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Tom Rivett-Carnac: How to shift your mindset and choose your future | TED Talk https://www.ted.com/talks/tom_rivett_carnac_how_to _shift_your_mindset_and_choose_your_future



All Words

IMPORTANT

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Session 1: Word List

lockdown

- an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
- (1) go on lockdown, (2) lockdown area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

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.

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.

fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

(1) fortunate situation, (2) less fortunate person

He was pretty **fortunate** to pass the exam.

inspire

 ν . to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

inspiration

 something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity

synonym: motivation, drive, encouragement

(1) source of **inspiration**, (2) get **inspiration** from nature He found **inspiration** in the works of his favorite authors.

retake

 to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result

synonym: recapture, reclaim, recover

(1) retake photo, (2) retake control

I will have to retake this test to get a passing grade.

avert

 to prevent something dangerous or undesirable from happening

synonym: discourage, prevent, deter

(1) avert disaster, (2) avert a strike

The dam systematically releases large amounts of water to avert flooding during the rainy season

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.

firm

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

synonym: stable, secure, steadfast

(1) firm grip, (2) accounting firm

The **firm** deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

unparalleled

adj. without parallel, equal in size, amount, quality, etc.; better or worse than any other

synonym: outstanding, phenomenal, remarkable

(1) **unparalleled** views, (2) an **unparalleled** achievement Several American technology companies have achieved **unparalleled** success in terms of customer numbers.

importance

- n. the quality of being important and worthy of notesynonym: significance, primacy, matter
- (1) a man of **importance**, (2) high **importance** I stopped by the branch though I have no business of **importance**.

promote

 to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior The government should do more to **promote** sustainable agribusiness.

collaboration

 the act or situation of working together to create or produce something *synonym*: affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

cooperation

the act or situation of working together with someone towards a shared purpose, benefit, etc.

synonym: collaboration, affiliation, alliance

(1) **cooperation** with strategic partners, (2) thoroughgoing **cooperation**

The **cooperation** between businesses and universities created this groundbreaking product.

essential

adj. indispensable; fundamental synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life Trial and error is an **essential** part of education.

attend

- v. to be present at an event, to go to a placesynonym: go, be present, accompany
- (1) **attend** a meeting, (2) **attend** service We must **attend** to this matter.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) calm sea, (2) calm manner

It was the first time in a long time that I felt truly **calm** and at peace.

normally

adv. usually; under normal conditionssynonym: commonly, generally, naturally

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

achieve

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

synonym: accomplish, attain, reach

(1) achieve success, (2) achieve milestones

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

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.

drama

 a play in a theatre, television, or radio, or performance on a stage

synonym: acting, play, theater

(1) secular **drama**, (2) upcoming crime **drama**

She had an audition for drama school.

breakthrough

 a sudden, dramatic, and important discovery or development that helps to improve a situation or provide an answer to a problem

synonym: advance, progress, innovation

(1) **breakthrough** in the negotiations, (2) **breakthrough** discovery

A technique called deep learning has led to **breakthroughs** in AI.

process

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.

glacier

- a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole synonym: iceberg, ice floe
- (1) **glacier** retreat, (2) **glaciers** move tardily The **glaciers** of the ice age have shaped Fjord.

colleague

 one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

collaborate with colleagues,
 former colleague
 decided to seek counseling on the advice of my colleague.

secretary

 a person whose job is to deal with correspondence, keep records, and do administrative work for a company or organization

synonym: assistant, clerk, administrator

(1) a confidential **secretary**, (2) **secretary** general The chief **secretary** was responsible for organizing the meeting.

framework

 the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

synonym: structure, scheme, foundation

(1) legal **framework**, (2) the **framework** of a house He devised a new analytical **framework** to capture the phenomenon.

convention

 a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example

synonym: meeting, conference, congress

convention center, (2) political convention
 They met at biennial conventions.

climate

 the weather in a particular location averaged over some long period

synonym: atmosphere, weather, environment

a cold climate, (2) effects of climate change
 Climate and weather have an impact on every part of our lifestyles.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

strategy

 a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

assume

 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.

instruction

detailed direction, order, etc., on how to do or use something

synonym: education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**They needed further **instruction** to perform their duties efficiently.

nightmare

- n. a very frightening or unpleasant dream
- synonym: agony, misery, suffering
- (1) have a **nightmare**, (2) **nightmare** situation Life as a waiter was a big **nightmare** for him.

quagmire

 a soft, muddy area that is difficult to walk or move through; a difficult or complicated situation; a dilemma or predicament

synonym: morass, swamp, bog

- (1) sink into a **quagmire**, (2) **quagmire** debate

 The company found itself in a legal **quagmire**, unable to resolve the issue without causing harm to its reputation.
- a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym: catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal The enemy fell right into the **trap**.

tendril

trap

 a slender, coiling, or twisting stem or strand of a climbing plant, typically used for support or attachment; any thin, curling, or twisting feature that resembles a plant tendril in shape or function

synonym: vine, creeper

(1) tendril of hair, (2) creeping tendril

The plant's delicate **tendril** curled around the trellis as it began to climb.

visual

adj. relating to seeing or sightsynonym: optical, graphical, visible

(1) visual navigation, (2) field of visual arts

The building makes a remarkable **visual** impact.

depict

- v. to illustrate someone or something in a photograph synonym: illustrate, describe, express
- (1) **depict** a scene, (2) **depict** a feeling of isolation His son had accurately **depicted** the bloom.

reluctant

adj. unwilling or hesitant to do something because of doubts or fears

synonym: hesitant, unwilling, unenthusiastic

(1) slowly becoming more **reluctant**, (2) **reluctant** readers He was **reluctant** to share his thoughts on the matter.

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.

degree

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

bachelor's degree, (2) degree centigrade
 She received her degree in psychology from the university.

crisis

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

synonym: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

define

 to state or explain precisely the nature, scope, or meaning of something synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

lever

 a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

synonym: lifter, crowbar, bar

(1) a gear change **lever**, (2) **lever** for reform

This initiative will be a **lever** for increasing company sales.

determinant

 a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

wreck

- a ship that has sunk or has been destroyed; a vehicle that has been badly damaged in an accident
- synonym: collapse, destruction, devastation
- (1) the house was a wreck, (2) a worthless wreck
 The divers accidentally discovered a wreck on the ocean floor.

negotiation

 the process of discussing and reaching an agreement with others

synonym: bargaining, dialogue, haggling

negotiation process, (2) negotiation skills
 negotiation between the two countries was a delicate and complex process.

emission

the act of production or sending out gas, heat, light, etc.synonym: emanation, radiation, discharge

(1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

burden

 a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

synonym: obligation, duty, load

(1) carry a burden, (2) burden of disease

That car has a low environmental **burden**.

differential

 an amount, value, or size of the difference between things that are compared; (adjective) relating to or showing a difference

synonym: contrasting, disparate, distinct

(1) differential wages, (2) differential equation

The two countries pledged to maintain the **differential** between their two currencies.

futile

adj. incapable of producing any useful result; pointless *synonym*: useless, worthless, ineffective

(1) futile talk, (2) make a futile protest

It was **futile** to try and fix the broken vase, as it was too badly damaged.

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**.

monk

 a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym: friar, cleric, brother

(1) monk lifestyle, (2) cloistered monk

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

monastic

adj. relating to monk or monasticism; ascetic or austere in lifestyle or habits

synonym: contemplative, solitary, austere

(1) monastic community, (2) monastic orders

The **monastic** lifestyle of the monks involved living in solitude and silence.

unfold

 to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

emergency

 a sudden unforeseen crisis usually involving danger that requires immediate action

synonym: crisis, trouble, difficulty

(1) emergency action, (2) acute emergency

The president declared a state of **emergency**.

rejoin

v. to return to someone or something

synonym: come back, return, reunite

(1) rejoin their mother ship, (2) rejoin the party

After the battle, the soldier managed to **rejoin** his unit.

immediate

adj. happening or done without delay or occurring shortly after something else

synonym: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past Both forts were subject to **immediate** attacks.

march

v. to walk militarily with stiff, regular steps

synonym: parade

(1) march against the war, (2) march east

The troops **marched** shoulder-to-shoulder.

outcome

n. the result or effect of an action, event, etc.

synonym: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome** They awaited news of the **outcome** of the election.

geopolitical

adj. of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area

(1) the **geopolitical** situations, (2) reduce **geopolitical** risk The country holds dominant **geopolitical** power over its neighbors.

massive

adj. enormous amount; very heavy and solid *synonym*: enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

infrastructure

 the basic systems, services, or features that are necessary for an organization or country, such as transport and power supplies

synonym: foundation, framework

(1) IT **infrastructure**, (2) **infrastructure** cost Aging societies tend to require huge costs for **infrastructure** maintenance.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) stick a key in a lock, (2) fire stick

You **stick** a bill in the change machine, and the coins pop out.

enormous

adj. extremely large or great synonym: huge, giant, gigantic (1) **enormous** amount, (2) **enormous** potential Shakespeare's output of poetry was **enormous**.

individually

adv. separately or apart from otherssynonym: separately, one by one, independently

(1) answer questions **individually**, (2) **individually** designed product

Each department has done its product costing **individually**.

odd

adj. strange or unexpected; not divisible by two synonym: strange, bizarre, abnormal

(1) in an **odd** way, (2) **odd** behavior His grandfather was an **odd** man.

sustained

adj. lasting for a long time or continuing for a long time without becoming weaker or less intensesynonym: prolonged, extended, continual

(1) **sustained** economic growth, (2) **sustained** release medication

The company experienced **sustained** growth over the past decade.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

paramount

adj. more important than anything else; having superior power and influence or the highest position

synonym: central, major, crucial

(1) the lord **paramount**, (2) **paramount** to all the others This country became a country of **paramount** geostrategic importance to us.

caregiving

the act of providing care and support for someone who is ill, disabled, or elderly

synonym: nurturing, caring, assisting

- (1) caregiving process, (2) caregiving responsibilities She devoted her life to **caregiving**, looking after her aging
- parents.

nurse

a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym: healthcare worker, caregiver, medic

- (1) **nurse** practitioner, (2) a volunteer **nurse** The night shift **nurse** checked my vital signs before administering the medication.

sweep

to clean something, especially a floor or an area, by ν. using a broom; move swiftly and smoothly

synonym: clean, clear, brush off

(1) **sweep** up dead leaves, (2) **sweep** a room with a glance The politician tried to **sweep** the embarrassing incident under the rug.

disease

a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control The doctor diagnosed him with a rare disease that had no known cure.

patient

a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss The doctor carefully examined the **patient's** medical history.

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.

contribution

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

synonym: donation, gift, offering

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

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

meaningless

adj. having no meaning, direction, or purpose synonym: pointless, absurd, senseless

(1) a **meaningless** endeavor, (2) do a **meaningless** task This experiment's results are **meaningless** because the other conditions are not identical.

offensive

adj. rude in a way that causes someone to feel anger, annoyance, or resentment; for the purpose of attack rather than defense

synonym: disrespectful, abusive, attacking

(1) assume the **offensive**, (2) an **offensive** smell His **offensive** philosophy in business led to many hostile takeovers.

fellow

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym: buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body Infants and pregnant women are particularly **vulnerable**.

evident

adj. apparent to the mind, senses, or judgment synonym: apparent, noticeable, obvious

(1) **evident** to all, (2) plainly **evident** With **evident** joy, he signed his name.

courage

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

synonym: bravery, valor, fearlessness

(1) mental **courage**, (2) inspire **courage**It takes a lot of **courage** to stand up for what you believe is right.

demonstrate

v. to display something or give an exhibition to an interested audience

synonym: show, illustrate, display

(1) **demonstrate** a difference, (2) **demonstrate** mastery How can you **demonstrate** that the earth is a sphere?

separate

- v. to force, take, or pull apart; mark as different synonym: disunite, isolate, ramify
- (1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

lofty

adj. elevated in position, rank, or status; grand; elevated in style or language

synonym: high, elevated, grand

(1) a lofty peak, (2) lofty ambitions

His lofty goals were admirable but unrealistic.

satisfaction

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

synonym: delight, pleasure, content

a sense of satisfaction,
 customer satisfaction
 mediated settlement brought satisfaction to both sides.

suppose

- v. to think that something is likely to be actual or possible synonym: guess, assume, presume
- (1) **suppose** you're right, (2) **suppose** beforehand What do you **suppose** the culprit's motive was?

continent

one of the earth's large landmasses; (adjective)
 abstaining from your feelings, especially your desire to have sex

synonym: landmass, (adjective) chaste, (adjective) pure

(1) the inland of a **continent**, (2) **continent** urinary diversion Flight across the **continent** was a daring adventure in its day.

underwater

adv. below or under the surface of the watersynonym: submerged, undersea, submarine

(1) hold my breath **underwater**, (2) seals sleep **underwater** He is good at swimming **underwater**.

combination

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

synonym: blend, hybrid, compounding

(1) genic **combinations**, (2) **combination** number The **combination** to the safe was a secret.

attitude

- n. the way you think and feel about someone or somethingsynonym: mindset, perspective, philosophy
- (1) **attitude** toward mistakes, (2) **attitude** control She had the **attitude** that work was fun.

combine

- v. to join or merge to form a single thing or group synonym: coalesce, cohere, blend
- (1) **combine** chemically with another substance,
- (2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results You are not **consistent** in your behavior.

historic

- adj. famous or significant in history, or potentially so synonym: memorable, momentous, historical
- (1) **historic** accomplishment, (2) achieve the **historic** feat The Chinese people have accomplished several **historic** feats.

conquer

- v. to bring under control by force or authority synonym: defeat, overpower, subdue
- (1) **conquer** fatal disease, (2) **conquer** the world You must **conquer** your anxiety about driving.

terrify

- v. to frighten someone very much synonym: unnerve, scare, horrify
- (1) **terrify** people, (2) the threats **terrify** him It would be best not to **terrify** your associates into doing complex tasks.

aggression

 the act of attacking or assaulting; hostile or violent behavior

synonym: hostility, assertiveness, antagonism

(1) **aggression** by a hostile country, (2) naked **aggression** The dog's **aggression** made it difficult for its owners to take it for a walk.

trepidation

 a feeling of fear, anxiety, or apprehension about something uncertain or unknown; a state of alarm or nervousness that results from anticipating something frightening or dangerous

synonym: fear, anxiety, apprehension

(1) trembling with **trepidation**, (2) sense of **trepidation**She felt **trepidation** as she approached the podium to give her speech.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous** He suffers from **nervous** breakdowns.

resolve

- v. to find a suitable answer to the problems or difficulty synonym: decide, determine, fix
- (1) **resolve** a dispute, (2) **resolve** the computer error This company **resolves** its battery problem completely.

surrender

v. to cease resistance to an enemy or opponent and submit to their authority

synonym: yield, submit, relinquish

(1) **surrender** at discretion, (2) **surrender** an insurance policy

The enemy was forced to **surrender** after a long battle.

likelihood

 the probability or chance that something will happen or be the case

synonym: probability, chance, possibility

(1) **likelihood** of the success, (2) improve the **likelihood** of a cure

The **likelihood** of the project being completed on time is uncertain.

odds

 the degree or probability that a particular thing will or will not happen synonym: chances, likelihoods, probabilities

(1) odds in favor, (2) odds of business

What are the **odds** that he will survive?

stubborn

adj. refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change

synonym: persistent, obstinate, determined

(1) **stubborn** attitude, (2) **stubborn** stains

He was so **stubborn** about his beliefs that he refused to listen to any other points of view.

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.

emerge

to move out of or away from something and become visible

synonym: arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty During colonial eras, new migratory patterns **emerged**.

deny

v. to state that one refuses to admit the existence or truth of something

synonym: refute, reject, repudiate

(1) adamantly deny killing, (2) deny the allegationsHe is still denying stealing the money from the cash register.

refuse

- v. to show that one is not willing to do or accept something synonym: turn down, deny, decline
- (1) **refuse** a request, (2) **refuse** the company My initial reaction was to **refuse**.

COW

 a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat

synonym: bovine, cattle, kine

(1) cow herd, (2) dairy cow

The farmer milked the **cows** every morning before breakfast.

animate

- v. to make something full of interest and energy synonym: invigorate, energize, enliven
- (1) **animate** the body, (2) **animate** his soul The positive attitude of the supervisor **animated** the discussion.

infuse

 to fill something with a particular quality, feeling, or influence; to imbue

synonym: instill, fill, permeate

(1) **infuse** with spirit, (2) **infuse** life with meaning She **infused** fresh herbs into the soup for added flavor.

confirm

- v. to support or establish the truth or certainty of something previously believed or suspected to be the case
- synonym: affirm, verify, assure
- (1) **confirm** the diagnosis, (2) **confirm** a transaction Please write to **confirm** your reservation.

pilot

a person who flies an aircraft, especially as a job; a
person qualified to guide ships through a difficult area of
water

synonym: aviator, flyer, chief

a test pilot, (2) pilot production
 pilot exercised great care in landing.

soil

- n. the top layer of Earth in which plants grow synonym: earth, ground, mud
- (1) soils retentive of moisture, (2) parched soilSoil moisture is another significant component controlling soil

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respiration.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

transform

- v. to change in outward structure or looks;
- synonym: alter, convert, change
- (1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

suffrage

- the right to vote in political elections; the exercise of voting rights or the process of obtaining them
- synonym: franchise, vote, enfranchisement
- (1) **suffrage** movement, (2) female **suffrage**

The **suffrage** march was a peaceful protest demanding voting rights for women.

electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

synonym: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

frightening

- adj. causing fear or alarm, or very surprising and alarmingsynonym: scary, terrifying, alarming
- (1) cast **frightening** eyes, (2) **frightening** experience The news of the pandemic was a **frightening** reminder of the fragility of human health.

adversary

n. a person, group, or force that opposes or fights against another; an enemy or opponent

synonym: opponent, enemy, foe

(1) adversary team, (2) political adversary

The boxer's toughest **adversary** was his fear of losing.

realistic

adj. having or showing a sensible and practical idea that is possible to achieve

synonym: practical, pragmatic, down-to-earth

(1) a realistic goal, (2) a realistic goal

That story was so **realistic**, and it was scary.

grit

 very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

synonym: determination, fortitude, courage

(1) grit determination, (2) grit washer

She has a lot of **grit** and determination to succeed.

transformation

 a complete change in form, nature, or appearance of someone or something

synonym: change, conversion, renewal

(1) the **transformation** of a tadpole into a frog, (2) cast a **transformation** spell

Understanding unitary **transformations** of a normal matrix require considerable mathematical sophistication.

pessimistic

adj. tending to see the worst aspect of things or expecting the worst possible outcome

synonym: cynical, defeatist, despairing

(1) take a **pessimistic** view of life, (2) **pessimistic** for our survival

She was unduly **pessimistic** about her future.

decide

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

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action She couldn't **decide** whether to order the pizza or the pasta for dinner.

perspective

a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle His father's death changed his whole **perspective** on life.

tragedy

n. an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

synonym: disaster, adversity, calamity

(1) a **tragedy** during work, (2) the aftermath of this **tragedy** Macbeth is a famous **tragedy** by Shakespeare.

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.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization During the hurricane, we felt **powerless** against the winds and rain.

mobilize

v. to make something ready for action or use; to organize people or resources for a particular purpose

synonym: activate, rally, marshal

(1) mobilize cooperation, (2) mobilize a stiff joint

The military **mobilized** troops to the border.

drastic

adj. radical and extreme; likely to have a significant or far-reaching impact

synonym: extreme, fierce, radical

(1) drastic measures, (2) make drastic revision

The global community is undergoing **drastic** changes at present.

narrative

 a story or a description of a series of events or process of telling a story

synonym: the tale, chronology, annals

(1) narrative poetry, (2) personal narrative

The **narrative** handles multiple plot lines and has unpredictable ends.

magnitude

- *n.* the extent, level, importance, or amount of something *synonym*: size, extent, level
- (1) a star of the first **magnitude**, (2) the **magnitude** of the disaster

The **magnitude** of the earthquake was measured at 7.8 on the Richter scale.

afford

- v. to have enough money or time to be able to buy or do something
- (1) **afford** to buy a new car, (2) **afford** a high travel cost He cannot **afford** a holiday.

luxury

 a state of great comfort or sophistication, mainly provided by expensive and beautiful things

synonym: extravagance, indulgence, opulence

(1) get into the **luxury** car market, (2) **luxury** hotel His anti- **luxury** practices were quite strict.

precise

adj. sharply exact or accurate or delimited *synonym*: accurate, exact, distinct

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precise analyses, (2) estimate precise costs
 The content is precise and informative for me.

awe

 a feeling of respect and wonder inspired by someone or something greatly admired

synonym: wonder, amazement, reverence

(1) a feeling of **awe**, (2) in **awe** of the situation

The **awe-inspiring** mountains dominate the landscape.

crossroad

 a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences

synonym: intersection, junction, fork

(1) critical crossroad,(2) major crossroadI'm at a career crossroads and unsure which path to take.

regenerative

adj. tending to regrow or restore lost or injured tissue synonym: rejuvenating, restorative, healing

(1) **regenerative** medicine, (2) **regenerative** therapy The **regenerative** properties of stem cells make them a promising area of research.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**The nation's healthcare system is in **transition** at the moment.

regenerate

- v. to improve or renew an area, institution, system, etc., especially by making it more active or successfulsynonym: renew, revive, improve
- (1) **regenerate** bone tissue, (2) a **regenerate** sinner The new CEO's primary mission is to **regenerate** the company on the verge of bankruptcy.

verve

 energy, enthusiasm, or vitality, especially when expressed in a lively or spirited way; vigor or zeal

synonym: energy, enthusiasm, vitality

(1) journalistic **verve**, (2) perform with **verve**The artist's work is known for its vibrant colors and energetic **verve**.

tenacity

 the quality or state of being persistent and determined in the face of difficulties; the quality or property of holding together firmly, tending to adhere or cling

synonym: persistence, determination, perseverance

(1) **tenacity** of purpose, (2) show **tenacity**Her **tenacity** in pursuing her dreams has inspired many people.

genuine

adj. real and exactly; not pretended; sincerely felt or expressed

synonym: actual, honest, unpretending

(1) a **genuine** article, (2) show **genuine** regret Is this painting **genuine** or forged?

exciting

adj. causing a lot of interest or excitement synonym: exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news
The findings of the experiment were both **exciting** and unexpected.

decision

 the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**She was struggling to make a **decision** between two job offers.

beacon

 a light or other visible object serving as a signal, guide, or warning synonym: lighthouse, guidepost, marker

(1) an aerial **beacon**, (2) **beacon** of hope

The lighthouse served as a **beacon** to guide ships safely into port.

engage

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

synonym: confront, employ, amuse

- (1) **engage** in environmental protection activities,
- (2) engage a new employee

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

government

 the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding The federal **government** is planning to increase taxes for the next fiscal year.

corporation

 a large company or group of companies that are controlled together by law as a single unit

synonym: business, company, enterprise

(1) a public **corporation**, (2) **corporation** assets Four companies were amalgamated into a single **corporation**.

rebuild

v. to build again or anew

synonym: reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

arc

n. the shape of a portion of a circle or other curved line synonym: turn, bow, angle

(1) the arc current, (2) an arc of a circumferenceA ball flew in a big arc.

S	C	a	r	V
$\mathbf{\circ}$	U	ч		y

adj. causing fear or fright; frightening; intimidatingsynonym: terrifying, frightening, alarming

(1) scary dream, (2) scary story

The horror movie was so **scary** that I couldn't watch it alone.

falter

v. to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shakysynonym: hesitate, stumble, waver

(1) **falter** in decision-making, (2) **falter** in speech My confidence began to **falter** as I gave my presentation in front of the class.

crucial

adj. extremely vital or necessary synonym: essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women The revitalization of technology companies is **crucial** to the country's growth.

Session 2: Spelling

1. lo____wn area

2. an e his soul

3. av__t disaster

4. former co____ue

5. di t a well-ordered condition

6. buck and d e

7. m k lifestyle

8. ev t to all

9. carry a bu___n

 an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

v. to make something full of interest and energy

v. to prevent something dangerous or undesirable from happening

n. one of a group of a coworker, especially in a profession or a business

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

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

 a member of a religious community of men living under vows of poverty, chastity, and obedience

adj. apparent to the mind, senses, or judgment

a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

ANSWERS: 1. lockdown, 2. animate, 3. avert, 4. colleague, 5. disrupt, 6. doe, 7. monk, 8. evident, 9. burden

ANSWERS: 10. importance, 11. inspiration, 12. regenerative, 13. nurse, 14. framework, 15. nurse, 16. nation, 17. climate, 18. conquer, 19. quagmire

complicated situation; a dilemma or

predicament

Vocab-Builder Ref from "Tom Rivett-Carnac: How to shift your mindset and choose your future | TED Talk" (158 words)

ANSWERS: 20. reluctant, 21. determinant, 22. reluctant, 23. responsible, 24. firm, 25. separate, 26. inspire, 27. degree, 28. surrender, 29. frightening

ANSWERS: 30. emergency, 31. tenacity, 32. retake, 33. tragedy, 34. cooperation, 35. enormous, 36. zen

natural elements

ANSWERS: 37. perspective, 38. combine, 39. secretary, 40. regenerate, 41. awe, 42. define, 43. firm, 44. emission, 45. regenerate, 46. immediate

46. take im te effect

more active or successful

adj. happening or done without delay or

occurring shortly after something else

47. pa t with weight loss a person who is receiving medical n. treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic adj. someone who has the same job or 48. junior fe___w interests as you, or is in the same class, profession, or situation as you 49. em___e as a butterfly to move out of or away from something and become visible 50. d__y the allegations to state that one refuses to admit the existence or truth of something 51. in___e a high degree of risk to include or affect someone or ν. something as a necessary part of something else the right to vote in political elections; the 52. female su____ge exercise of voting rights or the process of obtaining them to walk militarily with stiff, regular steps 53. ma h east ν. 54. an of____ve smell adj. rude in a way that causes someone to feel anger, annoyance, or resentment; for the purpose of attack rather than defense 55. se____te cream from milk to force, take, or pull apart; mark as different 56. a feeling of a e a feeling of respect and wonder inspired by someone or something greatly admired a light or other visible object serving as 57. an aerial be n n. a signal, guide, or warning

ANSWERS: 47. patient, 48. fellow, 49. emerge, 50. deny, 51. involve, 52. suffrage, 53. march, 54. offensive, 55. separate, 56. awe, 57. beacon

of something 63. nire situation n. a very frightening or unpleasant dream 64. fote situation adj. having good luck or lucky 65. set a tp n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping 66. cast a traion spell n. a complete change in form, nature, or appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	58.	do on a connt basis	adj.	always behaving or happening in the same way, or having the same thoughts, standards, etc.
involving danger that requires immediate action 61. exng football player 62. the made of the disaster 63. nire situation 64. fote situation 65. set a t_p 66. cast a traion spell 67. ree a dispute 68. show gee regret 69. sue you're right 60. cast of the disaster 61. the extent, level, importance, or amound of something 62. the made of the disaster 63. n. the extent, level, importance, or amound of something or unpleasant dreated and prevent department or hole for catching animals or people; (verb) to catch animals or people; (verb) to catch animals or people and prevent them from escaping 64. fote situation 65. set a t_p 66. cast a traion spell 67. ree a dispute 68. show gee regret 69. sue you're right 60. to think that something is likely to be actual or possible 69. os of business 60. n. the degree or probability that a	59.	cor the world	<i>v</i> .	•
62. the made of the disaster n. the extent, level, importance, or amound for something n. a very frightening or unpleasant dream adj. having good luck or lucky n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping n. a complete change in form, nature, or appearance of someone or something appearance of someone or something n. a complete change in form, nature, or appearance of someone or something appearance of someone or something adj. real and exactly; not pretended; sincerely felt or expressed n. to think that something is likely to be actual or possible n. the degree or probability that a	60.	acute emcy	n.	involving danger that requires
of something 63. nire situation n. a very frightening or unpleasant dream 64. fote situation adj. having good luck or lucky 65. set a tp n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping 66. cast a traion spell n. a complete change in form, nature, or appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	61.	exng football player	adj.	causing a lot of interest or excitement
64. fote situation adj. having good luck or lucky 65. set a tp n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping 66. cast a traion spell n. a complete change in form, nature, or appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	62.	the made of the disaster	n.	the extent, level, importance, or amount of something
65. set a tp n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping 66. cast a traion spell n. a complete change in form, nature, or appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	63.	nire situation	n.	a very frightening or unpleasant dream
catching animals or people; (verb) to catch animals or people and prevent them from escaping 66. cast a traion spell n. a complete change in form, nature, or appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	64.	fote situation	adj.	having good luck or lucky
appearance of someone or something 67. ree a dispute v. to find a suitable answer to the problems or difficulty 68. show gee regret adj. real and exactly; not pretended; sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	65.	set a tp	n.	catching animals or people; (verb) to catch animals or people and prevent
problems or difficulty adj. real and exactly; not pretended; sincerely felt or expressed v. to think that something is likely to be actual or possible n. the degree or probability that a	66.	cast a traion spell	n.	a complete change in form, nature, or appearance of someone or something
sincerely felt or expressed 69. sue you're right v. to think that something is likely to be actual or possible 70. os of business n. the degree or probability that a	67.	ree a dispute	<i>v</i> .	
actual or possible 70. o_s of business n. the degree or probability that a	68.	show gee regret	adj.	The state of the s
	69.	sue you're right	<i>v</i> .	•
	70.	o_s of business	n.	the degree or probability that a particular thing will or will not happen

ANSWERS: 58. consistent, 59. conquer, 60. emergency, 61. exciting, 62. magnitude, 63. nightmare, 64. fortunate, 65. trap, 66. transformation, 67. resolve, 68. genuine, 69. suppose, 70. odds

71.	answer questions indlly	adv.	separately or apart from others
72.	atde toward mistakes	n.	the way you think and feel about someone or something
73.	trrm an education system	<i>v</i> .	to change in outward structure or looks;
74.	deed feeling	adj.	sad and without any hope
75.	mental coe	n.	the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
76.	political conon	n.	a large formal assembly of people who do a particular job or have a similar interest or of a political party; something regarded as a normative example
77.	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
78.	the a_c current	n.	the shape of a portion of a circle or other curved line
79.	crs management	n.	a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
80.	avt a strike	<i>v</i> .	to prevent something dangerous or undesirable from happening
81.	fue talk	adj.	incapable of producing any useful result; pointless
82.	vulle parts of the body	adj.	capable of being hurt or influenced physically or mentally

of

ANSWERS: 71. individually, 72. attitude, 73. transform, 74. depressed, 75. courage, 76. convention, 77. optimism, 78. arc, 79. crisis, 80. avert, 81. futile, 82. vulnerable

ANSWERS: 83. assume, 84. trepidation, 85. sustained, 86. essential, 87. continent, 88. burden, 89. lever, 90. glacier

91. effects of cle change	n.	the weather in a particular location averaged over some long period
92. regive therapy	adj.	tending to regrow or restore lost or injured tissue
93. exng news	adj.	causing a lot of interest or excitement
94. flu paic	n.	an outbreak of a disease that affects many people over a very wide area
95. sue beforehand	v.	to think that something is likely to be actual or possible
96. far in speech	<i>v</i> .	to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky
97. seals sleep under	adv.	below or under the surface of the water
98. ree the computer error	<i>v</i> .	to find a suitable answer to the problems or difficulty
99. development of the nes system	adj.	worried and anxious about something; relating to the nerves
100. personal nave	n.	a story or a description of a series of events or process of telling a story
101. legal frrk	n.	the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text
102. 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

ANSWERS: 91. climate, 92. regenerative, 93. exciting, 94. pandemic, 95. suppose, 96. falter, 97. underwater, 98. resolve, 99. nervous, 100. narrative, 101. framework, 102. process

103. negon skills	n.	the process of discussing and reaching an agreement with others
104. secular dra	n.	a play in a theatre, television, or radio, or performance on a stage
105. dee on a course of action	<i>v</i> .	to make up someone's mind about something; to come to a conclusion or judgment after considering options
106. demte mastery	<i>v</i> .	to display something or give an exhibition to an interested audience
107. reduce geocal risk	adj.	of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area
108. military stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.
109. customer sation	n.	a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
110. an unpled achievement	adj.	without parallel, equal in size, amount, quality, etc.; better or worse than any other
111. follow his insons	n.	detailed direction, order, etc., on how to do or use something
112. global paic	n.	an outbreak of a disease that affects many people over a very wide area
113. a reic goal	adj.	having or showing a sensible and practical idea that is possible to achieve
114. dairy c_w	n.	a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is

ANSWERS: 103. negotiation, 104. drama, 105. decide, 106. demonstrate, 107. geopolitical, 108. strategy, 109. satisfaction, 110. unparalleled, 111. instruction, 112. pandemic, 113. realistic, 114. cow

raised for its milk or meat

ANSWERS: 115. luxury, 116. wreck, 117. trepidation, 118. futile, 119. infrastructure, 120. involve, 121. promote, 122. consistent, 123. march

ν.

123. ma h against the war

to walk militarily with stiff, regular steps

124. less fote person	adj.	having good luck or lucky
125. und the story	v.	to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
126. 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
127. nave poetry	n.	a story or a description of a series of events or process of telling a story
128. ase an important role	ν.	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
129. ren the party	ν.	to return to someone or something
130. red communities	ν.	to build again or anew
131. govnt bureaucracy	n.	the group of people with authority to control a country or state
132. atd a meeting	ν.	to be present at an event, to go to a place
133. ree the company	ν.	to show that one is not willing to do or accept something
134. ace success	v.	to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 124. fortunate, 125. unfold, 126. coronavirus, 127. narrative, 128. assume, 129. rejoin, 130. rebuild, 131. government, 132. attend, 133. refuse, 134. achieve

135. the inland of a cont	n.	one of the earth's large landmasses; (adjective) abstaining from your feelings, especially your desire to have sex
136. ine life with meaning	v.	to fill something with a particular quality, feeling, or influence; to imbue
137. critical crad	n.	a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences
138. improve the likod of a cure	n.	the probability or chance that something will happen or be the case
139. a star of the first made	n.	the extent, level, importance, or amount of something
140. suer at discretion	<i>v</i> .	to cease resistance to an enemy or opponent and submit to their authority
141. cast fring eyes	adj.	causing fear or alarm, or very surprising and alarming
142. get inson from nature	n.	something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity
143. a desirable oue	n.	the result or effect of an action, event, etc.
144. get nes	adj.	worried and anxious about something; relating to the nerves
145. a seafaring nan	n.	a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 135. continent, 136. infuse, 137. crossroad, 138. likelihood, 139. magnitude, 140. surrender, 141. frightening, 142. inspiration, 143. outcome, 144. nervous, 145. nation

146. negon process	n.	the process of discussing and reaching an agreement with others
147. individual inson	n.	detailed direction, order, etc., on how to do or use something
148. trrm heat into power	<i>v</i> .	to change in outward structure or looks;
149. nice few	adj.	someone who has the same job or interests as you, or is in the same class, profession, or situation as you
150. far in decision-making	v.	to hesitate or stumble in action or speech; to lose strength or momentum; to become unsteady or shaky
151. d_e rabbit	n.	a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
152. 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
153. com the diagnosis	v.	to support or establish the truth or certainty of something previously believed or suspected to be the case
154. show tety	n.	the quality or state of being persistent and determined in the face of difficulties; the quality or property of holding together firmly, tending to adhere or cling
155. os in favor	n.	the degree or probability that a particular thing will or will not happen
156. environmental detnt	n.	a factor, circumstance, or condition that contributes to the shaping, influencing,

ANSWERS: 146. negotiation, 147. instruction, 148. transform, 149. fellow, 150. falter, 151. doe, 152. optimism, 153. confirm, 154. tenacity, 155. odds, 156. determinant

or result

or determining of a particular outcome

ANSWERS: 157. massive, 158. government, 159. responsible, 160. sustain, 161. process, 162. tendril, 163. disrupt, 164. convention

n.

164. con____on center

continuing in the usual way by causing

a large formal assembly of people who

interest or of a political party; something

do a particular job or have a similar

regarded as a normative example

a problem or disturbance

ANSWERS: 165. precise, 166. breakthrough, 167. individually, 168. decision, 169. arc, 170. beacon, 171. scary, 172. adversary, 173. zen, 174. meaningless

174. do a mea____ss task

natural elements

purpose

adj. having no meaning, direction, or

175. the geocal situations	adj.	of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area
176. 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
177. swp up dead leaves	ν.	to clean something, especially a floor or an area, by using a broom; move swiftly and smoothly
178. adry team	n.	a person, group, or force that opposes or fights against another; an enemy or opponent
179. a crl issue for women	adj.	extremely vital or necessary
180. ree photo	v.	to take something again or a second time, especially an examination or a photograph, to correct mistakes or improve the result
181. dee my position	<i>v</i> .	to state or explain precisely the nature, scope, or meaning of something
182. sink into a qure	n.	a soft, muddy area that is difficult to walk or move through; a difficult or complicated situation; a dilemma or predicament
183. scy story	adj.	causing fear or fright; frightening; intimidating

ANSWERS: 175. geopolitical, 176. coronavirus, 177. sweep, 178. adversary, 179. crucial, 180. retake, 181. define, 182. quagmire, 183. scary

to clean something, especially a floor or 184. sw p a room with a glance ν. an area, by using a broom; move swiftly and smoothly a piece of equipment or hole for 185. t_p an animal n. catching animals or people; (verb) to catch animals or people and prevent them from escaping 186. a mea____ss endeavor adj. having no meaning, direction, or purpose 187. have a ni____re a very frightening or unpleasant dream 188. in e with spirit to fill something with a particular quality, feeling, or influence; to imbue adj. elevated in position, rank, or status; 189. a lo__y peak grand; elevated in style or language a pleasant feeling you have when you 190. a sense of sat ion n. have fulfilled a desire, need, or expectation or have achieved something adj. more important than anything else; 191. pa nt to all the others having superior power and influence or the highest position a ship that has sunk or has been 192. the house was a wr k destroyed; a vehicle that has been badly damaged in an accident 193. the im____te past adj. happening or done without delay or occurring shortly after something else 194. a vul____le bridge adj. capable of being hurt or influenced physically or mentally

ANSWERS: 184. sweep, 185. trap, 186. meaningless, 187. nightmare, 188. infuse, 189. lofty, 190. satisfaction, 191. paramount, 192. wreck, 193. immediate, 194. vulnerable

ANSWERS: 195. historic, 196. collaboration, 197. courage, 198. differential, 199. contribution, 200. differential, 201. transition, 202. essential, 203. collaboration, 204. depict, 205. caregiving

n.

the act of providing care and support for

someone who is ill, disabled, or elderly

205. car____ng responsibilities

206. a test pit	n.	a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
207. coron assets	n.	a large company or group of companies that are controlled together by law as a single unit
208. a gee article	adj.	real and exactly; not pretended; sincerely felt or expressed
209. hiic accomplishment	adj.	famous or significant in history, or potentially so
210. high impce	n.	the quality of being important and worthy of note
211. pat in the hospital	n.	a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
212. demte a difference	<i>v</i> .	to display something or give an exhibition to an interested audience
213. atde control	n.	the way you think and feel about someone or something
214. loy ambitions	adj.	elevated in position, rank, or status; grand; elevated in style or language
215. afd a high travel cost	<i>v</i> .	to have enough money or time to be able to buy or do something
216. deon authority	n.	the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 206. pilot, 207. corporation, 208. genuine, 209. historic, 210. importance, 211. patient, 212. demonstrate, 213. attitude, 214. lofty, 215. afford, 216. decision

217. die control	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
218. crl information	adj.	extremely vital or necessary
219. red a company	v.	to build again or anew
220. moic community	adj.	relating to monk or monasticism; ascetic or austere in lifestyle or habits
221. estimate pre costs	adj.	sharply exact or accurate or delimited
222. glrs move tardily	n.	a slowly moving mass of ice formed from snow on mountains or near the North Pole or the South Pole
223. IT infure	n.	the basic systems, services, or features that are necessary for an organization or country, such as transport and power supplies
224. assume the ofve	adj.	rude in a way that causes someone to feel anger, annoyance, or resentment; for the purpose of attack rather than defense
225. dete a few hours	ν.	to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
226. ensure a smooth traon	n.	the process or period of changing from one state or circumstance to another
227. g_t washer	n.	very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

ANSWERS: 217. disease, 218. crucial, 219. rebuild, 220. monastic, 221. precise, 222. glacier, 223. infrastructure, 224. offensive, 225. dedicate, 226. transition, 227. grit

the top layer of Earth in which plants 228. s Is retentive of moisture n. grow 229. el fy a manufacturing process to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something 230. a public cor____on a large company or group of companies that are controlled together by law as a single unit 231. de___e centigrade a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment a detailed plan of action designed to 232. develop a st gy n. achieve a long-term or overall goal. 233. vi___I navigation adj. relating to seeing or sight 234. adamantly d y killing to state that one refuses to admit the ν. existence or truth of something 235. di e prevention a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems adj. apparent to the mind, senses, or 236. plainly ev t judgment 237. en___e a new employee to attract and keep someone's attention and interest; to participate in or obtain services of something a person whose job is to deal with 238. a confidential se____ry n. correspondence, keep records, and do administrative work for a company or

ANSWERS: 228. soil, 229. electrify, 230. corporation, 231. degree, 232. strategy, 233. visual, 234. deny, 235. disease, 236. evident, 237. engage, 238. secretary

organization

ANSWERS: 239. electrify, 240. unfold, 241. pessimistic, 242. attend, 243. aggression, 244. depressed, 245. powerless, 246. luxury, 247. transformation, 248. contribution

organization; a voluntary gift as of money or service or ideas made to

some worthwhile cause

249. o d behavior adj. strange or unexpected; not divisible by two 250. unp____led views adj. without parallel, equal in size, amount, quality, etc.; better or worse than any other 251. in an o d way adj. strange or unexpected; not divisible by two to move out of or away from something 252. em___e from poverty and become visible 253. ac___e milestones to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do 254. naked agg____on the act of attacking or assaulting; hostile n. or violent behavior to frighten someone very much 255. the threats te____y him ν. 256. a gear change le r a handle used to operate a vehicle or a n. machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily adj. not excited, angry, or nervous; free from 257. c__m sea wind, large waves 258. su____ed economic growth adj. lasting for a long time or continuing for a long time without becoming weaker or less intense 259. parched s | I the top layer of Earth in which plants

ANSWERS: 249. odd, 250. unparalleled, 251. odd, 252. emerge, 253. achieve, 254. aggression, 255. terrify, 256. lever, 257. calm, 258. sustained, 259. soil, 260. combine

ν.

group

to join or merge to form a single thing or

260. co____e chemically with another

substance

261. g__t determination

n. very small p mental toug perseveran or obstacles

262. go on lo___wn

n. an emerger communitie they are, us such as CC

263. ma___e amounts

264. perform with ve_e

n. energy, ent especially v spirited way

265. pi__t production

n. a person whas a job; a p ships through as a job; a p gases

266. global em___ons of greenhouse gases

267. not no___ly drink much

268. po___ss position

n. ddy. usually; und addy. usually; und addy. lacking pow unable to accommentation.

269. de___e a question

271. cloistered m k

270. su n a wellness lifestyle

- very small pieces of stone or sand;
 mental toughness and determination or perseverance in the face of challenges or obstacles
- an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
- adj. enormous amount; very heavy and solid
- energy, enthusiasm, or vitality,
 especially when expressed in a lively or spirited way; vigor or zeal
- a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
- n. the act of production or sending out gas, heat, light, etc.
- adv. usually; under normal conditions
- adj. lacking power, strength, or authority; unable to act or affect change
- to make up someone's mind about something; to come to a conclusion or judgment after considering options
- to supply enough of what somebody or something needs to survive or exist; to accept as valid
- a member of a religious community of men living under vows of poverty, chastity, and obedience

ANSWERS: 261. grit, 262. lockdown, 263. massive, 264. verve, 265. pilot, 266. emission, 267. normally, 268. powerless, 269. decide, 270. sustain, 271. monk

272. en___e in environmental protection ν. to attract and keep someone's attention and interest; to participate in or obtain activities services of something 273. de___t a scene to illustrate someone or something in a ν. photograph 274. st___rn stains adj. refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change 275. the per____ve of the battle a confident attitude toward something; a particular style of thinking about something a time of great disagreement, 276. financial cr__s n. confusion, or danger when problems must be resolved or critical decisions must be taken to encourage or persuade people to 277. pr___e bad behavior like, buy, use, do, or support something; to raise someone to a higher position or rank 278. mo ic orders adj. relating to monk or monasticism; ascetic or austere in lifestyle or habits 279. upcoming crime dr__a a play in a theatre, television, or radio, n. or performance on a stage 280. en___us potential adj. extremely large or great 281. de____te a chapter to the subject to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular

ANSWERS: 272. engage, 273. depict, 274. stubborn, 275. perspective, 276. crisis, 277. promote, 278. monastic, 279. drama, 280. enormous, 281. dedicate

purpose or use

282. s	strn attitude	adj.	refusing to change one's mind or behavior despite persuasion or evidence to the contrary; unyielding; difficult to move or change
283. li	ikod of the success	n.	the probability or chance that something will happen or be the case
284. c	collaborate with coues	n.	one of a group of a coworker, especially in a profession or a business
285. (comon number	n.	a collection of things that have been combined; an assemblage of separate parts or qualities
286. a	a try during work	n.	an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
287. d	drc measures	adj.	radical and extreme; likely to have a significant or far-reaching impact
288. s	suge movement	n.	the right to vote in political elections; the exercise of voting rights or the process of obtaining them
289. s	stk a key in a lock	<i>v</i> .	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
290. f	ield of vil arts	adj.	relating to seeing or sight
291. r	ee a request	<i>v</i> .	to show that one is not willing to do or accept something

ANSWERS: 282. stubborn, 283. likelihood, 284. colleague, 285. combination, 286. tragedy, 287. drastic, 288. suffrage, 289. stick, 290. visual, 291. refuse

ANSWERS: 292. breakthrough, 293. inspire, 294. tendril, 295. calm, 296. mobilize, 297. rejoin, 298. animate, 299. combination, 300. drastic, 301. confirm

ν.

301. co____m a transaction

to support or establish the truth or

certainty of something previously

believed or suspected to be the case

302. journalistic vee	n.	energy, enthusiasm, or vitality, especially when expressed in a lively or spirited way; vigor or zeal
303. the lord pant	adj.	more important than anything else; having superior power and influence or the highest position
304. cooon with strategic partners	n.	the act or situation of working together with someone towards a shared purpose, benefit, etc.
305. take a pesic view of life	adj.	tending to see the worst aspect of things or expecting the worst possible outcome
306. afd to buy a new car	v.	to have enough money or time to be able to buy or do something
307. improved student oues	n.	the result or effect of an action, event, etc.
308. moze a stiff joint	v.	to make something ready for action or use; to organize people or resources for a particular purpose
309. hold my breath under	adv.	below or under the surface of the water
310. tey people	<i>v</i> .	to frighten someone very much
311. c_w herd	n.	a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
312. major crad	n.	a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences

ANSWERS: 302. verve, 303. paramount, 304. cooperation, 305. pessimistic, 306. afford, 307. outcome, 308. mobilize, 309. underwater, 310. terrify, 311. cow, 312. crossroad

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313. complete no____ly

314. fire st__k

315. car____ng process

adv. usually; under normal conditions

- v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
- n. the act of providing care and support for someone who is ill, disabled, or elderly

ANSWERS: 313. normally, 314. stick, 315. caregiving

Session 3: Fill in the Blanks

1.	During the hurricane, we felt against the winds and rain.
ad	i. lacking power, strength, or authority; unable to act or affect change
2.	She has a lot of and determination to succeed.
n.	very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
3.	The to the safe was a secret.
n.	a collection of things that have been combined; an assemblage of separate parts or qualities
4.	The farmer milked the every morning before breakfast.
n.	a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
5.	The positive attitude of the supervisor the discussion.
<i>v</i> .	to make something full of interest and energy
6.	The product developed through years of research continues to the market.
<i>v</i> .	to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
7.	He cannot a holiday.
<i>v</i> .	to have enough money or time to be able to buy or do something
8.	The government should do more to sustainable agribusiness.
ν.	to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
	SWERS: 1. powerless, 2. grit, 3. combination, 4. cows, 5. animated, 6. electrify, 7. ord, 8. promote

ANSWERS: 67. pessimistic, 68. suppose, 69. define, 70. rebuild, 71. sweep, 72. cooperation, 73. Soil, 74. process

131.	One of success is having a positive attitude and a strong work
	ethic.
n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
132.	His son had accurately the bloom.
ν.	to illustrate someone or something in a photograph
133.	The military troops to the border.
<i>v</i> .	to make something ready for action or use; to organize people or resources for a particular purpose
134.	Shakespeare's output of poetry was
adj.	extremely large or great
135.	The country holds dominant power over its neighbors.
adj.	of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area
136.	It takes a lot of to stand up for what you believe is right.
n.	the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or despair; the quality of being brave or courageous
137.	The of the project being completed on time is uncertain.
n.	the probability or chance that something will happen or be the case
138.	My initial reaction was to
ν.	to show that one is not willing to do or accept something
	SWERS: 131. determinant, 132. depicted, 133. mobilized, 134. enormous, 135. political, 136. courage, 137. likelihood, 138. refuse

ANSWERS: 156. dedicated, 157. attitude, 158. luxury