

# Englist.me



## Vocabulary Builder Reference from...

*Sister True Dedication: 3 questions to build resilience -- and change the world | TED Talk*

[https://www.ted.com/talks/sister\\_true\\_dedication\\_3\\_questions\\_to\\_build\\_resilience\\_and\\_change\\_the\\_world](https://www.ted.com/talks/sister_true_dedication_3_questions_to_build_resilience_and_change_the_world)

### All Words

#### IMPORTANT

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## Session 1: Word List

### insight

*n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

*synonym* : wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

### awaken

*v.* to stop sleeping or to cause someone to stop sleeping

*synonym* : rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

### conscious

*adj.* being aware of and able to respond to what is happening around you

*synonym* : aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

### tradition

*n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

*synonym* : custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**

It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

## intellect

*n.* the ability to think logically and comprehend information, especially at an advanced level

*synonym*: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

## engage

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## 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.

## labor

*n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

*synonym*: toil, toil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

## underfoot

*adv.* in a position under one's feet; in the space on the ground beneath one's feet

*synonym* : beneath one's feet

(1) snow **underfoot**, (2) leaves **underfoot**

The muddy terrain made it difficult to walk **underfoot**.

## urgent

*adj.* requiring immediate attention or action; pressing

*synonym* : pressing, critical, immediate

(1) an **urgent** telegram, (2) **urgent** situation

It is **urgent** that we leave for the airport now to catch our flight.

## radical

*adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

*synonym* : extreme, revolutionary

(1) a **radical** flaw in the plan, (2) a **radical** cure

The government established by the coup was more **radical** than before.

## decisive

*adj.* making a clear and definite decision or choice; settling an issue

*synonym* : final, conclusive, unambiguous

(1) a **decisive** ballot, (2) **decisive** action

The **decisive** victory in the war ended years of conflict.

## planet

*n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

*synonym* : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

## alert

*v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

*synonym* : warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to

potential threats.

## fearless

*adj.* having no fear; brave

*synonym* : brave, courageous, daring

(1) **fearless** attitude, (2) **fearless** bravery

The **fearless** firefighter rushed into the burning building to save a trapped child.

## crisis

*n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

*synonym* : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

## mindful

*adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

*synonym* : aware, attentive, conscious

(1) **mindful** of my responsibilities, (2) **mindful** eating

Practicing **mindful** meditation can help reduce stress and improve overall well-being.

## harmony

*n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

*synonym* : balance, accord, congruence

(1) a **harmony** of colors, (2) break a **harmony**

We worked in perfect **harmony**.

## fascinate

*v.* to attract and hold the attention of someone deeply and irresistibly

*synonym* : captivate, intrigue, mesmerize

(1) **fascinate** the public, (2) **fascinate** the young

The magic tricks **fascinated** the children.

## physically

*adv.* in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

## wheelchair

*n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

(1) electric-powered **wheelchair**, (2) **wheelchair** accessibility

This library rents out various types of folding **wheelchairs** for visitors.

## humming

*adj.* producing a continuous, low, vibrating sound like that of the bee

*synonym*: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

## spark

*v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

*synonym*: start, inspire, provoke

(1) **spark** his interest, (2) **spark** a chain reaction

The bankruptcy of the giant conglomerate **sparked** turmoil in the stock market.

## lineage

*n.* the ancestry of a person, group, or species

*synonym*: ancestry, descent, heritage

(1) maternal **lineage**, (2) **lineage** tree

Scientists traced the **lineage** of the species back millions of years by studying fossils.

## grandparent

*n.* a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent

summers with them.

## ancestor

*n.* a person from whom one is descended; a forefather  
*synonym*: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

## regret

*v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

*synonym*: apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

## ambassador

*n.* a diplomatic representative of a country who is sent to another country or international organization

*synonym*: envoy, diplomat, representative

(1) **ambassador** for football, (2) send an **ambassador** abroad

The **ambassador** of peace met with government officials to discuss bilateral relations.

## endurance

*n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

*synonym*: stamina, perseverance, resilience

(1) **endurance** training, (2) mental **endurance**

The marathon runner's **endurance** was impressive as he crossed the finish line.

## compassion

*n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

*synonym*: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion**

toward the accident

His infinite love and **compassion** for everyone never weary.

## generosity

*n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely

*synonym*: goodness, hospitality, unselfishness

(1) act of **generosity**, (2) boundless **generosity**

He is remembered for his **generosity** and civilization.

## embody

*v.* to represent or exemplify something; to give tangible form to an abstract idea

*synonym*: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

## 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.

## representative

*n.* someone who speaks or acts officially on behalf of another person or group of people

*synonym*: spokesperson, agent, delegate

(1) an official **representative**, (2) sales **representative**

The media **representatives** had special passes.

## savannah

*n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

*synonym*: grassland, plain

(1) **savannah** region, (2) tropical **savannah**

The birds live in tropical forests, **savannahs**, and arid semi-desert environments.

## rainforest

*n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall

(1) **rainforest** destruction, (2) tropical **rainforest**

The destruction of the **rainforest** is a ticking time bomb for the Earth.

## interbeing

*n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts

*synonym*: interconnectedness, interdependence, mutualism

(1) **interbeing** philosophy, (2) **interbeing** relationship

Our actions have a ripple effect on the **interbeing** of the world around us.

## immense

*adj.* extremely large or great

*synonym*: enormous, giant, huge

(1) **immense** amount, (2) **immense** pressure

He left his wife an **immense** fortune.

## strength

*n.* the quality or state of being physically, or sometimes mentally, strong

*synonym*: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

## 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.

## restless

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

*synonym*: agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

## agitation

*n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or



nervousness; the act of stirring or moving something in a rapid or erratic manner

*synonym* : excitement, restlessness, turmoil

(1) **agitation** levels, (2) political **agitation**

The crowd's **agitation** grew as the politician failed to answer their questions.

## distracted

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

*synonym* : preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

## preoccupied

*adj.* having one's thoughts or attention absorbed by something; busy

*synonym* : absorbed, engrossed, occupied

(1) **preoccupied** idea, (2) **preoccupied** with other things

He was **preoccupied** with work and didn't notice me.

## drown

*v.* to die or cause to die by being unable to breathe underwater

*synonym* : douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

## consume

*v.* to spend something, especially fuel, energy, or time, in a large amount

*synonym* : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

## numb

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

*synonym* :

dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

## 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.

## nourish

*v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

*synonym* : feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

## handle

*v.* to deal with a situation, problem, or strong emotion

*synonym* : control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

## suffer

*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

*synonym* : endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

## 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.

## 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.

## embrace

*v.* to accept something willingly and enthusiastically;

(noun) the act of clasping another person in the arms as in greeting or affection

*synonym*: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

## despair

*n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation

*synonym*: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**

His friend's death drove him to **despair**.

## accompany

*v.* to go somewhere or travel with someone or something

*synonym*: follow, escort, attend

(1) **accompany** a chicken dish, (2) **accompany** the book

Please let me know if you want to **accompany** me to my hometown.

## violent

*adj.* involving or caused by physical force or aggression against someone or something

*synonym*: aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

## destruction

*n.* the act of causing so much damage to something  
*synonym*: devastation, annihilation, ruin

(1) path of **destruction**, (2) cyclonic **destruction**

The extinction of several subspecies has been linked to climate change and habitat **destruction**.

## discriminate

*v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

*synonym*: show prejudice, segregate, differentiate

(1) **discriminate** against women employees,

(2) **discriminate** between different things

You should not **discriminate** against minorities.

## exploitation

*n.* the process of making some area of land or water more profitable or productive or useful

*synonym*: victimization, development, using

(1) sexual **exploitation**, (2) the **exploitation** of fossil resources

Strategic **exploitation** of cutting-edge technology would be a sure formula for success.

## 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.

## 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.

## intention

*n.* something you want to do and are going to do

*synonym*: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**  
Our CEO's **intentions** are always transparent and straightforward.

## aspiration

*n.* a strong desire to achieve something; the action or process of drawing breath

*synonym*: ambition, inhalation, intake

(1) no **aspiration** for fame, (2) **aspiration** into the lungs  
He has an **aspiration** to become a doctor.

## motivate

*v.* to make someone want to do something, especially something that requires tremendous work and effort

*synonym*: boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**  
The ability to **motivate** people is a priceless asset.

## energize

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

*synonym*: invigorate, animate, electrify

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

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

## desire

*n.* a strong feeling of wanting to have or do something

*synonym*: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

## contribute

*v.* to give something, especially money or goods, to provide or achieve something together with other people

*synonym*: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

## contribution

*n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

*synonym*: donation, gift, offering

(1) make a positive **contribution**, (2) **contribution** to society

His **contribution** to the charity was a generous donation of money.

## spot

*n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

*synonym*: dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

## resonate

*v.* to be filled with a deep echoing sound

*synonym*: echo, reverberate, resound

(1) deeply **resonate** with the consumers, (2) **resonate** in the same frequency

The sound **resonates** well in this theater.

## identify

*v.* to recognize someone or something and say or prove who or what they are

*synonym*: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

## nurture

*v.* to take care of, feed, and protect someone or something while they are growing and developing

*synonym*: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

## rekindle

*v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling

*synonym*: revitalize, reignite, revive

(1) **rekindle** love, (2) **rekindle** hope

The couple tried to **rekindle** their relationship by spending more time together.

## communal

*adj.* belonging to or used by a group rather than individuals; for common use

*synonym*: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

**Communal** elections were held in several European countries.

## vast

*adj.* enormous in size, number, amount, or quantity

*synonym*: expansive, extended, boundless

(1) **vast** majority, (2) **vast** desert

A **vast** audience viewed the broadcast.

## destination

*n.* the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action

*synonym*: location, endpoint, target

(1) travel **destination**, (2) romantic **destinations**

I am excited to reach my **destination** and explore the new city finally.

## doubt

*n.* a feeling of being uncertain about something, especially about how good or accurate it is

*synonym*: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

**Doubt** is the start, not the end, of intelligence.

## heal

*v.* to make a wound or injury to become well again

*synonym*: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

## overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

*synonym*: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

## dare

v. to have the courage to do something

*synonym*: challenge, risk, attempt

(1) **dare** not go, (2) **dare** to take risks

I wouldn't **dare** to speak to him like that.

## precious

*adj.* uncommon and extremely valuable

*synonym*: adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

## spiritual

*adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

*synonym*: otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

## stability

*n.* the quality or attribute of being firm and steadfast

*synonym*: resilience, solidity, steadiness

(1) **stability** pact, (2) fiscal **stability** pact

The policy should increase the country's monetary **stability**.

## lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

*synonym*: raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.



## spirit

*n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

*synonym*: soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**

Despite their tragic loss, the family is showing great **spirit**.

## descendant

*n.* children or offspring of a specific person, plant, or animal

*synonym*: child, offspring, heir

(1) **descendant** of a pioneer, (2) third-generation

**descendant**

Those warriors' **descendants** are still skilled archers.

## clarity

*n.* the quality of being coherent and understandable; the quality of transparency or purity

*synonym*: clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

## courage

*n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

*synonym*: bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**

It takes a lot of **courage** to stand up for what you believe is right.

## urgency

*n.* the quality of being very important and needing to be dealt with immediately

*synonym*: importance, importunity, urging

(1) **urgency** in the use of force, (2) matter of **urgency**

She departed hurriedly because of some significant **urgency** in their affairs.

**eternal**

*adj.* being without beginning or end; lasting forever

*synonym* : endless, everlasting, undying

(1) the hope of **eternal** life, (2) **eternal** quarreling

In every civilization, rulers have tried everything possible to obtain **eternal** life.

## Session 2: Spelling

- |                                    |   |
|------------------------------------|---|
| 1. snow un_____ot                  | <i>adv.</i> in a position under one's feet; in the space on the ground beneath one's feet   |
| 2. cr___s management               | <i>n.</i> a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken                   |
| 3. earliest human an____or         | <i>n.</i> a person from whom one is descended; a forefather   |
| 4. id_____fy handwriting           | <i>v.</i> to recognize someone or something and say or prove who or what they are   |
| 5. romantic des_____ons            | <i>n.</i> the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action                     |
| 6. I was dr__ned in work           | <i>v.</i> to die or cause to die by being unable to breathe underwater  |
| 7. co_____e a large of alcohol     | <i>v.</i> to spend something, especially fuel, energy, or time, in a large amount   |
| 8. pre_____ed idea                 | <i>adj.</i> having one's thoughts or attention absorbed by something; busy  |
| 9. mi_____l of my responsibilities | <i>adj.</i> being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment |
| 10. et_____l quarreling            | <i>adj.</i> being without beginning or end; lasting forever   |

ANSWERS: 1. underfoot, 2. crisis, 3. ancestor, 4. identify, 5. destination, 6. drown, 7. consume, 8. preoccupied, 9. mindful, 10. eternal

11. mi\_\_\_\_l eating *adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment
12. political ag\_\_\_\_\_on *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
13. n\_\_b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
14. mental en\_\_\_\_\_ce *n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time
15. unsatisfied de\_\_\_e *n.* a strong feeling of wanting to have or do something
16. co\_\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
17. v\_\_t majority *adj.* enormous in size, number, amount, or quantity
18. tr\_\_\_\_\_rm heat into power *v.* to change in outward structure or looks;
19. leaves un\_\_\_\_\_ot *adv.* in a position under one's feet; in the space on the ground beneath one's feet
20. share my in\_\_\_\_\_ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

ANSWERS: 11. mindful, 12. agitation, 13. numb, 14. endurance, 15. desire, 16. communal, 17. vast, 18. transform, 19. underfoot, 20. insight

21. send an amb\_\_\_\_\_or abroad      *n.* a diplomatic representative of a country who is sent to another country or international organization
22. sp\_\_k a chain reaction      *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
23. dis\_\_\_\_\_ate between different things      *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
24. pr\_\_\_\_\_us information      *adj.* uncommon and extremely valuable
25. manual la\_\_r      *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
26. third-generation des\_\_\_\_\_nt      *n.* children or offspring of a specific person, plant, or animal
27. ha\_\_\_ed the incident      *v.* to deal with a situation, problem, or strong emotion
28. ev\_\_\_\_\_on theory      *n.* a gradual process of transformation of living things
29. em\_\_\_\_\_e an opportunity      *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
30. muscular st\_\_\_\_\_th      *n.* the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 21. ambassador, 22. spark, 23. discriminate, 24. precious, 25. labor, 26. descendant, 27. handle, 28. evolution, 29. embrace, 30. strength

31. h\_\_l the hurt mind      *v.* to make a wound or injury to become well again
32. d\_\_e not go      *v.* to have the courage to do something
33. electric-powered whe\_\_\_\_\_ir      *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
34. victim of a vi\_\_\_\_\_t crime      *adj.* involving or caused by physical force or aggression against someone or something
35. v\_\_t desert      *adj.* enormous in size, number, amount, or quantity
36. tr\_\_\_\_\_rm an education system      *v.* to change in outward structure or looks;
37. al\_\_t consumers to the dangers      *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
38. st\_\_\_\_\_th of the economy      *n.* the quality or state of being physically, or sometimes mentally, strong
39. re\_\_x at home      *v.* to become or cause someone to become less active or tense and calmer
40. deeply re\_\_\_\_\_te with the consumers      *v.* to be filled with a deep echoing sound
41. em\_\_\_y my goal      *v.* to represent or exemplify something; to give tangible form to an abstract idea
42. tropical rai\_\_\_\_\_st      *n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall
43. constant sp\_\_\_\_\_al striving      *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

ANSWERS: 31. heal, 32. dare, 33. wheelchair, 34. violent, 35. vast, 36. transform, 37. alert, 38. strength, 39. relax, 40. resonate, 41. embody, 42. rainforest, 43. spiritual

44. co\_\_\_\_\_us effort *adj.* being aware of and able to respond to what is happening around you
45. pl\_\_\_\_t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
46. nu\_\_\_\_\_e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
47. em\_\_\_\_y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
48. make a positive con\_\_\_\_\_ion *n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
49. ac\_\_\_\_\_ny a chicken dish *v.* to go somewhere or travel with someone or something
50. id\_\_\_\_fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
51. a ra\_\_\_\_\_l flaw in the plan *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
52. en\_\_\_\_\_ce training *n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time
53. stay phy\_\_\_\_\_ly fit *adv.* in a way related to a person's body or appearance rather than their mind

ANSWERS: 44. conscious, 45. planet, 46. nurture, 47. embody, 48. contribution, 49. accompany, 50. identify, 51. radical, 52. endurance, 53. physically

54. su\_\_\_\_al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
55. ur\_\_\_\_t situation *adj.* requiring immediate attention or action; pressing
56. l\_\_t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
57. pre\_\_\_\_ed with other things *adj.* having one's thoughts or attention absorbed by something; busy
58. boundless gen\_\_\_\_ty *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
59. asp\_\_\_\_on into the lungs *n.* a strong desire to achieve something; the action or process of drawing breath
60. all ability to mo\_\_\_\_te *v.* to make someone want to do something, especially something that requires tremendous work and effort
61. st\_\_\_\_ty pact *n.* the quality or attribute of being firm and steadfast
62. travel des\_\_\_\_on *n.* the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action
63. feel com\_\_\_\_on for the poor *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
64. cyclonic des\_\_\_\_on *n.* the act of causing so much damage to something

ANSWERS: 54. survival, 55. urgent, 56. lift, 57. preoccupied, 58. generosity, 59. aspiration, 60. motivate, 61. stability, 62. destination, 63. compassion, 64. destruction



65. lack of cl\_\_\_\_y                      *n.* the quality of being coherent and understandable; the quality of transparency or purity
66. ag\_\_\_\_\_on levels                *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
67. fe\_\_\_\_\_ss attitude                *adj.* having no fear; brave
68. d\_\_e to take risks                    *v.* to have the courage to do something
69. li\_\_\_\_\_e tree                        *n.* the ancestry of a person, group, or species
70. su\_\_\_\_r a setback                    *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
71. fa\_\_\_\_\_te the young                *v.* to attract and hold the attention of someone deeply and irresistibly
72. ov\_\_\_\_\_lm opponents by numbers    *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
73. ha\_\_\_\_e a precious object            *v.* to deal with a situation, problem, or strong emotion
74. an\_\_\_\_\_or language                *n.* a person from whom one is descended; a forefather
75. hu\_\_\_\_\_g sound                    *adj.* producing a continuous, low, vibrating sound like that of the bee
76. a de\_\_\_\_\_ve ballot                *adj.* making a clear and definite decision or choice; settling an issue

ANSWERS: 65. clarity, 66. agitation, 67. fearless, 68. dare, 69. lineage, 70. suffer, 71. fascinate, 72. overwhelm, 73. handle, 74. ancestor, 75. humming, 76. decisive

77. an official rep\_\_\_\_\_ive                    *n.* someone who speaks or acts officially on behalf of another person or group of people
78. amb\_\_\_\_\_or for football                    *n.* a diplomatic representative of a country who is sent to another country or international organization
79. a profound in\_\_\_\_\_t                    *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
80. ur\_\_\_\_\_y in the use of force                    *n.* the quality of being very important and needing to be dealt with immediately
81. sp\_\_\_\_t and the letter of the law                    *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
82. dr\_\_n in a bath                    *v.* to die or cause to die by being unable to breathe underwater
83. act of gen\_\_\_\_\_ty                    *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
84. mental co\_\_\_\_\_e                    *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
85. en\_\_\_\_\_ze the body                    *v.* to give energy or vitality to someone or something; to invigorate

ANSWERS: 77. representative, 78. ambassador, 79. insight, 80. urgency, 81. spirit, 82. drown, 83. generosity, 84. courage, 85. energize

86. rai\_\_\_\_\_st destruction *n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall
87. sexual exp\_\_\_\_\_ion *n.* the process of making some area of land or water more profitable or productive or useful
88. des\_\_\_\_\_nt of a pioneer *n.* children or offspring of a specific person, plant, or animal
89. sp\_\_\_\_\_al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
90. re\_\_\_\_\_le love *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
91. co\_\_\_\_\_e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
92. sales rep\_\_\_\_\_ive *n.* someone who speaks or acts officially on behalf of another person or group of people
93. an indomitable sp\_\_\_\_t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
94. an ur\_\_\_\_t telegram *adj.* requiring immediate attention or action; pressing
95. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement

ANSWERS: 86. rainforest, 87. exploitation, 88. descendant, 89. spiritual, 90. rekindle, 91. consume, 92. representative, 93. spirit, 94. urgent, 95. release

96. no asp\_\_\_\_\_on for fame *n.* a strong desire to achieve something; the action or process of drawing breath
97. re\_\_\_\_\_ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
98. en\_\_\_e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
99. fa\_\_\_\_\_te the public *v.* to attract and hold the attention of someone deeply and irresistibly
100. int\_\_\_\_\_ng relationship *n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts
101. human in \_\_\_\_\_ct *n.* the ability to think logically and comprehend information, especially at an advanced level
102. re\_\_\_t a decision *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
103. re\_\_\_\_\_te in the same frequency *v.* to be filled with a deep echoing sound
104. sake of cl\_\_\_\_\_y *n.* the quality of being coherent and understandable; the quality of transparency or purity
105. whe \_\_\_\_\_ir accessibility *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
106. l\_\_t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

ANSWERS: 96. aspiration, 97. restless, 98. engage, 99. fascinate, 100. interbeing, 101. intellect, 102. regret, 103. resonate, 104. clarity, 105. wheelchair, 106. lift

107. untold de\_\_\_\_\_r *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
108. ac\_\_\_\_\_ny the book *v.* to go somewhere or travel with someone or something
109. co\_\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
110. hu\_\_\_\_\_g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
111. maternal li\_\_\_\_\_e *n.* the ancestry of a person, group, or species
112. h\_\_l a broken bone *v.* to make a wound or injury to become well again
113. tre\_\_\_\_\_us amount *adj.* very great in degree or extent or amount or impact; extremely good
114. phy\_\_\_\_\_ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
115. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
116. matter of ur\_\_\_\_\_y *n.* the quality of being very important and needing to be dealt with immediately
117. in\_\_\_\_\_on behind his decision *n.* something you want to do and are going to do
118. enrich my in\_\_\_\_\_ct *n.* the ability to think logically and comprehend information, especially at an advanced level

ANSWERS: 107. despair, 108. accompany, 109. communal, 110. humming, 111. lineage, 112. heal, 113. tremendous, 114. physically, 115. distracted, 116. urgency, 117. intention, 118. intellect

119. con\_\_\_\_\_ion to society *n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause
120. es\_\_\_\_\_al commodities of life *adj.* indispensable; fundamental
121. con\_\_\_\_\_te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
122. a re\_\_\_\_\_ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
123. 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
124. aw\_\_\_\_n at daybreak *v.* to stop sleeping or to cause someone to stop sleeping
125. path of des\_\_\_\_\_on *n.* the act of causing so much damage to something
126. int\_\_\_\_\_ng philosophy *n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts
127. en\_\_\_\_e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
128. no\_\_\_\_\_h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

ANSWERS: 119. contribution, 120. essential, 121. contribute, 122. restless, 123. meditation, 124. awaken, 125. destruction, 126. interbeing, 127. engage, 128. nourish

129. a ra\_\_\_\_\_l cure *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
130. sa\_\_\_\_\_ah region *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
131. tre\_\_\_\_\_us popularity *adj.* very great in degree or extent or amount or impact; extremely good
132. mo\_\_\_\_\_te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
133. financial cr\_\_\_\_\_s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
134. a ha\_\_\_\_\_y of colors *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
135. al\_\_t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
136. dis\_\_\_\_\_ate against women employees *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
137. price of pr\_\_\_\_\_us metals *adj.* uncommon and extremely valuable

ANSWERS: 129. radical, 130. savannah, 131. tremendous, 132. motivate, 133. crisis, 134. harmony, 135. alert, 136. discriminate, 137. precious

138. a warm em\_\_\_\_e                      *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
139. a s\_\_t on his honor                      *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
140. he was ov\_\_\_\_\_lmed with gratitude                      *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
141. sp\_\_k his interest                      *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
142. en\_\_\_\_\_ze a team                      *v.* to give energy or vitality to someone or something; to invigorate
143. inspire co\_\_\_\_\_e                      *n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
144. re\_\_\_t being so careless                      *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
145. no\_\_\_\_\_h hope                      *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
146. beauty s\_\_t                      *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
147. im\_\_\_\_\_e amount                      *adj.* extremely large or great

ANSWERS: 138. embrace, 139. spot, 140. overwhelm, 141. spark, 142. energize, 143. courage, 144. regret, 145. nourish, 146. spot, 147. immense



148. fiscal st\_\_\_\_\_ty pact *n.* the quality or attribute of being firm and steadfast
149. break a ha\_\_\_\_\_y *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
150. save the pl\_\_\_\_t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
151. great-gra\_\_\_\_\_nt *n.* a parent of one's father or mother
152. de\_\_\_\_\_ve action *adj.* making a clear and definite decision or choice; settling an issue
153. re\_\_\_\_\_le hope *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
154. su\_\_\_\_\_al food *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
155. 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
156. 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
157. dispel do\_\_ts *n.* a feeling of being uncertain about something, especially about how good or accurate it is

ANSWERS: 148. stability, 149. harmony, 150. planet, 151. grandparent, 152. decisive, 153. rekindle, 154. survival, 155. breath, 156. meditation, 157. doubt

158. against tr\_\_\_\_\_on *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
159. no do\_\_t about the news *n.* a feeling of being uncertain about something, especially about how good or accurate it is
160. es\_\_\_\_\_al amino acid *adj.* indispensable; fundamental
161. the hope of et\_\_\_\_\_l life *adj.* being without beginning or end; lasting forever
162. a n\_\_b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
163. person of gra\_\_\_\_\_nt age *n.* a parent of one's father or mother
164. aw\_\_\_n a child *v.* to stop sleeping or to cause someone to stop sleeping
165. co\_\_\_\_\_us of having succeeded *adj.* being aware of and able to respond to what is happening around you
166. fleshly de\_\_\_e *n.* a strong feeling of wanting to have or do something
167. re\_\_x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
168. nu\_\_\_\_\_e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
169. vi\_\_\_\_\_t incident *adj.* involving or caused by physical force or aggression against someone or something

ANSWERS: 158. tradition, 159. doubt, 160. essential, 161. eternal, 162. numb, 163. grandparent, 164. awaken, 165. conscious, 166. desire, 167. relax, 168. nurture, 169. violent

170. tropical sa\_\_\_\_\_ah      *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
171. su\_\_\_\_r bad grades      *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
172. con\_\_\_\_\_te to society      *v.* to give something, especially money or goods, to provide or achieve something together with other people
173. have com\_\_\_\_\_on toward the accident      *n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
174. the exp\_\_\_\_\_ion of fossil resources      *n.* the process of making some area of land or water more profitable or productive or useful
175. 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
176. fe\_\_\_\_\_ss bravery      *adj.* having no fear; brave
177. seasonal la\_\_\_\_r      *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
178. a tr\_\_\_\_\_on of a culture      *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

ANSWERS: 170. savannah, 171. suffer, 172. contribute, 173. compassion, 174. exploitation, 175. breath, 176. fearless, 177. labor, 178. tradition

179. de\_\_\_\_\_r at the future      *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
180. get dis\_\_\_\_\_ed by an urgent matter      *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
181. clear in\_\_\_\_\_on      *n.* something you want to do and are going to do
182. im\_\_\_\_\_e pressure      *adj.* extremely large or great
183. human ev\_\_\_\_\_on      *n.* a gradual process of transformation of living things
184. re\_\_\_\_\_e a prisoner      *v.* to set free or allow to escape from confinement

ANSWERS: 179. despair, 180. distracted, 181. intention, 182. immense, 183. evolution, 184. release

## Session 3: Fill in the Blanks

1. Your \_\_\_\_\_ is capable of distinguishing among similar objects.  
*n.* the ability to think logically and comprehend information, especially at an advanced level
2. Low sexual \_\_\_\_\_ typically correlates with low testosterone levels.  
*n.* a strong feeling of wanting to have or do something
3. His infinite love and \_\_\_\_\_ for everyone never weary.  
*n.* a strong feeling of sympathy and sadness for another's suffering or bad luck
4. We cannot afford to squander \_\_\_\_\_ time.  
*adj.* uncommon and extremely valuable
5. Scientists traced the \_\_\_\_\_ of the species back millions of years by studying fossils.  
*n.* the ancestry of a person, group, or species
6. The ability to \_\_\_\_\_ people is a priceless asset.  
*v.* to make someone want to do something, especially something that requires tremendous work and effort
7. The policy should increase the country's monetary \_\_\_\_\_.  
*n.* the quality or attribute of being firm and steadfast
8. The marathon runner's \_\_\_\_\_ was impressive as he crossed the finish line.  
*n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

ANSWERS: 1. intellect, 2. desire, 3. compassion, 4. precious, 5. lineage, 6. motivate, 7. stability, 8. endurance

9. The woods \_\_\_\_\_ the house.
- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
10. His friend's death drove him to \_\_\_\_\_.
- n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
11. 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
12. It is a \_\_\_\_\_ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
13. Our CEO's \_\_\_\_\_ are always transparent and straightforward.
- n.* something you want to do and are going to do
14. Despite their tragic loss, the family is showing great \_\_\_\_\_.
- n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
15. Those warriors' \_\_\_\_\_ are still skilled archers.
- n.* children or offspring of a specific person, plant, or animal
16. He left his wife an \_\_\_\_\_ fortune.
- adj.* extremely large or great

ANSWERS: 9. embrace, 10. despair, 11. meditation, 12. tradition, 13. intentions, 14. spirit, 15. descendants, 16. immense

17. Floods have the potential to \_\_\_\_\_ any subsurface animals easily.
- v.* to die or cause to die by being unable to breathe underwater
18. We gained various \_\_\_\_\_ by analyzing the vast amount of data owned by the company.
- n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
19. I wouldn't \_\_\_\_\_ to speak to him like that.
- v.* to have the courage to do something
20. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.
- v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
21. The destruction of the \_\_\_\_\_ is a ticking time bomb for the Earth.
- n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall
22. The meditation class was focused on finding inner peace and cultivating a more \_\_\_\_\_ connection with the universe.
- adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
23. Strategic \_\_\_\_\_ of cutting-edge technology would be a sure formula for success.
- n.* the process of making some area of land or water more profitable or productive or useful
24. My remote \_\_\_\_\_ immigrated to the United States from Ireland in the 1800s.
- n.* a person from whom one is descended; a forefather

ANSWERS: 17. drown, 18. insights, 19. dare, 20. engaged, 21. rainforest, 22. spiritual, 23. exploitation, 24. ancestor

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

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

26. I \_\_\_\_\_ to say that you did not gain admission to the university.

*v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

27. He felt \_\_\_\_\_ and constantly changed his postures.

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

28. Our actions have a ripple effect on the \_\_\_\_\_ of the world around us.

*n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts

29. Schools should \_\_\_\_\_ children's mutual interest spirit.

*v.* to take care of, feed, and protect someone or something while they are growing and developing

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. The motivational speaker \_\_\_\_\_ the crowd with their words.

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

32. This library rents out various types of folding \_\_\_\_\_ for visitors.

*n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

ANSWERS: 25. evolution, 26. regret, 27. restless, 28. interbeing, 29. nurture, 30. breath, 31. energized, 32. wheelchairs



33. The friend's death \_\_\_\_\_ them.

*v.* to stop sleeping or to cause someone to stop sleeping

34. He became \_\_\_\_\_ that he was being followed.

*adj.* being aware of and able to respond to what is happening around you

35. I am excited to reach my \_\_\_\_\_ and explore the new city finally.

*n.* the place to which someone or something is going or being sent; the ultimate purpose or goal of a journey or action

36. The protesters became \_\_\_\_\_ when the police tried to disperse them.

*adj.* involving or caused by physical force or aggression against someone or something

37. The drought \_\_\_\_\_ the prices of grain globally.

*v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

38. The company's new products \_\_\_\_\_ the values of innovation and sustainability.

*v.* to represent or exemplify something; to give tangible form to an abstract idea

39. \_\_\_\_\_ is the start, not the end, of intelligence.

*n.* a feeling of being uncertain about something, especially about how good or accurate it is

40. The muddy terrain made it difficult to walk \_\_\_\_\_.

*adv.* in a position under one's feet; in the space on the ground beneath one's feet

41. A \_\_\_\_\_ audience viewed the broadcast.

*adj.* enormous in size, number, amount, or quantity

ANSWERS: 33. awakens, 34. conscious, 35. destination, 36. violent, 37. lifted, 38. embody, 39. Doubt, 40. underfoot, 41. vast

42. It is \_\_\_\_\_ that we leave for the airport now to catch our flight.

*adj.* requiring immediate attention or action; pressing

43. Health and \_\_\_\_\_ are, above all, gold.

*n.* the quality or state of being physically, or sometimes mentally, strong

44. In every civilization, rulers have tried everything possible to obtain \_\_\_\_\_ life.

*adj.* being without beginning or end; lasting forever

45. My left arm became \_\_\_\_\_.

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

46. I was so \_\_\_\_\_ by my phone that I nearly walked into a lamppost.

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

47. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.

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

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

*adj.* indispensable; fundamental

49. The couple tried to \_\_\_\_\_ their relationship by spending more time together.

*v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling

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

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

ANSWERS: 42. urgent, 43. strength, 44. eternal, 45. numb, 46. distracted, 47. release, 48. essential, 49. rekindle, 50. tremendous

51. The rules were \_\_\_\_\_ after the new executive arrived.

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

52. A smaller car will \_\_\_\_\_ less fuel.

- v. to spend something, especially fuel, energy, or time, in a large amount

53. The magic tricks \_\_\_\_\_ the children.

- v. to attract and hold the attention of someone deeply and irresistibly

54. We worked in perfect \_\_\_\_\_.

- n. the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

55. The bankruptcy of the giant conglomerate \_\_\_\_\_ turmoil in the stock market.

- v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

56. In several countries, child \_\_\_\_\_ is a serious social problem.

- n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

57. Mercury is the closest \_\_\_\_\_ to the sun.

- n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

58. The sound \_\_\_\_\_ well in this theater.

- v. to be filled with a deep echoing sound

ANSWERS: 51. relaxed, 52. consume, 53. fascinated, 54. harmony, 55. sparked, 56. labor, 57. planet, 58. resonates

59. The Chinese word for \_\_\_\_\_ comprises two characters, one for danger and the other for opportunity.
- n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
60. He evaluated his chances for \_\_\_\_\_ rather pessimistically.
- n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
61. He has an \_\_\_\_\_ to become a doctor.
- n.* a strong desire to achieve something; the action or process of drawing breath
62. The extinction of several subspecies has been linked to climate change and habitat \_\_\_\_\_.
- n.* the act of causing so much damage to something
63. The \_\_\_\_\_ firefighter rushed into the burning building to save a trapped child.
- adj.* having no fear; brave
64. The company's cybersecurity team \_\_\_\_\_ the CEO to potential threats.
- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
65. Please let me know if you want to \_\_\_\_\_ me to my hometown.
- v.* to go somewhere or travel with someone or something
66. She departed hurriedly because of some significant \_\_\_\_\_ in their affairs.
- n.* the quality of being very important and needing to be dealt with immediately

ANSWERS: 59. crisis, 60. survival, 61. aspiration, 62. destruction, 63. fearless, 64. alerted, 65. accompany, 66. urgency

67. His \_\_\_\_\_ to the charity was a generous donation of money.

- n.* the act of giving something, especially money, to a particular cause or organization; a voluntary gift as of money or service or ideas made to some worthwhile cause

68. Too much variety may \_\_\_\_\_ and confuse viewers.

- v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

69. She was close to her paternal \_\_\_\_\_ and often spent summers with them.

- n.* a parent of one's father or mother

70. The \_\_\_\_\_ of the bees filled the air as she walked through the garden.

- adj.* producing a continuous, low, vibrating sound like that of the bee

71. He is remembered for his \_\_\_\_\_ and civilization.

- n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely

72. He was \_\_\_\_\_ with work and didn't notice me.

- adj.* having one's thoughts or attention absorbed by something; busy

73. I will introduce you to how to \_\_\_\_\_ the leading causes of the malfunction.

- v.* to recognize someone or something and say or prove who or what they are

74. This remote \_\_\_\_\_ is rarely visited.

- n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 67. contribution, 68. overwhelm, 69. grandparents, 70. humming, 71. generosity, 72. preoccupied, 73. identify, 74. spot

75. Having a \_\_\_\_\_ healthy physique is essential for a great life.

*adv.* in a way related to a person's body or appearance rather than their mind

76. It takes a lot of \_\_\_\_\_ to stand up for what you believe is right.

*n.* the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous

77. My father's death \_\_\_\_\_ my life completely.

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

78. \_\_\_\_\_ elections were held in several European countries.

*adj.* belonging to or used by a group rather than individuals; for common use

79. The media \_\_\_\_\_ had special passes.

*n.* someone who speaks or acts officially on behalf of another person or group of people

80. The older man \_\_\_\_\_ from arthritis and finds it difficult to move around.

*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

81. Government workers cannot \_\_\_\_\_ to political campaigns.

*v.* to give something, especially money or goods, to provide or achieve something together with other people

82. The \_\_\_\_\_ of peace met with government officials to discuss bilateral relations.

*n.* a diplomatic representative of a country who is sent to another country or international organization

ANSWERS: 75. physically, 76. courage, 77. transformed, 78. Communal, 79. representatives, 80. suffers, 81. contribute, 82. ambassador

83. The mother used her breast milk to \_\_\_\_\_ the baby.

- v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

84. The government established by the coup was more \_\_\_\_\_ than before.

- adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

85. You should not \_\_\_\_\_ against minorities.

- v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

86. The publisher will proofread most of this manuscript for \_\_\_\_\_.

- n.* the quality of being coherent and understandable; the quality of transparency or purity

87. The crowd's \_\_\_\_\_ grew as the politician failed to answer their questions.

- n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner

88. The \_\_\_\_\_ victory in the war ended years of conflict.

- adj.* making a clear and definite decision or choice; settling an issue

89. It will take time for her mental scars to \_\_\_\_\_.

- v.* to make a wound or injury to become well again

90. The birds live in tropical forests, \_\_\_\_\_ and arid semi-desert environments.

- n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

ANSWERS: 83. nourish, 84. radical, 85. discriminate, 86. clarity, 87. agitation, 88. decisive, 89. heal, 90. savannahs,

91. We all should learn how to \_\_\_\_\_ stress.

*v.* to deal with a situation, problem, or strong emotion

92. Practicing \_\_\_\_\_ meditation can help reduce stress and improve overall well-being.

*adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

ANSWERS: 91. handle, 92. mindful