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Vocabulary Builder Reference from...

Kenneth Chabert: Why your life needs novelty, no matter your age | TED Talk

https://www.ted.com/talks/kenneth_chabert_why_your_life_needs_novelty_no_matter_your_age

All Words

IMPORTANT

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Session 1: Word List

angel

n. a spiritual being believed to be a messenger of God often depicted as having wings and a halo

synonym: messenger, spirit, celestial being

(1) **angel** investors, (2) fallen **angel**

As she lay on her deathbed, a bright light appeared, and she saw a holy **angel** standing at the foot of her bed.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

attend

v. to be present at an event, to go to a place

synonym: go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym : acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

idle

adj. not working hard or not having a job; useless

synonym : inactive, jobless, inoperative

(1) live an **idle** life, (2) **idle** capital

There are several **idle** machines in the factory because of the decreased orders.

skyscraper

n. a very tall building, typically one in a city

synonym : high-rise, tower

(1) **skyscraper** apartment house, (2) steel-framed **skyscraper**

The 50-floor **skyscraper** loomed over the city, dwarfing the other buildings.

cab

n. a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven

synonym : taxi, hack, cabriolet

(1) taxi **cab**, (2) yellow **cab**

I hailed a **cab** to take me to the airport.

yell

v. to shout in a sudden and loud way

synonym : shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

argue

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

synonym : debate, dispute, quarrel

(1) **argue** a case, (2) **argue** passionately

The couple began to **argue** over which restaurant to go to for dinner.

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.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

hike

n. a long walk or journey, especially for pleasure or exercise; an increase in cost

synonym: walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

elevation

n. the height of something above sea level or above the ground; the event of something being raised upward

synonym: height, altitude, rise

(1) at an **elevation** of 1000 feet, (2) **elevation** in rank

The **elevation** of the mountain made it difficult to breathe.

midway

adv. in the middle of a process or journey; halfway between two points or stages

synonym: halfway, in the middle

(1) **midway** between our houses, (2) **midway** through the flight

We stopped at a restaurant **midway** through our road trip for lunch.

grab

v. to take hold of something or someone suddenly with a hand, especially in a violent way

synonym: clutch, snatch, grasp

(1) **grab** an audience, (2) **grab** an opportunity

Shall we **grab** a bite to eat?

fist

n. a hand with the fingers clenched tightly into the palm to form a hard rounded shape; an act of striking someone or something with the fist

synonym: clenched hand, knuckles, mitt

(1) tight **fist**, (2) raise a **fist**

The boxer clenched his **fist** before throwing a punch.

chew

v. to crush or grind something, especially food, with the teeth and then swallow it

synonym: masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

initial

adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

synonym: basic, primary, beginning

(1) **initial** velocity, (2) an **initial** letter

They took the **initial** step toward reconciliation.

disgust

n. a strong feeling of dislike or disapproval

synonym: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions

He was filled with **disgust** and fear for the threat of war.

symbol

n. something visible that is used to represent something else

synonym: mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness

The dragon is considered a **symbol** of bravery.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

synonym: mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments

He is very popular at school because he can **mimic** all the teachers' accents.

dawn

n. the time of day when the sun's light starts to show in the sky

synonym: daybreak, sunrise, advent

(1) the wan light of **dawn**, (2) crack of **dawn**

Missile assaults on the capital continued around **dawn**.

alter

v. to cause to change or make different

synonym: change, vary, adjust

(1) **alter** a decision, (2) **alter** data in a file

The design of the webpage has **altered** slightly.

expansive

adj. large or wide in extent or scope; friendly and open and willing to talk

synonym: large, extensive, vast

(1) with an **expansive** spirit, (2) **expansive** ocean views

The company has an **expansive** network of offices and locations around the world.

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.

imaginary

adj. existing only in someone's mind

synonym: fictional, ideal, fantastical

(1) **imaginary** number, (2) **imaginary** pregnancy

Little children tend to have **imaginary** friends.

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.

curiosity

n. a strong desire to know or learn about something

synonym: interest, inquisitiveness, novelty

(1) boundless **curiosity**, (2) satisfy my intellectual **curiosity**

We are motivated by **curiosity** rather than necessity.

chip

n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

synonym: flake, fragment, chunk

(1) a **chip** of wood, (2) I don't care a **chip**

We can use this campaign as a bargaining **chip** in the negotiations.

heath

n. an area of open uncultivated land, typically covered in heather, gorse, or other shrubs; a low-growing, evergreen shrub found in heathland areas

synonym: moor, bog, swamp

(1) small **heath**, (2) **heath** habitat

The birdwatcher spotted a rare species on the **heath**.

refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

synonym: cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

reminiscence

n. a recollection or memory, particularly one that is pleasant or nostalgic in nature; a story or account about past experiences or events

synonym: memory, recollection, flashback

(1) personal **reminiscence**, (2) **reminiscence** therapy

The old photo album was filled with wonderful **reminiscences** of my parent's wedding day.

bump

v. to hit or knock against something hard, often with a dull sound; to meet with by accident

synonym : collide, hit, jolt

(1) **bump** against a wall, (2) **bump** up prices

She accidentally **bumped** into him in the crowded room.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym : marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

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.

disproportionately

adv. in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

synonym : excessively, unequally

(1) **disproportionately** affected, (2) **disproportionately** high

The rich can often **disproportionately** benefit from tax breaks and other advantages.

roughly

adv. approximately but not precisely; with a violent manner

synonym : approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

novelty

n. the quality of being new, attractive, and unusual

synonym : originality, newness, wonder

(1) bit of a **novelty**, (2) the **novelty** of an invention

In Europe, this tropical fruit is still a **novelty**.

develop

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

- (1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

frame

- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym: body, skeleton, scaffolding

- (1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

grief

- n.* a very great sadness, especially when somebody dies

synonym: anguish, desperation, dismay

- (1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

fulfill

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

synonym: satisfy, complete, accomplish

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

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

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.

obsess

- v.* to fill the mind of someone continually so that one can't think of anything else

synonym : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

retreat

n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

synonym : escape, withdrawal, vacation

(1) **retreat** deeper into their territory, (2) **retreat** in a mountain region

Many people go on a **retreat** to recharge and reconnect with themselves.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

asset

n. something or someone that is useful or valuable quality, skill, etc.; valuable property

synonym : aid, resource, equity

(1) frozen **assets**, (2) liquid **assets** of the company

A sense of humor is an invaluable **asset** in this job.

combination

n. a collection of things that have been combined; an assemblage of separate parts or qualities

synonym : blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number

The **combination** to the safe was a secret.

economy

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for

seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

countless

adj. too numerous to be counted or very many

synonym : innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions

There are **countless** methods for dealing with stress.

foster

v. to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

synonym : nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids

The pastor contributed to **fostering** the sense of a community embracing all classes.

intimate

adj. having a very close friendship, personal

synonym : close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

entrepreneur

n. an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

synonym : founder, executive

(1) a successful **entrepreneur**, (2) billionaire **entrepreneur**

Entrepreneurs willingly accept business risks to achieve success.

venture

n. a business project or activity that is risky or daring

synonym : enterprise, undertaking, adventure

(1) **venture** capital, (2) a joint **venture**

The **venture** into the new market was risky, but it paid off.

capitalism

n. an economic system based on the private ownership of the means of production and their operation for profit

synonym : commercialism

(1) advance **capitalism**, (2) under the umbrella of

capitalism

Capitalism also guarantees intellectual property rights and thus promotes innovation.

bless

v. to make or pronounce holy; to hallow; to consecrate; to sanctify

synonym : sanctify, consecrate, hallow

(1) **bless** him in my heart, (2) **bless** you

The priest **blessed** the couple as they knelt before him.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym : existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

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.

wardrobe

n. a collection or set of clothing, especially for a particular occasion or purpose; a piece of furniture designed for storing clothes or personal belongings

synonym: clothing, attire, closet

(1) walk-in **wardrobe**, (2) minimalist **wardrobe**

Her **wardrobe** selection included several pieces from high-end designer brands.

stimulus

n. something that causes growth or arouses action

synonym: incitement, inspiration, motivation

(1) a response to a **stimulus**, (2) economic **stimulus**

This book provides children with ideas and a **stimulus** for outside recreation.

bold

adj. brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

synonym: brave, courageous, fearless

(1) a **bold** design, (2) big, **bold** piano sounds

The effort to alleviate climate change needs **bold** action.

exchange

- v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

synonym: trade, swap, interchange

(1) **exchange** rate, (2) **exchange** a few friendly words

My sister and I frequently **exchange** books, as we love reading.

brave

adj. showing courage or fearlessness in the face of danger, difficulty, or adversity

synonym: courageous, valiant, heroic

(1) **brave** soldier, (2) **brave** decision

The **brave** firefighter rescued the family from the burning building.

Session 2: Spelling

1. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
2. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
3. co___r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
4. re__r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
5. advance cap_____sm *n.* an economic system based on the private ownership of the means of production and their operation for profit
6. 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
7. dis_____ely affected *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
8. an__l investors *n.* a spiritual being believed to be a messenger of God often depicted as having wings and a halo
9. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 1. relation, 2. decide, 3. confer, 4. refer, 5. capitalism, 6. courage, 7. disproportionately, 8. angel, 9. frame

10. ve____e capital *n.* a business project or activity that is risky or daring
11. br__e soldier *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
12. a h__e in prices *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
13. fo___r two kids *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
14. he__h habitat *n.* an area of open uncultivated land, typically covered in heather, gorse, or other shrubs; a low-growing, evergreen shrub found in heathland areas
15. psy_____gy experiment *n.* the scientific study of mind and behavior
16. small he__h *n.* an area of open uncultivated land, typically covered in heather, gorse, or other shrubs; a low-growing, evergreen shrub found in heathland areas
17. have gr__f and sorrow *n.* a very great sadness, especially when somebody dies
18. al__r data in a file *v.* to cause to change or make different
19. dis_____ely high *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
20. personal rem_____nce *n.* a recollection or memory, particularly one that is pleasant or nostalgic in nature; a story or account about past experiences or events

ANSWERS: 10. venture, 11. brave, 12. hike, 13. foster, 14. heath, 15. psychology, 16. heath, 17. grief, 18. alter, 19. disproportionately, 20. reminiscence

21. yellow c_b *n.* a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven
22. id____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
23. in_____on behind his decision *n.* something you want to do and are going to do
24. raise a f__t *n.* a hand with the fingers clenched tightly into the palm to form a hard rounded shape; an act of striking someone or something with the fist
25. an in_____l letter *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
26. ind_____al freedom *n.* a single person or thing, as distinct from a group
27. in___e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
28. ec_____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
29. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 21. cab, 22. identity, 23. intention, 24. fist, 25. initial, 26. individual, 27. invite, 28. economy, 29. develop

30. c__w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
31. el_____on in rank *n.* the height of something above sea level or above the ground; the event of something being raised upward
32. ex_____ve ocean views *adj.* large or wide in extent or scope; friendly and open and willing to talk
33. ar__e passionately *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
34. br__e decision *adj.* showing courage or fearlessness in the face of danger, difficulty, or adversity
35. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
36. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
37. at an el_____on of 1000 feet *n.* the height of something above sea level or above the ground; the event of something being raised upward
38. my in_____te affairs *adj.* having a very close friendship, personal
39. ro_____y explain my idea *adv.* approximately but not precisely; with a violent manner
40. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 30. chew, 31. elevation, 32. expansive, 33. argue, 34. brave, 35. confer, 36. cycle, 37. elevation, 38. intimate, 39. roughly, 40. advantage

41. fo___r a better relationship *v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents
42. im_____ry number *adj.* existing only in someone's mind
43. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
44. crack of d__n *n.* the time of day when the sun's light starts to show in the sky
45. g__b an audience *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
46. liquid as__ts of the company *n.* something or someone that is useful or valuable quality, skill, etc.; valuable property
47. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
48. public di_____t *n.* a strong feeling of dislike or disapproval
49. com_____on number *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
50. the wan light of d__n *n.* the time of day when the sun's light starts to show in the sky
51. sy___l for happiness *n.* something visible that is used to represent something else
52. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 41. foster, 42. imaginary, 43. amazing, 44. dawn, 45. grab, 46. asset, 47. amazing, 48. disgust, 49. combination, 50. dawn, 51. symbol, 52. environment

53. walk-in wa_____be *n.* a collection or set of clothing, especially for a particular occasion or purpose; a piece of furniture designed for storing clothes or personal belongings
54. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
55. mi____y between our houses *adv.* in the middle of a process or journey; halfway between two points or stages
56. a private ind_____al *n.* a single person or thing, as distinct from a group
57. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
58. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
59. fu_____l a contract *v.* to meet the requirements or expectations; to achieve or realize
60. clear in_____on *n.* something you want to do and are going to do
61. sy____l color *n.* something visible that is used to represent something else
62. live an i__e life *adj.* not working hard or not having a job; useless
63. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 53. wardrobe, 54. achieve, 55. midway, 56. individual, 57. frame, 58. phenomenon, 59. fulfill, 60. intention, 61. symbol, 62. idle, 63. develop

64. bl__s him in my heart *v.* to make or pronounce holy; to hallow; to consecrate; to sanctify
65. minimalist wa_____be *n.* a collection or set of clothing, especially for a particular occasion or purpose; a piece of furniture designed for storing clothes or personal belongings
66. I don't care a c__p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
67. under the umbrella of cap_____sm *n.* an economic system based on the private ownership of the means of production and their operation for profit
68. a successful ent_____eur *n.* an individual who creates or invests in one or more businesses, especially when this involves taking financial risks
69. bl__s you *v.* to make or pronounce holy; to hallow; to consecrate; to sanctify
70. 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
71. mi___y through the flight *adv.* in the middle of a process or journey; halfway between two points or stages
72. a lot of gr__f *n.* a very great sadness, especially when somebody dies
73. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
74. taxi c_b *n.* a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven

ANSWERS: 64. bless, 65. wardrobe, 66. chip, 67. capitalism, 68. entrepreneur, 69. bless, 70. meditation, 71. midway, 72. grief, 73. obsess, 74. cab

75. 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
76. y__l as loud as we can *v.* to shout in a sudden and loud way
77. fu_____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
78. genic com_____ons *n.* a collection of things that have been combined; an assemblage of separate parts or qualities
79. frozen as__ts *n.* something or someone that is useful or valuable quality, skill, etc.; valuable property
80. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
81. b__p against a wall *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
82. at___d service *v.* to be present at an event, to go to a place
83. co_____ss hours *adj.* too numerous to be counted or very many
84. with an ex_____ve spirit *adj.* large or wide in extent or scope; friendly and open and willing to talk
85. rem_____nce therapy *n.* a recollection or memory, particularly one that is pleasant or nostalgic in nature; a story or account about past experiences or events

ANSWERS: 75. courage, 76. yell, 77. fulfill, 78. combination, 79. asset, 80. achieve, 81. bump, 82. attend, 83. countless, 84. expansive, 85. reminiscence

86. answer co_____ss questions *adj.* too numerous to be counted or very many
87. fallen an__l *n.* a spiritual being believed to be a messenger of God often depicted as having wings and a halo
88. tight f__t *n.* a hand with the fingers clenched tightly into the palm to form a hard rounded shape; an act of striking someone or something with the fist
89. mi__c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
90. re_____t in a mountain region *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
91. 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
92. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
93. re_____t deeper into their territory *n.* the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life
94. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 86. countless, 87. angel, 88. fist, 89. mimic, 90. retreat, 91. meditation, 92. decide, 93. retreat, 94. oxygen

95. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
96. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
97. ar__e a case *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
98. the hydrogen binds the ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
99. economic st_____us *n.* something that causes growth or arouses action
100. sky_____er apartment house *n.* a very tall building, typically one in a city
101. big, b__d piano sounds *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks
102. mi__c a human voice *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
103. boundless cu_____ty *n.* a strong desire to know or learn about something

ANSWERS: 95. recognize, 96. economy, 97. argue, 98. oxygen, 99. stimulus, 100. skyscraper, 101. bold, 102. mimic, 103. curiosity

104. g__b an opportunity *v.* to take hold of something or someone suddenly with a hand, especially in a violent way
105. satisfy my intellectual cu_____ty *n.* a strong desire to know or learn about something
106. the evidence of the pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
107. mistaken id_____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
108. i__e capital *adj.* not working hard or not having a job; useless
109. at___d a meeting *v.* to be present at an event, to go to a place
110. a c__p of wood *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
111. psy_____gy of crowd *n.* the scientific study of mind and behavior
112. in_____te relationship *adj.* having a very close friendship, personal
113. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
114. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
115. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
116. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 104. grab, 105. curiosity, 106. presence, 107. identity, 108. idle, 109. attend, 110. chip, 111. psychology, 112. intimate, 113. phenomenon, 114. relation, 115. obsess, 116. cycle

117. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
118. ex_____ge rate *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
119. ex_____ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
120. in____e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
121. show di_____t at his actions *n.* a strong feeling of dislike or disapproval
122. in_____l velocity *adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
123. ro_____y speaking *adv.* approximately but not precisely; with a violent manner
124. billionaire ent_____eur *n.* an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

ANSWERS: 117. recognize, 118. exchange, 119. exchange, 120. invite, 121. disgust, 122. initial, 123. roughly, 124. entrepreneur

125. bit of a no____y *n.* the quality of being new, attractive, and unusual
126. co____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
127. a response to a st____us *n.* something that causes growth or arouses action
128. y__l for help *v.* to shout in a sudden and loud way
129. a b__d design *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks
130. co____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
131. a joint ve____e *n.* a business project or activity that is risky or daring
132. env____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
133. b__p up prices *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
134. take ad____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
135. his majestic pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
136. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

ANSWERS: 125. novelty, 126. communal, 127. stimulus, 128. yell, 129. bold, 130. communal, 131. venture, 132. environment, 133. bump, 134. advantage, 135. presence, 136. refer

137. the no____y of an invention *n.* the quality of being new, attractive, and unusual
138. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
139. im____ry pregnancy *adj.* existing only in someone's mind
140. steel-framed sky____er *n.* a very tall building, typically one in a city
141. al__r a decision *v.* to cause to change or make different
142. go on a h__e *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

ANSWERS: 137. novelty, 138. chew, 139. imaginary, 140. skyscraper, 141. alter, 142. hike

Session 3: Fill in the Blanks

1. She had a master's degree in _____.
n. the scientific study of mind and behavior
2. 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
3. The dragon is considered a _____ of bravery.
n. something visible that is used to represent something else
4. The family decided to _____ in the mountains to enjoy the beautiful scenery.
n. a long walk or journey, especially for pleasure or exercise; an increase in cost
5. The couple began to _____ over which restaurant to go to for dinner.
v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
6. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
7. We are motivated by _____ rather than necessity.
n. a strong desire to know or learn about something
8. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 1. psychology, 2. meditation, 3. symbol, 4. hike, 5. argue, 6. Communal, 7. curiosity, 8. obsessed

9. The _____ firefighter rescued the family from the burning building.
adj. showing courage or fearlessness in the face of danger, difficulty, or adversity
10. The 50-floor _____ loomed over the city, dwarfing the other buildings.
n. a very tall building, typically one in a city
11. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
12. The _____ into the new market was risky, but it paid off.
n. a business project or activity that is risky or daring
13. We want to _____ you to our annual charity event.
v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
14. I will work hard to _____ my goals and realize my dreams.
v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
15. Missile assaults on the capital continued around _____.
n. the time of day when the sun's light starts to show in the sky
16. 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
17. The path to a solid online _____ necessitates a high technical ability.
n. the fact or state that someone or something exists, occurs, or is present

ANSWERS: 9. brave, 10. skyscraper, 11. cycle, 12. venture, 13. invite, 14. achieve, 15. dawn, 16. courage, 17. presence

18. We can use this campaign as a bargaining _____ in the negotiations.
n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
19. He was filled with _____ and fear for the threat of war.
n. a strong feeling of dislike or disapproval
20. It was the first time for her, but she _____ the role of Priest.
v. to meet the requirements or expectations; to achieve or realize
21. Five miles is _____ similar to eight kilometers.
adv. approximately but not precisely; with a violent manner
22. This book provides children with ideas and a _____ for outside recreation.
n. something that causes growth or arouses action
23. I hailed a ____ to take me to the airport.
n. a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven
24. Our CEO's _____ are always transparent and straightforward.
n. something you want to do and are going to do
25. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
26. The effort to alleviate climate change needs _____ action.
adj. brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

ANSWERS: 18. chip, 19. disgust, 20. fulfilled, 21. roughly, 22. stimulus, 23. cab, 24. intentions, 25. environment, 26. bold

27. There are several _____ machines in the factory because of the decreased orders.

adj. not working hard or not having a job; useless

28. The old photo album was filled with wonderful _____ of my parent's wedding day.

n. a recollection or memory, particularly one that is pleasant or nostalgic in nature; a story or account about past experiences or events

29. The priest _____ the couple as they knelt before him.

v. to make or pronounce holy; to hallow; to consecrate; to sanctify

30. _____ willingly accept business risks to achieve success.

n. an individual who creates or invests in one or more businesses, especially when this involves taking financial risks

31. In Europe, this tropical fruit is still a _____.

n. the quality of being new, attractive, and unusual

32. The design of the webpage has _____ slightly.

v. to cause to change or make different

33. Shall we _____ a bite to eat?

v. to take hold of something or someone suddenly with a hand, especially in a violent way

34. She accidentally _____ into him in the crowded room.

v. to hit or knock against something hard, often with a dull sound; to meet with by accident

ANSWERS: 27. idle, 28. reminiscences, 29. blessed, 30. Entrepreneurs, 31. novelty, 32. altered, 33. grab, 34. bumped

35. The leaders of the two countries met to _____ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
36. They took the _____ step toward reconciliation.
- adj.* of or happening at the beginning; (noun) the first letter of a word, especially a person's name
37. My sister and I frequently _____ books, as we love reading.
- v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
38. Each person has a unique _____ experience.
- n.* a very great sadness, especially when somebody dies
39. When I asked my father for more money, he became furious and _____ at me.
- v.* to shout in a sudden and loud way
40. We stopped at a restaurant _____ through our road trip for lunch.
- adv.* in the middle of a process or journey; halfway between two points or stages
41. The company has an _____ network of offices and locations around the world.
- adj.* large or wide in extent or scope; friendly and open and willing to talk
42. The pastor contributed to _____ the sense of a community embracing all classes.
- v.* to promote growth; to take care of another person's child, usually for a limited time, without becoming their legal parents

ANSWERS: 35. confer, 36. initial, 37. exchange, 38. grief, 39. yelled, 40. midway, 41. expansive, 42. fostering

43. Her _____ selection included several pieces from high-end designer brands.
n. a collection or set of clothing, especially for a particular occasion or purpose; a piece of furniture designed for storing clothes or personal belongings
44. One of the main _____ of the new product is its increased efficiency.
n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
45. My dog loves to _____ on bones.
v. to crush or grind something, especially food, with the teeth and then swallow it
46. A sense of humor is an invaluable _____ in this job.
n. something or someone that is useful or valuable quality, skill, etc.; valuable property
47. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
48. The _____ of the country is struggling due to the recent political instability.
n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
49. The birdwatcher spotted a rare species on the _____.
n. an area of open uncultivated land, typically covered in heather, gorse, or other shrubs; a low-growing, evergreen shrub found in heathland areas
50. He is very popular at school because he can _____ all the teachers' accents.
v. to imitate someone's speech, movement, or behavior, especially to make others laugh

ANSWERS: 43. wardrobe, 44. advantages, 45. chew, 46. asset, 47. amazing, 48. economy, 49. heath, 50. mimic

51. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
52. It's important to _____ your strengths and weaknesses.
- v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
53. The industrial _____ laws were passed with little to no alteration.
- n. the way two persons or groups of people feel and act toward one another
54. _____ also guarantees intellectual property rights and thus promotes innovation.
- n. an economic system based on the private ownership of the means of production and their operation for profit
55. The boxer clenched his _____ before throwing a punch.
- n. a hand with the fingers clenched tightly into the palm to form a hard rounded shape; an act of striking someone or something with the fist
56. A rainbow is a natural _____.
- n. something that exists and can be perceptible, especially one that is not fully understood
57. 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
58. Many people go on a _____ to recharge and reconnect with themselves.
- n. the act of moving back or withdrawing from a position or situation; a period of rest or relaxation away from work or everyday life

ANSWERS: 51. decide, 52. recognize, 53. relations, 54. Capitalism, 55. fist, 56. phenomenon, 57. individual, 58. retreat

59. We must _____ a new system to streamline our workflow and increase efficiency.

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

60. There are _____ methods for dealing with stress.

- adj.* too numerous to be counted or very many

61. The passenger grabbed for the _____ mask.

- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

62. Little children tend to have _____ friends.

- adj.* existing only in someone's mind

63. As she lay on her deathbed, a bright light appeared, and she saw a holy _____ standing at the foot of her bed.

- n.* a spiritual being believed to be a messenger of God often depicted as having wings and a halo

64. He has an _____ knowledge of American history.

- adj.* having a very close friendship, personal

65. The rich can often _____ benefit from tax breaks and other advantages.

- adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

66. The terrorist's _____ remains unknown.

- n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

ANSWERS: 59. develop, 60. countless, 61. oxygen, 62. imaginary, 63. angel, 64. intimate, 65. disproportionately, 66. identity

67. The detective looked for fingerprints on the window _____.
- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
68. We must _____ to this matter.
- v.* to be present at an event, to go to a place
69. The _____ to the safe was a secret.
- n.* a collection of things that have been combined; an assemblage of separate parts or qualities
70. Please _____ to the instruction manual for further assistance.
- v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
71. The _____ of the mountain made it difficult to breathe.
- n.* the height of something above sea level or above the ground; the event of something being raised upward

ANSWERS: 67. frame, 68. attend, 69. combination, 70. refer, 71. elevation