after deducting taxes and other expenses; a task, assignment, or lesson that is meant to be completed or learned outside of a classroom or workplace

*synonym*: salary, earnings, income

(1) **take-home** pay, (2) **take-home** exam

The company provided the employees with **take-home** assignments to complete over the weekend.

## fulfill

*v.* to meet the requirements or expectations; to achieve or realize

*synonym*: satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

## Session 2: Spelling

1. fu\_\_\_\_l a contract *v.* to meet the requirements or expectations; to achieve or realize
2. ev\_\_\_\_te the grant proposal *v.* to assess or estimate the quality, significance, quantity, or value of something
3. get ne\_\_\_\_s *adj.* worried and anxious about something; relating to the nerves
4. re\_\_\_\_nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
5. re\_\_\_e control *v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result
6. beta-en\_\_\_\_\_in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
7. economic bu\_\_\_e *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
8. ma\_\_\_\_l combat *adj.* relating to soldiers or the military; warlike or inclined towards war
9. tr\_\_\_\_rm heat into power *v.* to change in outward structure or looks;

ANSWERS: 1. fulfill, 2. evaluate, 3. nervous, 4. recommend, 5. retake, 6. endorphin, 7. bubble, 8. martial, 9. transform



10. ev\_\_\_e *v.* to develop gradually, or to cause the development of something or someone gradually
11. fr\_\_k weather *n.* an abnormality that is not typical or expected
12. va\_\_\_m cleaner *n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction
13. an an\_\_\_\_s look *adj.* worried and nervous
14. par\_\_\_\_\_tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
15. vo\_\_\_e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
16. pri\_\_\_\_\_ze people over cars *v.* to assign a higher level of importance to something compared to other things
17. all\_\_\_\_\_ing passion *adj.* taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence
18. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
19. tr\_\_\_\_\_rm an education system *v.* to change in outward structure or looks;
20. br\_\_\_h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 10. evolve, 11. freak, 12. vacuum, 13. anxious, 14. parasympathetic, 15. volume, 16. prioritize, 17. all-consuming, 18. individual, 19. transform, 20. breath

21. st\_\_\_y weather *adj.* made of or covered with an adhesive substance; hot or warm and humid
22. en\_\_\_\_\_in rush *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
23. antagonism of do\_\_\_\_\_ne *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
24. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
25. the m\_\_d in a room *n.* the way you feel at a particular time; an angry or impatient state of mind
26. c\_\_m sea *adj.* not excited, angry, or nervous; free from wind, large waves
27. re\_\_\_\_\_nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
28. ta\_\_\_\_\_me exam *n.* the amount of money earned after deducting taxes and other expenses; a task, assignment, or lesson that is meant to be completed or learned outside of a classroom or workplace
29. cl\_\_\_t full of suits *n.* a small room or cabinet with a door used for storing things, especially clothes
30. transfer de\_\_\_\_\_ne day *n.* a date or period by which something must be done

ANSWERS: 21. sticky, 22. endorphin, 23. dopamine, 24. anxiety, 25. mood, 26. calm, 27. recommend, 28. take-home, 29. closet, 30. deadline

31. an in\_\_\_\_\_re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
32. ev\_\_\_\_\_te a situation *v.* to assess or estimate the quality, significance, quantity, or value of something
33. walk-in cl\_\_\_\_\_ts *n.* a small room or cabinet with a door used for storing things, especially clothes
34. clarify am\_\_\_\_\_us points *adj.* open to more than one interpretation; not clear or decided
35. ben\_\_\_\_\_al to all countries *adj.* helpful, useful, or sound; promoting or enhancing well-being
36. f\_\_e abroad *v.* to leave by running away, especially out of fear or danger
37. w\_\_ned me of the plan *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
38. have a ne\_\_\_\_\_ve effect *adj.* having the quality of something bad or harmful; expressing refusal
39. th\_\_\_\_\_en a healthy relationship *v.* to utter intentions of injury or punishment against someone
40. nor\_\_\_\_\_ine receptor *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
41. com\_\_\_\_\_te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
42. former co\_\_\_\_\_ue *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 31. insecure, 32. evaluate, 33. closet, 34. ambiguous, 35. beneficial, 36. flee, 37. warn, 38. negative, 39. threaten, 40. norepinephrine, 41. communicate, 42. colleague

43. an\_\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
44. em\_\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
45. su\_\_\_\_\_al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
46. com\_\_\_\_\_te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
47. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
48. in\_\_\_\_\_re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
49. fu\_\_\_\_\_l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
50. statement of aff\_\_\_\_\_on *n.* a statement declaring something to be true strongly
51. self-aff\_\_\_\_\_on *n.* a statement declaring something to be true strongly
52. es\_\_\_\_\_al amino acid *adj.* indispensable; fundamental
53. human ev\_\_\_\_\_on *n.* a gradual process of transformation of living things
54. all\_\_\_\_\_ing flame *adj.* taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

ANSWERS: 43. anxiety, 44. empathy, 45. survival, 46. communicate, 47. individual, 48. insecure, 49. fulfill, 50. affirmation, 51. affirmation, 52. essential, 53. evolution, 54. all-consuming

55. y\_\_a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
56. a friendly con\_\_\_\_\_ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
57. a ne\_\_\_\_ve number *adj.* having the quality of something bad or harmful; expressing refusal
58. f\_\_e their homes *v.* to leave by running away, especially out of fear or danger
59. te\_\_\_\_\_le evidence *adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
60. pri\_\_\_\_\_ze tasks *v.* to assign a higher level of importance to something compared to other things
61. pre-Christian an\_\_\_\_t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
62. aerial y\_\_a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
63. a line-in j\_\_k *n.* a mechanical device used for lifting or supporting heavy objects
64. ta\_\_\_\_\_me pay *n.* the amount of money earned after deducting taxes and other expenses; a task, assignment, or lesson that is meant to be completed or learned outside of a classroom or workplace

ANSWERS: 55. yoga, 56. conversation, 57. negative, 58. flee, 59. telltale, 60. prioritize, 61. ancient, 62. yoga, 63. jack, 64. take-home

65. as\_\_\_s the quality *v.* to judge or decide the nature or quality of someone or something
66. ev\_\_\_e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
67. the court se\_\_\_\_\_n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
68. bo\_\_t flexibility *v.* to improve, raise, or increase something
69. a bu\_\_h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
70. ev\_\_\_\_\_on theory *n.* a gradual process of transformation of living things
71. coconut p\_\_m trees *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
72. afraid to show em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
73. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement
74. the morning se\_\_\_\_\_n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
75. se\_\_\_\_\_in drug *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory

ANSWERS: 65. assess, 66. evolve, 67. session, 68. boost, 69. bunch, 70. evolution, 71. palm, 72. emotion, 73. release, 74. session, 75. serotonin

76. take im\_\_\_\_\_te effect *adj.* happening or done without delay or occurring shortly after something else
77. sw\_\_t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
78. religious med\_\_\_\_\_on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
79. tre\_\_\_\_\_us amount *adj.* very great in degree or extent or amount or impact; extremely good
80. enhance nor\_\_\_\_\_ine release *n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure
81. pos\_\_\_\_\_ty of a major earthquake *n.* a chance that something may happen or be true
82. in\_\_\_e the smoke *v.* to breathe in air or a different substance, such as smoke
83. con\_\_\_\_\_ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
84. cultural n\_\_m *n.* something that is regarded as usual, typical, or standard
85. do\_\_\_\_\_ne-inhibiting agent *n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension

ANSWERS: 76. immediate, 77. sweat, 78. meditation, 79. tremendous, 80. norepinephrine, 81. possibility, 82. inhale, 83. conversation, 84. norm, 85. dopamine

86. inc\_\_\_\_\_te the current trends      *v.* to include something as a part of a larger entity
87. n\_\_m of action      *n.* something that is regarded as usual, typical, or standard
88. m\_\_k lifestyle      *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
89. re\_\_\_\_\_e a prisoner      *v.* to set free or allow to escape from confinement
90. ma\_\_\_\_\_l law      *adj.* relating to soldiers or the military; warlike or inclined towards war
91. a circular mo\_\_\_\_\_nt      *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
92. a bu\_\_h of trees      *n.* a grouping of several similar things which are growing or fastened together
93. inc\_\_\_\_\_te technology into daily life      *v.* to include something as a part of a larger entity
94. de\_\_\_\_\_ss and improve mood      *v.* to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress
95. tre\_\_\_\_\_us popularity      *adj.* very great in degree or extent or amount or impact; extremely good
96. shopping re\_\_\_ds cards      *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
97. control my em\_\_\_\_\_n      *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 86. incorporate, 87. norm, 88. monk, 89. release, 90. martial, 91. movement, 92. bunch, 93. incorporate, 94. distress, 95. tremendous, 96. reward, 97. emotion



98. high vo\_\_\_e *n.* the amount of space occupied by an object or substance; the magnitude of sound
99. pos\_\_\_\_\_ty for growth *n.* a chance that something may happen or be true
100. full of em\_\_\_\_\_y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
101. the im\_\_\_\_\_te past *adj.* happening or done without delay or occurring shortly after something else
102. the re\_\_\_d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
103. modern el\_\_\_\_\_or *n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
104. bu\_\_\_e in the champagne glass *n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
105. a ben\_\_\_\_\_al result *adj.* helpful, useful, or sound; promoting or enhancing well-being
106. a rock fr\_\_k *n.* an abnormality that is not typical or expected
107. in\_\_\_e the aroma *v.* to breathe in air or a different substance, such as smoke
108. pr\_\_\_\_\_e a disease *v.* to stimulate or give rise to a particular reaction or have a particular effect

ANSWERS: 98. volume, 99. possibility, 100. empathy, 101. immediate, 102. reward, 103. elevator, 104. bubble, 105. beneficial, 106. freak, 107. inhale, 108. provoke

109. collaborate with co\_\_\_\_\_ues *n.* one of a group of a coworker, especially in a profession or a business
110. ex\_\_\_e a big sigh *v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
111. make a va\_\_\_e answer *adj.* not clearly expressed or understood
112. re\_\_\_e photo *v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result
113. a j\_\_\_k of all trades *n.* a mechanical device used for lifting or supporting heavy objects
114. cause a widespread se\_\_\_\_\_on *n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
115. mo\_\_\_\_\_nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
116. barren of cr\_\_\_\_\_ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
117. the p\_\_\_m side of the forearm *n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves

ANSWERS: 109. colleague, 110. exhale, 111. vague, 112. retake, 113. jack, 114. sensation, 115. movement, 116. creative, 117. palm

118. va__e idea	<i>adj.</i> not clearly expressed or understood
119. cloistered m__k	<i>n.</i> a member of a religious community of men living under vows of poverty, chastity, and obedience
120. par_____tic response	<i>adj.</i> relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
121. development of the ne____s system	<i>adj.</i> worried and anxious about something; relating to the nerves
122. th____en national security	<i>v.</i> to utter intentions of injury or punishment against someone
123. taste se_____on	<i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
124. de____ss after a long day at work	<i>v.</i> to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress
125. neu_____cal mechanism	<i>adj.</i> of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
126. es_____al commodities of life	<i>adj.</i> indispensable; fundamental
127. el____or ride	<i>n.</i> a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

ANSWERS: 118. vague, 119. monk, 120. parasympathetic, 121. nervous, 122. threaten, 123. sensation, 124. destress, 125. neurochemical, 126. essential, 127. elevator

128. permanent br\_\_n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
129. pr\_\_\_\_\_e a reaction *v.* to stimulate or give rise to a particular reaction or have a particular effect
130. se\_\_\_\_\_in levels *n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
131. su\_\_\_\_\_al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
132. as\_\_\_s a tax of 10 pounds *v.* to judge or decide the nature or quality of someone or something
133. bo\_\_t the economy *v.* to improve, raise, or increase something
134. cr\_\_\_\_\_ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
135. neu\_\_\_\_\_cal substances *adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity
136. the de\_\_\_\_\_ne for applications *n.* a date or period by which something must be done
137. c\_\_m manner *adj.* not excited, angry, or nervous; free from wind, large waves
138. am\_\_\_\_\_us situation *adj.* open to more than one interpretation; not clear or decided
139. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 128. brain, 129. provoke, 130. serotonin, 131. survival, 132. assess, 133. boost, 134. creative, 135. neurochemical, 136. deadline, 137. calm, 138. ambiguous, 139. brain

140. an\_\_\_\_s about his health *adj.* worried and nervous
141. va\_\_\_m packing *n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction
142. participate in cl\_\_\_\_\_al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
143. w\_\_n a reckless driver *v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
144. all in a sw\_\_t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
145. pre-mo\_\_\_n agricultural society *adj.* of or belonging to the present time or recent times
146. an\_\_\_\_\_t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
147. mo\_\_\_n poetry *adj.* of or belonging to the present time or recent times
148. in an ugly m\_\_d *n.* the way you feel at a particular time; an angry or impatient state of mind
149. med\_\_\_\_\_on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
150. cl\_\_\_\_\_al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

ANSWERS: 140. anxious, 141. vacuum, 142. clinical, 143. warn, 144. sweat, 145. modern, 146. ancient, 147. modern, 148. mood, 149. meditation, 150. clinical

151. ex\_\_\_e cigarette smoke

*v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently

152. te\_\_\_\_\_le heart

*adj.* revealing or betraying information or evidence; serving as a sign or indicator of something

153. hold your br\_\_\_h

*n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

154. st\_\_\_y situation

*adj.* made of or covered with an adhesive substance; hot or warm and humid

ANSWERS: 151. exhale, 152. telltale, 153. breath, 154. sticky

## Session 3: Fill in the Blanks

1. I attempted to \_\_\_\_\_ him, but he ignored me.  
*v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future
  
2. The organization \_\_\_\_\_ the needs of the community in its decision-making.  
*v.* to assign a higher level of importance to something compared to other things
  
3. The \_\_\_\_\_ of getting the disease will drastically increase.  
*n.* a chance that something may happen or be true
  
4. No matter what, we must have this done before the \_\_\_\_\_.  
*n.* a date or period by which something must be done
  
5. If you apply this ointment, you may feel a mild burning \_\_\_\_\_.  
*n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
  
6. The \_\_\_\_\_ instructor guided the group through the relaxation and breathing exercises.  
*n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
  
7. It was the first time in a long time that I felt truly \_\_\_\_\_ and at peace.  
*adj.* not excited, angry, or nervous; free from wind, large waves
  
8. He cast \_\_\_\_\_ glances behind her.  
*adj.* worried and nervous

ANSWERS: 1. warn, 2. prioritized, 3. possibility, 4. deadline, 5. sensation, 6. meditation, 7. calm, 8. anxious

9. Please use the \_\_\_\_\_ to clean up the mess on the floor.
- n.* a space empty of matter; a device or tool used for cleaning or removing debris by creating suction
10. All the supervisor has to do is assign tasks that make his subordinates more \_\_\_\_\_.
- adj.* relating to or involving the use of skill and original and unusual ideas to create something
11. The company provided the employees with \_\_\_\_\_ assignments to complete over the weekend.
- n.* the amount of money earned after deducting taxes and other expenses; a task, assignment, or lesson that is meant to be completed or learned outside of a classroom or workplace
12. He brushed the suit before hanging it back into the \_\_\_\_\_.
- n.* a small room or cabinet with a door used for storing things, especially clothes
13. Eyeless fish \_\_\_\_\_ in dark caves.
- v.* to develop gradually, or to cause the development of something or someone gradually
14. It is a basic instinct to \_\_\_\_\_ from a dangerous situation.
- v.* to leave by running away, especially out of fear or danger
15. This container has a \_\_\_\_\_ of 10 cubic meters.
- n.* the amount of space occupied by an object or substance; the magnitude of sound
16. Children in an unstructured environment often feel \_\_\_\_\_.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 9. vacuum, 10. creative, 11. take-home, 12. closet, 13. evolved, 14. flee, 15. volume, 16. insecure



17. I always make sure to prioritize self-care to \_\_\_\_\_ and recharge my batteries.
- v.* to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress
18. My father's death \_\_\_\_\_ my life completely.
- v.* to change in outward structure or looks;
19. Some \_\_\_\_\_ are common across cultures and backgrounds.
- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
20. The release of \_\_\_\_\_ during exercise can provide a natural high and help to relieve stress.
- n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
21. The \_\_\_\_\_ rumor turned out to be false.
- adj.* not clearly expressed or understood
22. Laughing is \_\_\_\_\_ to our health.
- adj.* helpful, useful, or sound; promoting or enhancing well-being
23. She received special \_\_\_\_\_ training at the hospital.
- adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
24. His gaffe spoiled the \_\_\_\_\_ of the dinner party.
- n.* the way you feel at a particular time; an angry or impatient state of mind

ANSWERS: 17. destress, 18. transformed, 19. emotions, 20. endorphins, 21. vague, 22. beneficial, 23. clinical, 24. mood

25. \_\_\_\_\_ is also necessary to understand history.
- n.* the ability to share another person's feelings or experiences by imagining that person's situation
26. He took a deep breath and slowly began to \_\_\_\_\_.
- v.* to breathe out air or vapor from the lungs or mouth; to release or emit something slowly or gently
27. It was the first time for her, but she \_\_\_\_\_ the role of Priest.
- v.* to meet the requirements or expectations; to achieve or realize
28. I decided to seek counseling on the advice of my \_\_\_\_\_.
- n.* one of a group of a coworker, especially in a profession or a business
29. The \_\_\_\_\_ from her boss gave her the confidence she needed to move forward with her project.
- n.* a statement declaring something to be true strongly
30. He bated his \_\_\_\_\_ when talking about this affair.
- n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
31. One bad apple spoils the whole \_\_\_\_\_.
- n.* a grouping of several similar things which are growing or fastened together
32. A peculiar \_\_\_\_\_ material coated the foliage.
- adj.* made of or covered with an adhesive substance; hot or warm and humid
33. The \_\_\_\_\_ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.
- adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

ANSWERS: 25. Empathy, 26. exhale, 27. fulfilled, 28. colleague, 29. affirmation, 30. breath, 31. bunch, 32. sticky, 33. parasympathetic

34. He used a \_\_\_\_\_ to lift the car to change the tire.

*n.* a mechanical device used for lifting or supporting heavy objects

35. Our study focuses on \_\_\_\_\_ changes in the brain.

*adj.* of or relating to chemical processes occurring in neural activity or chemical substance that participates in neural activity

36. They have been living near water since \_\_\_\_\_ times.

*adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

37. She waited for her daughter with \_\_\_\_\_.

*n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

38. Dolphins use sound to \_\_\_\_\_ with each other.

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

39. Their headquarters are in a \_\_\_\_\_ skyscraper.

*adj.* of or belonging to the present time or recent times

40. They study the \_\_\_\_\_ of the universe.

*n.* a gradual process of transformation of living things

41. We had a \_\_\_\_\_ time yesterday.

*adj.* very great in degree or extent or amount or impact; extremely good

42. The movie has received almost universally \_\_\_\_\_ criticism.

*adj.* having the quality of something bad or harmful; expressing refusal

ANSWERS: 34. jack, 35. neurochemical, 36. ancient, 37. anxiety, 38. communicate, 39. modern, 40. evolution, 41. tremendous, 42. negative

43. Our company needs to \_\_\_\_\_ the business impact of climate change.  
*v.* to judge or decide the nature or quality of someone or something
44. Many people find that regular \_\_\_\_\_ practice can help reduce stress and anxiety.  
*n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
45. X-rays revealed a small tumor in his \_\_\_\_\_.  
*n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
46. The instructions provided were \_\_\_\_\_ and confused the team.  
*adj.* open to more than one interpretation; not clear or decided
47. Your \_\_\_\_\_ reflects your thoughts.  
*n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
48. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.  
*v.* to set free or allow to escape from confinement
49. The medicine works by boosting \_\_\_\_\_ levels in the brain.  
*n.* a neurotransmitter (= a chemical that carries nerve impulses) involved in, e.g., sleep, emotion, and memory
50. The meeting aims to \_\_\_\_\_ possible choices.  
*v.* to assess or estimate the quality, significance, quantity, or value of something

ANSWERS: 43. assess, 44. yoga, 45. brain, 46. ambiguous, 47. conversation, 48. release, 49. serotonin, 50. evaluate

51. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.

*n.* a single person or thing, as distinct from a group

52. The \_\_\_\_\_ of the dancers on stage was graceful and elegant.

*n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

53. We will attempt to \_\_\_\_\_ some of your suggestions into our future strategy.

*v.* to include something as a part of a larger entity

54. Her behavior \_\_\_\_\_ a quarrel between the couple.

*v.* to stimulate or give rise to a particular reaction or have a particular effect

55. She wiped the \_\_\_\_\_ off her forehead with a towel.

*n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

56. His \_\_\_\_\_ love for her made him forget about everything else in his life.

*adj.* taking up all of a person's attention, energy, or resources; having a powerful or overwhelming impact or influence

57. The new service helped \_\_\_\_\_ net income by 10%.

*v.* to improve, raise, or increase something

58. Various artificially induced causes are \_\_\_\_\_ our ecosystem.

*v.* to utter intentions of injury or punishment against someone

ANSWERS: 51. individual, 52. movement, 53. incorporate, 54. provoked, 55. sweat, 56. all-consuming, 57. boost, 58. threatening

59. Night fishing has a lot of \_\_\_\_\_.

*n.* a thing given in acknowledgment of service, hard work, achievement, etc.

60. The ascetic \_\_\_\_\_ spent his days in prayer and contemplation in the monastery.

*n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

61. Some medications used to treat depression work by increasing the levels of \_\_\_\_\_ in the brain.

*n.* (also noradrenaline) a hormone that is released by the sympathetic nervous system in response to stress and that increases heart rate and blood pressure

62. Many people worry that the current real estate market is a \_\_\_\_\_ that could burst soon.

*n.* a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

63. The \_\_\_\_\_ arts teacher instructed the students in self-defense techniques.

*adj.* relating to soldiers or the military; warlike or inclined towards war

64. Both forts were subject to \_\_\_\_\_ attacks.

*adj.* happening or done without delay or occurring shortly after something else

65. I will have to \_\_\_\_\_ this test to get a passing grade.

*v.* to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result

66. The \_\_\_\_\_ accident caused the car to flip over and land on its roof.

*n.* an abnormality that is not typical or expected

ANSWERS: 59. rewards, 60. monk, 61. norepinephrine, 62. bubble, 63. martial, 64. immediate, 65. retake, 66. freak

67. The hotel's \_\_\_\_\_ was out of order, so we had to take the stairs to our room on the fifth floor.
- n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
68. The drug controls the level of \_\_\_\_\_ in the brain.
- n.* a chemical substance produced by nerve cells as a neurotransmitter; as a drug, it is used to treat shock and hypotension
69. This high-performance camera is compact enough to fit in the \_\_\_\_\_ of your hand.
- n.* the inner surface of the hand from the wrist to the base of the fingers; any plant of the family Palmae having an unbranched trunk crowned by large pinnate or palmate leaves
70. The \_\_\_\_\_ signs of a dishonest employee were missing files and constant delay.
- adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
71. He \_\_\_\_\_ deeply, trying to calm down.
- v.* to breathe in air or a different substance, such as smoke
72. He suffers from \_\_\_\_\_ breakdowns.
- adj.* worried and anxious about something; relating to the nerves
73. He evaluated his chances for \_\_\_\_\_ rather pessimistically.
- n.* the state of continuing to exist or live, frequently in the face of difficulty or danger

ANSWERS: 67. elevator, 68. dopamine, 69. palm, 70. telltale, 71. inhaled, 72. nervous, 73. survival

74. Trial and error is an \_\_\_\_\_ part of education.

*adj.* indispensable; fundamental

75. The systems we have developed has accepted as industry \_\_\_\_\_.

*n.* something that is regarded as usual, typical, or standard

76. We \_\_\_\_\_ taking media training every six months.

*v.* to suggest that someone or something would be a suitable fit for a particular purpose or role

77. Parliament is now in \_\_\_\_\_.

*n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

ANSWERS: 74. essential, 75. norms, 76. recommend, 77. session