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## Vocabulary Builder Reference from...

Wendy MacNaughton: The art of paying attention | TED Talk https://www.ted.com/talks/wendy\_macnaughton\_the\_ art\_of\_paying\_attention



### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

almond	<ul> <li>n. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes</li> <li>synonym: nut, kernel, seed</li> </ul>
	(1) almond milk, (2) almond butter
	I love snacking on <b>almonds</b> for a healthy and delicious snack.
shorthand	<ul> <li>a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something</li> <li>synonym: stenography, speedwriting, tachygraphy</li> </ul>
	(1) learn shorthand, (2) write in shorthand
	The secretary's <b>shorthand</b> was so good that she could type up meeting minutes within minutes.
rewire	<ul> <li>v. to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns</li> <li>synonym: rewire, renovate, upgrade</li> </ul>

	<ul> <li>(1) rewire a house, (2) rewire a program</li> <li>I need to rewire the faulty electrical system in my house to prevent a fire.</li> </ul>
envelop	v. to surround and cover completely; to encase synonym: wrap, cover, surround
	<ol> <li>(1) envelop the whole world, (2) envelop her in a bear hug</li> <li>The fog enveloped the city, making it difficult to see.</li> </ol>
doe	<ul> <li>n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit</li> <li>synonym: rabbit, bunny, hare</li> </ul>
	(1) <b>doe</b> rabbit, (2) buck and <b>doe</b>
	Hunters use a whistle that makes the <b>doe</b> sound to lure stags.
eyelash	n. any of the short hairs that grow around the eyes synonym: lash, cilium
	(1) <b>eyelash</b> brush, (2) not bat an <b>eyelash</b>
	An eyelash curler is a girl's best friend.
murmur	<ul> <li>v. to say something very quietly; to complain about somebody or something under one's breath</li> <li>synonym: burble, gurgle, mutter</li> </ul>
	(1) <b>murmur</b> at low wages, (2) <b>murmur</b> a greeting
	He always <b>murmurs</b> at the ill-treatment.
tuck	<ul> <li>v. to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable</li> <li>synonym: insert, wrap, pinch</li> </ul>
	(1) <b>tuck</b> a baby in the blanket, (2) <b>tuck</b> into another cigarette
	You should <b>tuck</b> your shirt into your trousers.

lurk	<ul> <li>v. to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal synonym: hide, creep, stalk</li> </ul>
	(1) lurked behind the words, (2) lurk in the darkness
	In the city, the risk of traffic accidents lurks at every corner.
stumble	<i>v.</i> to miss a step and fall or nearly fall; to walk unsteadily <i>synonym</i> : bumble, struggle, misstep
	(1) stumble financially, (2) stumble through life
	She stumbled over the tree root.
dedicate	<ul> <li>v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use</li> <li>synonym: consecrate, devote, commit</li> </ul>
	(1) <b>dedicate</b> a few hours, (2) <b>dedicate</b> a chapter to the subject
	He <b>dedicated</b> his life to helping others.
epicenter	<i>n.</i> the point on the earth's surface directly above the focus of an earthquake
	synonym: ground zero, focus, center
	(1) the <b>epicenter</b> of the sports world, (2) <b>epicenter</b> magnitude
	The <b>epicenter</b> of the earthquake was located deep beneath the earth's surface.
lifeline	<ul> <li>n. a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help</li> <li>synonym: savior, support, safety net</li> </ul>
	(1) <b>lifeline</b> support, (2) emotional <b>lifeline</b>
	My best friend has been my lifeline throughout all of my
	hardships.
laundromat	<i>n</i> . a self-service laundry facility where customers can wash and dry their clothes using coin-operated machines

rev

synonym: laundry, washeteria, washhouse (1) laundromat business, (2) local laundromat I prefer the laundromat over doing laundry at home because I can people-watch while I wait for my clothes to dry a measure of the rate at which an engine or motor n. rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute synonym: revolution, RPM, speed (1) low- rev engine, (2) rev up the crowd He stepped on the gas pedal, and the engine released a loud rev. to walk or behave confidently and stylishly, often with swank v. the intent of impressing others; to style or dress in an ostentatiously fashionable or luxurious way; (adjective) stylish, luxurious, and fashionable in an ostentatious wav synonym: show off, strut, flaunt (1) **swank** about his success, (2) **swank** restaurant I will swank up this outfit with some fancy accessories for the party tonight. a person who designs, makes, or repairs boots, typically bootmaker n. using leather or other durable materials synonym: shoemaker (1) **bootmaker** shop, (2) traditional **bootmaker** The local **bootmaker** created a unique design for my Western-style boots. a horizontal bar or rod attached to the front fork of a handlebar n. bicycle, motorcycle, or other vehicles, used as a handle for steering the vehicle

synonym: handle, bar, grip

- (1) handlebar mustache, (2) grip handlebar
- My bike's **handlebar** is loose and needs to be tightened

before I can ride it safely.

mustache	<ul><li>n. an unshaved growth of hair on the upper lip</li><li>synonym: whisker</li></ul>
	(1) a gray <b>mustache</b> , (2) big <b>mustache</b>
	The actor's <b>mustache</b> has become an icon.
jumpsuit	<ul> <li>n. a one-piece garment that combines a shirt and pants, typically worn as a protective or uniform garment</li> <li>synonym: overalls, flight suit, coveralls</li> </ul>
	(1) <b>jumpsuit</b> fashion, (2) a black <b>jumpsuit</b>
	I wore a comfortable <b>jumpsuit</b> for the long flight.
lefty	<i>n.</i> a left-handed person; a person with left-leaning political views or tendencies; a baseball pitcher who throws with their left hand
	synonym: left-handed person, southpaw
	(1) lefty guitarist, (2) lefty batter
	The lefty pitcher had a unique style that made it difficult for
	batters to hit his pitches.
cougar	<ul> <li>n. a large predatory feline animal, also known as a mountain lion or puma, which is native to the Americas; an older woman who pursues sexual or romantic relationships with much younger men</li> <li>synonym: puma, catamount, panther</li> </ul>
	(1) <b>cougar</b> lift, (2) the <b>cougar's</b> ex-husband
	We saw a large <b>cougar</b> as we hiked through the mountains.
pandemic	<ul> <li><i>n</i>. an outbreak of a disease that affects many people over a very wide area</li> <li><i>synonym</i>: outbreak</li> </ul>
	(1) flu <b>pandemic</b> , (2) global <b>pandemic</b>
	They fear a <b>pandemic</b> of a new type of virus.
smartphone	<i>n.</i> a mobile phone that functions as a computer and connects to the Internet

	(1) <b>smartphone</b> app developer, (2) <b>smartphone</b> addict Internet traffic volumes have increased significantly with the advent of <b>smartphones</b> .
catastrophe	<i>n.</i> a sudden event that causes extreme ruin and misfortune <i>synonym</i> : disaster, calamity, cataclysm
	(1) <b>catastrophe</b> risk management, (2) avoid climate <b>catastrophe</b>
	The lack of funds has resulted in a <b>catastrophe</b> for our university system.
overlook	<ul> <li>v. to fail to notice something; to watch over someone; to provide a view from above</li> <li>synonym: disregard, look down, supervise</li> </ul>
	(1) overlook a street, (2) overlook that fact
	We cannot <b>overlook</b> an opportunity for great success.
hokey	<ul> <li>adj. overly sentimental, exaggerated, or contrived in an attempt to evoke emotion, often in a way that is considered insincere or tacky</li> <li>synonym: corny, cheesy, cliched</li> </ul>
	(1) <b>hokey</b> movie, (2) <b>hokey</b> joke
	The movie's plot seemed <b>hokey</b> and predictable to me.

## **Session 2: Spelling**

1.	low-r_v engine	n.	a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
2.	the cor's ex-husband	n.	a large predatory feline animal, also known as a mountain lion or puma, which is native to the Americas; an older woman who pursues sexual or romantic relationships with much younger men
3.	ree a house	v.	to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns
4.	ald butter	n.	a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
5.	big muhe	n.	an unshaved growth of hair on the upper lip
6.	swk restaurant	ν.	to walk or behave confidently and stylishly, often with the intent of impressing others; to style or dress in an ostentatiously fashionable or luxurious way; (adjective) stylish, luxurious, and fashionable in an ostentatious way

ANSWERS: 1. rev, 2. cougar, 3. rewire, 4. almond, 5. mustache, 6. swank

7. juit fashion	n.	a one-piece garment that combines a shirt and pants, typically worn as a protective or uniform garment
8. line support	n.	a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
9. flu paic	n.	an outbreak of a disease that affects many people over a very wide area
10. cathe risk management	n.	a sudden event that causes extreme ruin and misfortune
11. r_v up the crowd	n.	a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
12. haar mustache	n.	a horizontal bar or rod attached to the front fork of a bicycle, motorcycle, or other vehicles, used as a handle for steering the vehicle
13. ley batter	n.	a left-handed person; a person with left-leaning political views or tendencies; a baseball pitcher who throws with their left hand
14. ovok a street	v.	to fail to notice something; to watch over someone; to provide a view from above
15. buck and d_e	n.	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

ANSWERS: 7. jumpsuit, 8. lifeline, 9. pandemic, 10. catastrophe, 11. rev, 12. handlebar, 13. lefty, 14. overlook, 15. doe

16.	tk into another cigarette	v.	to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
17.	the eper of the sports world	n.	the point on the earth's surface directly above the focus of an earthquake
18.	hoy movie	adj.	overly sentimental, exaggerated, or contrived in an attempt to evoke emotion, often in a way that is considered insincere or tacky
19.	local lauat	n.	a self-service laundry facility where customers can wash and dry their clothes using coin-operated machines
20.	ste through life	v.	to miss a step and fall or nearly fall; to walk unsteadily
21.	enp the whole world	<i>v</i> .	to surround and cover completely; to encase
22.	dete a few hours	v.	to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
23.	traditional boer	n.	a person who designs, makes, or repairs boots, typically using leather or other durable materials
24.	smane app developer	n.	a mobile phone that functions as a computer and connects to the Internet
25.	Iked behind the words	v.	to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

ANSWERS: 16. tuck, 17. epicenter, 18. hokey, 19. laundromat, 20. stumble, 21. envelop, 22. dedicate, 23. bootmaker, 24. smartphone, 25. lurk

26. a gray muhe	n.	an unshaved growth of hair on the upper lip
27. d_e rabbit	n.	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
28. cor lift	n.	a large predatory feline animal, also known as a mountain lion or puma, which is native to the Americas; an older woman who pursues sexual or romantic relationships with much younger men
29. write in shnd	n.	a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
30. ree a program	v.	to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns
31. boer shop	n.	a person who designs, makes, or repairs boots, typically using leather or other durable materials
32. Ik in the darkness	v.	to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
33. grip haar	n.	a horizontal bar or rod attached to the front fork of a bicycle, motorcycle, or other vehicles, used as a handle for steering the vehicle

ANSWERS: 26. mustache, 27. doe, 28. cougar, 29. shorthand, 30. rewire, 31. bootmaker, 32. lurk, 33. handlebar

34. ovok that fact	v.	to fail to notice something; to watch over someone; to provide a view from above
35. not bat an eyh	n.	any of the short hairs that grow around the eyes
36. ley guitarist	n.	a left-handed person; a person with left-leaning political views or tendencies; a baseball pitcher who throws with their left hand
37. eper magnitude	n.	the point on the earth's surface directly above the focus of an earthquake
38. lauat business	n.	a self-service laundry facility where customers can wash and dry their clothes using coin-operated machines
39. smane addict	n.	a mobile phone that functions as a computer and connects to the Internet
40. a black juit	n.	a one-piece garment that combines a shirt and pants, typically worn as a protective or uniform garment
41. swk about his success	v.	to walk or behave confidently and stylishly, often with the intent of impressing others; to style or dress in an ostentatiously fashionable or luxurious way; (adjective) stylish, luxurious, and fashionable in an ostentatious way
42. mur a greeting	v.	to say something very quietly; to complain about somebody or something under one's breath

ANSWERS: 34. overlook, 35. eyelash, 36. lefty, 37. epicenter, 38. laundromat, 39. smartphone, 40. jumpsuit, 41. swank, 42. murmur

43. enp her in a bear hug	v.	to surround and cover completely; to encase
44. avoid climate cathe	n.	a sudden event that causes extreme ruin and misfortune
45. global paic	n.	an outbreak of a disease that affects many people over a very wide area
46. ald milk	n.	a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
47. hoy joke	adj.	overly sentimental, exaggerated, or contrived in an attempt to evoke emotion, often in a way that is considered insincere or tacky
48. emotional line	n.	a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
49. learn shnd	n.	a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
50. dete a chapter to the subject	v.	to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 43. envelop, 44. catastrophe, 45. pandemic, 46. almond, 47. hokey, 48. lifeline, 49. shorthand, 50. dedicate

51. mur at low wages	v.	to say something very quietly; to complain about somebody or something under one's breath
52. eyh brush	n.	any of the short hairs that grow around the eyes
53. tk a baby in the blanket	v.	to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
54. ste financially	v.	to miss a step and fall or nearly fall; to walk unsteadily

ANSWERS: 51. murmur, 52. eyelash, 53. tuck, 54. stumble

## Session 3: Fill in the Blanks

- 1. We cannot \_\_\_\_\_\_ an opportunity for great success.
- *v*. to fail to notice something; to watch over someone; to provide a view from above
- 2. I love snacking on \_\_\_\_\_ for a healthy and delicious snack.
- *n*. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes
- 3. The fog \_\_\_\_\_\_ the city, making it difficult to see.
- *v.* to surround and cover completely; to encase
- 4. My bike's \_\_\_\_\_\_ is loose and needs to be tightened before I can ride it safely.
- *n.* a horizontal bar or rod attached to the front fork of a bicycle, motorcycle, or other vehicles, used as a handle for steering the vehicle
- 5. The \_\_\_\_\_\_ of the earthquake was located deep beneath the earth's surface.
- *n.* the point on the earth's surface directly above the focus of an earthquake
- 6. He \_\_\_\_\_ his life to helping others.
- *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
- 7. He stepped on the gas pedal, and the engine released a loud \_\_\_\_\_.
- *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 1. overlook, 2. almonds, 3. enveloped, 4. handlebar, 5. epicenter, 6. dedicated, 7. rev

- 8. He always \_\_\_\_\_ at the ill-treatment.
  - v. to say something very quietly; to complain about somebody or something under one's breath
- 9. The \_\_\_\_\_ pitcher had a unique style that made it difficult for batters to hit his pitches.
- *n.* a left-handed person; a person with left-leaning political views or tendencies; a baseball pitcher who throws with their left hand
- 10. The secretary's \_\_\_\_\_\_ was so good that she could type up meeting minutes within minutes.
- *n.* a system of rapid handwriting or abbreviation that uses symbols, abbreviations, or other devices to represent words or phrases; a short and simple way of expressing or describing something
- 11. An \_\_\_\_\_ curler is a girl's best friend.
- *n.* any of the short hairs that grow around the eyes
- 12. The local \_\_\_\_\_\_ created a unique design for my Western-style boots.
- *n.* a person who designs, makes, or repairs boots, typically using leather or other durable materials
- 13. They fear a \_\_\_\_\_ of a new type of virus.
- *n.* an outbreak of a disease that affects many people over a very wide area
- 14. I will \_\_\_\_\_\_ up this outfit with some fancy accessories for the party tonight.
- v. to walk or behave confidently and stylishly, often with the intent of impressing others; to style or dress in an ostentatiously fashionable or luxurious way; (adjective) stylish, luxurious, and fashionable in an ostentatious way

ANSWERS: 8. murmurs, 9. lefty, 10. shorthand, 11. eyelash, 12. bootmaker, 13. pandemic, 14. swank

- 15. Internet traffic volumes have increased significantly with the advent of
- *n.* a mobile phone that functions as a computer and connects to the Internet
- 16. The actor's \_\_\_\_\_ has become an icon.
- *n.* an unshaved growth of hair on the upper lip
- 17. The lack of funds has resulted in a \_\_\_\_\_\_ for our university system.
- *n.* a sudden event that causes extreme ruin and misfortune
- 18. We saw a large \_\_\_\_\_ as we hiked through the mountains.
- *n.* a large predatory feline animal, also known as a mountain lion or puma, which is native to the Americas; an older woman who pursues sexual or romantic relationships with much younger men
- 19. I wore a comfortable \_\_\_\_\_ for the long flight.
- *n*. a one-piece garment that combines a shirt and pants, typically worn as a protective or uniform garment
- 20. My best friend has been my \_\_\_\_\_ throughout all of my hardships.
- *n.* a line, rope, or cable used to support or rescue a person in danger or distress; vital or necessary support, connection, or source of help
- 21. I prefer the \_\_\_\_\_\_ over doing laundry at home because I can people-watch while I wait for my clothes to dry
- *n.* a self-service laundry facility where customers can wash and dry their clothes using coin-operated machines
- 22. She \_\_\_\_\_ over the tree root.
- v. to miss a step and fall or nearly fall; to walk unsteadily

ANSWERS: 15. smartphones, 16. mustache, 17. catastrophe, 18. cougar, 19. jumpsuit, 20. lifeline, 21. laundromat, 22. stumbled

- 23. In the city, the risk of traffic accidents \_\_\_\_\_ at every corner.
  - *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
- 24. You should \_\_\_\_\_ your shirt into your trousers.
- *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
- 25. Hunters use a whistle that makes the \_\_\_\_ sound to lure stags.
- *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
- 26. The movie's plot seemed \_\_\_\_\_ and predictable to me.
- *adj.* overly sentimental, exaggerated, or contrived in an attempt to evoke emotion, often in a way that is considered insincere or tacky
- 27. I need to \_\_\_\_\_\_ the faulty electrical system in my house to prevent a fire.
- *v.* to replace or repair the wiring of something, especially an electrical system; to make significant changes in one's thoughts or behavior patterns

ANSWERS: 23. lurks, 24. tuck, 25. doe, 26. hokey, 27. rewire