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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

Advanced Words Only

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Session 1: Word List

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.

binge

n. 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.

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

- n.* 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

- n.* 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.

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 memory

synonym: misty, hazy, murky

(1) **foggy** morning, (2) **foggy** memory

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

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.

pandemic

n. 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.

anguish

n. 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.

stagnate

- v. 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**.

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.

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.

disrupt

v. 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.

dampen

v. to make something wet or moist; to reduce the intensity 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.

lurk

v. 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.

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

n. 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**.

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.

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.

applause

n. 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.

well-being

n. the state of being happy and healthy and prosperous

synonym: 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

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

synonym: positiveness, sanguinity, bullishness

(1) sense of **optimism**, (2) political **optimism**

There is considerable **optimism** that the economy will recover soon.

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.

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.

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.

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.

mastery

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

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

slogan

- n.* 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.

loaf

- n.* 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.

crossword

- 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

- (1) do a **crossword** puzzle, (2) good at **crossword** puzzles

He sat frowning over a **crossword** puzzle.

confetti

- 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

- (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.

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.

doe

n. 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.

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.

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.

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.

antidote

n. 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

n. a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants

(1) **syllable** structure, (2) single **syllable**

Emphasize the second **syllable** when pronouncing it.

Session 2: Spelling

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|------------------------------------|---|
| 1. 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 |
| 2. va_____te against scarlet fever | v. to treat with a vaccine, usually by injection, to produce immunity against a disease |
| 3. mon_____us job | adj. lacking in variety, excitement, or interest; repetitive and tedious |
| 4. re_____ce with old friends | v. to recall or remember past events or experiences, often with nostalgia or fondness |
| 5. sh__d lettuce for a salad | v. to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount |
| 6. remain up___t about the future | adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music |
| 7. en__i 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 |
| 8. gl__t 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: 1. disrupt, 2. vaccinate, 3. monotonous, 4. reminisce, 5. shred, 6. upbeat, 7. ennui, 8. gloat

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|----------------------------------|---|
| 9. st____te 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 |
| 10. im____e the cloth in the dye | 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 |
| 11. up____t attitude | adj. positive, optimistic, or enthusiastic in attitude or outlook; having a lively or energetic rhythm or tempo, especially in music |
| 12. a sense of wel_____ng | n. the state of being happy and healthy and prosperous |
| 13. 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 |
| 14. d__e 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 |
| 15. da____n the sound | v. to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement |

ANSWERS: 9. stagnate, 10. immerse, 11. upbeat, 12. well-being, 13. zen, 14. daze, 15. dampen

16. ignorance is bl__s	<i>n.</i> extreme happiness or joy
17. di____t a well-ordered condition	<i>v.</i> to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
18. dw____e to almost nothing	<i>v.</i> to gradually decrease in size, amount, or strength; to become smaller
19. d_e rabbit	<i>n.</i> a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
20. global pa____ic	<i>n.</i> an outbreak of a disease that affects many people over a very wide area
21. re_____ce on old times	<i>v.</i> to recall or remember past events or experiences, often with nostalgia or fondness
22. crusty so_____gh	<i>n.</i> 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
23. single sy____le	<i>n.</i> a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants
24. im_____ng doom	<i>adj.</i> about to happen or occur; close in time; imminent
25. doo_____ing habit	<i>n.</i> the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair

ANSWERS: 16. bliss, 17. disrupt, 18. dwindle, 19. doe, 20. pandemic, 21. reminisce, 22. sourdough, 23. syllable, 24. impending, 25. doomscrolling

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| 26. completely im_____e the ingredient | <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 |
| 27. pu_____ng behavior | <i>adj.</i> confusing or difficult to understand; mysterious |
| 28. sy_____le structure | <i>n.</i> a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants |
| 29. general ind_____nce | <i>n.</i> a lack of interest, enthusiasm, or sympathy towards someone or something |
| 30. mu_____e the situation | <i>v.</i> to mix up or confuse something; to make a mess of something; to create disorder or chaos |
| 31. re_____k a marketing plan | <i>v.</i> to consider again a plan, idea, etc., especially to change it |
| 32. va_____te every year | <i>v.</i> to treat with a vaccine, usually by injection, to produce immunity against a disease |
| 33. imm_____ze his name | <i>v.</i> to prevent someone or something from being forgotten permanently |
| 34. la_____sh for lack of funding | <i>v.</i> (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 |
| 35. p__l a fruit | <i>v.</i> to remove the skin of fruit and vegetables |

ANSWERS: 26. immerse, 27. puzzling, 28. syllable, 29. indifference, 30. muddle, 31. rethink, 32. vaccinate, 33. immortalize, 34. languish, 35. peel

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| 36. pe_____al struggle | <i>adj.</i> continuing for an extended period in the same way without stopping or being interrupted |
| 37. mu___e the instructions | <i>v.</i> to mix up or confuse something; to make a mess of something; to create disorder or chaos |
| 38. la_____sh under illness | <i>v.</i> (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 |
| 39. the an_____te to the poison | <i>n.</i> a chemical substance or remedy that stops or controls the effects of a poison or disease |
| 40. religious soc_____st | <i>n.</i> a person who studies the institutions and development of human society |
| 41. fo__y morning | <i>adj.</i> characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory |
| 42. French soc_____st | <i>n.</i> a person who studies the institutions and development of human society |
| 43. flu pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 44. walk around in a d__e | <i>n.</i> 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 |
| 45. pro_____ate on my homework | <i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring |

ANSWERS: 36. perpetual, 37. muddle, 38. languish, 39. antidote, 40. sociologist, 41. foggy, 42. sociologist, 43. pandemic, 44. daze, 45. procrastinate

46. I__ked behind the words	<i>v.</i> to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
47. I__f around during the day	<i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
48. st_____te economy	<i>v.</i> to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
49. strive for ma_____y	<i>n.</i> complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
50. emotional an_____h	<i>n.</i> severe physical or emotional pain or suffering; distress or mental agony
51. alcohol bi__e	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
52. ultimate bl__s	<i>n.</i> extreme happiness or joy
53. earn ap_____se	<i>n.</i> a demonstration of approval or praise by clapping the hands together
54. pe_____al motion machine	<i>adj.</i> continuing for an extended period in the same way without stopping or being interrupted
55. co_____ti-filled balloons	<i>n.</i> small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration

ANSWERS: 46. lurk, 47. loaf, 48. stagnate, 49. mastery, 50. anguish, 51. binge, 52. bliss, 53. applause, 54. perpetual, 55. confetti

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| 56. dw____e in importance | <i>v.</i> to gradually decrease in size, amount, or strength; to become smaller |
| 57. an____h and pain | <i>n.</i> severe physical or emotional pain or suffering; distress or mental agony |
| 58. asy_____ic warfare | <i>adj.</i> lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement |
| 59. im_____ng crisis | <i>adj.</i> about to happen or occur; close in time; imminent |
| 60. al____i network | <i>n.</i> (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program |
| 61. l__k in the darkness | <i>v.</i> to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal |
| 62. po__t the premise | <i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration |
| 63. can't stop doo_____ing | <i>n.</i> the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair |
| 64. regular be_____e | <i>n.</i> 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 |

ANSWERS: 56. dwindle, 57. anguish, 58. asymmetric, 59. impending, 60. alumni, 61. lurk, 62. posit, 63. doomscrolling, 64. bedtime

65. m__e button	<i>adj.</i> silent; not speaking or unable to speak; not expressed or articulated
66. pu____ng questions	<i>adj.</i> confusing or difficult to understand; mysterious
67. sense of op____sm	<i>n.</i> 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
68. asy____ic information	<i>adj.</i> lacking symmetry or balance; not corresponding in size, shape, or degree; characterized by an uneven or unequal distribution or arrangement
69. ind____nce to pain	<i>n.</i> a lack of interest, enthusiasm, or sympathy towards someone or something
70. the an____te for aging	<i>n.</i> a chemical substance or remedy that stops or controls the effects of a poison or disease
71. political op____sm	<i>n.</i> 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
72. boring en__i	<i>n.</i> a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of listlessness or apathy
73. advertising sl____n	<i>n.</i> a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea

ANSWERS: 65. mute, 66. puzzling, 67. optimism, 68. asymmetric, 69. indifference, 70. antidote, 71. optimism, 72. ennui, 73. slogan

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| 74. fo__y memory | <i>adj.</i> characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory |
| 75. re____k the role of the manager | <i>v.</i> to consider again a plan, idea, etc., especially to change it |
| 76. bi__e on social media | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence |
| 77. ma____y of mathematics | <i>n.</i> complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity |
| 78. po__t the existence of life after death | <i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration |
| 79. be____e meditation | <i>n.</i> 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 |
| 80. so____gh starter | <i>n.</i> 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 |
| 81. sh__d paper into little pieces | <i>v.</i> to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount |

ANSWERS: 74. foggy, 75. rethink, 76. binge, 77. mastery, 78. posit, 79. bedtime, 80. sourdough, 81. shred

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| 82. co____ti party | <i>n.</i> small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration |
| 83. the wel_____ng of a nation | <i>n.</i> the state of being happy and healthy and prosperous |
| 84. he_____ss victims | <i>adj.</i> unable to take care of oneself or to do things without help |
| 85. pro_____ate about a big challenge | <i>v.</i> to postpone doing what you should do, often because it is unpleasant or boring |
| 86. al____i relations | <i>n.</i> (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program |
| 87. economic sta_____on | <i>n.</i> 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 |
| 88. imm_____ze a person in verse | <i>v.</i> to prevent someone or something from being forgotten permanently |
| 89. good at cr_____rd puzzles | <i>n.</i> 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 |
| 90. round of ap_____se | <i>n.</i> a demonstration of approval or praise by clapping the hands together |
| 91. mon_____us routine | <i>adj.</i> lacking in variety, excitement, or interest; repetitive and tedious |

ANSWERS: 82. confetti, 83. well-being, 84. helpless, 85. procrastinate, 86. alumni, 87. stagnation, 88. immortalize, 89. crossword, 90. applause, 91. monotonous

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|---------------------------|--|
| 92. p__l off easily | <i>v.</i> to remove the skin of fruit and vegetables |
| 93. an ind_____nt glance | <i>adj.</i> having no strong feelings or preferences one way or the other, neutral |
| 94. z_n meditation | <i>n.</i> 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 |
| 95. m__e sound | <i>adj.</i> silent; not speaking or unable to speak; not expressed or articulated |
| 96. he_____ss baby | <i>adj.</i> unable to take care of oneself or to do things without help |
| 97. gl__t over my success | <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 |
| 98. population sta_____on | <i>n.</i> 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 |
| 99. buck and d_e | <i>n.</i> a mature female of mammals of which the male is called a buck, such as a deer or a rabbit |

ANSWERS: 92. peel, 93. indifferent, 94. zen, 95. mute, 96. helpless, 97. gloat, 98. stagnation, 99. doe

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|-----------------------------------|---|
| 100. crusty l__f | <i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle |
| 101. catchy sl___n | <i>n.</i> a short, catchy phrase or motto that is used by a person, organization, or company to promote a particular product, cause, or idea |
| 102. do a cr_____rd puzzle | <i>n.</i> 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 |
| 103. da___n the enthusiasm | <i>v.</i> to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement |
| 104. emotionally ind_____nt | <i>adj.</i> having no strong feelings or preferences one way or the other, neutral |
| 105. cor_____us bankruptcy | <i>n.</i> 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 |
| 106. cor_____us antibody test kit | <i>n.</i> 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: 100. loaf, 101. slogan, 102. crossword, 103. dampen, 104. indifferent, 105. coronavirus, 106. coronavirus

ANSWERS:

Session 3: Fill in the Blanks

1. The storm had _____ all paint off the siding.
v. to remove the skin of fruit and vegetables
2. I am making homemade _____ bread from scratch for the first time.
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
3. We should _____ several hypotheses to discuss the matter.
v. to suggest or accept something as fact or as a basis for argument or consideration
4. The _____ burst from the audience.
n. a demonstration of approval or praise by clapping the hands together
5. He sat frowning over a _____ puzzle.
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
6. He _____ himself in his research.
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
7. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
8. He continues to _____ in prison.
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

ANSWERS: 1. peeled, 2. sourdough, 3. posit, 4. applause, 5. crossword, 6. immersed, 7. well-being, 8. languish

9. There is considerable _____ that the economy will recover soon.
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
10. We have to _____ our company's product lineup for further growth.
v. to consider again a plan, idea, etc., especially to change it
11. She stayed up all night _____ her favorite TV show.
n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
12. I accidentally _____ up the reports and need help to tell which.
v. to mix up or confuse something; to make a mess of something; to create disorder or chaos
13. 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
14. Despite the good news, she remained _____ to the situation.
adj. having no strong feelings or preferences one way or the other, neutral
15. He was in a _____ from the sudden news and couldn't process it properly.
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
16. 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: 9. optimism, 10. rethink, 11. binge-watching, 12. muddled, 13. bedtime, 14. indifferent, 15. daze, 16. anguish

17. I'm so sorry to _____ you when you're pretty busy.

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

18. The rain helped _____ the flames of the campfire.

- v.* to make something wet or moist; to reduce the intensity or impact of something, such as a feeling, sound, or movement

19. In the city, the risk of traffic accidents _____ at every corner.

- v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

20. We must prepare for the _____ storm expected to hit our area.

- adj.* about to happen or occur; close in time; imminent

21. 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

22. I tried to assume an air of _____.

- n.* a lack of interest, enthusiasm, or sympathy towards someone or something

23. I feel a sense of _____ because of the monotony of my daily routine.

- n.* a feeling of boredom, weariness, or dissatisfaction arising from a lack of interest or stimulation; a sense of listlessness or apathy

24. The first two years of her marriage were sheer _____.

- n.* extreme happiness or joy

ANSWERS: 17. disrupt, 18. dampen, 19. lurks, 20. impending, 21. mastery, 22. indifference, 23. ennui, 24. bliss

25. The company spent months researching and testing different brand _____ before 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
26. She was caught in a _____ loop, scrolling through negative news for hours.
- n.* the act of compulsively scrolling through negative news and events on the internet, often leading to feelings of anxiety or despair
27. 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
28. The company's lack of innovation has led to _____ and declining profits.
- 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
29. Daily yoga helped her achieve a ____ state of mind and calmness.
- 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
30. I feel so _____ without you.
- adj.* unable to take care of oneself or to do things without help
31. After winning the championship, he couldn't help but _____ about his victory to his opponents.
- 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: 25. slogans, 26. doomscrolling, 27. asymmetric, 28. stagnation, 29. zen, 30. helpless, 31. gloat

32. Knowledge is the _____ to fear.

- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

33. This melody _____ its composer.

- v.* to prevent someone or something from being forgotten permanently

34. _____ studies the changes in family structure due to modernization.

- n.* a person who studies the institutions and development of human society

35. On my way home from work, I picked up a _____ of bread from the bakery.

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

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

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

37. He _____ the matter until it was almost too late.

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

38. The _____ music helped to lift her spirits and put her in a good mood.

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

39. The detective found the clues _____ and couldn't solve the case immediately.

- adj.* confusing or difficult to understand; mysterious

ANSWERS: 32. antidote, 33. immortalized, 34. Sociologist, 35. loaf, 36. mute, 37. procrastinated, 38. upbeat, 39. puzzling

40. If you don't exercise regularly, your fitness levels may _____.

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

41. The _____ weather made it difficult to see the road ahead.

- adj.* characterized by or filled with dense clouds of mist or fog; unclear or hazy, as in thought or memory

42. Whenever I listen to this song, I _____ about my college days.

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

43. They fear a _____ of a new type of virus.

- n.* an outbreak of a disease that affects many people over a very wide area

44. Hunters use a whistle that makes the _____ sound to lure stags.

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

45. Emphasize the second _____ when pronouncing it.

- n.* a single unit of spoken language more significant than a phoneme containing a vowel sound and usually one or more consonants

46. The company employs a _____ inventory system.

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

47. The crowds at the festival _____ as the night went on.

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

ANSWERS: 40. stagnate, 41. foggy, 42. reminisce, 43. pandemic, 44. doe, 45. syllable, 46. perpetual, 47. dwindled

48. 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
49. 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
50. 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
51. The nurse _____ the children in the school.
- v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
52. The _____ task of data entry required intense concentration.
- adj.* lacking in variety, excitement, or interest; repetitive and tedious
53. Many _____ of our college have become successful in their chosen fields.
- n.* (the plural form of "alumnus" or "alumna") former students or graduates of an educational institution or program

ANSWERS: 48. confetti, 49. coronavirus, 50. shred, 51. vaccinated, 52. monotonous, 53. alumni