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Vocabulary Builder Reference from...

David Asch: Why it's so hard to make healthy decisions | TED Talk

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

Advanced Words Only

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Session 1: Word List

horrific

adj. causing horror or disgust; gruesome and terrifying

synonym : terrifying, alarming, shocking

(1) **horrific** experience, (2) **horrific** condition

The accident scene was **horrific**, with bodies and debris scattered everywhere.

laceration

n. a deep cut or tear in flesh or skin, often caused by a sharp object or a traumatic injury

synonym : tear, cut, gash

(1) **laceration** to skin, (2) multiple **lacerations**

The deep **laceration** on my arm required several stitches to close.

ventilate

v. to supply fresh air to a room, building, etc.; to remove stale air from it

synonym : air out, circulate, freshen

(1) **ventilate** my opinion, (2) **ventilate** air

It's important to **ventilate** the room to avoid the buildup of harmful gases.

troop

n. a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.

synonym : group, unit, band

(1) the members of a military **troop**, (2) a **troop** of deer
The **troop** of soldiers marched through the city in a parade.

senator

n. a member of a legislative body, especially a member of the U.S. Senate

synonym: legislator, politician, representative

(1) junior **senator**, (2) **senator** term

The hawkish **senator** gave a speech on the new bill in the Senate.

unrestrained

adj. characterized by a lack of control or restraints; behaving in a wild, unruly, or excessive way

synonym: unbridled, unchecked, uncontrolled

(1) **unrestrained** anger, (2) **unrestrained** creativity

His **unrestrained** behavior caused him to lose his job.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

patella

n. the small flat bone that forms the front part of the knee joint; also known as the kneecap

synonym: kneecap, knee bone

(1) **patella** fracture, (2) **patella** tendon

My doctor says I have a **patella** injury, and I need to wear a knee brace.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

reflex

n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

synonym: reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

hitch

v. to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle

synonym: fasten, jerk, tether

(1) **hitch** a ride, (2) **hitch** up my trousers

The mechanics **hitched** the trailer to the broken-down car.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

foible

n. a minor weakness or flaw in character or behavior that is considered forgivable or acceptable

synonym: shortcoming, weakness, flaw

(1) personal **foible**, (2) mental **foibles**

One of his many **foibles** was his obsession with collecting antique teacups.

forearm

n. the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation

(1) **forearm** bone, (2) several veins of the **forearm**

The accident left him with numbness in his left **forearm**.

luscious

adj. pleasing to the taste or smell, rich and delicious

synonym: sweet, rich, tempting

(1) **luscious** taste, (2) have **luscious** eyes

The **luscious** fruit was the perfect ending to a delicious meal.

wright

n. a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal

synonym : builder, constructor, craftsman

(1) a car- **wright**, (2) aircraft **wright**

She was a skilled **wright**, able to craft intricate pieces of furniture.

quip

n. a witty remark, often sarcastic or humorous that is intended to be clever and entertaining rather than serious or critical

synonym : joke, wisecrack, pun

(1) **quip** about politics, (2) sarcastic **quip**

Her witty **quip** caught everyone off guard and caused the room to laugh.

overestimate

v. to estimate something to be greater in amount or importance than it really is

synonym : overrate, overvalue, embellish

(1) **overestimate** the value, (2) **overestimate** the amount of time spent

He tends to **overestimate** his abilities.

jackpot

n. a large cash prize or reward that is won by chance or luck; a situation in which one experiences an unexpectedly positive or fortunate outcome

synonym : prize, bonanza, windfall

(1) lottery **jackpot**, (2) win a **jackpot**

After hours of playing the slot machines, she finally hit the **jackpot** and won hundreds of dollars.

payoff

n. the outcome or result of an action or series of actions; the return or reward gained from an investment, effort, or risk

synonym : reward, compensation, return

(1) financial **payoff**, (2) emotional **payoff**

The **payoff** for all my hard work was finally getting a promotion.

swagger

v. to walk or behave in a very confident and typically arrogant or aggressive way

synonym: strut, swagger, boast

(1) **swagger** onto the field, (2) **swagger** down the street

He **swaggered** into the room as if he owned the place.

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.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

etch

v. to carve, cut, or engrave (a design or text) into a hard surface; to corrode, erode or eat away at a metal surface using acid or another chemical substance to create a design or pattern

synonym: engrave, inscribe, carve

(1) **etch** a metal plate, (2) **etch** a design into wood

He used a sharp tool to **etch** his initials onto the metal.

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym: psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective

Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

statistician

n. a person who studies or is an expert in statistics
synonym: actuary

(1) professional **statisticians**, (2) environmental **statistician**

The firm employs several **statisticians** to develop a recommendation engine.

accelerometer

n. a device that measures acceleration or changes in motion, typically used in aerospace, automotive, and other engineering applications to monitor and control movement or to measure things like speed or vibration
synonym: sensor, g-sensor, gravimeter

(1) **accelerometer** reading, (2) high-precision **accelerometer**

The phone's **accelerometer** measures its movement and orientation in three-dimensional space.

loom

v. to appear or take shape as a large, especially in a frightening way

synonym: appear, come on, overshadow

(1) **loom** over the global economy, (2) **loom** on the horizon

The issue of divorce **loomed** large in his mind.

robin

n. a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America

synonym: thrush, red-breast, redbird

(1) **robin** eggs, (2) **robin's** nest

I love listening to the cheerful song of the **robin** in my garden.

aversion

n. a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant

synonym: dislike, loathing, repulsion

(1) **aversion** therapy, (2) strong **aversion**

Her **aversion** to snakes made her avoid the reptile exhibit at the zoo.

condemn

v. to express strong disapproval or criticism of something
synonym: criticize, denounce, censure

(1) **condemn** violence, (2) **condemn** crime

The government was **condemned** for its handling of the crisis.

toolbox

n. a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment

synonym: tool chest, tool kit, tool bag

(1) design **toolbox**, (2) **toolbox** storage

You should always keep a basic **toolbox** in your car in case of an emergency.

Session 2: Spelling

- | | |
|-------------------------------|--|
| 1. ove_____ate the value | <i>v.</i> to estimate something to be greater in amount or importance than it really is |
| 2. re___x test | <i>n.</i> an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli |
| 3. personal fo___e | <i>n.</i> a minor weakness or flaw in character or behavior that is considered forgivable or acceptable |
| 4. sh__d lettuce for a salad | <i>v.</i> to tear or cut something into a small pieces; (noun) a tiny or scarcely detectable amount |
| 5. fo_____m bone | <i>n.</i> the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation |
| 6. financial pa___f | <i>n.</i> the outcome or result of an action or series of actions; the return or reward gained from an investment, effort, or risk |
| 7. unr_____ned anger | <i>adj.</i> characterized by a lack of control or restraints; behaving in a wild, unruly, or excessive way |
| 8. te___n grafting | <i>n.</i> a strong, fibrous cord of tissue that connects muscle to bone |
| 9. professional sta_____ians | <i>n.</i> a person who studies or is an expert in statistics |
| 10. environmental sta_____ian | <i>n.</i> a person who studies or is an expert in statistics |

ANSWERS: 1. overestimate, 2. reflex, 3. foible, 4. shred, 5. forearm, 6. payoff, 7. unrestrained, 8. tendon, 9. statistician, 10. statistician

- | | |
|------------------------------------|--|
| 11. traditional me_____al | <i>adj.</i> of or relating to the treatment or cure of disease |
| 12. multiple lac_____ons | <i>n.</i> a deep cut or tear in flesh or skin, often caused by a sharp object or a traumatic injury |
| 13. se_____r term | <i>n.</i> a member of a legislative body, especially a member of the U.S. Senate |
| 14. me_____al chemistry | <i>adj.</i> of or relating to the treatment or cure of disease |
| 15. av_____on therapy | <i>n.</i> a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant |
| 16. win a ja_____t | <i>n.</i> a large cash prize or reward that is won by chance or luck; a situation in which one experiences an unexpectedly positive or fortunate outcome |
| 17. lac_____on to skin | <i>n.</i> a deep cut or tear in flesh or skin, often caused by a sharp object or a traumatic injury |
| 18. 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 |
| 19. from a cl_____an's perspective | <i>n.</i> a practitioner, especially of medicine or psychology, who has direct contact with patients |
| 20. ro__n eggs | <i>n.</i> a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America |

ANSWERS: 11. medicinal, 12. laceration, 13. senator, 14. medicinal, 15. aversion, 16. jackpot, 17. laceration, 18. shred, 19. clinician, 20. robin

21. hi__h a ride *v.* to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle
22. aircraft wr___t *n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
23. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
24. ve_____te my opinion *v.* to supply fresh air to a room, building, etc.; to remove stale air from it
25. high-precision acc_____ter *n.* a device that measures acceleration or changes in motion, typically used in aerospace, automotive, and other engineering applications to monitor and control movement or to measure things like speed or vibration
26. sw_____r onto the field *v.* to walk or behave in a very confident and typically arrogant or aggressive way
27. hi__h up my trousers *v.* to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle
28. a tr__p of deer *n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.
29. sarcastic q__p *n.* a witty remark, often sarcastic or humorous that is intended to be clever and entertaining rather than serious or critical

ANSWERS: 21. hitch, 22. wright, 23. irrational, 24. ventilate, 25. accelerometer, 26. swagger, 27. hitch, 28. troop, 29. quip

30. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
31. co_____n crime *v.* to express strong disapproval or criticism of something
32. e__h a metal plate *v.* to carve, cut, or engrave (a design or text) into a hard surface; to corrode, erode or eat away at a metal surface using acid or another chemical substance to create a design or pattern
33. acc_____ter reading *n.* a device that measures acceleration or changes in motion, typically used in aerospace, automotive, and other engineering applications to monitor and control movement or to measure things like speed or vibration
34. have lu_____us eyes *adj.* pleasing to the taste or smell, rich and delicious
35. lu_____us taste *adj.* pleasing to the taste or smell, rich and delicious
36. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
37. te____n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
38. ho_____ic condition *adj.* causing horror or disgust; gruesome and terrifying
39. the members of a military tr__p *n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.

ANSWERS: 30. clinician, 31. condemn, 32. etch, 33. accelerometer, 34. luscious, 35. luscious, 36. improvisation, 37. tendon, 38. horrific, 39. troop

40. to____x storage *n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment
41. ro__n's nest *n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
42. pa____a fracture *n.* the small flat bone that forms the front part of the knee joint; also known as the kneecap
43. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
44. strong av_____on *n.* a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant
45. sw_____r down the street *v.* to walk or behave in a very confident and typically arrogant or aggressive way
46. ho____ic experience *adj.* causing horror or disgust; gruesome and terrifying
47. emotional pa____f *n.* the outcome or result of an action or series of actions; the return or reward gained from an investment, effort, or risk
48. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 40. toolbox, 41. robin, 42. patella, 43. irrational, 44. aversion, 45. swagger, 46. horrific, 47. payoff, 48. improvisation

49. knee re___x *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
50. l__m on the horizon *v.* to appear or take shape as a large, especially in a frightening way
51. ve_____te air *v.* to supply fresh air to a room, building, etc.; to remove stale air from it
52. ove_____ate the amount of time spent *v.* to estimate something to be greater in amount or importance than it really is
53. unr_____ned creativity *adj.* characterized by a lack of control or restraints; behaving in a wild, unruly, or excessive way
54. pa_____a tendon *n.* the small flat bone that forms the front part of the knee joint; also known as the kneecap
55. design to_____x *n.* a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment
56. several veins of the fo_____m *n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
57. q__p about politics *n.* a witty remark, often sarcastic or humorous that is intended to be clever and entertaining rather than serious or critical
58. mental fo___es *n.* a minor weakness or flaw in character or behavior that is considered forgivable or acceptable

ANSWERS: 49. reflex, 50. loom, 51. ventilate, 52. overestimate, 53. unrestrained, 54. patella, 55. toolbox, 56. forearm, 57. quip, 58. foible

59. e__h a design into wood *v.* to carve, cut, or engrave (a design or text) into a hard surface; to corrode, erode or eat away at a metal surface using acid or another chemical substance to create a design or pattern
60. a car-wr___t *n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
61. l__m over the global economy *v.* to appear or take shape as a large, especially in a frightening way
62. co_____n violence *v.* to express strong disapproval or criticism of something
63. lottery ja_____t *n.* a large cash prize or reward that is won by chance or luck; a situation in which one experiences an unexpectedly positive or fortunate outcome
64. junior se_____r *n.* a member of a legislative body, especially a member of the U.S. Senate

ANSWERS: 59. etch, 60. wright, 61. loom, 62. condemn, 63. jackpot, 64. senator

Session 3: Fill in the Blanks

1. The accident scene was _____ with bodies and debris scattered everywhere.
adj. causing horror or disgust; gruesome and terrifying
2. After hours of playing the slot machines, she finally hit the _____ and won hundreds of dollars.
n. a large cash prize or reward that is won by chance or luck; a situation in which one experiences an unexpectedly positive or fortunate outcome
3. The _____ fruit was the perfect ending to a delicious meal.
adj. pleasing to the taste or smell, rich and delicious
4. Some _____ believe that psychological characteristics alone may cause mental disorders.
n. a practitioner, especially of medicine or psychology, who has direct contact with patients
5. Her _____ to snakes made her avoid the reptile exhibit at the zoo.
n. a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant
6. The government was _____ for its handling of the crisis.
v. to express strong disapproval or criticism of something
7. My leg kicked involuntarily when the doctor tapped my knee with the _____ hammer.
n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

ANSWERS: 1. horrific, 2. jackpot, 3. luscious, 4. clinicians, 5. aversion, 6. condemned, 7. reflex

8. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
9. She was a skilled _____ able to craft intricate pieces of furniture.
- n.* a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal
10. One of his many _____ was his obsession with collecting antique teacups.
- n.* a minor weakness or flaw in character or behavior that is considered forgivable or acceptable
11. The _____ of soldiers marched through the city in a parade.
- n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.
12. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
13. He used a sharp tool to _____ his initials onto the metal.
- v.* to carve, cut, or engrave (a design or text) into a hard surface; to corrode, erode or eat away at a metal surface using acid or another chemical substance to create a design or pattern
14. The _____ for all my hard work was finally getting a promotion.
- n.* the outcome or result of an action or series of actions; the return or reward gained from an investment, effort, or risk
15. _____ injuries are common among athletes.
- n.* a strong, fibrous cord of tissue that connects muscle to bone

ANSWERS: 8. improvisation, 9. wright, 10. foibles, 11. troop, 12. medicinal, 13. etch, 14. payoff, 15. Tendon

16. The mechanics _____ the trailer to the broken-down car.

v. to move something into a different position jerkily; to travel by getting free rides from motorists; to hook or entangle

17. They continued to endure _____ treatment by the dictatorship.

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

18. The firm employs several _____ to develop a recommendation engine.

n. a person who studies or is an expert in statistics

19. He tends to _____ his abilities.

v. to estimate something to be greater in amount or importance than it really is

20. He _____ into the room as if he owned the place.

v. to walk or behave in a very confident and typically arrogant or aggressive way

21. You should always keep a basic _____ in your car in case of an emergency.

n. a container or storage unit for tools, typically characterized by a handle and one or more compartments for organizing and storing various tools and equipment

22. The deep _____ on my arm required several stitches to close.

n. a deep cut or tear in flesh or skin, often caused by a sharp object or a traumatic injury

23. His _____ behavior caused him to lose his job.

adj. characterized by a lack of control or restraints; behaving in a wild, unruly, or excessive way

ANSWERS: 16. hitched, 17. irrational, 18. statisticians, 19. overestimate, 20. swaggered, 21. toolbox, 22. laceration, 23. unrestrained

24. My doctor says I have a _____ injury, and I need to wear a knee brace.
- n.* the small flat bone that forms the front part of the knee joint; also known as the kneecap
25. The phone's _____ measures its movement and orientation in three-dimensional space.
- n.* a device that measures acceleration or changes in motion, typically used in aerospace, automotive, and other engineering applications to monitor and control movement or to measure things like speed or vibration
26. I love listening to the cheerful song of the _____ in my garden.
- n.* a small bird from the thrush family, typically having a red breast and found across Europe, Asia, and North America
27. The accident left him with numbness in his left _____.
- n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
28. 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
29. The issue of divorce _____ large in his mind.
- v.* to appear or take shape as a large, especially in a frightening way
30. The hawkish _____ gave a speech on the new bill in the Senate.
- n.* a member of a legislative body, especially a member of the U.S. Senate
31. Her witty _____ caught everyone off guard and caused the room to laugh.
- n.* a witty remark, often sarcastic or humorous that is intended to be clever and entertaining rather than serious or critical

ANSWERS: 24. patella, 25. accelerometer, 26. robin, 27. forearm, 28. shred, 29. loomed, 30. senator, 31. quip

32. It's important to _____ the room to avoid the buildup of harmful gases.

v. to supply fresh air to a room, building, etc.; to remove stale air from it

ANSWERS: 32. ventilate