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Vocabulary Builder Reference from...

Esther Perel: The routines, rituals and boundaries we need in stressful times | TED Talk https://www.ted.com/talks/esther_perel_the_routines_rituals and boundaries we need in stressful times



All Words

IMPORTANT

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Session 1: Word List

pandemic

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

synonym: outbreak

(1) flu pandemic, (2) global pandemic

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

constant

adj. happening repeatedly or all the time synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature **Constant** dropping wears away the stone.

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.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading We **recommend** taking media training every six months.

regulate

 to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct We must manage to **regulate** our expenditure.

anguish

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

synonym: distress, torment, agony

(1) **anguish** and pain, (2) emotional **anguish**She suffered from a deep sense of **anguish** following the loss of her loved one.

isolation

 the condition of being alone or lonely; the act or state of separation between persons or groups

synonym: aloneness, seclusion, separateness

(1) **isolation** booth, (2) the country's **isolation** That incident led to his **isolation**.

universal

adj. existing or affecting everywhere or everyone *synonym*: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design The picture earned near- **universal** acclaim from critics.

grief

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

economy

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel synonym: finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

prolong

v. to extend the duration or length of something, particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan

We need to **prolong** the meeting for another hour to discuss all the issues.

uncertain

adj. not being sure of something; not being able to choose *synonym*: doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain** attitude

She was **uncertain** about her friend's intentions.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym: extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**Overall **dimensions** are approximately 400x200mm.

emphasize

- v. to give or show particular importance to something synonym: highlight, accentuate, stress
- (1) **emphasize** her words, (2) **emphasize** a direct relationship

Use italics or capitals to emphasize a word in a piece of

writing.

importance

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

despair

 the feeling that there is no hope and you cannot do anything to improve a difficult situation

synonym: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair** His friend's death drove him to **despair**.

anxiety

 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**.

exhaustion

 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**.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym: cranky, grumpy, touchy

- irritable bowel syndrome, (2) irritable mood
 Lack of sleep can make me irritable and easily annoyed.
- ne n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

frame

synonym: body, skeleton, scaffolding

(1) a picture frame, (2) the frame of the policy

The detective looked for fingerprints on the window **frame**.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) typical leader, (2) fairly typical symptoms

This artwork is **typical** of her work.

disaster

 an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global disaster, (2) disaster recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

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.

onslaught

n. a fierce or violent attack; a sudden and intense outburst of something, usually negative

synonym: attack, assault, charge

(1) **onslaught** of criticism, (2) urban **onslaught**

The village was unprepared for the sudden **onslaught** of the enemy army.

ambiguous

adj. open to more than one interpretation; not clear or decided

synonym: unclear, uncertain, equivocal

(1) **ambiguous** situation, (2) clarify **ambiguous** points

The instructions provided were **ambiguous** and confused the team.

mourning

n. the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grievingsynonym: grieving, sorrow, lamentation

(1) **mourning** period, (2) **mourning** ritual

She wore black clothing as a symbol of **mourning** for her grandmother.

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit Having a **physically** healthy physique is essential for a great life.

emotional

adj. relating to people's feelingssynonym: affecting, impactful, impressive

(1) emotional health, (2) emotional distress

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

hollow

adj. having a hole, empty space inside, or indentation on the surface

synonym: cavity, depression, concavity

(1) have **hollow** legs, (2) **hollow** sound

The tree had a **hollow** trunk, which made it easy for animals to take shelter inside.

nurse

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

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

psychology

- n. the scientific study of mind and behavior
- (1) **psychology** experiment, (2) **psychology** of crowd

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absent

adj. not present in a particular place at a particular time synonym: missing, away, not present

(1) **absent-minded**, (2) **absent** without leave He was **absent** from the meeting and missed all the important updates.

exemplify

- v. to serve as a typical example of something synonym: illustrate, show, demonstrate
- (1) **exemplify** the importance, (2) **exemplify** the solution The example of a successful startup serves to **exemplify** the potential of the industry.

erotic

adj. relating to or arousing sexual desire or excitement;
 considered taboo or provocative

synonym: sensual, arousing, sexy

(1) erotic novel, (2) erotic dance

The painting contained subtle **erotic** undertones.

grip

the act of holding onto something firmly with your hands,
 or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) grip of fear, (2) lose my grip

He had a firm **grip** on the rope as he climbed the mountain.

pendulum

 a weight hung from a fixed point used to regulate the movement of a clock or other mechanism

synonym: oscillator, balance, clock

(1) pendulum swings, (2) political pendulum

The **pendulum** clock was a familiar sight in the old house.

snap

v. to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands

synonym: break, crack, fracture

(1) **snap** a whip, (2) **snap** judgment

She **snapped** a quick picture of the beautiful sunset before it disappeared.

hinge

n. a joint that holds the edge of a door, window, lid, etc. and allows it to open or close

synonym: joint, pivot

(1) a stiff **hinge**, (2) insecure **hinge**

His involvement is the **hinge** of our plan.

extreme

adj. very great in amount or degree

synonym: farthermost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

emphasis

 particular importance or significance that is given to something

synonym: priority, stress, focus

(1) **emphasis** on color, (2) lay great **emphasis** on policy The spotlight gave the central figure increased **emphasis**.

cordon

 a line or circle of police, soldiers, or other guards preventing access to or from an area; a barrier or blockade

synonym: barrier, barricade, line

(1) cordon tape, (2) police cordon

The police set up a **cordon** around the crime scene to keep bystanders out.

happenstance

an occurrence that happens by chance; a fortuitous event, or a coincidence

synonym: coincidence, chance, accident

(1) **happenstance** event, (2) meet by **happenstance** It was a mere **happenstance** that they both ended up at the same restaurant.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm I'm prepared to **encounter** challenges throughout this adventure.

mystery

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

synonym: enigma, puzzle, secret

(1) mystery novel, (2) unsolved mystery

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

vibrate

v. to move or cause anything to move fast and in small increments from side to side

synonym: oscillate, convulse, jerk

(1) **vibrate** at a regular frequency, (2) **vibrate** with anger During the flight, the wings of the plane **vibrate**.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit
All the supervisor has to do is assign tasks that make his subordinates more **creative**.

curiosity

- n. a strong desire to know or learn about somethingsynonym: interest, inquisitiveness, novelty
- (1) boundless **curiosity**, (2) satisfy my intellectual **curiosity** We are motivated by **curiosity** rather than necessity.

routine

 a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**She studies gardening on a **routine** basis.

ritual

any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a ritual dance, (2) morning ritual

The woman of the house does the holy **ritual** of lighting two candles.

boundary

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

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

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.

responsible

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

synonym: accountable, answerable, liable

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

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

inhabit

v. to live in a specific location; to reside

synonym: settle, occupy, populate

(1) inhabit a cave, (2) inhabit the stomachI have no idea what sort of folks inhabit the neighborhood.

sacred

adj. connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god

synonym: holy, inviolable, hallowed

sacred music, (2) the halo of a sacred image
 This space is a private office sacred to the President

delineate

- v. to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something synonym: outline, sketch, depict
- (1) **delineate** the plan, (2) **delineate** a picture of the future The architect needs to **delineate** the precise measurements of the building plan.

demarcate

v. (another term for demark) to set, mark, or draw the boundaries or limits of something

synonym: differentiate, delimit, mark off

(1) **demarcate** the boundary, (2) **demarcate** an arrangement

This partition is used to **demarcate** the interior and exterior spaces.

structure

 the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

emerge

to move out of or away from something and become visible

synonym: arise, occur, appear

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

function

the purpose or use of an object, system, or process; a n. particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) function properly, (2) immune function The brain is an incredibly complex organ that controls the body's function.

antidote

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

synonym: remedy, treatment, restorative

- (1) the antidote to the poison, (2) the antidote for aging Knowledge is the **antidote** to fear.
- to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) adopt a child, (2) adopt a bill The national assembly has **adopted** the budget.

puppy

- a young dog, usually less than a year old synonym: dog, young dog, pup
- (1) puppy in a pet shop, (2) nurse a puppy She adopted a small brown **puppy** from the shelter.

thrive

- to grow vigorously; to make steady progress *synonym*: bloom, flourish, prosper
- (1) **thrive** in a society, (2) **thrive** on pressure Without investment, a business cannot thrive.

adopt

casual

adj. relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness

synonym: informal, relaxed, offhand

(1) casual dress, (2) take a casual glance

They had a **casual** conversation over coffee at the local cafe.

coworker

explore

 a person who works with another in the same company or organization

synonym: colleague, peer, associate

- (1) **coworker** relationship, (2) argue with a **coworker** My ex- **coworker** and I had different working styles but managed to get along.
- v. to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it

synonym: analyze, delve into, examine

(1) **explore** the world, (2) **explore** our options

The management must **explore** strategies to increase office security.

commute

 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.

enliven

v. to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements

synonym: invigorate, animate, stimulate

(1) **enliven** a party, (2) **enliven** a conversation

The party music helped **enliven** the atmosphere and get people dancing.

pet

- an animal that you have at home as a companion and treated kindly
- (1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

spontaneity

 the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner

synonym: impulsiveness, uninhibitedness, unpredictability

(1) the **spontaneity** of the moment, (2) act with **spontaneity**

His public speaking skills improved when he embraced **spontaneity** rather than sticking to a script.

analyze

 to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

flip

 to turn over into a different position quickly; to throw or toss with a light motion

synonym: throw, jump

(1) flip over the pork chop, (2) flip a coin

He **flipped** when he heard that he had been accepted into the university.

collapse

v. to fall down or give way suddenly, often after breaking apart

synonym: tumble, spill, bankruptcy

(1) the stock market **collapsed**, (2) ready to **collapse**The roof finally **collapsed** after three days and three nights of heavy snowfall.

regain

v. to get something back or recover something after it has been lost or taken away

synonym: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health After years of hard work, he finally **regained** his financial stability.

tip

 the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym: edge, advice, gratuity

(1) the tip of a paintbrush, (2) give the waiter a tip.I will introduce some tips on learning English in this class.

session

 a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

synonym: conference, gathering

(1) the morning **session**, (2) the court **session** Parliament is now in **session**.

colleague

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

synonym: coworker, associate, fellow

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

spouse

- n. a person's husband, wife, or partner in marriage synonym: partner, mate, wife
- (1) **spouse** tax deduction, (2) **spouse** visa
 The **spouse** of the politician was a constant presence at campaign events.

merge

 to combine or integrate things, or to cause this to happen

synonym: combine, join, coalesce

(1) **merge** into a new party, (2) **merge** those systems into a new one

This consulting firm decided to **merge** the two companies into one.

din

- n. a loud, confused noise; a loud, persistent racketsynonym: noise, racket, clamor
- (1) din of traffic, (2) mighty din

The **din** of the city was overwhelming.

mute

- adj. silent; not speaking or unable to speak; not expressed or articulated
- synonym: silent, unspoken, voiceless
- (1) mute button, (2) mute sound

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

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.

essential

- adj. indispensable; fundamentalsynonym: critical, crucial, basic
- (1) **essential** amino acid, (2) **essential** commodities of life Trial and error is an **essential** part of education.

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.

integrate

to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

synonym: mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

midst

- the middle part of people or things synonym: middle, core, bosom
- (1) in the **midst** of the crowd, (2) in the **midst** of a scandal He remained serene in the **midst** of turbulence.

carving

- the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design synonym: sculpture, engraving, sculpture
- (1) a wood carving, (2) carving instrument The intricate **carving** on the wooden box was the work of a master craftsman.

involve

- 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.

gym

- a place equipped for exercise and other physical training synonym: fitness center, athletic club
- (1) gym membership, (2) a gym suit She went to the fully equipped **gym** to work out every day.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity The company's new products **embody** the values of innovation and sustainability.

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.

attribute

 to say or regard that something is the result of a particular thing; (noun) a quality or feature that someone or something possesses;

synonym: ascribe, blame, (noun) feature

(1) **attribute** the change to their marriage, (2) **attribute** directly to sales

He **attributes** the disappointing results to the economic downturn.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) roll a ball, (2) roll down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

jack

 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.

wander

 to walk around slowly or to a place, often without any clear purpose or direction

synonym: ramble, roam, stroll

Page 18 / 79

(1) **wander** alone in a strange country, (2) **wander** far from home

I often wander around the park for half an hour.

outcome

- n. the result or effect of an action, event, etc.
- *synonym*: result, consequence, effect
- (1) improved student **outcomes**, (2) a desirable **outcome**They awaited news of the **outcome** of the election.

fortunate

adj. having good luck or luckysynonym: fortuitous, lucky, blessed

production.

(1) **fortunate** situation, (2) less **fortunate** person He was pretty **fortunate** to pass the exam.

aspect

- n. one part or feature of a situation, problem, subject, etc.synonym: characteristic, element, factor
- (1) nontechnical aspects of the job, (2) aspects of social, political, and economic lifeHis professional experience includes all aspects of media

striking

- adj. attractive and distinctive enough to draw notice;exceedingly appealing, frequently in an odd mannersynonym: arresting, astonishing, exceptional
- (1) **striking** innovation, (2) **striking** evidence The two plays have many **striking** parallels.

whisk

- v. to move something somewhere suddenly and quickly synonym: whip, hasten, wipe
- (1) **whisk** flies away, (2) **whisk** people from entrance to exit **Whisk** rapidly until egg whites are foamy.

conversation

 an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) conversation in English, (2) a friendly conversation

Your **conversation** reflects your thoughts.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population She is a **resilient** person and has always bounced back from setbacks.

stressor

- n. something that causes stress or emotional tensionsynonym: pressure, strain, burden
- (1) **stressor** event, (2) **stressor** management The deadline for the project was a major **stressor** for the team.

mention

- v. to speak or write about something or someone briefly synonym: reference, allude, cite
- (1) **mention** name, (2) **mention** in a report I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

nail

 a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes

synonym: pin, tack, fastener

(1) rusty nail, (2) nail clipper

He used a hammer and round **nail** to fix the loose board on the fence.

sociologist

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

apt

adj. having a natural talent, inclination, or tendency for a particular activity, skill, or trait; appropriate or fitting for a specific situation or purpose

synonym: capable, suitable, adept

(1) apt example, (2) apt wording

She has an **apt** sense of humor and always knows how to make people laugh.

observation

 the act or activity of carefully examining or monitoring something or someone

synonym: watching, notice, reflection

(1) class **observation** day, (2) **observation** instrument In the hospital, she will remain under constant **observation**.

abnormal

adj. not typical, usual, or regular, especially in a way that is bad

synonym: aberrant, bizzare, unusual

(1) **abnormal** heart rhythms, (2) **abnormal** cells

An **abnormal** climate in the region caused a sharp decline in grain harvest.

circumstance

 the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

norm

- *n.* something that is regarded as usual, typical, or standard *synonym*: criterion, mean, standard
- (1) norm of action, (2) cultural norm

The systems we have developed has accepted as industry **norms**.

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.

mass

 a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym: abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**The **mass** of people who do not own property is politically impotent.

mutual

adj. common to or shared by two or more partiessynonym: shared, common, joint

(1) share of a **mutual** fund, (2) **mutual** efforts They cooperated for their **mutual** benefit.

reliance

n. the state of depending on or needing something or someone

synonym: dependence, support, confidence

(1) **reliance** on social media, (2) self- **reliance** and solidarity He acted in **reliance** on her naked promises.

interdependence

- n. the fact or state of depending on each othersynonym: relation, interconnection, linkage
- (1) **interdependence** of mind and body, (2) global **interdependence**

The diplomatic rivalry between the two countries has strengthened the **interdependence** of their intra-regional supply chains for their manufacturing industries.

pretension

 the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym: presumption, pretense, affectation

pretension to authority, (2) baseless pretension
 pretensions of being a gourmet were quickly exposed

when he could not identify basic herbs and spices.

accord

- n. an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have synonym: alliance, pact, agreement
- (1) **accord** with public opinion, (2) binational **accord** The organization finally signed a peace **accord**.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health I need to **maintain** my car regularly to prevent any major mechanical issues.

ultimate

adj. furthest or highest in degree or order *synonym*: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury Management must take **ultimate** responsibility for the accident.

relation

 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.

intelligence

 the ability to learn, comprehend, or make judgments or conclusions based on reasons

synonym: brains, brightness, cleverness

(1) an **intelligence** test, (2) field of artificial **intelligence** In terms of **intelligence**, he was head and shoulders above his classmates.

vocabulary

 n. the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses

synonym: lexicon, glossary, dictionary

(1) **vocabulary** list, (2) academic **vocabulary** Using proper **vocabulary** is essential for writing a good essay.

empathy

 the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients **Empathy** is also necessary to understand history.

discuss

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

synonym: talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

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

indicator

 something that shows or points out what a situation is like or how a situation is changing

synonym: barometer, signal, index

(1) indicator lamp, (2) performance indicators

Several IT millionaires have shown that the level of education is a relatively poor **indicator** of whether a business can be successfully run.

exchange

v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

synonym: trade, swap, interchange

(1) exchange rate,	(2) exchange a few friendly words				
My sister and I frequently exchange books, as we love					
reading.					

inviting

 adj. having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate

synonym: attractive, tempting, alluring

(1) inviting scent, (2) inviting atmosphere

The **inviting** aroma of freshly baked bread drew me into the bakery.

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

start-up

- n. a newly established company or business
- (1) **start-up** business, (2) early-stage **start-up**

Our company's services are targeted at **start-up** executives.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym: decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

division

 the act or outcome of splitting into separate parts; a critical organizational unit or sector

synonym: branch, separator, section

(1) cellular division, (2) division chief

Which **division** of the company do you work in?

foster

 to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents synonym: nurture, nourish, cultivate

(1) **foster** a better relationship, (2) **foster** two kids The pastor contributed to **fostering** the sense of a community embracing all classes.

acute

adj. extremely sharp or severe synonym: sharp, perceptive, keen

(1) acute pain, (2) acute triangle

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

fracture

 the breaking or cracking of a rigid material or object such as bone

synonym: break, crack, rupture

(1) fracture test, (2) risk of bone fractures

X-ray inspection revealed many **fractures**.

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.
- He finally decided to **commont** problems directly.

mastery

 complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

synonym: proficiency, aptitude, domination

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

certainty

n. the state of being certain

synonym: inevitability, confidence, assurance

(1) scientific **certainty**, (2) reach **certainty** about the theory Through investigation, his suspicions hardened into **certainty**.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

polarization

 the division or separation of something into two opposing or contrasting groups or factions; the condition of being polarized or having poles

synonym: polarity, division, separation

(1) polarization effect, (2) dielectric polarization

The **polarization** of political views has created a deep divide in the country.

worldview

 a particular philosophy or cognitive orientation of life or conception of the world

synonym: perspective, position, viewpoint

(1) mainstream **worldview**, (2) the **worldview** of the ancient civilization

The war between the two countries was also a battle between competing **worldviews**.

primarily

adv. mainly

synonym: largely, mainly, mostly

(1) intended **primarily** for young people, (2) **primarily** affect adults

All peaceful cooperation is based **primarily** on mutual trust.

cofounder

- one of several people who establishes an organization or starts a business
- cofounder of the university, (2) late cofounder
 He is the cofounder and chairman of this tech company.

distill

- v. to purify or refine; to extract the essential elements synonym: extract, condense, purify
- (1) distill a liquid, (2) distill information

She decided to **distill** her thoughts into a more manageable list.

in-person

adv. taking place with someone physically present together in the same place rather than on the phone, e-mail, or video link:

synonym: directly, physically, personally

(1) in-person performance, (2) get an in-person appointment

The virtual world is quite different from the **in-person** world.

belong

to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

- (1) **belong** to different species, (2) **belong** to a group All the books in this section **belong** to the library's rare collection and must be handled carefully.
- to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being

synonym: evolve, progress, advance

created

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

We must **develop** a new system to streamline our workflow and increase efficiency.

identity

the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym: character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual The terrorist's **identity** remains unknown.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights Human behavior has **fundamental** characteristics.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

- (1) **redefine** customer experience, (2) **redefine** our role The video telephony application has **redefined** the way we work.
- n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

synonym: robot, machine learning, neural network

(1) **AI** expert, (2) apply **AI** technology to art
The evolution of processors has dramatically improved the performance of **AI**.

cultivate

- v. to prepare and foster land for growing crops or plants synonym: boost, foster, nurture
- (1) **cultivate** a field, (2) **cultivate** relationships University is a great place to **cultivate** our minds and expertise.

insight

 the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**We gained various **insights** by analyzing the vast amount of data owned by the company.

Session 2: Spelling

- 1. have gr__f and sorrow
- 2. a m_s of molten rock
- 3. be g to a group
- 4. act with spo____ty
- 5. me___n name
- 6. the wo____ew of the ancient civilization
- 7. de te the plan
- 8. get an in____on appointment
- 9. ack ge his help

- n. a very great sadness, especially when somebody dies
- a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
- v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
- n. the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner
- v. to speak or write about something or someone briefly
- a particular philosophy or cognitive orientation of life or conception of the world
- to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something
- adv. taking place with someone physically present together in the same place rather than on the phone, e-mail, or video link:
- 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.;

ANSWERS: 1. grief, 2. mass, 3. belong, 4. spontaneity, 5. mention, 6. worldview, 7. delineate, 8. in-person, 9. acknowledge

9. cir____nce of injury n. the specific conditions or events that surround a particular situation or occurrence

20. de____te an arrangement

21. scientific ce ty

v. (another term for demark) to set, mark, or draw the boundaries or limits of something

n. the state of being certain

ANSWERS: 10. analyze, 11. irritable, 12. stressor, 13. psychology, 14. happenstance, 15. shrink, 16. division, 17. importance, 18. accord, 19. circumstance, 20. demarcate, 21. certainty

22.	vocry list	n.	the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses
23.	a picture fre	n.	a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
24.	esal commodities of life	adj.	indispensable; fundamental
25.	self-rece and solidarity	n.	the state of depending on or needing something or someone
26.	apply AI technology to art	n.	(abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
27.	ecy of scale	n.	the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
28.	emis on color	n.	particular importance or significance that is given to something
29.	fairly tyI symptoms	adj.	having the usual characteristics or traits of a specific group of things

economy, 28. emphasis, 29. typicai

different

n. a fierce or violent attack; a sudden and intense outburst of something, usually negative

39. exh____on of energy

40. st ng innovation

41. ma____in good health

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

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

ANSWERS: 30. despair, 31. analyze, 32. hollow, 33. uncertain, 34. prolong, 35. thrive, 36. confront, 37. separate, 38. onslaught, 39. exhaustion, 40. striking, 41. maintain

ANSWERS: 42. observation, 43. interdependence, 44. fundamental, 45. vibrate, 46. ritual, 47. din, 48. release, 49. routine, 50. happenstance, 51. coworker, 52. attribute, 53. enliven

ANSWERS: 54. attribute, 55. grip, 56. thrive, 57. embody, 58. intelligence, 59. abnormal, 60. importance, 61. physically, 62. isolation, 63. communicate, 64. ambiguous, 65. absent

66.	the country's ison	n.	the condition of being alone or lonely; the act or state of separation between persons or groups
67.	intnce of mind and body	n.	the fact or state of depending on each other
68.	mul efforts	adj.	common to or shared by two or more parties
69.	class obson day	n.	the act or activity of carefully examining or monitoring something or someone
70.	sete cream from milk	<i>v</i> .	to force, take, or pull apart; mark as different
71.	coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
72.	the ulte goal in life	adj.	furthest or highest in degree or order
73.	preon to authority	n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
74.	full of emy	n.	the ability to share another person's feelings or experiences by imagining that person's situation
75.	shk the tumor	ν.	to become smaller, or to make something smaller in size or amount
76.	risk of bone frres	n.	the breaking or cracking of a rigid material or object such as bone
77.	dis options	v.	to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 66. isolation, 67. interdependence, 68. mutual, 69. observation, 70. separate, 71. communal, 72. ultimate, 73. pretension, 74. empathy, 75. shrink, 76. fracture, 77. discuss

adj. connected with religion or religious 78. sa d music purposes; worthy of respect or dedication because of a connection with a god 79. en____er a storm to face something, particularly ν. something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly a formal meeting or series of meetings 80. the court se___n for the execution of a particular group's functions; a period spent doing a particular activity 81. ex___e our options to travel to or penetrate an area or a ν. country to learn about it; to thoroughly examine a subject or a possibility to learn more about it 82. g p of fear the act of holding onto something firmly n. with your hands, or the ability to do so; (verb) to hold fast or firmly 83. the st re of a machine the way of construction of something n. and the arrangement of its parts, or a complex thing constructed of many parts 84. di linformation to purify or refine; to extract the essential elements 85. ex___e weather events adj. very great in amount or degree a line or circle of police, soldiers, or 86. co___n tape n. other guards preventing access to or from an area; a barrier or blockade

ANSWERS: 78. sacred, 79. encounter, 80. session, 81. explore, 82. grip, 83. structure, 84. distill, 85. extreme, 86. cordon

87.	daily coe	ν.	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
88.	fote situation	adj.	having good luck or lucky
89.	inte into the existing system	v.	to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
90.	ren our reputation	ν.	to get something back or recover something after it has been lost or taken away
91.	unal life	adj.	existing or affecting everywhere or everyone
92.	rete blood sugar levels	<i>v</i> .	to control something, especially by means of rules or laws
93.	exfy the solution	v.	to serve as a typical example of something
94.	the ulte luxury	adj.	furthest or highest in degree or order
95.	the crosswise dion	n.	a measurable extent of a particular kind, such as width, height, or length
96.	g_m membership	n.	a place equipped for exercise and other physical training
97.	global paic	n.	an outbreak of a disease that affects many people over a very wide area
98.	global dier	n.	an unexpected event or series of events that cause widespread damage, destruction, or loss of life

ANSWERS: 87. commute, 88. fortunate, 89. integrate, 90. regain, 91. universal, 92. regulate, 93. exemplify, 94. ultimate, 95. dimension, 96. gym, 97. pandemic, 98. disaster

99. principles of unal design	adj.	existing or affecting everywhere or everyone
100. insecure hie	n.	a joint that holds the edge of a door, window, lid, etc. and allows it to open or close
101. a friendly conion	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
102. in the mit of the crowd	n.	the middle part of people or things
103. nurse a puy	n.	a young dog, usually less than a year old
104. a stiff hie	n.	a joint that holds the edge of a door, window, lid, etc. and allows it to open or close
105. prg the agony	<i>v</i> .	to extend the duration or length of something, particularly a period of time or an event
106. performance inors	n.	something that shows or points out what a situation is like or how a situation is changing
107. inng atmosphere	adj.	having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
108. vie with anger	<i>v</i> .	to move or cause anything to move fast and in small increments from side to side
109. mee into a new party	<i>v</i> .	to combine or integrate things, or to cause this to happen

ANSWERS: 99. universal, 100. hinge, 101. conversation, 102. midst, 103. puppy, 104. hinge, 105. prolong, 106. indicator, 107. inviting, 108. vibrate, 109. merge

ANSWERS: 110. pendulum, 111. ambiguous, 112. fundamental, 113. division, 114.

something in return for something else;

services can be bought, sold, or traded

a place or system where goods or

esponsible,	115.	casual,	116.	accord,	117.	casual,	118.	insecure,	119.	striking,	120.
xchange											

- 121. flu pa____ic
- 122. ab___t without leave
- 123. m e button
- 124. a teacher's p_t
- 125. ex____ed parents
- 126. ac e pain
- 127. a co____nt temperature
- 128. n__l clipper
- 129. a j_k of all trades
- 130. a lot of gr f
- 131. collaborate with co____ues
- 132. emotional an___h
- 133. re___e a prisoner
- 134. f__p a coin

- n. an outbreak of a disease that affects many people over a very wide area
- adj. not present in a particular place at a particular time
- adj. silent; not speaking or unable to speak; not expressed or articulated
- an animal that you have at home as a companion and treated kindly
- adj. extremely tired
- adj. extremely sharp or severe
- adj. happening repeatedly or all the time
- n. a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
- a mechanical device used for lifting or supporting heavy objects
- n. a very great sadness, especially when somebody dies
- n. one of a group of a coworker, especially in a profession or a business
- n. severe physical or emotional pain or suffering; distress or mental agony
- v. to set free or allow to escape from confinement
- v. to turn over into a different position quickly; to throw or toss with a light motion

ANSWERS: 121. pandemic, 122. absent, 123. mute, 124. pet, 125. exhausted, 126. acute, 127. constant, 128. nail, 129. jack, 130. grief, 131. colleague, 132. anguish, 133. release, 134. flip

135.	eme as a butterfly	<i>v</i> .	to move out of or away from something and become visible
136.	puy in a pet shop	n.	a young dog, usually less than a year old
137.	cute relationships	v.	to prepare and foster land for growing crops or plants
138.	stay phyly fit	adv.	in a way related to a person's body or appearance rather than their mind
139.	mistaken idty	n.	the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
140.	rend a hospitalization	<i>v</i> .	to suggest that someone or something would be a suitable fit for a particular purpose or role
141.	the spoty of the moment	n.	the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner
142.	lay great emis on policy	n.	particular importance or significance that is given to something
143.	academic vocry	n.	the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses
144.	sp judgment	v.	to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands
145.	diagnosis of any disorder	n.	a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 135. emerge, 136. puppy, 137. cultivate, 138. physically, 139. identity, 140. recommend, 141. spontaneity, 142. emphasis, 143. vocabulary, 144. snap, 145. anxiety

ANSWERS: 146. manifest, 147. creative, 148. hollow, 149. function, 150. aspect, 151. regulate, 152. confront, 153. uncertain, 154. ritual, 155. manifest

- 156. a g_m suit
 157. former co____ue
 158. the bo____ry between reality and fantasy
 159. in___e a lot of paperwork
 160. the an___te to the poison
 161. share of a mu___l fund
 162. mo___ng period
 163. er__c dance
 164. immune fu__ on
- n. a place equipped for exercise and other physical training
- n. one of a group of a coworker, especially in a profession or a business
- a real or imaginary line that marks the limit or extent of something and separates it from other things or places
- v. to include or affect someone or something as a necessary part of something else
- a chemical substance or remedy that stops or controls the effects of a poison or disease
- adj. common to or shared by two or more parties
- the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving
- adj. relating to or arousing sexual desire or excitement; considered taboo or provocative
- n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 156. gym, 157. colleague, 158. boundary, 159. involve, 160. antidote, 161. mutual, 162. mourning, 163. erotic, 164. function

165.	intended prly for young people	adv.	mainly
166.	int a cave	<i>v</i> .	to live in a specific location; to reside
167.	the fre of the policy	n.	a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
168.	mong ritual	n.	the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving
169.	emze a direct relationship	<i>v</i> .	to give or show particular importance to something
170.	adt a bill	<i>v</i> .	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
171.	an inre future	adj.	not firm or firmly fixed; likely to fail or give way, or not assured of safety
172.	coal swimming pool	adj.	belonging to or used by a group rather than individuals; for common use
173.	war alone in a strange country	ν.	to walk around slowly or to a place, often without any clear purpose or direction
174.	ackge 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.;

ANSWERS: 165. primarily, 166. inhabit, 167. frame, 168. mourning, 169. emphasize, 170. adopt, 171. insecure, 172. communal, 173. wander, 174. acknowledge

adj. connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god

184. on____ht of criticism

n. a fierce or violent attack; a sudden and intense outburst of something, usually negative

ANSWERS: 175. worldview, 176. anguish, 177. redefine, 178. typical, 179. belong, 180. din, 181. communicate, 182. resilient, 183. sacred, 184. onslaught

185. en___n a conversation

v. to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements

186. critical m s

 a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

187. ma____in order

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

188. give the waiter a t_p.

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

189. nu e practitioner

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

190. di____er recovery

 an unexpected event or series of events that cause widespread damage, destruction, or loss of life

191. in____or lamp

 something that shows or points out what a situation is like or how a situation is changing

192. co____e 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

ANSWERS: 185. enliven, 186. mass, 187. maintain, 188. tip, 189. nurse, 190. disaster, 191. indicator, 192. commute

ANSWERS: 193. midst, 194. sociologist, 195. involve, 196. start-up, 197. mystery, 198. roll, 199. cultivate, 200. mystery, 201. antidote, 202. dimension

- occurrence
- adj. having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate

ANSWERS: 203. session, 204. cordon, 205. extreme, 206. invite, 207. foster, 208. develop, 209. collapse, 210. circumstance, 211. inviting

211. in____ng scent

ANSWERS: 212. responsible, 213. mastery, 214. exhausted, 215. insight, 216. distill, 217. warn, 218. routine, 219. pendulum, 220. exchange

a place or system where goods or

services can be bought, sold, or traded

221. a_t example situation or purpose 222. late co____er n. 223. a twording situation or purpose 224. a profound in____t n. 225. dielectric pol____ion 226. cultural n m n. typical, or standard 227. em al distress 228. pr____ly affect adults adv. mainly 229. er__c novel

230. ready to co se

231. s p a whip

- adj. having a natural talent, inclination, or tendency for a particular activity, skill, or trait; appropriate or fitting for a specific
- one of several people who establishes an organization or starts a business
- adj. having a natural talent, inclination, or tendency for a particular activity, skill, or trait; appropriate or fitting for a specific
- the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
- the division or separation of something into two opposing or contrasting groups or factions; the condition of being polarized or having poles
- something that is regarded as usual,
- adj. relating to people's feelings
- adj. relating to or arousing sexual desire or excitement; considered taboo or provocative
- to fall down or give way suddenly, often after breaking apart
- to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands

ANSWERS: 221. apt, 222. cofounder, 223. apt, 224. insight, 225. polarization, 226. norm, 227. emotional, 228. primarily, 229. erotic, 230. collapse, 231. snap

to move in a particular direction by 232. r l a ball ν. turning over and over or from side to 233. wh k people from entrance to exit to move something somewhere ν. suddenly and quickly to make someone aware of potential 234. w n a reckless driver ν. danger or difficulty, particularly one that may occur in the future 235. ca g instrument the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design adj. easily or frequently agitated, annoyed, 236. ir le bowel syndrome or angered; prone to becoming tense or angry in response to minor stimuli or events to face something, particularly 237. en____er a crisis something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly a newly established company or 238. st up business n. business 239. fo r a better relationship to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents a healthcare professional who is trained 240. a volunteer nu e to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

ANSWERS: 232. roll, 233. whisk, 234. warn, 235. carving, 236. irritable, 237. encounter, 238. start-up, 239. foster, 240. nurse

ANSWERS: 241. anxiety, 242. pretension, 243. conversation, 244. mastery, 245. constant, 246. whisk, 247. curiosity, 248. essential, 249. abnormal, 250. identity, 251. spouse

marriage

252. boundless cuty	n.	a strong desire to know or learn about something
253. dis solutions	<i>v</i> .	to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
254. eme from poverty	<i>v</i> .	to move out of or away from something and become visible
255. coer of the university	n.	one of several people who establishes an organization or starts a business
256. dep a skill	<i>v</i> .	to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
257. a line-in jk	n.	a mechanical device used for lifting or supporting heavy objects
258. an intnce test	n.	the ability to learn, comprehend, or make judgments or conclusions based on reasons
259. ace triangle	adj.	extremely sharp or severe
260. rece on social media	n.	the state of depending on or needing something or someone
261. a wood cag	n.	the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design
262. improved student oues	n.	the result or effect of an action, event, etc.

ANSWERS: 252. curiosity, 253. discuss, 254. emerge, 255. cofounder, 256. develop, 257. jack, 258. intelligence, 259. acute, 260. reliance, 261. carving, 262. outcome

263. emy for patients	n.	the ability to share another person's feelings or experiences by imagining that person's situation
264. the t_p of a paintbrush	n.	the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
265. rene customer experience	<i>v</i> .	to change the meaning or interpretation of something; to make people think about something in a new or different way
266. psygy of crowd	n.	the scientific study of mind and behavior
267. adt a child	<i>v</i> .	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
268. frre test	n.	the breaking or cracking of a rigid material or object such as bone
269. spe tax deduction	n.	a person's husband, wife, or partner in marriage
270. me sound	adj.	silent; not speaking or unable to speak; not expressed or articulated
271. mee those systems into a new one	ν.	to combine or integrate things, or to cause this to happen
272. der at the future	n.	the feeling that there is no hope and you cannot do anything to improve a difficult situation
273. reon between cause and effect	n.	the way two persons or groups of people feel and act toward one another

ANSWERS: 263. empathy, 264. tip, 265. redefine, 266. psychology, 267. adopt, 268. fracture, 269. spouse, 270. mute, 271. merge, 272. despair, 273. relation

274. reach cety about the theory	n.	the state of being certain
275. rusty nl	n.	a thin, pointed piece of metal with a flat head used for fastening things together; the thin hard layer covering and protecting the outer tip of the fingers or toes
276. religious socst	n.	a person who studies the institutions and development of human society
277. geographical bory	n.	a real or imaginary line that marks the limit or extent of something and separates it from other things or places
278. emy my goal	ν.	to represent or exemplify something; to give tangible form to an abstract idea
279. f_p over the pork chop	v.	to turn over into a different position quickly; to throw or toss with a light motion
280. argue with a coer	n.	a person who works with another in the same company or organization
281. inte both businesses	ν.	to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
282. a p_t bird	n.	an animal that you have at home as a companion and treated kindly
283. exe the world	v.	to travel to or penetrate an area or a country to learn about it; to thoroughly examine a subject or a possibility to learn more about it
284. emze her words	ν.	to give or show particular importance to something

ANSWERS: 274. certainty, 275. nail, 276. sociologist, 277. boundary, 278. embody, 279. flip, 280. coworker, 281. integrate, 282. pet, 283. explore, 284. emphasize

ocab-Builder Ref from "Esther Perel: The routines, rituals ar	nd bour	ndaries we need in stressful times TED Talk" (154 words)
285. exfy the importance	ν.	to serve as a typical example of something
286. ecy class	n.	the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
287. ren my health	v.	to get something back or recover something after it has been lost or taken away
288. dete the boundary	v.	(another term for demark) to set, mark, or draw the boundaries or limits of something
289. war far from home	v.	to walk around slowly or to a place, often without any clear purpose or direction
290. barren of crve spirit	adj.	relating to or involving the use of skill and original and unusual ideas to create something
291. men in a report	v.	to speak or write about something or someone briefly
292. stre and function of the brain	n.	the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
293. nm of action	n.	something that is regarded as usual, typical, or standard

ANSWERS: 285. exemplify, 286. economy, 287. regain, 288. demarcate, 289. wander, 290. creative, 291. mention, 292. structure, 293. norm

294. less fote person	adj.	having good luck or lucky
295. rent population	adj.	able to withstand or recover quickly from difficult conditions
296. emal health	adj.	relating to people's feelings
297. emotional exhon	n.	the state of being extremely tired and lacking energy or strength
298. stor event	n.	something that causes stress or emotional tension
299. dete a picture of the future	ν.	to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something
300. int the stomach	ν.	to live in a specific location; to reside
301. rend reading	<i>v</i> .	to suggest that someone or something would be a suitable fit for a particular purpose or role
302. inon performance	adv.	taking place with someone physically present together in the same place rather than on the phone, e-mail, or video link:
303. polion effect	n.	the division or separation of something into two opposing or contrasting groups or factions; the condition of being polarized or having poles
304. reon of inclusion	n.	the way two persons or groups of people feel and act toward one another
305. nontechnical asts of the job	n.	one part or feature of a situation,

ANSWERS: 294. fortunate, 295. resilient, 296. emotional, 297. exhaustion, 298. stressor, 299. delineate, 300. inhabit, 301. recommend, 302. in-person, 303. polarization, 304. relation, 305. aspect

problem, subject, etc.

306. in___e criticism

307. Al expert

308. a desirable ou____e

- v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
- n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
- *n.* the result or effect of an action, event, etc.

ANSWERS: 306. invite, 307. AI, 308. outcome

Session 3: Fill in the Blanks

1.	His of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
n.	the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
2.	This partition is used to the interior and exterior spaces.
ν.	(another term for demark) to set, mark, or draw the boundaries or limits of something
3.	The instructions provided were and confused the team.
ad	i. open to more than one interpretation; not clear or decided
4.	The clock was a familiar sight in the old house.
n.	a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
5.	I need to my car regularly to prevent any major mechanical issues.
<i>v</i> .	to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
6.	He used a to lift the car to change the tire.
n.	a mechanical device used for lifting or supporting heavy objects
7.	The of the country is struggling due to the recent political instability.
n.	the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
	SWERS: 1. pretensions, 2. demarcate, 3. ambiguous, 4. pendulum, 5. maintain, 6 k, 7. economy

24. She was about her friend's intentions.
adj. not being sure of something; not being able to choose
 25. The response team worked around the clock to aid those affected by the earthquake. n. an unexpected event or series of events that cause widespread damage, destruction or local of life.
destruction, or loss of life
26. The two plays have many parallels.
 adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner
27. 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
28. They had a conversation over coffee at the local cafe.
adj. relaxed and informal in manner or dress, not planned or expected; not involving commitment or seriousness
29. After years of hard work, he finally his financial stability.
v. to get something back or recover something after it has been lost or taken away
30. Use italics or capitals to a word in a piece of writing.
v. to give or show particular importance to something
31. X-ray inspection revealed many
n. the breaking or cracking of a rigid material or object such as bone
ANSWERS: 24. uncertain, 25. disaster, 26. striking, 27. warn, 28. casual, 29. regained, 30. emphasize, 31. fractures

48. I have no idea what sort of folks the neighborhood. v. to live in a specific location; to reside		
49. We are motivated by rather than necessity.n. a strong desire to know or learn about something		
50. The of the city was overwhelming. n. a loud, confused noise; a loud, persistent racket		
51. Using proper is essential for writing a good essay.n. the words used by a language, group, or individual; the knowledge and understanding of words and their meanings that a person possesses		
52. Your reflects your thoughts.		
 an informal talk between two or more people to exchange their views, ideas, information, etc. 		
53. He acted in on her naked promises.		
n. the state of depending on or needing something or someone		
54. The long work hours were taking a toll on her mental		
n. the state of being extremely tired and lacking energy or strength		
55. They cooperated for their benefit.		
adj. common to or shared by two or more parties		
56. The company's new products the values of innovation and sustainability. to represent or exemplify something; to give tangible form to an abstract idea	-	
ANSWERS: 48. inhabit, 49. curiosity, 50. din, 51. vocabulary, 52. conversation, 53 reliance, 54. exhaustion, 55. mutual, 56. embody		

57. Human responses vary widely depending on the society to which they belong. adj. relating to people's feelings		
 58. He found that it is difficult to socially. ν. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups 		
59. Without investment, a business cannot		
v. to grow vigorously; to make steady progress		
60. His friend's death drove him to		
 n. the feeling that there is no hope and you cannot do anything to improve a difficult situation 		
61. Having a healthy physique is essential for a great life.		
adv. in a way related to a person's body or appearance rather than their mind		
 62. She a quick picture of the beautiful sunset before it disappeared. ν. to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands 		
63 elections were held in several European countries. adj. belonging to or used by a group rather than individuals; for common use		
64. The pastor contributed to the sense of a community embracing all classes.		
v. to promoto growth; to take care of another person's child, usually for a limited time, without becoming their legal parents		
ANSWERS: 57. emotional, 58. integrate, 59. thrive, 60. despair, 61. physically, 62. snapped, 63. Communal, 64. fostering		

73 studies the changes in family structure du	e to modernization.
n. a person who studies the institutions and development	of human society
74. She wore black clothing as a symbol of for hen. the act or expression of sorrow or grief for someone whetime set aside for such grieving	
75. He used a hammer and round to fix the loose boar	d on the fence.
 a thin, pointed piece of metal with a flat head used for the thin hard layer covering and protecting the outer tip 	
76. The picture earned near acclaim from critics	
adj. existing or affecting everywhere or everyone	
77. Through investigation, his suspicions hardened into	·
n. the state of being certain	
78 is also necessary to understand history.	
 n. the ability to share another person's feelings or experie person's situation 	ences by imagining that
79. An climate in the region caused a sharp declin	ne in grain harvest.
adj. not typical, usual, or regular, especially in a way that is	bad
80. Each person has a unique experience.	
n. a very great sadness, especially when somebody dies	
81. The woman of the house does the holy of lighting	g two candles.
 any customary observance or practice; any prescribed conducting religious ceremonies 	procedure for
ANSWERS: 73. Sociologist, 74. mourning, 75. nail, 76. universe Empathy, 79. abnormal, 80. grief, 81. ritual	ersal, 77. certainty, 78.

-Builder Ref from "Esther Perel: The routines, rituals and boundaries we need in stressful times TED Talk" (154 words
The roof finally after three days and three nights of heavy snowfall.
to fall down or give way suddenly, often after breaking apart
The Prime Minister his regret for his neighbors
to show something such as feeling, attitude, quality, etc. clearly through signs or actions
. He wandered the between life and death by gunfire.
a real or imaginary line that marks the limit or extent of something and separates it from other things or places
rapidly until egg whites are foamy.
to move something somewhere suddenly and quickly
The national assembly has the budget.
to choose to follow something; to legally take a child from another family and care for them as if they were one's own
. I stopped by the branch though I have no business of
the quality of being important and worthy of note
The organization finally signed a peace
an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
The police set up a around the crime scene to keep bystanders out.
a line or circle of police, soldiers, or other guards preventing access to or from an area; a barrier or blockade
ISWERS: 90. collapsed, 91. manifested, 92. boundary, 93. Whisk, 94. adopted, 95. portance, 96. accord, 97. cordon