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Vocabulary Builder Reference from...

Adam Grant: How to stop languishing and start

finding flow | TED Talk

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

languishing_and_start_finding_flow



All Words

IMPORTANT

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Session 1: Word List

scroll

 a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them

synonym: manuscript, document, parchment

(1) roll up a **scroll**, (2) **scroll** through a document The house owner loved the large hanging **scroll** in the guest room.

midnight

n. the middle point of the night, usually defined as 12:00AM or the start of a new day

synonym: middle of the night, witching hour

(1) midnight snack, (2) midnight shift

I stayed up until **midnight** watching my favorite movie.

doomscrolling

- n. the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair
- (1) can't stop **doomscrolling**, (2) **doomscrolling** habit She was caught in a **doomscrolling** loop, scrolling through negative news for hours.

endless

adj. having no end or conclusion; infinitely very large in size or amount

synonym: infinite, ceaseless, boundless

(1) **endless** possibilities, (2) **endless** hours

He looked out the window at the **endless** stream of people.

binge

 a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym: spree, overindulgence, splurge

(1) binge on social media, (2) alcohol binge

She stayed up all night **binge-watching** her favorite TV show.

daze

n. the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise

synonym: stupor, confusion, (verb) stun

(1) walk around in a daze, (2) daze of sleep

He was in a **daze** from the sudden news and couldn't process it properly.

swear

v. to make a solemn promise or vow; to use rude or offensive language

synonym: declare, assert, curse

(1) **swear** an oath, (2) **swear** a blue streak I **swear** I didn't mean to break your vase.

psychology

- n. the scientific study of mind and behavior
- (1) **psychology** experiment, (2) **psychology** of crowd She had a master's degree in **psychology**.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change A significant amount of **motivation** is required to be a

teacher.

depressed

adj. sad and without any hope

synonym: despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed** After his mother died, he got **depressed**.

aim

- v. to try or plan to get or achieve something
- synonym: aspire, direct, target
- (1) **aim** at a specific target, (2) **aim** to be a nurse We **aim** for an overseas expansion.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed The corporation **eventually** dominated the entire tobacco business.

languish

v. (of a person, animal, or plant) to lose vigor, health, or flesh; to be forced to exist in an unpleasant or unwanted situation or place, often for a long time

synonym: flag, wane, wither

(1) **languish** for lack of funding, (2) **languish** under illness He continues to **languish** in prison.

stagnation

n. the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement

synonym: inactivity, idleness, sluggishness

(1) economic **stagnation**, (2) population **stagnation**The company's lack of innovation has led to **stagnation** and declining profits.

ennui

 a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of

listlessness or apathy

synonym: boredom, tedium, listlessness

(1) boring **ennui**, (2) **ennui** during the long drive I feel a sense of **ennui** because of the monotony of my daily routine.

sociologist

- a person who studies the institutions and development of human society
- (1) religious **sociologist**, (2) French **sociologist Sociologist** studies the changes in family structure due to modernization.

immortalize

v. to prevent someone or something from being forgotten permanently

synonym: eternalize, perpetuate, memorialize

(1) **immortalize** a person in verse, (2) **immortalize** his name

This melody immortalized its composer.

philosophy

- n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind synonym: doctrine, attitude, creed
- (1) **philosophy** of education, (2) western **philosophy** Ethics is a branch of **philosophy**.

muddle

v. to mix up or confuse something; to make a mess of something; to create disorder or chaos

synonym: confuse, jumble, mix up

(1) **muddle** the instructions, (2) **muddle** the situation I accidentally **muddled** up the reports and need help to tell which.

foggy

- adj. characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memorysynonym: misty, hazy, murky
- (1) foggy morning, (2) foggy memory

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The **foggy** weather made it difficult to see the road ahead.

shield

 a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves

synonym: guard, protection, safeguard

(1) a heat **shield**, (2) a **shield** for protecting against a bullet Lead is an effective **shield** against X-rays, gamma rays, and other harmful radiation.

definitely

adv. without any question and beyond doubt; clearlysynonym: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely** The paper is **definitely** worth reading thoroughly.

rescue

 to save someone or something from a dangerous or difficult situation

synonym: save, extricate, retrieve

(1) **rescue** a dying dog, (2) **rescue** a company from bankruptcy

The fire department arrived just in time to **rescue** the family from the burning building.

coronavirus

n. a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

synonym: covid

(1) **coronavirus** antibody test kit, (2) **coronavirus** bankruptcy

Considering the situation of **coronavirus**, organized stopped this year's beer festival.

struggle

to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

grief

- n. a very great sadness, especially when somebody diessynonym: anguish, desperation, dismay
- (1) have **grief** and sorrow, (2) a lot of **grief** Each person has a unique **grief** experience.

isolation

- the condition of being alone or lonely; the act or state of separation between persons or groups
- synonym: aloneness, seclusion, separateness(1) isolation booth, (2) the country's isolation

That incident led to his isolation.

pandemic

 an outbreak of a disease that affects many people over a very wide area

synonym: outbreak

(1) flu pandemic, (2) global pandemic

They fear a **pandemic** of a new type of virus.

drag

v. to pull or haul with force

synonym: haul, pull, draw

(1) drag a chair over, (2) drag a team down

He **dragged** the heavy suitcase behind him as he walked.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected sight, (2) dull sight

Many famous **sights** are within walking distance.

acute

adj. extremely sharp or severe

synonym: sharp, perceptive, keen

(1) acute pain, (2) acute triangle

The patient died from **acute** alcohol intoxication.

anguish

 severe physical or emotional pain or suffering; distress or mental agony

synonym: distress, torment, agony

(1) anguish and pain, (2) emotional anguish

She suffered from a deep sense of **anguish** following the loss of her loved one.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

stagnate

 to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement

synonym: stall, halt, idle

(1) **stagnate** economy, (2) **stagnate** due to problems If you don't exercise regularly, your fitness levels may **stagnate**.

neglect

v. to not give enough care or attention to something; to leave something undone

synonym: delinquency, carelessness, decay

neglect to call, (2) neglect ethical issues
 He neglected his health to make the project a success.

dominant

adj. more important, influential, or easy to notice than anything else of the same type

synonym: chief, predominant, prevailing

(1) achieve a **dominant** share, (2) **dominant** force Her company soon won a **dominant** market share.

emotion

 a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**Some **emotions** are common across cultures and backgrounds.

discuss

 to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym: talk about, converse, debate

(1) discuss options, (2) discuss solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

celebrity

royalty

someone who is well-known, particularly in the entertainment industry

synonym: figure, star, VIP

- (1) baseball **celebrity**, (2) **celebrity** known worldwide The popularity of the show made her an instant **celebrity**.
- revenue derived from the use of a patent, copyright, or other right; the people who are the family of a king and queen

synonym: nobility, aristocracy, monarch

(1) a grandchild of royalty, (2) royalty income

The **royalty** payments for the use of the patented technology were quite high.

utter

adj. complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice

synonym: absolute, complete, total

(1) utter nonsense, (2) utter a big sigh

The **utter** chaos of the concert crowd made it seem like a wild animal was in the room.

excitement

- n. a feeling of great enthusiasm and eagernesssynonym: thrill, exhilaration, incitement
- (1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

puzzling

adj. confusing or difficult to understand; mysterious *synonym*: baffling, confusing, enigmatic

(1) **puzzling** behavior, (2) **puzzling** questions

The detective found the clues **puzzling** and couldn't solve the case immediately.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym: immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

nation

 a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) nation-state, (2) a seafaring nation

The **nation** of Japan is known for its unique culture and advanced technology.

treasure

 a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected

synonym: hoard, fortune, gem

(1) treasure hunt, (2) treasure island

The pirates searched for buried **treasure** in the dunes.

victim

 a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance,

or event

synonym: prey, target, sufferer

(1) **victim** support, (2) **victim** compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

revenge

n. the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution

synonym: retaliation, retribution, vengeance

(1) plot revenge, (2) revenge killing

He seeks **revenge** against the person who wronged him.

bedtime

n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

synonym: sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

bliss

n. extreme happiness or joy

synonym: delight, euphoria, happiness

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

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

perpetual

adj. continuing for an extended period in the same way without stopping or being interrupted

synonym: enduring, unchanging, incessant

(1) **perpetual** motion machine, (2) **perpetual** struggle The company employs a **perpetual** inventory system.

unique

adj. being the only one of its kind; unlike anything else synonym: one-of-a-kind, unparalleled, incomparable

(1) a unique teacher, (2) unique design The painting is **unique**, and there is no other like it.

disrupt

to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

- (1) **disrupt** a well-ordered condition, (2) **disrupt** sleep I'm so sorry to **disrupt** you when you're pretty busy.
- to make something wet or moist; to reduce the intensity dampen or impact of something, such as a feeling, sound, or movement

synonym: drench, moisten, saturate

(1) dampen the sound, (2) dampen the enthusiasm The rain helped **dampen** the flames of the campfire.

depression

a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her depression

Depression symptoms might include a decrease in appetite and weight loss.

lurk

- to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal synonym: hide, creep, stalk
- (1) **lurked** behind the words, (2) **lurk** in the darkness In the city, the risk of traffic accidents **lurks** at every corner.

dwindle

v. to gradually decrease in size, amount, or strength; to become smaller

synonym: shrink, decrease, fade

(1) **dwindle** in importance, (2) **dwindle** to almost nothing The crowds at the festival **dwindled** as the night went on.

delight

n. a feeling of great pleasure or happiness

synonym: pleasure, joy, satisfaction

(1) a tremor of delight, (2) with delight

The **delight** on the child's faces when they received the toy was priceless.

dull

adj. not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp

synonym: insensitive, unintelligent, boring

(1) a dull pain, (2) dull sight

The trade is **dull** right now due to the collapse of the prominent investment bank.

indifferent

adj. having no strong feelings or preferences one way or the other, neutral

synonym: apathetic, disinterested, unmoved

(1) an **indifferent** glance, (2) emotionally **indifferent** Despite the good news, she remained **indifferent** to the situation.

indifference

 a lack of interest, enthusiasm, or sympathy towards someone or something

synonym: apathy, disinterest, unconcern

(1) **indifference** to pain, (2) general **indifference**. I tried to assume an air of **indifference**.

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.

toxic

adj. of or relating to or caused by a poison; poisonous synonym: poisonous, harmful, contaminated

(1) **toxic** molecule, (2) exposure to **toxic** chemicals

This chemical compound is a thousand-fold more **toxic**.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

optimistic

adj. hoping or expecting that good thing will happen or something will be successful

synonym: hopeful, auspicious, cheery

(1) he is **optimistic**, (2) **optimistic** outlook

Most executives were **optimistic** about future business conditions.

upbeat

adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music

synonym: optimistic, positive, hopeful

(1) **upbeat** attitude, (2) remain **upbeat** about the future The **upbeat** music helped to lift her spirits and put her in a good mood.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal

patronage.

blessing

 a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune

synonym: favor, benediction, boon

(1) count your **blessings**, (2) bestowed **blessings**Receiving support from his friends was a great **blessing** in his time of need.

annoying

adj. making someone feel slightly angrysynonym: aggravating, bothersome, irksome

(1) **annoying** banner ad, (2) **annoying** habit The phone call is an **annoying** interruption.

volunteer

 a person who performs or offers to perform a job or service without being paid for or forced to do

synonym: unpaid worker, draftee, enlistee

(1) seek **volunteers**, (2) my **volunteer** work

The teachers make full use of **volunteer** assistance.

cold-call

v. to make an unsolicited phone call or visit to a potential customer or client who has not expressed any prior interest or given permission for such contact to offer a product or service

synonym: prospect, canvass, phone

(1) **cold-call** potential leads, (2) **cold-call** companies in the area

I had to **cold-call** potential clients to promote my new business.

applause

 a demonstration of approval or praise by clapping the hands together

synonym: clapping, cheering, acclaim

(1) round of **applause**, (2) earn **applause** The **applause** burst from the audience.

grant

 ν . to agree to give or allow somebody

synonym: allocate, authorize, give

(1) grant a new license, (2) grant a land

The chairperson **granted** him the right to speak.

jazz

n. a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression

synonym: swing, blues, bebop

(1) jazz club, (2) a school jazz band

He listened to jazz music to relax after a long day at work.

poetry

poems in general as a genre of literature

synonym: ode, poesy, verse

(1) modern **poetry**, (2) book of **poetry**

Different cultures have different comfortable word rhythms, so the composition of **poetry** varies greatly.

poet

n. a person who writes poetry

synonym: versifier, rhymer, writer

(1) a court **poet**, (2) a **poet** of sorts

She is a talented **poet** who has been recognized for her work.

pause

v. to take a short break from talking or doing something before continuing

synonym: halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

experiment

 the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments** His **experiments** showed highly positive results.

opposition

the act of disagreeing or resisting; the state of strong disagreement

synonym: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition** The **opposition** party strongly disagreed with the government's proposed legislation.

random

adj. made, done, or happening without method, conscious decision, or any regular pattern

synonym: incidental, arbitrary, unanticipated

a random choice, (2) bombs fell at random
 find drunk drivers, police conduct random tests.

assign

- v. to give a specific job or piece of work to a someone synonym: entrust, delegate, designate
- (1) **assign** projects, (2) **assign** top priority

 Please **assign** a different color to each other kind of item.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym: forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive It's notoriously challenging to **predict** birth rates.

well-being

- n. the state of being happy and healthy and prosperoussynonym: health, welfare, happiness
- (1) the well-being of a nation, (2) a sense of well-being

We are responsible for the care and **well-being** of all our employees.

optimism

 a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

synonym: positiveness, sanguinity, bullishness

(1) sense of **optimism**, (2) political **optimism**There is considerable **optimism** that the economy will recover soon.

zone

 a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time zone, (2) zone defense

He was reluctant to leave his comfort **zone** and try something new.

absorption

- n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
 synonym: consumption, digestion, soaking up
- (1) the **absorption** of photons, (2) **absorption** energy Vitamin D is essential to assist the **absorption** of calcium from food.

appeal

 a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest

synonym: request, charm, attraction

(1) draw out your **appeal**, (2) an **appeal** for help He needed to resolve the problem as soon as possible, so he made an **appeal** directly.

transport

- a system for moving people or products from one location to another using automobiles, roads, and so on synonym: shipment, transit, conveyance
- (1) transport facilities, (2) access to public transport

Enhanced rail transportation is crucial for our business.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

temporary

adj. not lasting or be used for a very long synonym: provisional, short-term, interim

(1) a **temporary** permit, (2) **temporary** housing He managed to get **temporary** jobs during the recession.

bunch

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

synonym: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls One bad apple spoils the whole **bunch**.

asymmetric

 adj. lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement

synonym: uneven, lopsided, unbalanced

(1) **asymmetric** warfare, (2) **asymmetric** information

The **asymmetric** design of the building made it stand out in the city skyline.

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.

exotic

adj. originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguingsynonym: foreign, alien, unfamiliar

(1) **exotic** species, (2) **exotic** vacation

I love trying **exotic** foods from different cultures.

engagement

- n. a mutual promise to marry someone; an agreement to do something, especially at a particular time
 synonym: betrothal, promise, commitment
- (1) a prior **engagement**, (2) break off an **engagement** They selected a gorgeous diamond **engagement** ring.

fictional

adj. imaginary and not real; of or related to literary fictionsynonym: imaginary, invented, made-up

fictional character, (2) non- fictional text
 The names of the company are entirely fictional.

peak

 n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit This measurement aims to reduce traffic at **peak** periods.

participate

- v. to take part in somethingsynonym: take part, partake, enter
- (1) **participate** fully in conversation, (2) **participate** in the program

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

cartoon

 a simple drawing depicting a humorous or critical situation, often accompanied by a caption

synonym: illustration, drawing, caricature

(1) cartoon character, (2) cartoon industry

He spent his afternoon watching **cartoon** movies on TV.

independence

- n. freedom from another's or others' control or influencesynonym: freedom, liberty, autonomy
- (1) financial **independence**, (2) **independence** ceremony There is nothing more valuable than **independence** and freedom.

mute

adj. silent; not speaking or unable to speak; not expressed or articulated

synonym: silent, unspoken, voiceless

(1) mute button, (2) mute sound

The actor played a **mute** character and had to rely on facial expressions to portray his emotions.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas He **celebrated** the 10th anniversary of his tenure.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

isolate a compound, (2) isolate a patient
 You should not isolate them from the community.

extended

adj. longer than usual or anticipated

synonym: extensive, prolonged, elongated

(1) extended vacation, (2) extended payment

The extended airport runways may accommodate larger jets.

halfway

adj. in or at a point midway or an equal distance between two points

synonym: middle, median, center

(1) **halfway** through my journey, (2) **halfway** decent job The famous restaurant stands **halfway** up the hill.

reminisce

v. to recall or remember past events or experiences, often with nostalgia or fondness

synonym: remember, recall

(1) **reminisce** on old times, (2) **reminisce** with old friends Whenever I listen to this song, I **reminisce** about my college days.

zen

n. a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

synonym: meditative, peaceful, tranquil

(1) **zen** garden, (2) **zen** meditation

Daily yoga helped her achieve a **zen** state of mind and calmness.

gloat

v. to express or feel great pleasure or satisfaction in one's success or good fortune, often at the expense of others; to rub in or show off in a boastful or taunting manner

synonym: boast, brag, crow

(1) **gloat** over my success, (2) **gloat** with satisfaction After winning the championship, he couldn't help but **gloat** about his victory to his opponents.

impending

adj. about to happen or occur; close in time; imminent synonym: imminent, upcoming, approaching

(1) **impending** doom, (2) **impending** crisis

We must prepare for the **impending** storm expected to hit our area.

victory

 success in a game, competition, election, or battle, or the knowledge that you have won

synonym: win, triumph, success

(1) **victory** in the law court, (2) **victory** over terrorism We are optimistic about our final **victory**.

bomb

 a weapon that explodes and is used to kill or injure people or to cause damage to something

synonym: missile, explosive, ammunition

(1) atomic **bombs**, (2) disarm the **bomb**

The use of cluster **bombs** is strictly prohibited by international law.

shell

 hard outer covering or case of eggs, nuts, some seeds, and some animals

synonym: ammunition, armor, cover

(1) an egg shell, (2) a mollusk shell

The outermost electron **shell** determines the chemical properties of an atom.

go-cart

 a small, lightweight 2- or 4-wheeled vehicle with a simple frame and a gasoline or electric-powered engine that is used for recreational racing or transportation

synonym: kart, buggy, mini-car

(1) go-cart track, (2) ride a go-cart

I had so much fun racing go-carts at the amusement park.

tradition

 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.

asleep

adj. in a state of sleep

synonym: sleeping, fallen, at rest

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

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

mastery

 complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity synonym: proficiency, aptitude, domination

mastery of mathematics, (2) strive for mastery
 The country finally gained mastery over the whole land of its

neighbors.

progression

 the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease The company has made great strides in its **progression** toward sustainability.

slogan

 a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea

synonym: catchphrase, tagline, motto

(1) catchy **slogan**, (2) advertising **slogan**

The company spent months researching and testing different brand **slogans** before finally settling on 'Just Do It' as their new tagline.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

accomplishment

 the successful completion of a task or goal; an ability that has been acquired by training

synonym: success, achievement, complete

(1) proud of his **accomplishments**, (2) the **accomplishment** of a social goal

Graduating from college was a major **accomplishment** for her.

thrill

 a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion

synonym: exhilaration, delight, rush

(1) the **thrill** of speed, (2) incredible **thrill** Skydiving is an overwhelming **thrill** for many people.

loaf

 a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle

synonym: bread, boule, brioche

(1) crusty **loaf**, (2) **loaf** around during the day
On my way home from work, I picked up a **loaf** of bread from the bakery.

sourdough

- n. a type of bread made from a fermented mixture of flour and water known as a "starter" that develops a sour taste and aroma due to the presence of naturally occurring bacteria and yeast
- (1) crusty **sourdough**, (2) **sourdough** starter

 I am making homemade **sourdough** bread from scratch for the first time.

engineer

- n. a person whose job is designing, building, or maintaining something such as machines, structures, or software
 synonym: architect, creator, builder
- (1) a civil **engineer**, (2) **engineer** shortage
 The **engineer** will repair my telephone tomorrow morning.

stack

 a pile of something arranged or laid one on top of another; a large tall chimney through which combustion gases and smoke can be evacuated

synonym: accumulation, heap, pile

(1) high stack, (2) a large stack of paper

The earthquake caused a **stack** of lumber to crumble noisily.

laptop

- a portable computer that is small enough to be carried around easily and used on your lap
- (1) bring my **laptop**, (2) thin-and-light **laptop**I need to finish this report by tonight, so I'll be working on my **laptop** all day.

crossword

- a word puzzle consisting of a grid of black and white squares and blanks into which words crossing vertically and horizontally are written according to clues
- (1) do a **crossword** puzzle, (2) good at **crossword** puzzles He sat frowning over a **crossword** puzzle.

confetti

- small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration
- (1) **confetti** party, (2) **confetti-filled** balloons We threw **confetti** at the wedding to celebrate the happy couple.

shred

v. to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount

synonym: rip up, tear up, cut

(1) **shred** paper into little pieces, (2) **shred** lettuce for a salad

There is not a **shred** of evidence that he is guilty.

increasingly

adv. more and more

synonym: more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

useless

adj. not serving any useful purpose; having no practical result

synonym: ineffectual, unhelpful, worthless

(1) **useless** information, (2) **useless** in the kitchen

The old, rusty tools were now **useless** and had to be thrown away.

excellence

- n. the quality of being extremely goodsynonym: distinction, goodness, superiority
- (1) **excellence** in product design, (2) highest standards of **excellence**

He has also won many marketing **excellence** awards.

boundary

- n. a real or imaginary line that marks the limit or extent of something and separates it from other things or placessynonym: border, frontier, limitation
- (1) geographical **boundary**, (2) the **boundary** between reality and fantasy

He wandered the **boundary** between life and death by gunfire.

scholar

 professor; a person who studies a topic in considerable depth, particularly in a university

synonym: professor, pupil, learner

(1) **scholar** in international politics, (2) noted **scholar** You won't have to pay college tuition if you're a **scholar**.

fortune

- n. a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairssynonym: wealth, affluence, assets
- (1) ill fortune, (2) bit of good fortune

Capitalism guarantees the right of ownership of personal **fortune**.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

synonym: strategy, plan, guideline

(1) health policy, (2) foreign policy

The company's new **policy** on remote work has made it a more inclusive workplace.

interrupt

v. to say or do something that causes someone to stop in their speech or action

synonym: disturb, hinder, break in

(1) interrupt a call, (2) abruptly interrupt

Her sleep was **interrupted** by recurring pain.

spike

 a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something

synonym: end, spindle, point

(1) to **spike**, (2) to prevent blood sugar **spikes**

The recent **spike** in grain prices is partly due to the war in the producing countries.

magical

adj. produced by or containing supernatural powers *synonym*: enchanting, occult, supernatural

(1) magical place, (2) magical powers

When I was a child, my mother often cast **magical** spells to ease my pain whenever I was injured.

fundraise

v. to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms

synonym: appeal, raise, solicit

(1) **fundraise** a charity fund, (2) **fundraise** for a new shelter The school is planning to **fundraise** to purchase new books for the library.

alumni

 n. (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program

synonym: graduates, former students, alum

(1) alumni network, (2) alumni relations

Many alumni of our college have become successful in their

chosen fields.

donation

- n. a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving themsynonym: contribution, gift, subsidy
- (1) make a **donation**, (2) political **donation**

He made a generous **donation** to the charity.

doe

 a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) doe rabbit, (2) buck and doe

Hunters use a whistle that makes the **doe** sound to lure stags.

pants

 an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

synonym: trousers, breeches, slacks

(1) woolly pants, (2) pajama pants

I always wear pants when I go outside, even in the summer.

suit

 a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for

synonym: clothes, lawsuit, (verb) fit

(1) **suit** and tie restaurant, (2) **suit** at law

Six **suits** are awaiting trial or verdict.

triple

adj. consisting of three items or people; three times as great or many

synonym: threefold

(1) a **triple** mirror, (2) **triple** digits

His coach is a **triple** Olympic champion.

revenue

 the income that a government receives from taxes or that a company earns from its business

synonym: earnings, payment, remuneration

(1) tax revenue, (2) annual revenue

This graph indicates the city's tourism **revenue** over five years.

needle

 a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

synonym: thorn, spike, pin

(1) **needle** prick, (2) sewing **needle**

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

scholarship

 a grant or payment made to support a student's education usually awarded based on academic or other achievements

synonym: grant, award, stipend

(1) a **scholarship** association, (2) college **scholarship** She received a full **scholarship** to study abroad.

monotonous

adj. lacking in variety, excitement, or interest; repetitive and tedious

synonym: tedious, dull, boring

(1) **monotonous** routine, (2) **monotonous** job The **monotonous** task of data entry required intense concentration.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**The **process** for applying for a visa can be lengthy and

complicated.

absorb

- v. to take in a fluid or other substance gradually synonym: consume, soak, ingest
- (1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

tuition

 the act of teaching something, especially when given to a small group or one person; fees charged by education institutions for instruction or other services

synonym: fee, schooling, education

(1) tuition assistance, (2) a college tuition

His father cannot afford his tuition.

satisfaction

 a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

synonym: delight, pleasure, content

(1) a sense of **satisfaction**, (2) customer **satisfaction**

The mediated settlement brought **satisfaction** to both sides.

peel

- v. to remove the skin of fruit and vegetables synonym: pare, unclothe, disrobe
- (1) **peel** a fruit, (2) **peel** off easily

The storm had **peeled** all paint off the siding.

in-law

 a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law

synonym: relative by marriage, family connection, affinal

(1) future in-law, (2) meeting in-laws

My sister- **in-law** is a pediatrician who works in a children's hospital.

concentration

 the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) concentration of armaments, (2) his research area of

concentration

This exam requires excellent **concentration** to pass.

gang

n. a group of people who organize and engage in criminal activity

synonym: crew, posse, group

(1) a motorcycle gang, (2) gang member

The street gang was known for its violent behavior.

helpless

adj. unable to take care of oneself or to do things without help

synonym: defenseless, powerless, susceptible

(1) helpless baby, (2) helpless victims

I feel so **helpless** without you.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much I don't **normally** take a vacation in the middle of summer.

individual

- n. a single person or thing, as distinct from a groupsynonym: 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.

frequency

 an ordered array of colors into which a light beam can be split

synonym: recurrence, repetition, regularity

(1) frequency band, (2) high frequency

The oscillator hunts for the correct **frequency**.

communicate

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

synonym: convey, share, transmit

- (1) **communicate** his anxieties to the psychiatrist,
- (2) communicate well with my advisor

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

depth

the distance between the top and bottom of something;
 between the top surface and a distance below it

synonym: deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

antidote

 a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym: remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging Knowledge is the **antidote** to fear.

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym: reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

syllable

- a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants
- syllable structure, (2) single syllable
 Emphasize the second syllable when pronouncing it.

void

an empty space; a feeling of emptiness; (adjective)
 lacking any legal or binding force

synonym: emptiness, vacuity, (adjective) null

(1) void of expression, (2) void contract

The void in her heart was filled with the love of her family.

Session 2: Spelling

1.	proate about a big challenge	<i>v</i> .	to postpone doing what you should do, often because it is unpleasant or boring
2.	psygy of crowd	n.	the scientific study of mind and behavior
3.	have grf and sorrow	n.	a very great sadness, especially when somebody dies
4.	fial character	adj.	imaginary and not real; of or related to literary fiction
5.	the welng of a nation	n.	the state of being happy and healthy and prosperous
6.	college schip	n.	a grant or payment made to support a student's education usually awarded based on academic or other achievements
7.	the root problem of her depon	n.	a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
8.	financial indnce	n.	freedom from another's or others' control or influence
9.	the country's ison	n.	the condition of being alone or lonely; the act or state of separation between persons or groups
10.	with det	n.	a feeling of great pleasure or happiness
11.	rece on old times	ν.	to recall or remember past events or experiences, often with nostalgia or fondness

ANSWERS: 1. procrastinate, 2. psychology, 3. grief, 4. fictional, 5. well-being, 6. scholarship, 7. depression, 8. independence, 9. isolation, 10. delight, 11. reminisce

12.	pung questions	adj.	confusing or difficult to understand; mysterious
13.	anng habit	adj.	making someone feel slightly angry
14.	hay decent job	adj.	in or at a point midway or an equal distance between two points
15.	the thI of speed	n.	a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
16.	sewing nee	n.	a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
17.	trre island	n.	a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected
18.	deh camera	n.	the distance between the top and bottom of something; between the top surface and a distance below it
19.	make a doon	n.	a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
20.	g_g member	n.	a group of people who organize and engage in criminal activity
21.	ride a got	n.	a small, lightweight 2- or 4-wheeled vehicle with a simple frame and a gasoline or electric-powered engine that is used for recreational racing or transportation

ANSWERS: 12. puzzling, 13. annoying, 14. halfway, 15. thrill, 16. needle, 17. treasure, 18. depth, 19. donation, 20. gang, 21. go-cart

22.	tax ree	n.	the income that a government receives from taxes or that a company earns from its business
23.	d_e rabbit	n.	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
24.	uss information	adj.	not serving any useful purpose; having no practical result
25.	ree a dying dog	<i>v</i> .	to save someone or something from a dangerous or difficult situation
26.	a college tun	n.	the act of teaching something, especially when given to a small group or one person; fees charged by education institutions for instruction or other services
27.	dit a well-ordered condition	v.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
28.	can industry	n.	a simple drawing depicting a humorous or critical situation, often accompanied by a caption
29.	modern poy	n.	poems in general as a genre of literature
30.	net to call	v.	to not give enough care or attention to something; to leave something undone
31.	economic staon	n.	the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement

ANSWERS: 22. revenue, 23. doe, 24. useless, 25. rescue, 26. tuition, 27. disrupt, 28. cartoon, 29. poetry, 30. neglect, 31. stagnation

32.	meeting inws	n.	a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law	
33.	prt the future	ν.	to state beforehand that something will happen in the future, mainly based on knowledge or experience	
34.	viy over terrorism	n.	success in a game, competition, election, or battle, or the knowledge that you have won	
35.	beauty st	n.	a particular location or place; a small round or roundish area, differing in color or feels from the surface around it	
36.	a sense of welng	n.	the state of being happy and healthy and prosperous	
37.	dooing habit	n.	the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair	
38.	crusty If	n.	a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle	
39.	corus antibody test kit	n.	a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2	
40.	advertising sln	n.	a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea	
ANSWERS: 32. in-law, 33. predict, 34. victory, 35. spot, 36. well-being, 37. doomscrolling, 38. loaf, 39. coronavirus, 40. slogan				

41.	st at law	n.	a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
42.	foreign poy	n.	a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
43.	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
44.	alcohol bie	n.	a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
45.	he is optic	adj.	hoping or expecting that good thing will happen or something will be successful
46.	cete Christmas	<i>v</i> .	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
47.	coIl potential leads	ν.	to make an unsolicited phone call or visit to a potential customer or client who has not expressed any prior interest or given permission for such contact to offer a product or service
48.	complete noly	adv.	usually; under normal conditions

ANSWERS: 41. suit, 42. policy, 43. spot, 44. binge, 45. optimistic, 46. celebrate, 47. cold-call, 48. normally

49.	emotional anh	n.	severe physical or emotional pain or suffering; distress or mental agony
50.	dan the enthusiasm	ν.	to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
51.	ime the cloth in the dye	<i>v</i> .	to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
52.	ree a company from bankruptcy	<i>v</i> .	to save someone or something from a dangerous or difficult situation
53.	abson energy	n.	a process in which one substance permeates another; a fluid permeates o is dissolved by a liquid or solid
54.	count your blngs	n.	a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
55.	psygy experiment	n.	the scientific study of mind and behavio
56.	a pt of sorts	n.	a person who writes poetry
57.	syle structure	n.	a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants
58.	upt attitude	adj.	positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music

ANSWERS: 49. anguish, 50. dampen, 51. immerse, 52. rescue, 53. absorption, 54. blessing, 55. psychology, 56. poet, 57. syllable, 58. upbeat

59. dan the sound	v.	to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement
60. roy income	n.	revenue derived from the use of a patent, copyright, or other right; the people who are the family of a king and queen
61. proud of his accents	n.	the successful completion of a task or goal; an ability that has been acquired by training
62. peal motion machine	adj.	continuing for an extended period in the same way without stopping or being interrupted
63. proate on my homework	ν.	to postpone doing what you should do, often because it is unpleasant or boring
64. lash under illness	ν.	(of a person, animal, or plant) to lose vigor, health, or flesh; to be forced to exist in an unpleasant or unwanted situation or place, often for a long time
65. prt when she will arrive	v.	to state beforehand that something will happen in the future, mainly based on knowledge or experience
66. bring my lap	n.	a portable computer that is small enough to be carried around easily and used on your lap
67. stte due to problems	v.	to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement

ANSWERS: 59. dampen, 60. royalty, 61. accomplishment, 62. perpetual, 63. procrastinate, 64. languish, 65. predict, 66. laptop, 67. stagnate

68.	fuse a charity fund	<i>v</i> .	to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms
69.	ener shortage	n.	a person whose job is designing, building, or maintaining something such as machines, structures, or software
70.	dwe in importance	v.	to gradually decrease in size, amount, or strength; to become smaller
71.	say defly	adv.	without any question and beyond doubt clearly
72.	swr a blue streak	<i>v</i> .	to make a solemn promise or vow; to use rude or offensive language
73.	shd paper into little pieces	ν.	to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount
74.	maI place	adj.	produced by or containing supernatural powers
75.	a school jz band	n.	a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression
76.	achieve a dont share	adj.	more important, influential, or easy to notice than anything else of the same type
77.	chc alcohol consumption	adj.	being long-lasting and recurrent or characterized by long suffering; habitua

ANSWERS: 68. fundraise, 69. engineer, 70. dwindle, 71. definitely, 72. swear, 73. shred, 74. magical, 75. jazz, 76. dominant, 77. chronic

78.	ree killing	n.	the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution
79.	incgly become common	adv.	more and more
80.	foy memory	adj.	characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
81.	dead asp	adj.	in a state of sleep
82.	a large stk of paper	n.	a pile of something arranged or laid one on top of another; a large tall chimney through which combustion gases and smoke can be evacuated
83.	ace triangle	adj.	extremely sharp or severe
84.	abb energy	<i>v</i> .	to take in a fluid or other substance gradually
85.	ace pain	adj.	extremely sharp or severe
86.	indnce to pain	n.	a lack of interest, enthusiasm, or sympathy towards someone or something
87.	atomic bbs	n.	a weapon that explodes and is used to kill or injure people or to cause damage to something
88.	hess victims	adj.	unable to take care of oneself or to do things without help
89.	coIl companies in the area	ν.	to make an unsolicited phone call or visit to a potential customer or client who has not expressed any prior interest or given permission for such contact to offer a product or service

ANSWERS: 78. revenge, 79. increasingly, 80. foggy, 81. asleep, 82. stack, 83. acute, 84. absorb, 85. acute, 86. indifference, 87. bomb, 88. helpless, 89. cold-call

90.	flu paic	n.	an outbreak of a disease that affects many people over a very wide area
91.	miht snack	n.	the middle point of the night, usually defined as 12:00 AM or the start of a new day
92.	rek a marketing plan	<i>v</i> .	to consider again a plan, idea, etc., especially to change it
93.	net ethical issues	<i>v</i> .	to not give enough care or attention to something; to leave something undone
94.	asn projects	<i>v</i> .	to give a specific job or piece of work to a someone
95.	pajama pas	n.	an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
96.	ise a compound	v.	to physically or socially separate someone or something from other people or things
97.	a schip association	n.	a grant or payment made to support a student's education usually awarded based on academic or other achievements
98.	exed payment	adj.	longer than usual or anticipated
99.	a shd for protecting against a bullet	n.	a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves
100	. optic outlook	adj.	hoping or expecting that good thing will happen or something will be successful

ANSWERS: 90. pandemic, 91. midnight, 92. rethink, 93. neglect, 94. assign, 95. pants, 96. isolate, 97. scholarship, 98. extended, 99. shield, 100. optimistic

101. sense of opsm	n.	a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
102. reon between cause and effect	n.	the way two persons or groups of people feel and act toward one another
103. pot the existence of life after death	v.	to suggest or accept something as fact or as a basis for argument or consideration
104. imng doom	adj.	about to happen or occur; close in time; imminent
105. meet with oppon	n.	the act of disagreeing or resisting; the state of strong disagreement
106. dg a chair over	<i>v</i> .	to pull or haul with force
107. pae for a reaction	v.	to take a short break from talking or doing something before continuing
108. earn apse	n.	a demonstration of approval or praise by clapping the hands together
109. the market is deed	adj.	sad and without any hope
110. crusty sogh	n.	a type of bread made from a fermented mixture of flour and water known as a "starter" that develops a sour taste and aroma due to the presence of naturally occurring bacteria and yeast
111. me sound	adj.	silent; not speaking or unable to speak; not expressed or articulated
112. geographical bory	n.	a real or imaginary line that marks the limit or extent of something and separates it from other things or places

ANSWERS: 101. optimism, 102. relation, 103. posit, 104. impending, 105. opposition, 106. drag, 107. pause, 108. applause, 109. depressed, 110. sourdough, 111. mute, 112. boundary

113. enge antisocial behavior	v.	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
114. vim compensation	n.	a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
115. cety known worldwide	n.	someone who is well-known, particularly in the entertainment industry
116. asyic warfare	adj.	lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement
117. the abson of photons	n.	a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
118. risk of chc disease	adj.	being long-lasting and recurrent or characterized by long suffering; habitual
119. 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
120. remain upt about the future	adj.	positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music
121. expnt design	n.	the scientific test conducted to observe what happens and gain new knowledge

ANSWERS: 113. encourage, 114. victim, 115. celebrity, 116. asymmetric, 117. absorption, 118. chronic, 119. doe, 120. upbeat, 121. experiment

122. pung behavior	adj.	confusing or difficult to understand; mysterious
123. miht shift	n.	the middle point of the night, usually defined as 12:00 AM or the start of a new day
124. asp at the wheel	adj.	in a state of sleep
125. proon of disease	n.	the act or process of changing to the next stage or phase or moving forward
126. hess baby	adj.	unable to take care of oneself or to do things without help
127. bestowed blngs	n.	a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
128. parte in the program	<i>v</i> .	to take part in something
129. dis options	v.	to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
130. trre hunt	n.	a valuable or desirable possession; something that is cherished or held dear; a collection of valuable objects or money that is hidden or protected
131. viy in the law court	n.	success in a game, competition, election, or battle, or the knowledge that you have won
132. bie on social media	n.	a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

ANSWERS: 122. puzzling, 123. midnight, 124. asleep, 125. progression, 126. helpless, 127. blessing, 128. participate, 129. discuss, 130. treasure, 131. victory, 132. binge

133. F	rench socst	n.	a person who studies the institutions and development of human society
	is research area of conion	n.	the ability to focus all your time and energy on one thing without thinking about anything else.
	he excnt in the business vorld	n.	a feeling of great enthusiasm and eagerness
136. re	eon of inclusion	n.	the way two persons or groups of people feel and act toward one another
137. h	ighest standards of excce	n.	the quality of being extremely good
138. tł	hin-and-light lap	n.	a portable computer that is small enough to be carried around easily and used on your lap
139. a	prior engnt	n.	a mutual promise to marry someone; an agreement to do something, especially at a particular time
140. fo	oy morning	adj.	characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory
141. g	ood at crrd puzzles	n.	a word puzzle consisting of a grid of black and white squares and blanks into which words crossing vertically and horizontally are written according to clues
142. d	lraw out your apl	n.	a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest

ANSWERS: 133. sociologist, 134. concentration, 135. excitement, 136. relation, 137. excellence, 138. laptop, 139. engagement, 140. foggy, 141. crossword, 142. appeal

143. political doon	n.	a voluntary gift of money, service, or ideas that are given to a person or an organization, or the act of giving them
144. an indnt glance	adj.	having no strong feelings or preferences one way or the other, neutral
145. ise a patient	v.	to physically or socially separate someone or something from other people or things
146. moton for a change	n.	the reason or enthusiasm for acting or behaving in a particular way
147. de of sleep	n.	the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
148. prs improvement	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
149. tery housing	adj.	not lasting or be used for a very long
150. glt with satisfaction	v.	to express or feel great pleasure or satisfaction in one's success or good fortune, often at the expense of others; to rub in or show off in a boastful or taunting manner

ANSWERS: 143. donation, 144. indifferent, 145. isolate, 146. motivation, 147. daze,

148. process, 149. temporary, 150. gloat

151.	emotionally indnt	adj.	having no strong feelings or preferences one way or the other, neutral
152.	a buh of trees	n.	a grouping of several similar things which are growing or fastened together
153.	an egg shl	n.	hard outer covering or case of eggs, nuts, some seeds, and some animals
154.	a court pt	n.	a person who writes poetry
155.	non-fial text	adj.	imaginary and not real; of or related to literary fiction
156.	lash for lack of funding	ν.	(of a person, animal, or plant) to lose vigor, health, or flesh; to be forced to exist in an unpleasant or unwanted situation or place, often for a long time
157.	nee prick	n.	a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
158.	got track	n.	a small, lightweight 2- or 4-wheeled vehicle with a simple frame and a gasoline or electric-powered engine that is used for recreational racing or transportation
159.	ison booth	n.	the condition of being alone or lonely; the act or state of separation between persons or groups
160.	the accent of a social goal	n.	the successful completion of a task or goal; an ability that has been acquired by training

ANSWERS: 151. indifferent, 152. bunch, 153. shell, 154. poet, 155. fictional, 156. languish, 157. needle, 158. go-cart, 159. isolation, 160. accomplishment

161. general indnce	n.	a lack of interest, enthusiasm, or sympathy towards someone or something
162. imng crisis	adj.	about to happen or occur; close in time; imminent
163. evely succeed	adv.	finally, particularly after a long time or a lot of struggle, complications, and so on
164. excce in product design	n.	the quality of being extremely good
165. utr nonsense	adj.	complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
166. book of poy	n.	poems in general as a genre of literature
167. a tron 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
168. completely ime the ingredient	v.	to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
169. uss in the kitchen	adj.	not serving any useful purpose; having no practical result
170. a une teacher	adj.	being the only one of its kind; unlike anything else
171. customer sation	n.	a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

ANSWERS: 161. indifference, 162. impending, 163. eventually, 164. excellence, 165. utter, 166. poetry, 167. tradition, 168. immerse, 169. useless, 170. unique, 171. satisfaction

172. the de h of the water the distance between the top and n. bottom of something; between the top surface and a distance below it 173. I ked behind the words to wait somewhere secretly, especially ν. because you are about to attack someone or do something bad or illegal to make a solemn promise or vow; to 174. sw ran oath ν. use rude or offensive language 175. d I sight adj. not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp 176. mon____us job adj. lacking in variety, excitement, or interest; repetitive and tedious 177. mon____us routine adj. lacking in variety, excitement, or interest; repetitive and tedious the ability to see; anything that is seen 178. an unexpected si_t n. 179. v d of expression an empty space; a feeling of emptiness; n. (adjective) lacking any legal or binding force 180. face inc____gly complicated adv. more and more challenges 181. p la fruit to remove the skin of fruit and ν. vegetables 182. pe____al struggle adj. continuing for an extended period in the same way without stopping or being interrupted 183. population sta____on the state or condition of not moving or making progress; lack of activity or development; a situation where economic or social conditions remain stable, but there is little growth or improvement

ANSWERS: 172. depth, 173. lurk, 174. swear, 175. dull, 176. monotonous, 177. monotonous, 178. sight, 179. void, 180. increasingly, 181. peel, 182. perpetual, 183. stagnation

- 184. tr___e digits
- 185. to__c molecule
- 186. not no____ly drink much
- 187. sc___r in international politics
- 188. an ap___I for help
- 189. ca___n character
- 190. ignorance is bl s
- 191. ha____y through my journey
- 192. en___s possibilities
- 193. z n meditation

- adj. consisting of three items or people; three times as great or many
- adj. of or relating to or caused by a poison; poisonous
- adv. usually; under normal conditions
- professor; a person who studies a topic in considerable depth, particularly in a university
- a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest
- a simple drawing depicting a humorous or critical situation, often accompanied by a caption
- *n.* extreme happiness or joy
- adj. in or at a point midway or an equal distance between two points
- adj. having no end or conclusion; infinitely very large in size or amount
- n. a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

ANSWERS: 184. triple, 185. toxic, 186. normally, 187. scholar, 188. appeal, 189. cartoon, 190. bliss, 191. halfway, 192. endless, 193. zen

adj.	of or relating to or caused by a poison; poisonous
n.	complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
v.	to remove the skin of fruit and vegetables
adj.	produced by or containing supernatural powers
n.	small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration
n.	a feeling of great pleasure or happiness
n.	a system for moving people or products from one location to another using automobiles, roads, and so on
v.	to share or exchange information with others by speaking, writing, moving your body, or using other signals
n.	complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
ν.	to treat with a vaccine, usually by injection, to produce immunity against a disease
n.	the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
	n. v. adj. n. v. v.

ANSWERS: 194. toxic, 195. mastery, 196. peel, 197. magical, 198. confetti, 199. delight, 200. transport, 201. communicate, 202. mastery, 203. vaccinate, 204.

Vocab-Builder Ref from	"Adam Grant: How to stop languishing and start finding flow TED Talk" (170 words)	
hadtima		
bedtime		

205.	defly become a problem	adv.	without any question and beyond doubt; clearly
206.	pae a moment	v.	to take a short break from talking or doing something before continuing
207.	a buh of schoolgirls	n.	a grouping of several similar things which are growing or fastened together
208.	exed vacation	adj.	longer than usual or anticipated
209.	roll up a scl	n.	a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them
210.	religious socst	n.	a person who studies the institutions and development of human society
211.	series of expnts	n.	the scientific test conducted to observe what happens and gain new knowledge
212.	annual ree	n.	the income that a government receives from taxes or that a company earns from its business
213.	bombs fell at ram	adj.	made, done, or happening without method, conscious decision, or any regular pattern
214.	a_m at a specific target	v.	to try or plan to get or achieve something
215.	catchy sln	n.	a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea
216.	a mollusk shl	n.	hard outer covering or case of eggs, nuts, some seeds, and some animals

ANSWERS: 205. definitely, 206. pause, 207. bunch, 208. extended, 209. scroll, 210. sociologist, 211. experiment, 212. revenue, 213. random, 214. aim, 215. slogan, 216. shell

217. political opsm	n.	a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
218. afraid to show emn	n.	a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
219. rek the role of the manager	<i>v</i> .	to consider again a plan, idea, etc., especially to change it
220. tun assistance	n.	the act of teaching something, especially when given to a small group or one person; fees charged by education institutions for instruction or other services
221. the ante to the poison	n.	a chemical substance or remedy that stops or controls the effects of a poison or disease
222. vd contract	n.	an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
223. future inw	n.	a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law
224. s_t and tie restaurant	n.	a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for
225. ens hours	adj.	having no end or conclusion; infinitely very large in size or amount

ANSWERS: 217. optimism, 218. emotion, 219. rethink, 220. tuition, 221. antidote, 222. void, 223. in-law, 224. suit, 225. endless

226. va	te every year	v.	to treat with a vaccine, usually by injection, to produce immunity against a disease
227. as	_n top priority	ν.	to give a specific job or piece of work to a someone
228. dw	e to almost nothing	ν.	to gradually decrease in size, amount, or strength; to become smaller
229. walk a	around in a de	n.	the feeling of distress and disbelief that you have when something bad happens accidentally; (verb) to confuse or stun someone with a sudden intense light or loud noise
230. di	_t sleep	v.	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
231. imm	ze his name	v.	to prevent someone or something from being forgotten permanently
232. de	ed feeling	adj.	sad and without any hope
233. al	i network	n.	(the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
234. regula	ar bee	n.	the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
235. ultima	te bls	n.	extreme happiness or joy

ANSWERS: 226. vaccinate, 227. assign, 228. dwindle, 229. daze, 230. disrupt, 231. immortalize, 232. depressed, 233. alumni, 234. bedtime, 235. bliss

236. aesthetic exc____nt
237. po__t the premise

238. ut__r a big sigh

239. ab___b a shock

240. a lot of gr__f

241. do a cr____rd puzzle

242. a private ind____al

243. round of ap___se

244. health po___y

- n. a feeling of great enthusiasm and eagerness
- v. to suggest or accept something as fact or as a basis for argument or consideration
- adj. complete, total, or absolute; said, done, or experienced without any exceptions or qualifications; spoken aloud or enunciated very clearly and distinctly; (verb) to speak or articulate words, sounds, or a voice
- v. to take in a fluid or other substance gradually
- *n.* a very great sadness, especially when somebody dies
- a word puzzle consisting of a grid of black and white squares and blanks into which words crossing vertically and horizontally are written according to clues
- n. a single person or thing, as distinct from a group
- a demonstration of approval or praise by clapping the hands together
- n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 236. excitement, 237. posit, 238. utter, 239. absorb, 240. grief, 241. crossword, 242. individual, 243. applause, 244. policy

245. asyic information	adj.	lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement
246. glt over my success	ν.	to express or feel great pleasure or satisfaction in one's success or good fortune, often at the expense of others; to rub in or show off in a boastful or taunting manner
247. a motorcycle gg	n.	a group of people who organize and engage in criminal activity
248. break off an engnt	n.	a mutual promise to marry someone; an agreement to do something, especially at a particular time
249. to prevent blood sugar spes	n.	a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
250. a dl pain	adj.	not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp
251. indal freedom	n.	a single person or thing, as distinct from a group
252. incredible thI	n.	a feeling of extreme and sudden excitement and pleasure; to cause someone to feel sudden intense sensation or emotion
253. my voer work	n.	a person who performs or offers to perform a job or service without being paid for or forced to do

ANSWERS: 245. asymmetric, 246. gloat, 247. gang, 248. engagement, 249. spike, 250. dull, 251. individual, 252. thrill, 253. volunteer

adj. silent; not speaking or unable to speak; 254. m e button not expressed or articulated 255. con_____ion of armaments the ability to focus all your time and n. energy on one thing without thinking about anything else. 256. d_g a team down to pull or haul with force ν. 257. an___ng banner ad adj. making someone feel slightly angry 258. sh d lettuce for a salad to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount to try or plan to get or achieve 259. a m to be a nurse something the point to which something or 260. the p__k current in the circuit n. someone is at its strongest, best, or most successful; the pointed top of a mountain adj. originating from or characteristic of a 261. ex___c vacation foreign country or culture; strikingly unusual, uncommon, or intriguing 262. ex___c species adj. originating from or characteristic of a foreign country or culture; strikingly unusual, uncommon, or intriguing severe physical or emotional pain or 263. an h and pain suffering; distress or mental agony

ANSWERS: 254. mute, 255. concentration, 256. drag, 257. annoying, 258. shred, 259. aim, 260. peak, 261. exotic, 262. exotic, 263. anguish, 264. assume

264. as___e an important role

to think or accept something to be true

begin to have power; to begin to exhibit

without having proof of it; to take or

a specific quality or appearance

265. a tery permit	adj.	not lasting or be used for a very long
266. sogh starter	n.	a type of bread made from a fermented mixture of flour and water known as a "starter" that develops a sour taste and aroma due to the presence of naturally occurring bacteria and yeast
267. mue the situation	ν.	to mix up or confuse something; to make a mess of something; to create disorder or chaos
268. woolly pas	n.	an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
269. cete his election	v.	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
270. understand his moton	n.	the reason or enthusiasm for acting or behaving in a particular way
271. boring eni	n.	a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of listlessness or apathy
272. comte his anxieties to the psychiatrist	<i>v</i> .	to share or exchange information with others by speaking, writing, moving your body, or using other signals
273. jz club	n.	a type of music that originated in the African-American community in the United States and that is characterized by improvisation, syncopated rhythms, and a strong emphasis on self-expression

ANSWERS: 265. temporary, 266. sourdough, 267. muddle, 268. pants, 269. celebrate, 270. motivation, 271. ennui, 272. communicate, 273. jazz

274. a civil ener	n.	a person whose job is designing, building, or maintaining something such as machines, structures, or software
275. a seafaring nan	n.	a large organized community of people living in a particular country or region and having a particular culture
276. ill foe	n.	a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
277. to spe	n.	a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
278. against tron	n.	a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
279. enge a sense of affinity	ν.	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
280. dis solutions	<i>v</i> .	to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
281. single syle	n.	a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants

ANSWERS: 274. engineer, 275. nation, 276. fortune, 277. spike, 278. tradition, 279. encourage, 280. discuss, 281. syllable

282. high frcy	n.	an ordered array of colors into which a light beam can be split
283. nan-state	n.	a large organized community of people living in a particular country or region and having a particular culture
284. coti party	n.	small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration
285. stle to get the job	v.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
286. a sense of sation	n.	a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
287. the ante for aging	n.	a chemical substance or remedy that stops or controls the effects of a poison or disease
288. a tre mirror	adj.	consisting of three items or people; three times as great or many
289. scI through a document	n.	a long roll of paper containing writing; (verb) to move through text or graphics on a screen to view different parts of them
290. a heat shd	n.	a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves

ANSWERS: 282. frequency, 283. nation, 284. confetti, 285. struggle, 286. satisfaction, 287. antidote, 288. triple, 289. scroll, 290. shield

291. ali relations	n.	(the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program
292. evely become obsolete	adv.	finally, particularly after a long time or a lot of struggle, complications, and so on
293. plot ree	n.	the act of inflicting punishment or harm in return for an injury or wrongdoing; retaliation, retribution
294. disarm the bb	n.	a weapon that explodes and is used to kill or injure people or to cause damage to something
295. stle against discrimination	ν.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
296. a ram choice	adj.	made, done, or happening without method, conscious decision, or any regular pattern
297. inpt a call	v.	to say or do something that causes someone to stop in their speech or action
298. a grandchild of roy	n.	revenue derived from the use of a patent, copyright, or other right; the people who are the family of a king and queen
299. mue the instructions	ν.	to mix up or confuse something; to make a mess of something; to create disorder or chaos
300. trrt facilities	n.	a system for moving people or products from one location to another using automobiles, roads, and so on

ANSWERS: 291. alumni, 292. eventually, 293. revenge, 294. bomb, 295. struggle, 296. random, 297. interrupt, 298. royalty, 299. muddle, 300. transport

301. ine a lot of paperwork	v.	to include or affect someone or something as a necessary part of something else
302. seek voers	n.	a person who performs or offers to perform a job or service without being paid for or forced to do
303. noted scr	n.	professor; a person who studies a topic in considerable depth, particularly in a university
304. global paic	n.	an outbreak of a disease that affects many people over a very wide area
305. fuse for a new shelter	ν.	to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms
306. stte economy	ν.	to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
307. baseball cety	n.	someone who is well-known, particularly in the entertainment industry
308. oppon campaign	n.	the act of disagreeing or resisting; the state of strong disagreement
309. the bory between reality and fantasy	n.	a real or imaginary line that marks the limit or extent of something and separates it from other things or places
310. eni during the long drive	n.	a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of listlessness or apathy

ANSWERS: 301. involve, 302. volunteer, 303. scholar, 304. pandemic, 305. fundraise, 306. stagnate, 307. celebrity, 308. opposition, 309. boundary, 310. ennui

311. dont force	adj.	more important, influential, or easy to notice than anything else of the same type
312. ase a lousy attitude to his boss	v.	to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
313. indnce ceremony	n.	freedom from another's or others' control or influence
314. vim support	n.	a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event
315. ine a high degree of risk	ν.	to include or affect someone or something as a necessary part of something else
316. immze a person in verse	<i>v</i> .	to prevent someone or something from being forgotten permanently
317. high stk	n.	a pile of something arranged or laid one on top of another; a large tall chimney through which combustion gases and smoke can be evacuated
318. the Great Depon	n.	a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
319. corus bankruptcy	n.	a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

ANSWERS: 311. dominant, 312. assume, 313. independence, 314. victim, 315. involve, 316. immortalize, 317. stack, 318. depression, 319. coronavirus

320. I f around during the day a quantity of bread that is shaped and n. baked in one piece and usually sliced for serving; (verb) to be lazy or idle 321. par____te fully in conversation to take part in something ν. 322. western phi hy the study of general and fundamental n. questions, such as those about existence, reason, knowledge, values, mind 323. time z__e a specific area, region, or section that is marked off or defined in some way a strong feeling such as love, anger, 324. control my em n etc. deriving from one's situation, mood, or relationships with others a specific area, region, or section that is 325. z e defense n. marked off or defined in some way 326. bit of good fo e a large amount of money or property; n. chance or luck as an unknown and arbitrary force affecting human affairs 327. dull si t the ability to see; anything that is seen n. 328. abruptly in____pt to say or do something that causes ν. someone to stop in their speech or action 329. gr ta new license to agree to give or allow somebody 330. re____ce with old friends to recall or remember past events or experiences, often with nostalgia or fondness the point to which something or 331. at p__k hour n. someone is at its strongest, best, or most successful; the pointed top of a mountain

ANSWERS: 320. loaf, 321. participate, 322. philosophy, 323. zone, 324. emotion, 325. zone, 326. fortune, 327. sight, 328. interrupt, 329. grant, 330. reminisce, 331. peak

332. une design	adj.	being the only one of its kind; unlike anything else
333. Ik in the darkness	v.	to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
334. can't stop dooing	n.	the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair
335. phihy of education	n.	the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
336. proon of civilization	n.	the act or process of changing to the next stage or phase or moving forward
337. z_n garden	n.	a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements
338. decision-making prs	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 332. unique, 333. lurk, 334. doomscrolling, 335. philosophy, 336. progression, 337. zen, 338. process

- 339. fr____cy band
- 340. gr__t a land

- n. an ordered array of colors into which a light beam can be split
- v. to agree to give or allow somebody

ANSWERS: 339. frequency, 340. grant

Session 3: Fill in the Blanks

1.	When I was a child, my mother often cast spells to ease my pain whenever I was injured.
ad	j. produced by or containing supernatural powers
2.	I accidentally up the reports and need help to tell which.
ν.	to mix up or confuse something; to make a mess of something; to create disorder or chaos
3.	The on the child's faces when they received the toy was priceless.
n.	a feeling of great pleasure or happiness
4.	Lead is an effective against X-rays, gamma rays, and other harmful radiation.
n.	a protective covering or structure, especially in the past, that soldiers held in front of their bodies to protect themselves
5.	Her company soon won a market share.
ad	 more important, influential, or easy to notice than anything else of the same type
6.	The company spent months researching and testing different brandbefore finally settling on 'Just Do It' as their new tagline.
n.	a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea
7.	They customers with a premium for loyal patronage.
ν.	to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
	SWERS: 1. magical, 2. muddled, 3. delight, 4. shield, 5. dominant, 6. slogans, 7. couraged

ANSWERS: 8. suits, 9. utter, 10. excitement, 11. philosophy, 12. celebrity, 13. pants, 14. concentration, 15. daze

16. T	he oscillator hunts for the correct
n.	an ordered array of colors into which a light beam can be split
17. A	significant amount of is required to be a teacher.
n.	the reason or enthusiasm for acting or behaving in a particular way
18. T	he man before opening the door.
ν.	to take a short break from talking or doing something before continuing
19. l	tried to assume an air of
n.	a lack of interest, enthusiasm, or sympathy towards someone or something
20. T	he for applying for a visa can be lengthy and complicated.
	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task of objective; a method of treating milk to make it suitable for consumption or use in other dairy products
21. T	he phone call is an interruption.
adj.	making someone feel slightly angry
22. H	le spent his afternoon watching movies on TV.
	a simple drawing depicting a humorous or critical situation, often accompanied by a caption
23. H	le wandered the between life and death by gunfire.
	a real or imaginary line that marks the limit or extent of something and separates it from other things or places
	WERS: 16. frequency, 17. motivation, 18. paused, 19. indifference, 20. process nnoying, 22. cartoon, 23. boundary

Vocab-Builder Ref from "Adam Grant: How to stop languishing and start finding flow | TED Talk" (170 words)

32. You won't have to pay college tuition if you're a
n. professor; a person who studies a topic in considerable depth, particularly in a university
33. There is not a of evidence that he is guilty.
v. to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount
34. We threw at the wedding to celebrate the happy couple.
n. small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration
35. I feel a sense of because of the monotony of my daily routine.
 a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of listlessness or apathy
36. He managed to get jobs during the recession.
adj. not lasting or be used for a very long
37. The party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
38. I feel so without you.
adj. unable to take care of oneself or to do things without help
39. She received a full to study abroad.
 a grant or payment made to support a student's education usually awarded based on academic or other achievements
ANSWERS: 32. scholar, 33. shred, 34. confetti, 35. ennui, 36. temporary, 37. opposition, 38. helpless, 39. scholarship

ANSWERS: 40. needles, 41. appeal, 42. emotions, 43. unique, 44. definitely, 45. stagnation, 46. midnight, 47. immersed

peak, 54. involves, 55. binge-watching

ANSWERS: 65. crossword, 66. interrupted, 67. optimistic, 68. reminisce, 69. dwindled, 70. poetry, 71. individual, 72. volunteer

ANSWERS: 73. isolate, 74. donation, 75. scroll, 76. triple, 77. depressed, 78. gang,

79. Chronic, 80. shell, 81. experiments

Vocab-Builder Ref from "Adam Grant: How to stop languishing and start finding flow | TED Talk" (170 words)

ANSWERS: 90. grief, 91. jazz, 92. syllable, 93. bunch, 94. bombs, 95. treasure, 96. antidote, 97. poet

103. dampen, 104. granted, 105. upbeat

ANSWERS: 113. doomscrolling, 114. well-being, 115. in-law, 116. policy, 117. Sociologist, 118. revenge, 119. mute, 120. void

121.	Graduating from college was a major for her.
n.	the successful completion of a task or goal; an ability that has been acquired b training
122.	His father cannot afford his
n.	the act of teaching something, especially when given to a small group or one person; fees charged by education institutions for instruction or other services
123.	symptoms might include a decrease in appetite and weight loss.
n.	a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
124.	The task of data entry required intense concentration.
adj.	lacking in variety, excitement, or interest; repetitive and tedious
125.	I had to potential clients to promote my new business.
v.	to make an unsolicited phone call or visit to a potential customer or client who has not expressed any prior interest or given permission for such contact to offer a product or service
126.	That incident led to his
n.	the condition of being alone or lonely; the act or state of separation between persons or groups
127.	We must prepare for the storm expected to hit our area.
adj.	about to happen or occur; close in time; imminent
128.	He has also won many marketing awards.
n.	the quality of being extremely good
	WERS: 121. accomplishment, 122. tuition, 123. Depression, 124. monotonous, cold-call, 126. isolation, 127. impending, 128. excellence

129.	The recent in grain prices is partly due to the war in the producing countries.
n.	a narrow, thin, pointed piece of metal, wood, etc.; a sudden large increase in the magnitude or concentration of something
130.	The storm had all paint off the siding.
<i>v</i> .	to remove the skin of fruit and vegetables
131.	He his health to make the project a success.
<i>v</i> .	to not give enough care or attention to something; to leave something undone
132.	The company employs a inventory system.
adj.	continuing for an extended period in the same way without stopping or being interrupted
133.	She had a master's degree in
n.	the scientific study of mind and behavior
134.	The sponge water well.
<i>v</i> .	to take in a fluid or other substance gradually
	I don't take a vacation in the middle of summer. usually; under normal conditions
136.	The famous restaurant stands up the hill.
adj.	in or at a point midway or an equal distance between two points
137.	The burst from the audience.
n.	a demonstration of approval or praise by clapping the hands together
	WERS: 129. spike, 130. peeled, 131. neglected, 132. perpetual, 133. hology, 134. absorbs, 135. normally, 136. halfway, 137. applause

138.	Reading stories can help children relax and fall asleep faster.
n.	the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
139.	This graph indicates the city's tourism over five years.
<i>n</i> .	the income that a government receives from taxes or that a company earns from its business
140.	The school is planning to to purchase new books for the library.
ν.	to collect or solicit funds or donations, typically for a charity, nonprofit organization, or political campaign, often through events, campaigns, or online platforms
141.	If you don't exercise regularly, your fitness levels may
ν.	to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
142.	He could not against temptation.
v.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
143.	The corporation dominated the entire tobacco business.
adv.	finally, particularly after a long time or a lot of struggle, complications, and so on
144.	He was reluctant to leave his comfort and try something new.
n.	a specific area, region, or section that is marked off or defined in some way
145.	The first two years of her marriage were sheer
n.	extreme happiness or joy
	WERS: 138. bedtime, 139. revenue, 140. fundraise, 141. stagnate, 142. struggle eventually, 144. zone, 145. bliss

146.	We should several hypotheses to discuss the matter.					
<i>v</i> .	to suggest or accept something as fact or as a basis for argument or consideration					
147.	Vitamin D is essential to assist the of calcium from food.					
n.	a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid					
148.	The design of the building made it stand out in the city skyline.					
adj.	lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement					
149.	He continues to in prison.					
ν.	(of a person, animal, or plant) to lose vigor, health, or flesh; to be forced to exist in an unpleasant or unwanted situation or place, often for a long time					
150.	The company has made great strides in its toward sustainability.					
n.	the act or process of changing to the next stage or phase or moving forward					
	Our company found it difficult to keep up with the competition. more and more					
152.	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					
153.	Despite the good news, she remained to the situation.					
adj.	having no strong feelings or preferences one way or the other, neutral					
154.	She suffered from a deep sense of following the loss of her loved one.					
n.	severe physical or emotional pain or suffering; distress or mental agony					
ANSWERS: 146. posit, 147. absorption, 148. asymmetric, 149. languish, 150. progression, 151. increasingly, 152. relations, 153. indifferent, 154. anguish						

155.	I need to finish this report by tonight, so I'll be working on my all day.		
n.	a portable computer that is small enough to be carried around easily and used on your lap		
156.	After winning the championship, he couldn't help but about his victory to his opponents.		
<i>v</i> .	to express or feel great pleasure or satisfaction in one's success or good fortune, often at the expense of others; to rub in or show off in a boastful or taunting manner		
157.	Dolphins use sound to with each other.		
ν.	to share or exchange information with others by speaking, writing, moving your body, or using other signals		
158.	We for an overseas expansion.		
<i>v</i> .	to try or plan to get or achieve something		
159.	The country finally gained over the whole land of its neighbors.		
n.	complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity		
160.	The names of the company are entirely		
adj.	imaginary and not real; of or related to literary fiction		
161.	The fire department arrived just in time to the family from the burning building.		
<i>v</i> .	to save someone or something from a dangerous or difficult situation		
162.	They fear a of a new type of virus.		
n.	an outbreak of a disease that affects many people over a very wide area		
ANS	WERS: 155. laptop, 156. gloat, 157. communicate, 158. aim, 159. mastery, 160.		
ictional, 161. rescue, 162. pandemic			

163.	He looked out the window at the stream of people.
adj.	having no end or conclusion; infinitely very large in size or amount
164.	Please a different color to each other kind of item.
<i>v</i> .	to give a specific job or piece of work to a someone
165.	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
166.	He the 10th anniversary of his tenure.
<i>v</i> .	to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
167.	To find drunk drivers, police conduct tests.
adj.	made, done, or happening without method, conscious decision, or any regular pattern
168.	Considering the situation of organized stopped this year's beer festival.
n.	a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2
169.	This melody its composer.
<i>v</i> .	to prevent someone or something from being forgotten permanently
170.	The nurse the children in the school.
v.	to treat with a vaccine, usually by injection, to produce immunity against a disease
	SWERS: 163. endless, 164. assign, 165. spot, 166. celebrated, 167. random, 168. onavirus, 169. immortalized, 170. vaccinated

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ANSWERS:			