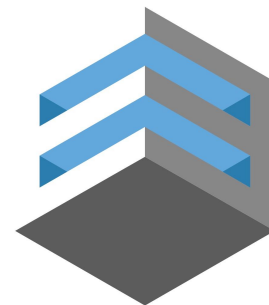


Englist.me



Vocabulary Builder Reference from...

Emily Nagoski and Amelia Nagoski: The cure for

burnout (hint: it isn't self-care) | TED Talk

[https://www.ted.com/talks/emily_nagoski_and_amelia](https://www.ted.com/talks/emily_nagoski_and_amelia_nagoski_the_cure_for_burnout_hint_it_isn_t_self_care)

[_nagoski_the_cure_for_burnout_hint_it_isn_t_self_ca](https://www.ted.com/talks/emily_nagoski_and_amelia_nagoski_the_cure_for_burnout_hint_it_isn_t_self_care)

[re](https://www.ted.com/talks/emily_nagoski_and_amelia_nagoski_the_cure_for_burnout_hint_it_isn_t_self_care)

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source.

We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

communal

adj. belonging to or used by a group rather than individuals;
for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination
of funds

Communal elections were held in several European
countries.

curator

n. a person whose job is to manage the objects or artworks
in a museum, art gallery, etc.

synonym: conservator, custodian, administrator

(1) **curator** of a library, (2) interim **curator**

The museum **curator** conserved the ancient manuscripts.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically**
American customers

This ad campaign is aimed **specifically** at young women.

burnout

n. the state of being exceedingly exhausted or unwell,
either physically or mentally, as a result of overworking

synonym: breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

identical

adj. being the exact same one

synonym: duplicate, exact, analogous

(1) pair of **identical** twins, (2) an **identical** equation

Infant formulas are nutritionally almost **identical** to a mother's breast milk.

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

exhausted

adj. extremely tired

synonym: drowsy, depleted, fatigued

(1) the **exhausted** food sources, (2) **exhausted** parents

The **exhausted** runner fell to the ground and gasped.

nevertheless

adv. in spite of that; yet

synonym: nonetheless, yet, still

(1) keep working **nevertheless**, (2) **nevertheless**, she persevered

She was tired and hungry, but **nevertheless**, she persevered.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym: dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

unlock

v. to open something, such as a door, window, etc., usually using a key

synonym: open, solve, unravel

(1) **unlock** a door with a key, (2) **unlock** value

The customs officer required the traveler to **unlock** his suitcase.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

inspiration

n. 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.

conduct

v. to organize and carry out a particular activity

synonym: behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

abdominal

adj. of or relating to the part of the body that contains the stomach, intestines, and other organs

synonym: belly, ventral

(1) an **abdominal** operation, (2) **abdominal** muscles

He felt a sharp pain in his **abdominal** area.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

induce

v. to persuade someone to do something; to cause to act in a specific manner

synonym: cause, encourage, persuade

(1) **induce** a crisis, (2) **induce** him to see a doctor

The lack of sleep **induces** both physical and psychological diseases.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

conductor

n. someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.

synonym: director, manager

(1) **conductor** directing a symphony, (2) oxide **conductor**
Diamonds are employed as thermal **conductors** as well.

emotion

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

synonym: feeling, sentiment, passion

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

onstage

adv. onto or on a stage in a theater; in front of an audience

(1) appeared **onstage**, (2) walk **onstage**
He performed his magic trick **onstage**, leaving the audience in awe.

stack

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

synonym: accumulation, heap, pile

(1) high **stack**, (2) a large **stack** of paper
The earthquake caused a **stack** of lumber to crumble noisily.

peer

n. a person who has the same age, status, or ability

synonym: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review
Among young people, **peer** pressure can be pretty influential.

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 allegations
He is still **denying** stealing the money from the cash register.

manifest

v. to show something such as feeling, attitude, quality, etc. clearly through signs or actions

synonym: exhibit, make plain, demonstrate

(1) **manifest** as the word, (2) **manifest** displeasure

The Prime Minister **manifested** his regret for his neighbors

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

origin

n. the first existence or beginning of something

synonym: root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

inclusive

adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something

synonym: cover-all, all-embracing, comprehensive

(1) a fully **inclusive** price, (2) **inclusive** education

The university has established a capacity for each nationality as part of its **inclusive** policy.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

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.

personalize

v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

synonym: customize, individualize, tailor

(1) **personalize** social media profile, (2) **personalize** my workspace

I like to **personalize** my phone case with a picture of my dog.

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.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

accomplishment

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

synonym: success, achievement, complete

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

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

exhaustion

n. the state of being extremely tired and lacking energy or strength

synonym: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

broad

adj. very wide; general

synonym: wide, expansive, comprehensive

(1) attract **broad** attention, (2) a **broad** mind

He accumulated wealth across a **broad** spectrum of assets.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

ongoing

adj. continuing to exist or develop, or currently happening

synonym: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

cease

v. to stop an action or event

synonym: stop, end, terminate

(1) **cease** to exist, (2) **cease** drinking

The company decided to **cease** production of the product.

formula

n. a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement

synonym: expression, recipe, procedure

(1) structural **formula**, (2) a binomial **formula**

The teacher told the students to memorize the math **formula**.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

stressor

n. something that causes stress or emotional tension

synonym: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

perceive

v. to become aware or conscious of something through the senses

synonym: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

largely

adv. virtually entirely; to a large degree

synonym: mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue
Nevada is **largely** a desert state.

evolutionary

adj. relating to or denoting how living things develop or change from earlier forms

synonym: developmental, mutative, transformative

(1) ecology and **evolutionary** biology, (2) the **evolutionary** process

Evolutionary algorithms can find ways to optimize that humans do not anticipate.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

intent

n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

synonym: purpose, aim, goal

(1) the **intent** of a question, (2) **intent** gaze

The designer's **intent** was to create a minimalist aesthetic for the interior of the building.

chase

v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

synonym: pursue, hunt, track

(1) **chase** a dream, (2) wild goose **chase**

The police officer **chased** the suspect through the crowded streets until they finally caught him.

savannah

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

synonym: grassland, plain

(1) **savannah** region, (2) tropical **savannah**

The birds live in tropical forests, **savannahs**, and arid semi-desert environments.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

cognition

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

synonym: awareness, understanding, comprehension

(1) social **cognition**, (2) **cognition** disorder

The professor focused on the research of infant **cognition**.

stake

n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something

synonym: share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake**

The **stake** of the company is too high nowadays.

alas

adv. (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

synonym: alack, regrettably, unluckily

(1) **alas**, we did not win the game, (2) **alas**, I cannot attend the party

Alas, I realized I had left my keys at home and couldn't enter the building.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
synonym: travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

classic

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

synonym: definitive, traditional, typical

(1) a **classic** experiment, (2) Chinese **classic** literature

He displayed the **classic** symptoms of depression.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

chronic

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

synonym: established, regular, constant

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

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

concrete

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or

guesses; made of or covered with cement

synonym: actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

grumpy

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

synonym: crabby, grouchy, irritable

(1) **grumpy** cat, (2) **grumpy** mood

The **grumpy** older man snapped at the children for playing too loudly.

cranky

adj. easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

synonym: crabby, irritable, grumpy

(1) **cranky** mood, (2) **cranky** toddler

I feel **cranky** today; please forgive me if I seem irritable.

jerk

v. to make a sudden, sharp movement, or cause something to do this

synonym: wrench, jolt, twitch

(1) **jerk** her head back, (2) **jerk** the rope

The driver suddenly **jerked** the steering wheel to the left to avoid hitting the deer.

jack

n. a mechanical device used for lifting or supporting heavy objects

synonym: lever, crank, wrench

(1) a **jack** of all trades, (2) a line-in **jack**

He used a **jack** to lift the car to change the tire.

driveway

n. a private road leading from a street or road to a house or garage, typically providing access for vehicles

synonym: entrance, access, approach

(1) long **driveway**, (2) snow-covered **driveway**

I accidentally backed into my wife's car while backing out of the **driveway** this morning.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym: tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

communicate

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

synonym: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

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

process

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

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

overlap

v. to partially cover something by going beyond its edge

synonym: overlay, cover, bespread

(1) **overlap** one another, (2) **overlap** in many areas

There was no **overlap** between their proposals.

depression

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

synonym: recession, slump, despair

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

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

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

grief

n. a very great sadness, especially when somebody dies

synonym: anguish, desperation, dismay

(1) have **grief** and sorrow, (2) a lot of **grief**

Each person has a unique **grief** experience.

rage

n. a strong feeling of anger or violence

synonym: fury, anger, outrage

(1) uncontrollable **rage**, (2) fall into a **rage**

She was filled with a burning **rage** at the injustice she had witnessed.

repress

v. to restrain or control by force; to suppress feelings or memories

synonym: suppress, control, curb

(1) cannot **repress** laughter, (2) **repress** gene expression

He **repressed** the memories of his traumatic childhood.

layperson

n. a person who is not trained or skilled in a specific profession or field; a non-expert or amateur

synonym: novice, amateur, non-expert

(1) **layperson** perspective, (2) in **layperson's** terms

The instructions should be clear enough for the **layperson** to understand.

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

fantasy

n. a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

synonym: fiction, illusion, fabrication

(1) **fantasy** novel, (2) confuse **fantasy** with reality

Composition by artificial intelligence is no longer a **fantasy**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory

He has shown signs of uneasiness and **overwhelming** worry.

trap

n. 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**.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

warn

v. to make someone aware of potential danger or difficulty, particularly one that may occur in the future

synonym: alert, caution, admonish

(1) **warn** a reckless driver, (2) **warned** me of the plan

I attempted to **warn** him, but he ignored me.

emergency

n. 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**.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

compassion

n. a strong feeling of sympathy and sadness for another's suffering or bad luck

synonym: pity, empathy, understanding

(1) feel **compassion** for the poor, (2) have **compassion** toward the accident

His infinite love and **compassion** for everyone never weary.

unreasonable

adj. not fair, sensible, or likely to be true

synonym: unjustified, unfair, excessive

(1) **unreasonable** demand, (2) an **unreasonable** amount of money

It would be **unreasonable** for me to expect you to work overtime without any extra compensation.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym: comfortless, discomfoting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

tunnel

n. an underground or underwater passage, typically for trains or cars

synonym: passageway, underground passage

(1) **tunnel** construction work, (2) **tunnel** disease

The workers had to dig through solid rock to create the vehicular **tunnel** allowing the cars to pass through the mountain.

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.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

explicit

adj. stated clearly and in detail, leaving no room for confusion or doubt

synonym: clear, unambiguous, unequivocal

(1) **explicit** content, (2) **explicit** instructions

The movie had an **explicit** sex scene that some viewers might find offensive.

cave

n. a large hole in the side of a hill, cliff, mountain, or under the ground

synonym: cavern, grotto, burrow

(1) domiciliary **caves**, (2) the mouth of the **cave**

Bats reside in sheltered **caves**.

bat

n. a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

synonym: cane, rod, stick

(1) **bat** cave, (2) **bat** an eye

The cave was a habitat for **bats**.

poison

n. a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

synonym: toxin, venom, pollutant

(1) **poison** ivy, (2) **poison** bilateral relations

The plant's leaves contain a deadly **poison** that can cause hallucinations and seizures.

sensation

n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

synonym: feeling, perception, mania

(1) cause a widespread **sensation**, (2) taste **sensation**

If you apply this ointment, you may feel a mild burning **sensation**.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym: mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym: engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

predator

n. an animal whose natural behavior is to prey on others

synonym: vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

supervisor

n. a person who oversees or directs the work of others

synonym: manager, boss, overseer

(1) **supervisor** of elections, (2) immediate **supervisor**

I have to check with my **supervisor** before making any changes.

mammalian

adj. of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior

synonym: animal, mammal-like, warm-blooded

(1) **mammalian** embryo, (2) **mammalian** evolution

Mammalian milk is known to be rich in protein and essential vitamins.

adjust

v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

synonym: adapt, alter, acclimate

(1) **adjust** a schedule, (2) **adjust** the rearview mirror

You have to **adjust** your content to the age of the audience.

accommodate

v. to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose

synonym: house, rent, adjust

(1) **accommodate** a person with money, (2) **accommodate** these needs

This large SUV **accommodates** eight people.

suit

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

synonym: clothes, lawsuit, (verb) fit

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

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

consult

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

synonym: confer, consider, see

(1) regularly **consult** with a doctor, (2) **consult** my wallet

Always **consult** a lawyer before launching a business.

gigantic

adj. extremely large

synonym: huge, enormous, immense

(1) **gigantic** proportions, (2) **gigantic** monsters

He was so hungry from the long journey that he had a **gigantic** appetite.

corporation

n. 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**.

incorporate

v. to include something as a part of a larger entity

synonym: contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym: accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help

He never **acknowledged** his fault.

promote

v. 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.

supervise

v. to watch over and direct someone or something, especially in a position of responsibility

synonym: oversee, manage, control

(1) **supervise** entrance test takers, (2) **supervise** team activity

She was asked to **supervise** the construction project.

bunch

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

synonym: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

optimistic

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

synonym: hopeful, auspicious, cheery

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

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

industrial

adj. of or relating to or resulting from industry

synonym: manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

Industrial design has become more focused on human nature aspect than ever before.

patriarchal

adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated

synonym: male-dominated, paternalistic

(1) **patriarchal** society, (2) **patriarchal** government

The **patriarchal** system that many societies have is outdated and unfair to women.

rabid

adj. characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior

synonym: fanatical, furious, zealous

(1) **rabid** anti-vaxxer, (2) **rabid** supporter

The fans became **rabid** when their team scored the winning goal.

individualism

n. the habit or principle of being independent and self-reliant

synonym: self-reliance, autonomy, self-sufficiency

(1) rampant **individualism**, (2) nation of **individualism**

An ethic of **individualism** encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

toxic

adj. of or relating to or caused by a poison; poisonous

synonym: poisonous, harmful, contaminated

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

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

bubble

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

synonym: blob, balloon, mania

(1) **bubble** in the champagne glass, (2) economic **bubble**

Many people worry that the current real estate market is a **bubble** that could burst soon.

well-being

n. the state of being happy and healthy and prosperous

synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**
We are responsible for the care and **well-being** of all our employees.

define

v. 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.

oscillate

v. to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive

synonym: fluctuate, swing, vibrate

(1) **oscillate** back and forth, (2) **oscillate** between joy and anger

The fan in the room **oscillates**, making the airflow more evenly.

autonomy

n. the right of an organization, country, or region to govern itself independently

synonym: independence, sovereignty, self-sufficiency

(1) regional **autonomy**, (2) establish **autonomy**

Demonstrators strongly demanded immediate **autonomy** for their country.

yell

v. to shout in a sudden and loud way

synonym: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

The animal rights group worked to **release** the dolphins back into the wild.

grit

n. 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.

discipline

n. the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence

synonym: training, restraint, field

(1) break **discipline**, (2) rigid **discipline**

He quickly learned the military **discipline**.

perseverance

n. steadfastness in doing something despite difficulty or delay in achieving success

synonym: persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**

Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

baseline

n. a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court

synonym: standard, criterion

(1) **baseline** budget, (2) establish a **baseline**

The products they sell are the **baseline** for performance in the industry.

societal

adj. relating to society or social relationships

synonym: social, communal, cultural

(1) **societal** norms, (2) **societal** expectations

The **societal** pressure to conform is strong in this community.

isolate

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

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

independence

n. freedom from another's or others' control or influence

synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

desire

n. a strong feeling of wanting to have or do something

synonym: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

pandemic

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

synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

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

administer

v. to oversee and control the operation or arrangement of something

synonym: allocate, distribute, dispense

(1) **administer** justice, (2) **administer** the funds

After the accident, three governmental bodies **administer** the company.

decision

n. 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.

permit

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

synonym: allow, authorize, concede

(1) **permit** application, (2) work **permit**

The teacher will not **permit** any students to leave the classroom early.

cherish

v. to hold someone or something dear; to feel or show affection for someone or something

synonym: treasure, value, hold dear

(1) **cherish** a stuffed animal, (2) **cherish** relationships

She **cherished** the memories of her childhood.

imaginary

adj. existing only in someone's mind

synonym: fictional, ideal, fantastical

(1) **imaginary** number, (2) **imaginary** pregnancy

Little children tend to have **imaginary** friends.

pummel

v. to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence

synonym: beat, pound, thrash

(1) **pummel** with fists, (2) **pummel** with questions

The boxer **pummeled** his opponent with a series of hard punches.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace
On three sides, mountains **surround** the settlement.

deserve

v. to be worthy of or entitled to something, especially something good or valuable

synonym: merit, earn, justify

(1) **deserve** respect, (2) **deserve** this prize

The employee **deserved** the promotion for their hard work and dedication.

educated

adj. having received a high standard of education

synonym: knowledgeable, erudite, enlightened

(1) **educated** adult, (2) **educated** speech

Excellent speech is a characteristic of an **educated** man.

illuminating

adj. making something clear or easy to understand; providing light

synonym: enlightening, informative, clarifying

(1) **illuminating** light, (2) an **illuminating** answer

The lecture was **illuminating** and gave me a new perspective on the topic.

Session 2: Spelling

- | | |
|---|---|
| 1. rigid dis_____ne | <i>n.</i> the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence |
| 2. re_____on of inclusion | <i>n.</i> the way two persons or groups of people feel and act toward one another |
| 3. racial or____n | <i>n.</i> the first existence or beginning of something |
| 4. st_____or event | <i>n.</i> something that causes stress or emotional tension |
| 5. pr_____e a better relationship | <i>v.</i> to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank |
| 6. ov_____p in many areas | <i>v.</i> to partially cover something by going beyond its edge |
| 7. ove_____ing majority | <i>adj.</i> very great or intense; so powerful that you cannot fight or react against it |
| 8. designed spe_____lly for men | <i>adv.</i> only associated with or meant for one thing |
| 9. com_____te his anxieties to the psychiatrist | <i>v.</i> to share or exchange information with others by speaking, writing, moving your body, or using other signals |
| 10. the mi_____t in an education system | <i>n.</i> the established set of attitudes or fixed ideas held by someone |

ANSWERS: 1. discipline, 2. relation, 3. origin, 4. stressor, 5. promote, 6. overlap, 7. overwhelming, 8. specifically, 9. communicate, 10. mindset

11. the root problem of her dep_____on	<i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
12. temporary me_____l treatment	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
13. ex_____d a lineup	<i>v.</i> to increase or to make something greater in size, number, or importance
14. em_____al distress	<i>adj.</i> relating to people's feelings
15. pair of id_____al twins	<i>adj.</i> being the exact same one
16. the in_____al economy	<i>adj.</i> of or relating to the inside of something
17. keep working nev_____ess	<i>adv.</i> in spite of that; yet
18. adm_____er justice	<i>v.</i> to oversee and control the operation or arrangement of something
19. attract br____d attention	<i>adj.</i> very wide; general
20. su_____se entrance test takers	<i>v.</i> to watch over and direct someone or something, especially in a position of responsibility
21. unsatisfied de____e	<i>n.</i> a strong feeling of wanting to have or do something
22. a stone wall su_____nds the palace	<i>v.</i> to be all around something or somebody
23. the evo_____ary process	<i>adj.</i> relating to or denoting how living things develop or change from earlier forms
24. sy_____ms of low testosterone	<i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 11. depression, 12. medical, 13. expand, 14. emotional, 15. identical, 16. internal, 17. nevertheless, 18. administer, 19. broad, 20. supervise, 21. desire, 22. surround, 23. evolutionary, 24. symptom

- | | |
|--------------------------------------|---|
| 25. key co_____nt | <i>n.</i> one of several parts that combines with others to form something bigger |
| 26. cr____y mood | <i>adj.</i> easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness |
| 27. co_____e to work | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 28. mental bu_____t | <i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking |
| 29. flexible mi_____t | <i>n.</i> the established set of attitudes or fixed ideas held by someone |
| 30. re_____e CO2 into the air | <i>v.</i> to set free or allow to escape from confinement |
| 31. co_____al combination of funds | <i>adj.</i> belonging to or used by a group rather than individuals; for common use |
| 32. domiciliary c__es | <i>n.</i> a large hole in the side of a hill, cliff, mountain, or under the ground |
| 33. acute em_____cy | <i>n.</i> a sudden unforeseen crisis usually involving danger that requires immediate action |
| 34. co_____al swimming pool | <i>adj.</i> belonging to or used by a group rather than individuals; for common use |
| 35. regularly co_____t with a doctor | <i>v.</i> to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject |

ANSWERS: 25. component, 26. cranky, 27. commute, 28. burnout, 29. mindset, 30. release, 31. communal, 32. cave, 33. emergency, 34. communal, 35. consult

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|------------------------------------|----|--|
| 36. su_____se team activity | v. | to watch over and direct someone or something, especially in a position of responsibility |
| 37. st_____le to get the job | v. | to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction |
| 38. re_____ze achievement | v. | to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered |
| 39. pe_____ve a threat | v. | to become aware or conscious of something through the senses |
| 40. de_____e this prize | v. | to be worthy of or entitled to something, especially something good or valuable |
| 41. adm_____er the funds | v. | to oversee and control the operation or arrangement of something |
| 42. diagnosis of an_____y disorder | n. | a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 43. y__l for help | v. | to shout in a sudden and loud way |
| 44. a j__k of all trades | n. | a mechanical device used for lifting or supporting heavy objects |
| 45. ma_____st displeasure | v. | to show something such as feeling, attitude, quality, etc. clearly through signs or actions |
| 46. global pa_____ic | n. | an outbreak of a disease that affects many people over a very wide area |

ANSWERS: 36. supervise, 37. struggle, 38. recognize, 39. perceive, 40. deserve, 41. administer, 42. anxiety, 43. yell, 44. jack, 45. manifest, 46. pandemic

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|----------------------------------|---|
| 47. adr_____ne addiction | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 48. pu___l with questions | <i>v.</i> to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence |
| 49. em_____cy action | <i>n.</i> a sudden unforeseen crisis usually involving danger that requires immediate action |
| 50. im_____ry number | <i>adj.</i> existing only in someone's mind |
| 51. have a ne_____ve effect | <i>adj.</i> having the quality of something bad or harmful; expressing refusal |
| 52. a bu___h of trees | <i>n.</i> a grouping of several similar things which are growing or fastened together |
| 53. st_____or management | <i>n.</i> something that causes stress or emotional tension |
| 54. s___t and tie restaurant | <i>n.</i> a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for |
| 55. work pe___t | <i>v.</i> to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization |
| 56. de_____e respect | <i>v.</i> to be worthy of or entitled to something, especially something good or valuable |
| 57. cause a widespread se_____on | <i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement |

ANSWERS: 47. adrenaline, 48. pummel, 49. emergency, 50. imaginary, 51. negative, 52. bunch, 53. stressor, 54. suit, 55. permit, 56. deserve, 57. sensation

58. still on____g	<i>adj.</i> continuing to exist or develop, or currently happening
59. un___k a door with a key	<i>v.</i> to open something, such as a door, window, etc., usually using a key
60. is____e a compound	<i>v.</i> to physically or socially separate someone or something from other people or things
61. so____al expectations	<i>adj.</i> relating to society or social relationships
62. so____al norms	<i>adj.</i> relating to society or social relationships
63. la____y mitigate the issue	<i>adv.</i> virtually entirely; to a large degree
64. a line-in j__k	<i>n.</i> a mechanical device used for lifting or supporting heavy objects
65. st____le against discrimination	<i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
66. la_____on perspective	<i>n.</i> a person who is not trained or skilled in a specific profession or field; a non-expert or amateur
67. os_____te back and forth	<i>v.</i> to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive
68. female ho____e	<i>n.</i> a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 58. ongoing, 59. unlock, 60. isolate, 61. societal, 62. societal, 63. largely, 64. jack, 65. struggle, 66. layperson, 67. oscillate, 68. hormone

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|---------------------------|--|
| 69. adr_____ne receptor | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 70. a selfish de_____on | <i>n.</i> the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 71. f__e their homes | <i>v.</i> to leave by running away, especially out of fear or danger |
| 72. ack_____ge his help | <i>v.</i> to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.; |
| 73. fire st__k | <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 |
| 74. or___n of information | <i>n.</i> the first existence or beginning of something |
| 75. the Great Dep_____on | <i>n.</i> a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market |
| 76. opt_____ic outlook | <i>adj.</i> hoping or expecting that good thing will happen or something will be successful |
| 77. apex pr_____or | <i>n.</i> an animal whose natural behavior is to prey on others |

ANSWERS: 69. adrenaline, 70. decision, 71. flee, 72. acknowledge, 73. stick, 74. origin, 75. depression, 76. optimistic, 77. predator

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|------------------------------------|--|
| 78. proud of his acc_____ents | <i>n.</i> the successful completion of a task or goal; an ability that has been acquired by training |
| 79. co_____t research | <i>v.</i> to organize and carry out a particular activity |
| 80. sa_____ah region | <i>n.</i> a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close |
| 81. ex_____ed parents | <i>adj.</i> extremely tired |
| 82. a fully in_____ve price | <i>adj.</i> including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something |
| 83. cor_____on assets | <i>n.</i> a large company or group of companies that are controlled together by law as a single unit |
| 84. ed_____ed speech | <i>adj.</i> having received a high standard of education |
| 85. an ill_____ing answer | <i>adj.</i> making something clear or easy to understand; providing light |
| 86. su_____ly attacked by an enemy | <i>adv.</i> quickly and unexpectedly |
| 87. field of gene th_____y | <i>n.</i> the act of caring for someone through medication, remedial training, etc. |
| 88. a t__n room | <i>n.</i> either of two children born at the same time from the same mother |
| 89. a public cor_____on | <i>n.</i> a large company or group of companies that are controlled together by law as a single unit |

ANSWERS: 78. accomplishment, 79. conduct, 80. savannah, 81. exhausted, 82. inclusive, 83. corporation, 84. educated, 85. illuminating, 86. suddenly, 87. therapy, 88. twin, 89. corporation

- | | |
|----------------------------|--|
| 90. economic bu___e | <i>n.</i> a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses |
| 91. flu pa____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 92. ra__d supporter | <i>adj.</i> characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior |
| 93. an ove_____ing victory | <i>adj.</i> very great or intense; so powerful that you cannot fight or react against it |
| 94. in____al organs | <i>adj.</i> of or relating to the inside of something |
| 95. em_____al health | <i>adj.</i> relating to people's feelings |
| 96. in la_____on's terms | <i>n.</i> a person who is not trained or skilled in a specific profession or field; a non-expert or amateur |
| 97. a lot of gr__f | <i>n.</i> a very great sadness, especially when somebody dies |
| 98. sexual pr____ors | <i>n.</i> an animal whose natural behavior is to prey on others |
| 99. an ab_____al operation | <i>adj.</i> of or relating to the part of the body that contains the stomach, intestines, and other organs |
| 100. cr___y toddler | <i>adj.</i> easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness |

ANSWERS: 90. bubble, 91. pandemic, 92. rabid, 93. overwhelming, 94. internal, 95. emotional, 96. layperson, 97. grief, 98. predator, 99. abdominal, 100. cranky

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| 101. ch____h relationships | <i>v.</i> to hold someone or something dear; to feel or show affection for someone or something |
| 102. economic th____t | <i>n.</i> a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation |
| 103. y__l as loud as we can | <i>v.</i> to shout in a sudden and loud way |
| 104. ack____ge the deed | <i>v.</i> to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.; |
| 105. he was ov____lmed with gratitude | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 106. ill____ing light | <i>adj.</i> making something clear or easy to understand; providing light |
| 107. he is opt____ic | <i>adj.</i> hoping or expecting that good thing will happen or something will be successful |
| 108. risk of ch____c disease | <i>adj.</i> being long-lasting and recurrent or characterized by long suffering; habitual |
| 109. re____ze talent | <i>v.</i> to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered |

ANSWERS: 101. cherish, 102. threat, 103. yell, 104. acknowledge, 105. overwhelm, 106. illuminating, 107. optimistic, 108. chronic, 109. recognize

110. pu___l with fists	<i>v.</i> to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence
111. an unc_____ble silence	<i>adj.</i> providing or feeling physical discomfort or slight pain
112. ov_____lm opponents by numbers	<i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
113. fa_____y novel	<i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen
114. ex_____it content	<i>adj.</i> stated clearly and in detail, leaving no room for confusion or doubt
115. ind_____nce ceremony	<i>n.</i> freedom from another's or others' control or influence
116. re_____r approval ratings	<i>v.</i> to return to a former condition, health, mind, or strength
117. per_____ze my workspace	<i>v.</i> to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something
118. acc_____te these needs	<i>v.</i> to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose
119. pe___t application	<i>v.</i> to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

ANSWERS: 110. pummel, 111. uncomfortable, 112. overwhelm, 113. fantasy, 114. explicit, 115. independence, 116. recover, 117. personalize, 118. accommodate, 119. permit

120. te__e atmosphere	<i>adj.</i> unable to relax because of being nervous or worried; stretched tight or rigid
121. break dis_____ne	<i>n.</i> the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence
122. ge___e downward slope	<i>adj.</i> having or showing a kindly or tender nature; soft and mild
123. exposure to to__c chemicals	<i>adj.</i> of or relating to or caused by a poison; poisonous
124. com_____te well with my advisor	<i>v.</i> to share or exchange information with others by speaking, writing, moving your body, or using other signals
125. acc_____te a person with money	<i>v.</i> to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose
126. a gr_____ul breeze	<i>adj.</i> feeling or showing an appreciation of kindness; thankful
127. the wel_____ng of a nation	<i>n.</i> the state of being happy and healthy and prosperous
128. gr___y cat	<i>adj.</i> easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
129. ho_____e secretion	<i>n.</i> a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 120. tense, 121. discipline, 122. gentle, 123. toxic, 124. communicate, 125. accommodate, 126. grateful, 127. well-being, 128. grumpy, 129. hormone

130. have a te__e face	<i>adj.</i> unable to relax because of being nervous or worried; stretched tight or rigid
131. an unr_____ble amount of money	<i>adj.</i> not fair, sensible, or likely to be true
132. im_____ry pregnancy	<i>adj.</i> existing only in someone's mind
133. re___e a story	<i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
134. ex_____it instructions	<i>adj.</i> stated clearly and in detail, leaving no room for confusion or doubt
135. taste se_____on	<i>n.</i> a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
136. the cell of the im___e system	<i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
137. sp_____ic instructions	<i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
138. spare co_____nts for cars	<i>n.</i> one of several parts that combines with others to form something bigger
139. control my em_____n	<i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

ANSWERS: 130. tense, 131. unreasonable, 132. imaginary, 133. relate, 134. explicit, 135. sensation, 136. immune, 137. specific, 138. component, 139. emotion

140. have gr__f and sorrow	<i>n.</i> a very great sadness, especially when somebody dies
141. for spe_____ly American customers	<i>adv.</i> only associated with or meant for one thing
142. exh_____on of energy	<i>n.</i> the state of being extremely tired and lacking energy or strength
143. co_____nt a global warming	<i>v.</i> to face, meet or deal with a problem or difficult situation or person
144. a t__n-lens camera	<i>n.</i> either of two children born at the same time from the same mother
145. gi_____ic monsters	<i>adj.</i> extremely large
146. pr_____e bad behavior	<i>v.</i> to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
147. re__x at home	<i>v.</i> to become or cause someone to become less active or tense and calmer
148. execution by burning at a st__e	<i>n.</i> a share or financial investment in something such as a business; a wooden or metal post set up to mark something
149. f__e abroad	<i>v.</i> to leave by running away, especially out of fear or danger
150. industry-sp_____ic regulations	<i>adj.</i> clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
151. ma_____st as the word	<i>v.</i> to show something such as feeling, attitude, quality, etc. clearly through signs or actions

ANSWERS: 140. grief, 141. specifically, 142. exhaustion, 143. confront, 144. twin, 145. gigantic, 146. promote, 147. relax, 148. stake, 149. flee, 150. specific, 151. manifest

152. ch__e a dream *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
153. ba____ne budget *n.* a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court
154. b_t an eye *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
155. ab____al muscles *adj.* of or relating to the part of the body that contains the stomach, intestines, and other organs
156. op____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
157. st__k a key in a lock *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
158. Chinese cl____c literature *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

ANSWERS: 152. chase, 153. baseline, 154. bat, 155. abdominal, 156. opportune, 157. stick, 158. classic

159. la____y accepted	<i>adv.</i> virtually entirely; to a large degree
160. tu___l construction work	<i>n.</i> an underground or underwater passage, typically for trains or cars
161. interim cu____r	<i>n.</i> a person whose job is to manage the objects or artworks in a museum, art gallery, etc.
162. develop in____e itching	<i>adj.</i> (especially of a feeling) very strong; extremely sharp or severe
163. bu___e in the champagne glass	<i>n.</i> a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses
164. fleshly de____e	<i>n.</i> a strong feeling of wanting to have or do something
165. a ne____ve number	<i>adj.</i> having the quality of something bad or harmful; expressing refusal
166. uncontrollable r__e	<i>n.</i> a strong feeling of anger or violence
167. beginning of the ind____al revolution	<i>adj.</i> of or relating to or resulting from industry
168. immediate sup____or	<i>n.</i> a person who oversees or directs the work of others
169. hold your br___h	<i>n.</i> the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
170. bu____t syndrome	<i>n.</i> the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

ANSWERS: 159. largely, 160. tunnel, 161. curator, 162. intense, 163. bubble, 164. desire, 165. negative, 166. rage, 167. industrial, 168. supervisor, 169. breath, 170. burnout

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| 171. ind_____al alcohol | <i>adj.</i> of or relating to or resulting from industry |
| 172. s__t at law | <i>n.</i> a set of clothes that are made from the same material; a claim or complaint that a person or organization can file in court against another party; (verb) to be fit or acceptable for |
| 173. in_____ve education | <i>adj.</i> including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something |
| 174. go to the workplace by cy__e | <i>n.</i> an interval during which a recurring sequence of events occurs; a bicycle or motorcycle |
| 175. tropical sa_____ah | <i>n.</i> a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close |
| 176. ce__e drinking | <i>v.</i> to stop an action or event |
| 177. ma_____an evolution | <i>adj.</i> of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior |
| 178. the cy__e of the seasons | <i>n.</i> an interval during which a recurring sequence of events occurs; a bicycle or motorcycle |
| 179. po___n ivy | <i>n.</i> a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly |

ANSWERS: 171. industrial, 172. suit, 173. inclusive, 174. cycle, 175. savannah, 176.

cease, 177. mammalian, 178. cycle, 179. poison

180. w__n a reckless driver	<i>v.</i> to make someone aware of potential danger or difficulty, particularly one that may occur in the future
181. oxide co____or	<i>n.</i> someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.
182. d__e into anime communities	<i>v.</i> to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
183. g__t washer	<i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
184. feel com____on for the poor	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
185. p__r review	<i>n.</i> a person who has the same age, status, or ability
186. a precise def____on	<i>n.</i> a concise explanation of the meaning of a word, phrase, or symbol
187. im___e from criminal prosecution	<i>adj.</i> protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
188. pr____s improvement	<i>n.</i> 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: 180. warn, 181. conductor, 182. dive, 183. grit, 184. compassion, 185. peer, 186. definition, 187. immune, 188. process

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| 189. j__k her head back | <i>v.</i> to make a sudden, sharp movement, or cause something to do this |
| 190. establish a ba____ne | <i>n.</i> a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court |
| 191. re__x a series of muscles | <i>v.</i> to become or cause someone to become less active or tense and calmer |
| 192. to__c molecule | <i>adj.</i> of or relating to or caused by a poison; poisonous |
| 193. long dr____ay | <i>n.</i> a private road leading from a street or road to a house or garage, typically providing access for vehicles |
| 194. fall into a r__e | <i>n.</i> a strong feeling of anger or violence |
| 195. cu____r of a library | <i>n.</i> a person whose job is to manage the objects or artworks in a museum, art gallery, etc. |
| 196. high st__k | <i>n.</i> a pile of something arranged or laid one on top of another; a large tall chimney through which combustion gases and smoke can be evacuated |
| 197. phy_____cal response | <i>adj.</i> relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body |
| 198. se____te video into chapter | <i>v.</i> to force, take, or pull apart; mark as different |
| 199. social co_____on | <i>n.</i> the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind |

ANSWERS: 189. jerk, 190. baseline, 191. relax, 192. toxic, 193. driveway, 194. rage, 195. curator, 196. stack, 197. physiological, 198. separate, 199. cognition

200. regional au____my	<i>n.</i> the right of an organization, country, or region to govern itself independently
201. ex____d agricultural output	<i>v.</i> to increase or to make something greater in size, number, or importance
202. co____or directing a symphony	<i>n.</i> someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.
203. with an unc____ble face	<i>adj.</i> providing or feeling physical discomfort or slight pain
204. g__t determination	<i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
205. d__e off a cliff	<i>v.</i> to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
206. os____te between joy and anger	<i>v.</i> to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive
207. a co____te noun	<i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
208. ecology and evo____ary biology	<i>adj.</i> relating to or denoting how living things develop or change from earlier forms
209. confuse fa____y with reality	<i>n.</i> a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

ANSWERS: 200. autonomy, 201. expand, 202. conductor, 203. uncomfortable, 204. grit, 205. dive, 206. oscillate, 207. concrete, 208. evolutionary, 209. fantasy

210. unr_____ble demand	<i>adj.</i> not fair, sensible, or likely to be true
211. unwavering per_____nce	<i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success
212. adamantly d__y killing	<i>v.</i> to state that one refuses to admit the existence or truth of something
213. ov____p one another	<i>v.</i> to partially cover something by going beyond its edge
214. an op_____ne remark	<i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose
215. re____s gene expression	<i>v.</i> to restrain or control by force; to suppress feelings or memories
216. nation of ind_____ism	<i>n.</i> the habit or principle of being independent and self-reliant
217. pat_____al government	<i>adj.</i> relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
218. structural fo____a	<i>n.</i> a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
219. ch____c alcohol consumption	<i>adj.</i> being long-lasting and recurrent or characterized by long suffering; habitual
220. the acc_____ent of a social goal	<i>n.</i> the successful completion of a task or goal; an ability that has been acquired by training
221. j__k the rope	<i>v.</i> to make a sudden, sharp movement, or cause something to do this

ANSWERS: 210. unreasonable, 211. perseverance, 212. deny, 213. overlap, 214. opportune, 215. repress, 216. individualism, 217. patriarchal, 218. formula, 219. chronic, 220. accomplishment, 221. jerk

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| 222. b_t cave | <i>n.</i> a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis |
| 223. t__p an animal | <i>n.</i> a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping |
| 224. co____ol stress | <i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure |
| 225. information ba____r | <i>n.</i> a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective |
| 226. th____y for a patient | <i>n.</i> the act of caring for someone through medication, remedial training, etc. |
| 227. a cl____c experiment | <i>adj.</i> judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type |
| 228. a__s, we did not win the game | <i>adv.</i> (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing |
| 229. sup____or of elections | <i>n.</i> a person who oversees or directs the work of others |
| 230. source of ins____on | <i>n.</i> something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity |

ANSWERS: 222. bat, 223. trap, 224. cortisol, 225. barrier, 226. therapy, 227. classic, 228. alas, 229. supervisor, 230. inspiration

231. in___t gaze	<i>n.</i> a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
232. re_____r a loss	<i>v.</i> to return to a former condition, health, mind, or strength
233. ad___t a schedule	<i>v.</i> to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
234. inc_____te the current trends	<i>v.</i> to include something as a part of a larger entity
235. neurotic sy_____ms	<i>n.</i> any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
236. ce___e to exist	<i>v.</i> to stop an action or event
237. in___e him to see a doctor	<i>v.</i> to persuade someone to do something; to cause to act in a specific manner
238. on_____g support	<i>adj.</i> continuing to exist or develop, or currently happening
239. gr___y mood	<i>adj.</i> easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
240. a sense of wel_____ng	<i>n.</i> the state of being happy and healthy and prosperous
241. in___t in stocks	<i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 231. intent, 232. recover, 233. adjust, 234. incorporate, 235. symptom, 236. cease, 237. induce, 238. ongoing, 239. grumpy, 240. well-being, 241. invest

242. an id_____al equation	<i>adj.</i> being the exact same one
243. a bu__h of schoolgirls	<i>n.</i> a grouping of several similar things which are growing or fastened together
244. a br__d mind	<i>adj.</i> very wide; general
245. pe_____ve light	<i>v.</i> to become aware or conscious of something through the senses
246. cost ba_____r	<i>n.</i> a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
247. br___h of wind	<i>n.</i> the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
248. co_____te examples	<i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
249. put a gr_____ul expression	<i>adj.</i> feeling or showing an appreciation of kindness; thankful
250. de___e my position	<i>v.</i> to state or explain precisely the nature, scope, or meaning of something
251. co_____on disorder	<i>n.</i> the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
252. phy_____cal activity	<i>adj.</i> relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 242. identical, 243. bunch, 244. broad, 245. perceive, 246. barrier, 247. breath, 248. concrete, 249. grateful, 250. define, 251. cognition, 252. physiological

253. walk on____e	<i>adv.</i> onto or on a stage in a theater; in front of an audience
254. d__y the allegations	<i>v.</i> to state that one refuses to admit the existence or truth of something
255. ch____h a stuffed animal	<i>v.</i> to hold someone or something dear; to feel or show affection for someone or something
256. de____on authority	<i>n.</i> the act or process of making up someone's mind about something; a choice or judgment reached after considering options
257. wild goose ch__e	<i>v.</i> to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
258. de___e a word	<i>v.</i> to state or explain precisely the nature, scope, or meaning of something
259. die su____ly	<i>adv.</i> quickly and unexpectedly
260. is____e a patient	<i>v.</i> to physically or socially separate someone or something from other people or things
261. po___n bilateral relations	<i>n.</i> a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

ANSWERS: 253. onstage, 254. deny, 255. cherish, 256. decision, 257. chase, 258. define, 259. suddenly, 260. isolate, 261. poison

262. in____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
263. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
264. re____e a prisoner *v.* to set free or allow to escape from confinement
265. poor di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
266. p__r group *n.* a person who has the same age, status, or ability
267. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
268. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
269. a__s, I cannot attend the party *adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing
270. in____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 262. involve, 263. intense, 264. release, 265. digestion, 266. peer, 267. confront, 268. digestion, 269. alas, 270. involve

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| 271. rampant ind_____ism | <i>n.</i> the habit or principle of being independent and self-reliant |
| 272. appeared on_____e | <i>adv.</i> onto or on a stage in a theater; in front of an audience |
| 273. snow-covered dr_____ay | <i>n.</i> a private road leading from a street or road to a house or garage, typically providing access for vehicles |
| 274. di_____se the problem | <i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis |
| 275. set a t__p | <i>n.</i> a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping |
| 276. ma_____an embryo | <i>adj.</i> of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior |
| 277. an_____y for knowledge | <i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 278. a large st__k of paper | <i>n.</i> a pile of something arranged or laid one on top of another; a large tall chimney through which combustion gases and smoke can be evacuated |
| 279. in____t capital | <i>v.</i> to put money, effort, time, etc. into something to make a profit or achieve a result |

ANSWERS: 271. individualism, 272. onstage, 273. driveway, 274. diagnose, 275. trap, 276. mammalian, 277. anxiety, 278. stack, 279. invest

280. legal co____t	<i>n.</i> the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
281. historical co____t	<i>n.</i> the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
282. the mouth of the c__e	<i>n.</i> a large hole in the side of a hill, cliff, mountain, or under the ground
283. a binomial fo____a	<i>n.</i> a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
284. tu____l disease	<i>n.</i> an underground or underwater passage, typically for trains or cars
285. buy the company's st__e	<i>n.</i> a share or financial investment in something such as a business; a wooden or metal post set up to mark something
286. w__ned me of the plan	<i>v.</i> to make someone aware of potential danger or difficulty, particularly one that may occur in the future
287. co____t my wallet	<i>v.</i> to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
288. su____nd a town	<i>v.</i> to be all around something or somebody
289. per____ze social media profile	<i>v.</i> to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

ANSWERS: 280. context, 281. context, 282. cave, 283. formula, 284. tunnel, 285. stake, 286. warn, 287. consult, 288. surround, 289. personalize

290. co____t a background check	<i>v.</i> to organize and carry out a particular activity
291. se____te cream from milk	<i>v.</i> to force, take, or pull apart; mark as different
292. re___e a message	<i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
293. inc____te technology into daily life	<i>v.</i> to include something as a part of a larger entity
294. the ex____ed food sources	<i>adj.</i> extremely tired
295. excessive co____ol	<i>n.</i> a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
296. a me____l opinion	<i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine
297. cannot re____s laughter	<i>v.</i> to restrain or control by force; to suppress feelings or memories
298. have com____on toward the accident	<i>n.</i> a strong feeling of sympathy and sadness for another's suffering or bad luck
299. financial ind____nce	<i>n.</i> freedom from another's or others' control or influence
300. get ins____on from nature	<i>n.</i> something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity

ANSWERS: 290. conduct, 291. separate, 292. relate, 293. incorporate, 294. exhausted, 295. cortisol, 296. medical, 297. repress, 298. compassion, 299. independence, 300. inspiration

- | | |
|----------------------------------|---|
| 301. the def_____on of a word | <i>n.</i> a concise explanation of the meaning of a word, phrase, or symbol |
| 302. establish au_____my | <i>n.</i> the right of an organization, country, or region to govern itself independently |
| 303. pat_____al society | <i>adj.</i> relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated |
| 304. in a ge___e voice | <i>adj.</i> having or showing a kindly or tender nature; soft and mild |
| 305. afraid to show em_____n | <i>n.</i> a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others |
| 306. gi_____ic proportions | <i>adj.</i> extremely large |
| 307. ad___t the rearview mirror | <i>v.</i> to make a minor modification to something to make it more suited for a new set of conditions or to make it function better. |
| 308. nev_____ess, she persevered | <i>adv.</i> in spite of that; yet |
| 309. decision-making pr_____s | <i>n.</i> 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 |
| 310. in___e a crisis | <i>v.</i> to persuade someone to do something; to cause to act in a specific manner |

ANSWERS: 301. definition, 302. autonomy, 303. patriarchal, 304. gentle, 305. emotion, 306. gigantic, 307. adjust, 308. nevertheless, 309. process, 310. induce

311. un___k value	<i>v.</i> to open something, such as a door, window, etc., usually using a key
312. ra__d anti-vaxxer	<i>adj.</i> characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior
313. dogged per_____nce	<i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success
314. di_____se with CT scans	<i>v.</i> to determine or distinguish the nature of a problem or an illness through a careful analysis
315. the in___t of a question	<i>n.</i> a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
316. ed_____ed adult	<i>adj.</i> having received a high standard of education
317. daily co_____e	<i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
318. environmental th___t	<i>n.</i> a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 311. unlock, 312. rabid, 313. perseverance, 314. diagnose, 315. intent, 316. educated, 317. commute, 318. threat

- | | | |
|---|-----------|---|
| 319. emotional exh_____on | <i>n.</i> | the state of being extremely tired and lacking energy or strength |
| 320. re_____on between cause and effect | <i>n.</i> | the way two persons or groups of people feel and act toward one another |

ANSWERS: 319. exhaustion, 320. relation

Session 3: Fill in the Blanks

1. Each person has a unique _____ experience.
n. a very great sadness, especially when somebody dies
2. She was tired and hungry, but _____ she persevered.
adv. in spite of that; yet
3. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
v. to force, take, or pull apart; mark as different
4. The Prime Minister _____ his regret for his neighbors
v. to show something such as feeling, attitude, quality, etc. clearly through signs or actions
5. _____ levels in the body are often elevated during times of stress.
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
6. The _____ of the company is too high nowadays.
n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something
7. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
8. He quickly learned the military _____.
n. the practice of training people to obey rules or a code of behavior, using and punishments if these are broken; a region of activity, knowledge, or influence

ANSWERS: 1. grief, 2. nevertheless, 3. separate, 4. manifested, 5. Cortisol, 6. stake, 7. symptom, 8. discipline

9. Demonstrators strongly demanded immediate _____ for their country.
n. the right of an organization, country, or region to govern itself independently
10. If you apply this ointment, you may feel a mild burning _____.
n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
11. The _____ pressure to conform is strong in this community.
adj. relating to society or social relationships
12. The _____ system that many societies have is outdated and unfair to women.
adj. relating to or characteristic of a society or system in which men hold the dominant roles and positions of power; male-dominated
13. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
14. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
15. The fans became _____ when their team scored the winning goal.
adj. characterized by extreme or fanatical enthusiasm or devotion; having or showing symptoms of rabies, a viral disease that affects the nervous system of mammals and can cause violent and aggressive behavior
16. The government should view children as national assets and actively _____ in them.
v. to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 9. autonomy, 10. sensation, 11. societal, 12. patriarchal, 13. hormone, 14. therapy, 15. rabid, 16. invest

17. The boxer _____ his opponent with a series of hard punches.

- v.* to strike or beat repeatedly with fists or heavy objects; to attack someone physically or verbally with intense force and persistence

18. _____ algorithms can find ways to optimize that humans do not anticipate.

- adj.* relating to or denoting how living things develop or change from earlier forms

19. She waited for her daughter with _____.

- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

20. _____ symptoms might include a decrease in appetite and weight loss.

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

21. I feel _____ today; please forgive me if I seem irritable.

- adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

22. He felt a sharp pain in his _____ area.

- adj.* of or relating to the part of the body that contains the stomach, intestines, and other organs

23. She was _____ for the help he provided.

- adj.* feeling or showing an appreciation of kindness; thankful

24. The employee _____ the promotion for their hard work and dedication.

- v.* to be worthy of or entitled to something, especially something good or valuable

ANSWERS: 17. pummeled, 18. Evolutionary, 19. anxiety, 20. Depression, 21. cranky, 22. abdominal, 23. grateful, 24. deserved

25. The teacher told the students to memorize the math _____.
n. a group of symbols, letters, or numbers that represent a rule, law, or mathematical statement
26. The native South American animals were in danger because of the _____ arrival.
n. an animal whose natural behavior is to prey on others
27. It's important to understand the _____ of a situation before making a decision.
n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
28. 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
29. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
30. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
31. The deadline for the project was a major _____ for the team.
n. something that causes stress or emotional tension
32. The enemy fell right into the _____.
n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

ANSWERS: 25. formula, 26. predator's, 27. context, 28. grit, 29. cycle, 30. emotional, 31. stressor, 32. trap

33. You should not _____ them from the community.

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

34. The customs officer required the traveler to _____ his suitcase.

- v.* to open something, such as a door, window, etc., usually using a key

35. You have to _____ your content to the age of the audience.

- v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

36. She was filled with a burning _____ at the injustice she had witnessed.

- n.* a strong feeling of anger or violence

37. The police placed a _____ across the street to halt traffic.

- n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

38. The president declared a state of _____.

- n.* a sudden unforeseen crisis usually involving danger that requires immediate action

39. His abusive words made me _____.

- adj.* providing or feeling physical discomfort or slight pain

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

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

41. The prime minister canceled visits to other countries to resolve _____ disputes.

- adj.* of or relating to the inside of something

ANSWERS: 33. isolate, 34. unlock, 35. adjust, 36. rage, 37. barrier, 38. emergency, 39. uncomfortable, 40. pandemic, 41. internal

42. The company decided to _____ production of the product.
v. to stop an action or event
43. She was asked to _____ the construction project.
v. to watch over and direct someone or something, especially in a position of responsibility
44. The university has established a capacity for each nationality as part of its _____ policy.
adj. including much or everything, and especially including stated limits; not excluding any of the people, things, ideas, etc. involved in something
45. He found _____ in the works of his favorite authors.
n. something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity
46. Graduating from college was a major _____ for her.
n. the successful completion of a task or goal; an ability that has been acquired by training
47. The movie had an _____ sex scene that some viewers might find offensive.
adj. stated clearly and in detail, leaving no room for confusion or doubt
48. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
49. She _____ the memories of her childhood.
v. to hold someone or something dear; to feel or show affection for someone or something

ANSWERS: 42. cease, 43. supervise, 44. inclusive, 45. inspiration, 46. accomplishment, 47. explicit, 48. promote, 49. cherished

50. He never _____ his fault.

- v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

51. This device is used to _____ brain cancer and other tumors.

- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

52. The driver suddenly _____ the steering wheel to the left to avoid hitting the deer.

- v.* to make a sudden, sharp movement, or cause something to do this

53. The new prime minister has vowed to take measures against the _____ economic crisis.

- adj.* continuing to exist or develop, or currently happening

54. The president asked for a more _____ plan.

- adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

55. I accidentally backed into my wife's car while backing out of the _____ this morning.

- n.* a private road leading from a street or road to a house or garage, typically providing access for vehicles

56. The industrial _____ laws were passed with little to no alteration.

- n.* the way two persons or groups of people feel and act toward one another

57. The designer's _____ was to create a minimalist aesthetic for the interior of the building.

- n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 50. acknowledged, 51. diagnose, 52. jerked, 53. ongoing, 54. concrete, 55. driveway, 56. relations, 57. intent

58. She is still _____ from a shot to her shoulder.

v. to return to a former condition, health, mind, or strength

59. He could not _____ against temptation.

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

60. The _____ runner fell to the ground and gasped.

adj. extremely tired

61. The plant's leaves contain a deadly _____ that can cause hallucinations and seizures.

n. a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

62. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

n. the established set of attitudes or fixed ideas held by someone

63. He is still _____ stealing the money from the cash register.

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

64. He displayed the _____ symptoms of depression.

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

65. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 58. recovering, 59. struggle, 60. exhausted, 61. poison, 62. mindset, 63. denying, 64. classic, 65. medical

66. Among young people, _____ pressure can be pretty influential.

n. a person who has the same age, status, or ability

67. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

68. Infant formulas are nutritionally almost _____ to a mother's breast milk.

adj. being the exact same one

69. I have to check with my _____ before making any changes.

n. a person who oversees or directs the work of others

70. The _____ older man snapped at the children for playing too loudly.

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

71. The lack of sleep _____ both physical and psychological diseases.

v. to persuade someone to do something; to cause to act in a specific manner

72. The lecture was _____ and gave me a new perspective on the topic.

adj. making something clear or easy to understand; providing light

73. Little children tend to have _____ friends.

adj. existing only in someone's mind

74. Dolphins use sound to _____ with each other.

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

ANSWERS: 66. peer, 67. specific, 68. identical, 69. supervisor, 70. grumpy, 71. induces, 72. illuminating, 73. imaginary, 74. communicate

75. One bad apple spoils the whole _____.

- n.* a grouping of several similar things which are growing or fastened together

76. He had to _____ two hours each way to get to work.

- v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

77. There are various hypotheses concerning the _____ of life.

- n.* the first existence or beginning of something

78. To advance this discussion, we must _____ "success" rigorously.

- v.* to state or explain precisely the nature, scope, or meaning of something

79. The _____ for applying for a visa can be lengthy and complicated.

- 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

80. The investigation _____ several government agencies and is expected to take several months.

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

81. Australia is widely _____ as having low levels of corruption.

- v.* to become aware or conscious of something through the senses

82. On three sides, mountains _____ the settlement.

- v.* to be all around something or somebody

ANSWERS: 75. bunch, 76. commute, 77. origin, 78. define, 79. process, 80. involves, 81. perceived, 82. surround

83. This large SUV _____ eight people.

- v.* to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose

84. _____ design has become more focused on human nature aspect than ever before.

- adj.* of or relating to or resulting from industry

85. _____ elections were held in several European countries.

- adj.* belonging to or used by a group rather than individuals; for common use

86. Despite facing numerous setbacks and obstacles, his _____ and determination led him to success.

- n.* steadfastness in doing something despite difficulty or delay in achieving success

87. _____ milk is known to be rich in protein and essential vitamins.

- adj.* of or relating to mammals, a class of warm-blooded vertebrate animals that typically nurse their young and have hair or fur on their skin; characterized by mammalian qualities, such as nurturing and protective behavior

88. Nevada is _____ a desert state.

- adv.* virtually entirely; to a large degree

89. Composition by artificial intelligence is no longer a _____.

- n.* a fiction with a large amount of imagination in it; a pleasant situation that you imagine but that is unlikely to happen

90. You _____ a bill in the change machine, and the coins pop out.

- 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

ANSWERS: 83. accommodates, 84. Industrial, 85. Communal, 86. perseverance, 87. Mammalian, 88. largely, 89. fantasy, 90. stick

91. We will attempt to _____ some of your suggestions into our future strategy.

v. to include something as a part of a larger entity

92. Low sexual _____ typically correlates with low testosterone levels.

n. a strong feeling of wanting to have or do something

93. He has shown signs of uneasiness and _____ worry.

adj. very great or intense; so powerful that you cannot fight or react against it

94. This story makes me _____.

adj. unable to relax because of being nervous or worried; stretched tight or rigid

95. He suffered from job _____ because of hard work.

n. the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

96. Always _____ a lawyer before launching a business.

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

97. The long work hours were taking a toll on her mental _____.

n. the state of being extremely tired and lacking energy or strength

98. The teacher will not _____ any students to leave the classroom early.

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

99. Too much variety may _____ and confuse viewers.

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 91. incorporate, 92. desire, 93. overwhelming, 94. tense, 95. burnout, 96. consult, 97. exhaustion, 98. permit, 99. overwhelm

100. The products they sell are the _____ for performance in the industry.

- n.* a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court

101. The instructions should be clear enough for the _____ to understand.

- n.* a person who is not trained or skilled in a specific profession or field; a non-expert or amateur

102. It's important to _____ your strengths and weaknesses.

- v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

103. This chemical compound is a thousand-fold more _____.

- adj.* of or relating to or caused by a poison; poisonous

104. Her _____ manner relaxed everyone there.

- adj.* having or showing a kindly or tender nature; soft and mild

105. I attempted to _____ him, but he ignored me.

- v.* to make someone aware of potential danger or difficulty, particularly one that may occur in the future

106. The movie has received almost universally _____ criticism.

- adj.* having the quality of something bad or harmful; expressing refusal

107. They hope to _____ their business worldwide.

- v.* to increase or to make something greater in size, number, or importance

108. This ad campaign is aimed _____ at young women.

- adv.* only associated with or meant for one thing

ANSWERS: 100. baseline, 101. layperson, 102. recognize, 103. toxic, 104. gentle, 105. warn, 106. negative, 107. expand, 108. specifically

109. The _____ of severe weather prompted the city to issue an evacuation warning.

- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

110. There is nothing more valuable than _____ and freedom.

- n.* freedom from another's or others' control or influence

111. Who answers _____ knows little.

- adv.* quickly and unexpectedly

112. Some _____ are common across cultures and backgrounds.

- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

113. He performed his magic trick _____ leaving the audience in awe.

- adv.* onto or on a stage in a theater; in front of an audience

114. It is a basic instinct to _____ from a dangerous situation.

- v.* to leave by running away, especially out of fear or danger

115. The doctor explained the various _____ changes that occur during pregnancy.

- adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

116. She was struggling to make a _____ between two job offers.

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

ANSWERS: 109. threat, 110. independence, 111. suddenly, 112. emotions, 113. onstage, 114. flee, 115. physiological, 116. decision

117. He _____ the memories of his traumatic childhood.

- v.* to restrain or control by force; to suppress feelings or memories

118. He finally decided to _____ problems directly.

- v.* to face, meet or deal with a problem or difficult situation or person

119. The earthquake caused a _____ of lumber to crumble noisily.

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

120. The professor focused on the research of infant _____.

- n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

121. His infinite love and _____ for everyone never weary.

- n.* a strong feeling of sympathy and sadness for another's suffering or bad luck

122. _____ hyperglycemia is a trigger for a variety of serious diseases.

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

123. The sperm whale can _____ to 1,000 meters.

- v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

124. Six _____ are awaiting trial or verdict.

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

ANSWERS: 117. repressed, 118. confront, 119. stack, 120. cognition, 121. compassion, 122. Chronic, 123. dive, 124. suits

125. After the accident, three governmental bodies _____ the company.

v. to oversee and control the operation or arrangement of something

126. Police will _____ random breath testing for drunk driving.

v. to organize and carry out a particular activity

127. The band has released a lot of _____ rock music.

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

128. Excellent speech is a characteristic of an _____ man.

adj. having received a high standard of education

129. The phone rang at the most _____ time.

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

130. Most executives were _____ about future business conditions.

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

131. When I asked my father for more money, he became furious and _____ at me.

v. to shout in a sudden and loud way

132. Bats reside in sheltered _____.

n. a large hole in the side of a hill, cliff, mountain, or under the ground

133. He was so hungry from the long journey that he had a _____ appetite.

adj. extremely large

ANSWERS: 125. administer, 126. conduct, 127. adrenaline-pumping, 128. educated, 129. opportune, 130. optimistic, 131. yelled, 132. caves, 133. gigantic

134. An ethic of _____ encourages people to make choices based on their values and beliefs rather than the values and beliefs of the group or society.

n. the habit or principle of being independent and self-reliant

135. Many people worry that the current real estate market is a _____ that could burst soon.

n. a thin, round, and often transparent mass of gas that is surrounded by a thin layer of liquid; a state of economic or social prosperity that is unsustainable and eventually collapses

136. The vaccination does not necessarily make you completely _____.

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

137. He tried to _____ his experience to the group, but they couldn't understand.

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

138. The fan in the room _____ making the airflow more evenly.

v. to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive

139. The cave was a habitat for _____.

n. a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

140. The birds live in tropical forests, _____ and arid semi-desert environments.

n. a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

ANSWERS: 134. individualism, 135. bubble, 136. immune, 137. relate, 138. oscillates, 139. bats, 140. savannahs,

141. It would be _____ for me to expect you to work overtime without any extra compensation.

adj. not fair, sensible, or likely to be true

142. Four companies were amalgamated into a single _____.

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

143. The rules were _____ after the new executive arrived.

v. to become or cause someone to become less active or tense and calmer

144. Its _____ brothers are difficult to tell apart except for their parents.

n. either of two children born at the same time from the same mother

145. That statement by the prime minister drew _____ international criticism.

adj. (especially of a feeling) very strong; extremely sharp or severe

146. The researchers try to discover a common _____ in all types of successful organizations.

n. one of several parts that combines with others to form something bigger

147. The museum _____ conserved the ancient manuscripts.

n. a person whose job is to manage the objects or artworks in a museum, art gallery, etc.

148. I like to _____ my phone case with a picture of my dog.

v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

ANSWERS: 141. unreasonable, 142. corporation, 143. relaxed, 144. twin, 145. intense, 146. component, 147. curator, 148. personalize

149. There was no _____ between their proposals.

- v.* to partially cover something by going beyond its edge

150. The police officer _____ the suspect through the crowded streets until they finally caught him.

- v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

151. Diamonds are employed as thermal _____ as well.

- n.* someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.

152. Parallel lines are, by _____ lines on the same plane that never cross.

- n.* a concise explanation of the meaning of a word, phrase, or symbol

153. The animal rights group worked to _____ the dolphins back into the wild.

- v.* to set free or allow to escape from confinement

154. We are responsible for the care and _____ of all our employees.

- n.* the state of being happy and healthy and prosperous

155. _____ I realized I had left my keys at home and couldn't enter the building.

- adv.* (also exclamation) an expression of grief, condolence, or regret that is used to acknowledge a situation or outcome that is unfortunate or disappointing

156. Overeating can lead to discomfort and slower _____.

- n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

ANSWERS: 149. overlap, 150. chased, 151. conductors, 152. definition, 153. release, 154. well-being, 155. Alas, 156. digestion

157. He used a _____ to lift the car to change the tire.

n. a mechanical device used for lifting or supporting heavy objects

158. He bated his _____ when talking about this affair.

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

159. He accumulated wealth across a _____ spectrum of assets.

adj. very wide; general

160. The workers had to dig through solid rock to create the vehicular _____ allowing the cars to pass through the mountain.

n. an underground or underwater passage, typically for trains or cars

ANSWERS: 157. jack, 158. breath, 159. broad, 160. tunnel