

# Englist.me



## Vocabulary Builder Reference from...

Craig Richard: The brain science (and benefits) of ASMR | TED Talk

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### All Words

#### IMPORTANT

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## Session 1: Word List

### bald

*adj.* having no hair on the head; having a smooth, shiny scalp with no hair

*synonym*: hairless, smooth, bare

(1) **bald** head, (2) become **bald**

He is completely **bald**, having lost all his hair due to chemotherapy.

### hairstylist

*n.* a person who cuts and styles hair for a living

*synonym*: stylist, coiffeur, beauty professional

(1) personal **hairstylist**, (2) get a haircut at a **hairstylist**

The world-famous **hairstylist** transformed her client's dull hair into a shiny and stylish new look.

### relax

*v.* to become or cause someone to become less active or tense and calmer

*synonym*: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

### rub

*v.* to move one's hand or an object over the surface of something with pressure

*synonym*: scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

## hairstyle

*n.* the way in which a person's hair is cut, styled, or arranged on their head

*synonym*: hairdo, coiffure, haircut

(1) modern **hairstyle**, (2) bob **hairstyle**

My sister got a new **hairstyle** for her job interview.

## gentle

*adj.* having or showing a kindly or tender nature; soft and mild

*synonym*: mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

## snip

*v.* to trim or cut something, especially with scissors or shears; to remove a small part or piece from something with a quick cut or slice

*synonym*: clip, trim, cut

(1) **snip** a lock of hair, (2) **snip** the wire

I must **snip** the loose thread on my shirt before it becomes a bigger problem.

## pretended

*adj.* feigned or not genuine; assumed or simulated

*synonym*: feigned, assumed, simulated

(1) **pretended** illness, (2) make a **pretended** purchase

His **pretended** interest soon caught everyone's attention.

## stimulate

*v.* to encourage something to develop or become more active; to stir the feelings or emotions

*synonym*: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

## relaxation

*n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

*synonym* : rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce stress.

## **puffy**

*adj.* swollen or distended, especially with air or gas;

*synonym* : swollen, distended, inflated

(1) **puffy** off-shore winds, (2) **puffy** eyes

His cheeks looked **puffy** after he overate junk food.

## **eyeball**

*n.* the round part of the eye of a vertebrate that is usually inside the head and, therefore, cannot be seen

(1) **eyeball** motion, (2) redness of the **eyeball**

Increased **eyeball** pressure leads to the development of glaucoma.

## **eyelid**

*n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye

*synonym* : lid, palpebra, shield

(1) **eyelid** twitch, (2) drooping **eyelid**

Bright light can cause me to squint and strain my eyes, resulting in twitchy **eyelids**.

## **flutter**

*v.* to wave or flap quickly and lightly; (noun) the act of moving back and forth

*synonym* : flit, hover, wave

(1) **flutter** around finding, (2) a **flutter** of a bird

The butterfly **fluttered** its wings gracefully.

## **lens**

*n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation

*synonym* : glass

(1) a convex **lens**, (2) a **lens** with a wide angle  
The photographer took this photo using a telephoto **lens**.

## sparkle

v. to emit or reflect bright flashes of light, especially with animation and joy

*synonym*: shine, glimmer, twinkle

(1) **sparkle** like a gem, (2) **sparkle** from receiving light  
The diamond **sparkled** in the sunlight.

## pleasurable

*adj.* giving satisfaction or pleasure; enjoyable

*synonym*: comforting, enjoyable, gratifying

(1) a **pleasurable** experience, (2) have a very **pleasurable** time

Our marital life was full of happiness and **pleasurable** excitement.

## 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**.

## tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

*synonym*: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

## sweep

v. to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly

*synonym*: clean, clear, brush off

(1) **sweep** up dead leaves, (2) **sweep** a room with a glance  
The politician tried to **sweep** the embarrassing incident under the rug.

## accident

*n.* an unfortunate event, especially one causing damage or injury

*synonym*: calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

## canvas

*n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on

(1) blank **canvas**, (2) oil on **canvas**

Life is a vast **canvas**; you should put as much paint on it as possible.

## paintbrush

*n.* a tool used for applying paint or other liquid substances to a surface, typically consisting of bristles or synthetic fibers attached to a handle

*synonym*: brush, bristle brush, artist's brush

(1) **paintbrush** stroke, (2) **paintbrush** icon

She used a flat **paintbrush** to apply the final touches to the artwork.

## tap

*v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

*synonym*: knock, exploit, use

(1) **tap** a new market, (2) **tap** keyboard with an index finger

To expand the company, we must **tap** new human resources.

## asleep

*adj.* in a state of sleep

*synonym*: sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

## autonomous

*adj.* capable of governing or controlling its affairs

*synonym*: independent, self-governing, self-reliant

(1) development of **autonomous** vehicles, (2) an

**autonomous** judiciary

Five of the six provinces will become **autonomous** regions under the new federal system of government.

## sensory

*adj.* of or relating to the physical senses

*synonym*: receptive, sensuous, neural

(1) a **sensory** organ, (2) a child with **sensory** issues

Sharks have highly developed **sensory** systems and are extremely sensitive creatures.

## meridian

*n.* a circle or imaginary line on the Earth's surface, running from north to south and passing through both poles

*synonym*: longitude, line of longitude, great circle

(1) **meridian** altitude, (2) prime **meridian**

The **meridian** lines on a globe help with navigation and determining location.

## complicated

*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

*synonym*: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

## simplify

*v.* to make something more straightforward, more understandable, or easier to do

*synonym*: streamline, clarify, elucidate

(1) **simplify** my life, (2) **simplify** the process

Please **simplify** your explanation for the children.

## physiology

*n.* the branch of the biological sciences dealing with the functioning of organisms

(1) human **physiology**, (2) **physiology** research

**Physiology** is the science of how living things work.

## nerd

*n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

*synonym* : geek, techie, wonk

(1) a computer **nerd**, (2) **nerd** neck

He was, by nature, a cyber **nerd**.

## peer

*n.* a person who has the same age, status, or ability

*synonym* : fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

## bliss

*n.* extreme happiness or joy

*synonym* : delight, euphoria, happiness

(1) ignorance is **bliss**, (2) ultimate **bliss**

The first two years of her marriage were sheer **bliss**.

## 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**.

## comfort

*n.* a state of physical ease and freedom from pain or constraint

*synonym* : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

## 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.

## scenario

*n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work

*synonym* : plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different

### **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

## 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.

## kneel

*v.* to rest on someone's knee or knees

*synonym* : genuflect, crouch, bend

(1) **kneel** down and worship, (2) **kneel** in protest

The players are **kneeling** during the national anthem.

## mathematics

*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

*synonym* : arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

## whisper

*v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

*synonym* : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

## braid

*n.* a complex pattern, design, or plait formed out of three or more strands, often used decoratively in hair, clothing, or textiles; threads of silk, cotton, or other material attached to clothes, uniforms, or other things made of



cloth, as a decoration

*synonym* : plait, twist, weave

(1) **braid** hair, (2) elastic cord **braid**

She always wore her hair in a single **braid** down her back.

## mention

*v.* to speak or write about something or someone briefly

*synonym* : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

## gaze

*v.* to stare at something or someone for an extended time, usually out of surprise or adoration, or because you are thinking about something else

*synonym* : stare, gawk, look

(1) **gaze** steadily at his face, (2) **gaze** absently out a window

The youngster was **gazed** at by the beast.

## pretension

*n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

*synonym* : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

## introductory

*adj.* intended as an introduction or preliminary; serving as a base or starting point

*synonym* : beginning, preliminary, initial

(1) **introductory** biology text, (2) product **introductory** sale

The **introductory** class was designed to give students a basic understanding of the subject.

## lean

*adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture

*synonym* : skinny, slender, (verb) slant

(1) a **lean** horse, (2) **lean** athletic figure

**Lean** operational improvements often lead to better environmental performance.

## stretch

*v.* to make or be capable of making anything longer or broader without hurting or breaking

*synonym*: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

## glow

*v.* to give out a steady, strong light

*synonym*: shine, radiate, beam

(1) **glow** a pale orange, (2) **glow** gold in the light

The sun was setting, and the sky **glowed** with beautiful colors.

## spa

*n.* a resort or facility offering various health, beauty, and relaxation treatments, such as massages, saunas, and mud baths; a hot spring or mineral spring believed to have therapeutic properties

*synonym*: resort, salon, wellness center

(1) **spa** treatment, (2) luxurious **spa**

The aromatherapy oils used during my **spa** treatment helped me feel more relaxed and rejuvenated.

## kit

*n.* a set of tools, supplies, or equipment for a particular purpose

*synonym*: set, package, bundle

(1) survival **kit**, (2) a first-aid **kit**

I bought a new tool **kit** for my home repair projects.

## obvious

*adj.* easy to see, discover or understand

*synonym*: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two

wine-producing regions.

## 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.

## cotton

*n.* a plant that is grown in warm countries and bears bolls containing seeds with soft and long hairs that are made into textile fiber and thread for sewing

(1) **cotton** cloth, (2) culture of **cotton**

The price of raw **cotton** continued to rise.

## bud

*n.* a small swelling on a plant stem or twig containing an undeveloped shoot

*synonym* : shoot, sprout, germ

(1) pinch off a **bud**, (2) **bud** grafting

The flower was starting to show its **bud** and would soon bloom into a beautiful blossom.

## tasty

*adj.* having a strong and pleasant flavor when it is eaten

*synonym* : flavorful, delectable, delicious

(1) **tasty** treats, (2) prepare **tasty** food

This meal wasn't as **tasty** as we had imagined.

## scan

*v.* to examine something hastily, with the eyes or with a machine, to get information

*synonym* : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

## participate

*v.* to take part in something

*synonym* : take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

## diagnose

*v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

*synonym*: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

## 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**.

## insomnia

*n.* the condition of being unable to sleep, usually a chronic one

*synonym*: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent

**insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

## institute

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

*synonym*: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

## kingdom

*n.* the country ruled by a king or queen

*synonym*: empire, realm, land

(1) establish his **kingdom**, (2) a subordinate **kingdom**

By remaining neutral, this **kingdom** continued to exist.

## unanswered

*adj.* not responded to or explained

*synonym* : ignored, unrequited, undecided

(1) **unanswered** love, (2) **unanswered** e-mail

Pardon me for leaving some of your questions **unanswered**.

## chemical

*adj.* relating to or connected with chemistry;

*synonym* : chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

## amazing

*adj.* extremely surprising, especially in a way that you like or admire

*synonym* : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

## candid

*adj.* honest, straightforward, and frank in someone's words or actions

*synonym* : honest, frank, straightforward

(1) **candid** conversation, (2) in my **candid** opinion

The **candid** photography captured the genuine emotions of the moment.

## neural

*adj.* of or relating to a nerve or the nervous system that includes the brain

*synonym* : sensory, neuronic, nervous

(1) **neural** stem cells, (2) **neural** networks in AI

There was a disturbance of **neural** function.

## hormone

*n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

## oxytocin

*n.* a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of

pushing out a baby) and the ejection of milk

(1) **oxytocin-degrading** enzyme, (2) **oxytocin** receptor

Women may increase **oxytocin** production through romantic love.

## clip

*n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip

*synonym*: buckle, hook, pin

(1) tie **clip**, (2) short video **clip**

He fastens some sheets of paper with a **clip**.

## encounter

*v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

*synonym*: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

## sequence

*n.* a series of related events, actions, numbers, etc., which have a particular order

*synonym*: arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence**

We do move forward with those tasks in **sequence** next week.

## gene

*n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.

*synonym*: factor, cistron

(1) **gene** expression, (2) **gene** cloning

A defective **gene** is responsible for the disease.

## 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.

## 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.

## therapeutic

*adj.* relating to or involved in the treatment of illness or injury

*synonym*: healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration

Yoga is known to have **therapeutic** benefits for the mind and body.

## con

*n.* an argument opposed to a proposal; a swindle in which you cheat at gambling or persuade a person to buy worthless property; (verb) to be against or opposed to something

*synonym*: oppose, objection, deception

(1) telemarketing **cons**, (2) the pros and **cons**

The **con** artist convinced the older woman to give him her life savings.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## advocate

*n.* a person who supports or suggests an idea, development, or way of doing something

*synonym* : proponent, exponent, promoter

(1) an **advocate** of disarmament, (2) public education

### **advocates**

**Advocates** of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

## toolbox

*n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment

*synonym* : tool chest, tool kit, tool bag

(1) design **toolbox**, (2) **toolbox** storage

You should always keep a basic **toolbox** in your car in case of an emergency.

## sleeplessness

*n.* the condition of being unable to sleep or having difficulty sleeping

*synonym* : insomnia, wakefulness, restlessness

(1) **sleeplessness** disorder, (2) beat **sleeplessness**

He tried various treatments for his **sleeplessness**, but nothing seemed to work.

## vision

*n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

*synonym* : sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

## greet

*v.* to say hello to someone; to express welcome on meeting someone

*synonym* : welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.



## Session 2: Spelling

1. modern ha\_\_\_\_\_le *n.* the way in which a person's hair is cut, styled, or arranged on their head
2. re\_\_x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
3. s\_a treatment *n.* a resort or facility offering various health, beauty, and relaxation treatments, such as massages, saunas, and mud baths; a hot spring or mineral spring believed to have therapeutic properties
4. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
5. his conclusion was ob\_\_\_\_\_s *adj.* easy to see, discover or understand
6. en\_\_\_\_\_er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
7. ne\_\_\_l stem cells *adj.* of or relating to a nerve or the nervous system that includes the brain
8. luxurious s\_a *n.* a resort or facility offering various health, beauty, and relaxation treatments, such as massages, saunas, and mud baths; a hot spring or mineral spring believed to have therapeutic properties
9. med\_\_\_\_\_on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 1. hairstyle, 2. relax, 3. spa, 4. individual, 5. obvious, 6. encounter, 7. neural, 8. spa, 9. medication

10. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
11. ox\_\_\_\_\_in receptor *n.* a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk
12. p\_\_r review *n.* a person who has the same age, status, or ability
13. get a haircut at a hai\_\_\_\_\_er *n.* a person who cuts and styles hair for a living
14. design to\_\_\_\_\_x *n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment
15. en\_\_\_\_\_er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
16. ti\_\_\_e up my spine *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
17. ti\_\_\_e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

ANSWERS: 10. individual, 11. oxytocin, 12. peer, 13. hairdresser, 14. toolbox, 15. encounter, 16. tingle, 17. tingle

18. human phy\_\_\_\_\_gy *n.* the branch of the biological sciences dealing with the functioning of organisms
19. a good grounding in mat\_\_\_\_\_cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
20. the most am\_\_\_\_\_g feeling *adj.* extremely surprising, especially in a way that you like or admire
21. ob\_\_\_\_\_s reasons *adj.* easy to see, discover or understand
22. words of co\_\_\_\_\_t *n.* a state of physical ease and freedom from pain or constraint
23. 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
24. pu\_\_y off-shore winds *adj.* swollen or distended, especially with air or gas;
25. a convex l\_\_s *n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
26. dead as\_\_\_p *adj.* in a state of sleep
27. s\_\_p a lock of hair *v.* to trim or cut something, especially with scissors or shears; to remove a small part or piece from something with a quick cut or slice

ANSWERS: 18. physiology, 19. mathematics, 20. amazing, 21. obvious, 22. comfort, 23. yoga, 24. puffy, 25. lens, 26. asleep, 27. snip

28. 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
29. sle\_\_\_\_\_ess disorder      *n.* the condition of being unable to sleep or having difficulty sleeping
30. development of aut\_\_\_\_\_us vehicles      *adj.* capable of governing or controlling its affairs
31. a ple\_\_\_\_\_le experience      *adj.* giving satisfaction or pleasure; enjoyable
32. cause an ac\_\_\_\_\_nt      *n.* an unfortunate event, especially one causing damage or injury
33. t\_p a new market      *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
34. 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
35. int\_\_\_\_\_ory biology text      *adj.* intended as an introduction or preliminary; serving as a base or starting point
36. telescopic vi\_\_\_\_n      *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
37. l\_\_n athletic figure      *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
38. drooping ey\_\_\_\_d      *n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye

ANSWERS: 28. sensation, 29. sleeplessness, 30. autonomous, 31. pleasurable, 32. accident, 33. tap, 34. breath, 35. introductory, 36. vision, 37. lean, 38. eyelid

39. beat sle\_\_\_\_\_ess *n.* the condition of being unable to sleep or having difficulty sleeping
40. gr\_\_t a customer *v.* to say hello to someone; to express welcome on meeting someone
41. a computer n\_\_d *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
42. ge\_\_\_e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
43. ey\_\_\_d twitch *n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye
44. the se\_\_\_\_\_ce of the seasons *n.* a series of related events, actions, numbers, etc., which have a particular order
45. c\_\_m manner *adj.* not excited, angry, or nervous; free from wind, large waves
46. 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
47. the\_\_\_\_\_ic administration *adj.* relating to or involved in the treatment of illness or injury
48. 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

ANSWERS: 39. sleeplessness, 40. greet, 41. nerd, 42. gentle, 43. eyelid, 44. sequence, 45. calm, 46. meditation, 47. therapeutic, 48. meditation

49. ca\_\_\_d conversation *adj.* honest, straightforward, and frank in someone's words or actions
50. br\_\_\_d hair *n.* a complex pattern, design, or plait formed out of three or more strands, often used decoratively in hair, clothing, or textiles; threads of silk, cotton, or other material attached to clothes, uniforms, or other things made of cloth, as a decoration
51. rel\_\_\_\_\_on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
52. pai\_\_\_\_\_sh stroke *n.* a tool used for applying paint or other liquid substances to a surface, typically consisting of bristles or synthetic fibers attached to a handle
53. s\_\_\_n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
54. tie c\_\_\_p *n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip
55. b\_\_\_d head *adj.* having no hair on the head; having a smooth, shiny scalp with no hair
56. ey\_\_\_\_\_l motion *n.* the round part of the eye of a vertebrate that is usually inside the head and, therefore, cannot be seen
57. sp\_\_\_\_\_e from receiving light *v.* to emit or reflect bright flashes of light, especially with animation and joy

ANSWERS: 49. candid, 50. braid, 51. relaxation, 52. paintbrush, 53. scan, 54. clip, 55. bald, 56. eyeball, 57. sparkle

58. to\_\_\_\_x storage *n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment
59. una\_\_\_\_\_ed love *adj.* not responded to or explained
60. s\_\_p the wire *v.* to trim or cut something, especially with scissors or shears; to remove a small part or piece from something with a quick cut or slice
61. st\_\_\_\_\_h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
62. prepare ta\_\_y food *adj.* having a strong and pleasant flavor when it is eaten
63. g\_\_e steadily at his face *v.* to stare at something or someone for an extended time, usually out of surprise or adoration, or because you are thinking about something else
64. a l\_\_s with a wide angle *n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
65. ho\_\_\_\_\_e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 58. toolbox, 59. unanswered, 60. snip, 61. stretch, 62. tasty, 63. gaze, 64. lens, 65. hormone

66. pai\_\_\_\_\_sh icon *n.* a tool used for applying paint or other liquid substances to a surface, typically consisting of bristles or synthetic fibers attached to a handle
67. ne\_\_\_l networks in AI *adj.* of or relating to a nerve or the nervous system that includes the brain
68. g\_\_w a pale orange *v.* to give out a steady, strong light
69. t\_p keyboard with an index finger *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
70. si\_\_\_\_\_fy the process *v.* to make something more straightforward, more understandable, or easier to do
71. injury in a car ac\_\_\_\_\_nt *n.* an unfortunate event, especially one causing damage or injury
72. di\_\_\_\_\_se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
73. baseless pre\_\_\_\_\_on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
74. the wh\_\_\_\_\_r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
75. pinch off a b\_d *n.* a small swelling on a plant stem or twig containing an undeveloped shoot

ANSWERS: 66. paintbrush, 67. neural, 68. glow, 69. tap, 70. simplify, 71. accident, 72. diagnose, 73. pretension, 74. whisper, 75. bud



76. blank ca\_\_\_s *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
77. a first-aid k\_t *n.* a set of tools, supplies, or equipment for a particular purpose
78. p\_\_r group *n.* a person who has the same age, status, or ability
79. ultimate bl\_\_s *n.* extreme happiness or joy
80. telemarketing c\_ns *n.* an argument opposed to a proposal; a swindle in which you cheat at gambling or persuade a person to buy worthless property; (verb) to be against or opposed to something
81. medication for in\_\_\_\_\_ia *n.* the condition of being unable to sleep, usually a chronic one
82. ta\_\_y treats *adj.* having a strong and pleasant flavor when it is eaten
83. have a very ple\_\_\_\_\_le time *adj.* giving satisfaction or pleasure; enjoyable
84. a l\_\_n horse *adj.* having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
85. sw\_\_p up dead leaves *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
86. par\_\_\_\_\_te in the program *v.* to take part in something
87. kn\_\_l in protest *v.* to rest on someone's knee or knees

ANSWERS: 76. canvas, 77. kit, 78. peer, 79. bliss, 80. con, 81. insomnia, 82. tasty, 83. pleasurable, 84. lean, 85. sweep, 86. participate, 87. kneel

88. research in\_\_\_\_\_tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
89. elastic cord br\_\_d *n.* a complex pattern, design, or plait formed out of three or more strands, often used decoratively in hair, clothing, or textiles; threads of silk, cotton, or other material attached to clothes, uniforms, or other things made of cloth, as a decoration
90. g\_\_e cloning *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
91. survival k\_t *n.* a set of tools, supplies, or equipment for a particular purpose
92. pu\_\_y eyes *adj.* swollen or distended, especially with air or gas;
93. g\_\_w gold in the light *v.* to give out a steady, strong light
94. number of different sc\_\_\_\_\_ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
95. gr\_\_t an idea *v.* to say hello to someone; to express welcome on meeting someone
96. ignorance is bl\_\_s *n.* extreme happiness or joy
97. product int\_\_\_\_\_ory sale *adj.* intended as an introduction or preliminary; serving as a base or starting point

ANSWERS: 88. institute, 89. braid, 90. gene, 91. kit, 92. puffy, 93. glow, 94. scenario, 95. greet, 96. bliss, 97. introductory

98. antibiotic med\_\_\_\_\_on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
99. short video c\_\_p *n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip
100. ox\_\_\_\_\_in-degrading enzyme *n.* a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk
101. phy\_\_\_\_\_gy research *n.* the branch of the biological sciences dealing with the functioning of organisms
102. r\_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
103. establish his ki\_\_\_\_\_m *n.* the country ruled by a king or queen
104. pr\_\_\_\_\_ed illness *adj.* feigned or not genuine; assumed or simulated
105. female ho\_\_\_\_\_e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
106. am\_\_\_\_\_g advances *adj.* extremely surprising, especially in a way that you like or admire
107. the DNA se\_\_\_\_\_ce *n.* a series of related events, actions, numbers, etc., which have a particular order

ANSWERS: 98. medication, 99. clip, 100. oxytocin, 101. physiology, 102. rub, 103. kingdom, 104. pretended, 105. hormone, 106. amazing, 107. sequence

108. become b\_\_d *adj.* having no hair on the head; having a smooth, shiny scalp with no hair
109. the pros and c\_ns *n.* an argument opposed to a proposal; a swindle in which you cheat at gambling or persuade a person to buy worthless property; (verb) to be against or opposed to something
110. 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
111. toxic ch\_\_\_\_als *adj.* relating to or connected with chemistry;
112. a se\_\_\_\_y organ *adj.* of or relating to the physical senses
113. a com\_\_\_\_\_ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
114. an\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
115. personal hai\_\_\_\_\_er *n.* a person who cuts and styles hair for a living
116. become increasingly com\_\_\_\_\_ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
117. mat\_\_\_\_\_cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
118. sp\_\_\_\_\_e like a gem *v.* to emit or reflect bright flashes of light, especially with animation and joy

ANSWERS: 108. bald, 109. con, 110. breath, 111. chemical, 112. sensory, 113. complicated, 114. anxiety, 115. hairdresser, 116. complicated, 117. mathematics, 118. sparkle

119. sw\_\_p a room with a glance      *v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
120. n\_\_d neck      *n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.
121. the\_\_\_\_ic massage      *adj.* relating to or involved in the treatment of illness or injury
122. me\_\_\_\_an altitude      *n.* a circle or imaginary line on the Earth's surface, running from north to south and passing through both poles
123. a prodigious vi\_\_\_\_n      *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
124. una\_\_\_\_ed e-mail      *adj.* not responded to or explained
125. pre\_\_\_\_on to authority      *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
126. a fl\_\_\_\_r of a bird      *v.* to wave or flap quickly and lightly; (noun) the act of moving back and forth
127. fl\_\_\_\_r around finding      *v.* to wave or flap quickly and lightly; (noun) the act of moving back and forth
128. taste 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

ANSWERS: 119. sweep, 120. nerd, 121. therapeutic, 122. meridian, 123. vision, 124. unanswered, 125. pretension, 126. flutter, 127. flutter, 128. sensation

129. co\_\_\_\_\_t level *n.* a state of physical ease and freedom from pain or constraint
130. the worst case sc\_\_\_\_\_io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
131. di\_\_\_\_\_se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
132. culture of co\_\_\_\_\_n *n.* a plant that is grown in warm countries and bears bolls containing seeds with soft and long hairs that are made into textile fiber and thread for sewing
133. in\_\_\_\_\_te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
134. an ad\_\_\_\_\_te of disarmament *n.* a person who supports or suggests an idea, development, or way of doing something
135. re\_\_x at home *v.* to become or cause someone to become less active or tense and calmer
136. answer in a wh\_\_\_\_\_r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
137. c\_\_m sea *adj.* not excited, angry, or nervous; free from wind, large waves
138. me\_\_\_\_\_n in a report *v.* to speak or write about something or someone briefly

ANSWERS: 129. comfort, 130. scenario, 131. diagnose, 132. cotton, 133. institute, 134. advocate, 135. relax, 136. whisper, 137. calm, 138. mention

139. alcohol-dependent in\_\_\_\_\_ia      *n.* the condition of being unable to sleep, usually a chronic one
140. kn\_\_l down and worship      *v.* to rest on someone's knee or knees
141. redness of the ey\_\_\_\_\_l      *n.* the round part of the eye of a vertebrate that is usually inside the head and, therefore, cannot be seen
142. r\_b a glass window      *v.* to move one's hand or an object over the surface of something with pressure
143. a ch\_\_\_\_\_al compound      *adj.* relating to or connected with chemistry;
144. b\_d grafting      *n.* a small swelling on a plant stem or twig containing an undeveloped shoot
145. st\_\_\_\_\_h a story      *v.* to make or be capable of making anything longer or broader without hurting or breaking
146. g\_\_e expression      *n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.
147. permanent br\_\_n damage      *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
148. co\_\_\_\_\_n cloth      *n.* a plant that is grown in warm countries and bears bolls containing seeds with soft and long hairs that are made into textile fiber and thread for sewing
149. prime me\_\_\_\_\_an      *n.* a circle or imaginary line on the Earth's surface, running from north to south and passing through both poles

ANSWERS: 139. insomnia, 140. kneel, 141. eyeball, 142. rub, 143. chemical, 144. bud, 145. stretch, 146. gene, 147. brain, 148. cotton, 149. meridian

150. basic br\_\_n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
151. me\_\_\_\_\_n name *v.* to speak or write about something or someone briefly
152. st\_\_\_\_\_te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
153. public education ad\_\_\_\_\_tes *n.* a person who supports or suggests an idea, development, or way of doing something
154. an aut\_\_\_\_\_us judiciary *adj.* capable of governing or controlling its affairs
155. diagnosis of an\_\_\_\_\_y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
156. a child with se\_\_\_\_\_y issues *adj.* of or relating to the physical senses
157. 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
158. in a ge\_\_\_e voice *adj.* having or showing a kindly or tender nature; soft and mild
159. si\_\_\_\_\_fy my life *v.* to make something more straightforward, more understandable, or easier to do
160. in my ca\_\_\_d opinion *adj.* honest, straightforward, and frank in someone's words or actions

ANSWERS: 150. brain, 151. mention, 152. stimulate, 153. advocate, 154. autonomous, 155. anxiety, 156. sensory, 157. yoga, 158. gentle, 159. simplify, 160. candid



161. s\_\_n the face of the man      *v.* to examine something hastily, with the eyes or with a machine, to get information
162. g\_\_e absently out a window      *v.* to stare at something or someone for an extended time, usually out of surprise or adoration, or because you are thinking about something else
163. oil on ca\_\_\_s      *n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
164. as\_\_\_p at the wheel      *adj.* in a state of sleep
165. rel\_\_\_\_\_on music      *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
166. make a pr\_\_\_\_\_ed purchase      *adj.* feigned or not genuine; assumed or simulated
167. a subordinate ki\_\_\_\_\_m      *n.* the country ruled by a king or queen
168. st\_\_\_\_\_te the nervous system      *v.* to encourage something to develop or become more active; to stir the feelings or emotions
169. par\_\_\_\_\_te fully in conversation      *v.* to take part in something
170. bob ha\_\_\_\_\_le      *n.* the way in which a person's hair is cut, styled, or arranged on their head

ANSWERS: 161. scan, 162. gaze, 163. canvas, 164. asleep, 165. relaxation, 166. pretended, 167. kingdom, 168. stimulate, 169. participate, 170. hairstyle

## Session 3: Fill in the Blanks

1. This meal wasn't as \_\_\_\_\_ as we had imagined.  
*adj.* having a strong and pleasant flavor when it is eaten
2. The photographer took this photo using a telephoto \_\_\_\_\_.  
*n.* a transparent optical device with curved sides, used in an optical instrument that makes objects seem larger, smaller, clearer, etc.; (metaphor) the basic thoughts or mindsets through which someone sees or understands the environment or situation
3. The \_\_\_ artist convinced the older woman to give him her life savings.  
*n.* an argument opposed to a proposal; a swindle in which you cheat at gambling or persuade a person to buy worthless property; (verb) to be against or opposed to something
4. This device is used to \_\_\_\_\_ brain cancer and other tumors.  
*v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
5. Women may increase \_\_\_\_\_ production through romantic love.  
*n.* a hormone secreted by the pituitary which stimulates contractions of the uterus during labor (= the process of pushing out a baby) and the ejection of milk
6. The sun was setting, and the sky \_\_\_\_\_ with beautiful colors.  
*v.* to give out a steady, strong light
7. The golfer recorded an \_\_\_\_\_ distance.  
*adj.* extremely surprising, especially in a way that you like or admire

ANSWERS: 1. tasty, 2. lens, 3. con, 4. diagnose, 5. oxytocin, 6. glowed, 7. amazing

8. Pardon me for leaving some of your questions \_\_\_\_\_.

*adj.* not responded to or explained

9. The book \_\_\_\_\_ my imagination.

*v.* to encourage something to develop or become more active; to stir the feelings or emotions

10. 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

11. Among young people, \_\_\_\_\_ pressure can be pretty influential.

*n.* a person who has the same age, status, or ability

12. The first two years of her marriage were sheer \_\_\_\_\_.

*n.* extreme happiness or joy

13. He was, by nature, a cyber \_\_\_\_\_.

*n.* a person who is very interested in and knowledgeable about a particular subject such as computers, mathematics, chess, etc.

14. He found \_\_\_\_\_ in the warm embrace of his loved ones.

*n.* a state of physical ease and freedom from pain or constraint

15. The players are \_\_\_\_\_ during the national anthem.

*v.* to rest on someone's knee or knees

16. She \_\_\_\_\_ the sore spot on her leg to ease the pain.

*v.* to move one's hand or an object over the surface of something with pressure

ANSWERS: 8. unanswered, 9. stimulated, 10. calm, 11. peer, 12. bliss, 13. nerd, 14. comfort, 15. kneeling, 16. rubbed

17. I'm prepared to \_\_\_\_\_ challenges throughout this adventure.
- v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
18. 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
19. He took me aside and \_\_\_\_\_ in my ear.
- v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
20. Five of the six provinces will become \_\_\_\_\_ regions under the new federal system of government.
- adj. capable of governing or controlling its affairs
21. She stood on the podium and \_\_\_\_\_ an audience.
- v. to examine something hastily, with the eyes or with a machine, to get information
22. \_\_\_\_\_ operational improvements often lead to better environmental performance.
- adj. having a noticeably small amount of body fat; (verb) to bend or move from a straight to a sloping posture
23. Please \_\_\_\_\_ your explanation for the children.
- v. to make something more straightforward, more understandable, or easier to do
24. 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

ANSWERS: 17. encounter, 18. sensation, 19. whispered, 20. autonomous, 21. scanned, 22. Lean, 23. simplify, 24. breath

25. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
26. Yoga is a great way to promote \_\_\_\_\_ and reduce stress.
- n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
27. There was a disturbance of \_\_\_\_\_ function.
- adj.* of or relating to a nerve or the nervous system that includes the brain
28. Life is a vast \_\_\_\_\_ you should put as much paint on it as possible.
- n.* the heavy, closely woven fabric used for making tents, sails, etc. and by artists for painting on
29. Driving is difficult for me because of my poor \_\_\_\_\_.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
30. The aromatherapy oils used during my \_\_\_\_ treatment helped me feel more relaxed and rejuvenated.
- n.* a resort or facility offering various health, beauty, and relaxation treatments, such as massages, saunas, and mud baths; a hot spring or mineral spring believed to have therapeutic properties
31. 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

ANSWERS: 25. medication, 26. relaxation, 27. neural, 28. canvas;, 29. vision, 30. spa, 31. yoga

32. He lay down and fell \_\_\_\_\_ immediately.

*adj.* in a state of sleep

33. Our marital life was full of happiness and \_\_\_\_\_ excitement.

*adj.* giving satisfaction or pleasure; enjoyable

34. He suffered \_\_\_\_\_ and loss of appetite after he began taking that medication.

*n.* the condition of being unable to sleep, usually a chronic one

35. I bought a new tool \_\_\_\_ for my home repair projects.

*n.* a set of tools, supplies, or equipment for a particular purpose

36. His cheeks looked \_\_\_\_\_ after he overate junk food.

*adj.* swollen or distended, especially with air or gas;

37. He fastens some sheets of paper with a \_\_\_\_\_.

*n.* a small metal or plastic device used for holding an object or objects together or in place; a short part of electronic media, either an audio clip or video clip

38. His \_\_\_\_\_ interest soon caught everyone's attention.

*adj.* feigned or not genuine; assumed or simulated

39. The butterfly \_\_\_\_\_ its wings gracefully.

*v.* to wave or flap quickly and lightly; (noun) the act of moving back and forth

40. 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

ANSWERS: 32. asleep, 33. pleasurable, 34. insomnia, 35. kit, 36. puffy, 37. clip, 38. pretended, 39. fluttered, 40. brain

41. There are \_\_\_\_\_ differences between the two wine-producing regions.  
*adj.* easy to see, discover or understand
42. \_\_\_\_\_ is the science of how living things work.  
*n.* the branch of the biological sciences dealing with the functioning of organisms
43. The majority of students actively \_\_\_\_\_ in the college's intramural sports program.  
*v.* to take part in something
44. 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
45. The youngster was \_\_\_\_\_ at by the beast.  
*v.* to stare at something or someone for an extended time, usually out of surprise or adoration, or because you are thinking about something else
46. I must \_\_\_\_\_ the loose thread on my shirt before it becomes a bigger problem.  
*v.* to trim or cut something, especially with scissors or shears; to remove a small part or piece from something with a quick cut or slice
47. \_\_\_\_\_ of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.  
*n.* a person who supports or suggests an idea, development, or way of doing something
48. Her \_\_\_\_\_ manner relaxed everyone there.  
*adj.* having or showing a kindly or tender nature; soft and mild

ANSWERS: 41. obvious, 42. Physiology, 43. participated, 44. individual, 45. gazed, 46. snip, 47. Advocates, 48. gentle

49. He \_\_\_\_\_ his friends with a warm smile and a hug.

*v.* to say hello to someone; to express welcome on meeting someone

50. She always wore her hair in a single \_\_\_\_\_ down her back.

*n.* a complex pattern, design, or plait formed out of three or more strands, often used decoratively in hair, clothing, or textiles; threads of silk, cotton, or other material attached to clothes, uniforms, or other things made of cloth, as a decoration

51. By remaining neutral, this \_\_\_\_\_ continued to exist.

*n.* the country ruled by a king or queen

52. The world-famous \_\_\_\_\_ transformed her client's dull hair into a shiny and stylish new look.

*n.* a person who cuts and styles hair for a living

53. The president prepared several possible \_\_\_\_\_ for an enemy attack.

*n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work

54. The \_\_\_\_\_ photography captured the genuine emotions of the moment.

*adj.* honest, straightforward, and frank in someone's words or actions

55. 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

56. To expand the company, we must \_\_\_\_ new human resources.

*v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

ANSWERS: 49. greeted, 50. braid, 51. kingdom, 52. hairdresser, 53. scenarios, 54. candid, 55. anxiety, 56. tap



57. Yoga is known to have \_\_\_\_\_ benefits for the mind and body.

*adj.* relating to or involved in the treatment of illness or injury

58. This region has many \_\_\_\_\_ offering higher education.

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

59. He has a flair for \_\_\_\_\_.

*n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

60. The \_\_\_\_\_ lines on a globe help with navigation and determining location.

*n.* a circle or imaginary line on the Earth's surface, running from north to south and passing through both poles

61. The doctor diagnosed me with a \_\_\_\_\_ disorder.

*n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

62. The \_\_\_\_\_ partially destroyed my vehicle.

*n.* an unfortunate event, especially one causing damage or injury

63. A defective \_\_\_\_\_ is responsible for the disease.

*n.* the fundamental unit of heredity and the sequence of nucleotides in DNA that codes for the creation of RNA or protein.

64. Sharks have highly developed \_\_\_\_\_ systems and are extremely sensitive creatures.

*adj.* of or relating to the physical senses

ANSWERS: 57. therapeutic, 58. institutes, 59. mathematics, 60. meridian, 61. hormone, 62. accident, 63. gene, 64. sensory

65. The firm has grown into a large \_\_\_\_\_ manufacturing.  
*adj.* relating to or connected with chemistry;
66. I \_\_\_\_\_ to him that I had seen his sister at the grocery store earlier that day.  
*v.* to speak or write about something or someone briefly
67. The diamond \_\_\_\_\_ in the sunlight.  
*v.* to emit or reflect bright flashes of light, especially with animation and joy
68. He did \_\_\_\_\_ pen-and-ink drawings in just a few days.  
*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
69. The \_\_\_\_\_ class was designed to give students a basic understanding of the subject.  
*adj.* intended as an introduction or preliminary; serving as a base or starting point
70. The politician tried to \_\_\_\_\_ the embarrassing incident under the rug.  
*v.* to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
71. The rules were \_\_\_\_\_ after the new executive arrived.  
*v.* to become or cause someone to become less active or tense and calmer
72. She used a flat \_\_\_\_\_ to apply the final touches to the artwork.  
*n.* a tool used for applying paint or other liquid substances to a surface, typically consisting of bristles or synthetic fibers attached to a handle
73. Bright light can cause me to squint and strain my eyes, resulting in twitchy \_\_\_\_\_.  
*n.* a thin fold of skin that covers and protects the human eye, which helps to keep the eye moist by spreading tears over the surface and prevents foreign objects from entering the eye

ANSWERS: 65. chemical, 66. mentioned, 67. sparkled, 68. complicated, 69. introductory, 70. sweep, 71. relaxed, 72. paintbrush, 73. eyelids

74. He is completely \_\_\_\_\_ having lost all his hair due to chemotherapy.  
*adj.* having no hair on the head; having a smooth, shiny scalp with no hair
75. He tried various treatments for his \_\_\_\_\_ but nothing seemed to work.  
*n.* the condition of being unable to sleep or having difficulty sleeping
76. You should always keep a basic \_\_\_\_\_ in your car in case of an emergency.  
*n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment
77. We do move forward with those tasks in \_\_\_\_\_ next week.  
*n.* a series of related events, actions, numbers, etc., which have a particular order
78. His \_\_\_\_\_ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.  
*n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
79. Some herds have been observed to \_\_\_\_\_ hundreds of kilometers.  
*v.* to make or be capable of making anything longer or broader without hurting or breaking
80. The flower was starting to show its \_\_\_\_ and would soon bloom into a beautiful blossom.  
*n.* a small swelling on a plant stem or twig containing an undeveloped shoot
81. My sister got a new \_\_\_\_\_ for her job interview.  
*n.* the way in which a person's hair is cut, styled, or arranged on their head

ANSWERS: 74. bald, 75. sleeplessness, 76. toolbox, 77. sequence, 78. pretensions, 79. stretch, 80. bud, 81. hairstyle

82. The price of raw \_\_\_\_\_ continued to rise.

- n.* a plant that is grown in warm countries and bears bolls containing seeds with soft and long hairs that are made into textile fiber and thread for sewing

83. 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

84. My nerves began to \_\_\_\_\_ before the show started.

- v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

85. Increased \_\_\_\_\_ pressure leads to the development of glaucoma.

- n.* the round part of the eye of a vertebrate that is usually inside the head and, therefore, cannot be seen

ANSWERS: 82. cotton, 83. meditation, 84. tingle, 85. eyeball