

# Englist.me



## 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](https://www.ted.com/talks/esther_perel_the_routines_rituals_and_boundaries_we_need_in_stressful_times)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### pandemic

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

*synonym* : outbreak

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

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

### anguish

*n.* severe physical or emotional pain or suffering; distress or mental agony

*synonym* : distress, torment, agony

(1) **anguish** and pain, (2) emotional **anguish**

She suffered from a deep sense of **anguish** following the loss of her loved one.

### 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.

## 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**.

## 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

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

## 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.

## mourning

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

*synonym*: grieving, sorrow, lamentation

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

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

## 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.

## pendulum

*n.* 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.

## 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.

## cordon

*n.* 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

*n.* 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.

## 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**.

## inhabit

*v.* to live in a specific location; to reside

*synonym* : settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

## 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.

## antidote

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

*synonym*: remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging

Knowledge is the **antidote** to fear.

## coworker

n. 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.

## 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.

## 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.

## spontaneity

*n.* 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.

## 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.

## carving

*n.* 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.

## 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.

## 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.

## 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 tension

*synonym*: pressure, strain, burden

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

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

## sociologist

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

(1) religious **sociologist**, (2) French **sociologist**

**Sociologist** studies the changes in family structure due to modernization.

## interdependence

*n.* the fact or state of depending on each other

*synonym*: 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

*n.* 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

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

## empathy

*n.* 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.

## mastery

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

*synonym* : proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

## polarization

*n.* 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

*n.* 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**.

## cofounder

*n.* one of several people who establishes an organization or starts a business

(1) **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.

## 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.

## 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.



## Session 2: Spelling

- |                                  |  |
|----------------------------------|--|
| 1. full of em_____y              | <i>n.</i> the ability to share another person's feelings or experiences by imagining that person's situation                         |
| 2. political pe_____um           | <i>n.</i> a weight hung from a fixed point used to regulate the movement of a clock or other mechanism                               |
| 3. the an_____te to the poison   | <i>n.</i> a chemical substance or remedy that stops or controls the effects of a poison or disease                                   |
| 4. ex_____fy the solution        | <i>v.</i> to serve as a typical example of something   |
| 5. late co_____er                | <i>n.</i> one of several people who establishes an organization or starts a business   |
| 6. exh_____on of energy          | <i>n.</i> the state of being extremely tired and lacking energy or strength  |
| 7. co_____er of the university   | <i>n.</i> one of several people who establishes an organization or starts a business   |
| 8. act with spo_____ty           | <i>n.</i> the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner |
| 9. police co_____n               | <i>n.</i> a line or circle of police, soldiers, or other guards preventing access to or from an area; a barrier or blockade          |
| 10. int_____nce of mind and body | <i>n.</i> the fact or state of depending on each other   |

ANSWERS: 1. empathy, 2. pendulum, 3. antidote, 4. exemplify, 5. cofounder, 6. exhaustion, 7. cofounder, 8. spontaneity, 9. cordon, 10. interdependence

- |                             |           |   |
|-----------------------------|-----------|---|
| 11. mo_____ng ritual        | <i>n.</i> | the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving                               |
| 12. st_____or management    | <i>n.</i> | something that causes stress or emotional tension   |
| 13. flu pa_____ic           | <i>n.</i> | an outbreak of a disease that affects many people over a very wide area   |
| 14. pol_____ion effect      | <i>n.</i> | the division or separation of something into two opposing or contrasting groups or factions; the condition of being polarized or having poles |
| 15. insecure hi___e         | <i>n.</i> | a joint that holds the edge of a door, window, lid, etc. and allows it to open or close   |
| 16. in_____t a cave         | <i>v.</i> | to live in a specific location; to reside   |
| 17. en_____n a conversation | <i>v.</i> | to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements       |
| 18. urban on_____ht         | <i>n.</i> | a fierce or violent attack; a sudden and intense outburst of something, usually negative  |
| 19. pr_____g the agony      | <i>v.</i> | to extend the duration or length of something, particularly a period of time or an event  |
| 20. the an_____te for aging | <i>n.</i> | a chemical substance or remedy that stops or controls the effects of a poison or disease  |
| 21. dielectric pol_____ion  | <i>n.</i> | the division or separation of something into two opposing or contrasting groups or factions; the condition of being polarized or having poles |

ANSWERS: 11. mourning, 12. stressor, 13. pandemic, 14. polarization, 15. hinge, 16. inhabit, 17. enliven, 18. onslaught, 19. prolong, 20. antidote, 21. polarization

22. ir\_\_\_\_\_le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
23. 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
24. pe\_\_\_\_\_um swings *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
25. ir\_\_\_\_\_le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
26. de\_\_\_\_\_te a picture of the future *v.* to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something
27. emotional exh\_\_\_\_\_on *n.* the state of being extremely tired and lacking energy or strength
28. de\_\_\_\_\_te the plan *v.* to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something
29. em\_\_\_\_\_y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
30. re\_\_\_\_\_ne customer experience *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 22. irritable, 23. commute, 24. pendulum, 25. irritable, 26. delineate, 27. exhaustion, 28. delineate, 29. empathy, 30. redefine

- |   |             |   |
|---|-------------|---|
| 31. French soc_____st                         | <i>n.</i>   | a person who studies the institutions and development of human society  |
| 32. st_____or event                           | <i>n.</i>   | something that causes stress or emotional tension   |
| 33. the wo_____ew of the ancient civilization | <i>n.</i>   | a particular philosophy or cognitive orientation of life or conception of the world   |
| 34. re_____nt population                      | <i>adj.</i> | able to withstand or recover quickly from difficult conditions  |
| 35. ca_____g instrument                       | <i>n.</i>   | the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design                         |
| 36. an_____h and pain                         | <i>n.</i>   | severe physical or emotional pain or suffering; distress or mental agony  |
| 37. en_____n a party                          | <i>v.</i>   | to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements |
| 38. wh__k flies away                          | <i>v.</i>   | to move something somewhere suddenly and quickly  |
| 39. argue with a co_____er                    | <i>n.</i>   | a person who works with another in the same company or organization   |
| 40. ex_____fy the importance                  | <i>v.</i>   | to serve as a typical example of something  |
| 41. co_____er relationship                    | <i>n.</i>   | a person who works with another in the same company or organization   |
| 42. mo_____ng period                          | <i>n.</i>   | the act or expression of sorrow or grief for someone who has died; a period of time set aside for such grieving                         |

ANSWERS: 31. sociologist, 32. stressor, 33. worldview, 34. resilient, 35. carving, 36. anguish, 37. enliven, 38. whisk, 39. coworker, 40. exemplify, 41. coworker, 42. mourning

43. baseless pre\_\_\_\_\_on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
44. the spo\_\_\_\_\_ty of the moment *n.* the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner
45. de\_\_\_\_\_te the boundary *v.* (another term for demark) to set, mark, or draw the boundaries or limits of something
46. di\_\_\_\_\_l a liquid *v.* to purify or refine; to extract the essential elements
47. m\_\_e button *adj.* silent; not speaking or unable to speak; not expressed or articulated
48. a stiff hi\_\_e *n.* a joint that holds the edge of a door, window, lid, etc. and allows it to open or close
49. wh\_\_k people from entrance to exit *v.* to move something somewhere suddenly and quickly
50. meet by hap\_\_\_\_\_nce *n.* an occurrence that happens by chance; a fortuitous event, or a coincidence
51. hap\_\_\_\_\_nce event *n.* an occurrence that happens by chance; a fortuitous event, or a coincidence
52. in\_\_\_\_\_re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
53. daily co\_\_\_\_\_e *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: 43. pretension, 44. spontaneity, 45. demarcate, 46. distill, 47. mute, 48. hinge, 49. whisk, 50. happenstance, 51. happenstance, 52. insecure, 53. commute

54. a hard and re\_\_\_\_\_nt steel      *adj.* able to withstand or recover quickly from difficult conditions
55. religious soc\_\_\_\_\_st      *n.* a person who studies the institutions and development of human society
56. an in\_\_\_\_\_re future      *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
57. vi\_\_\_\_\_e at a regular frequency      *v.* to move or cause anything to move fast and in small increments from side to side
58. in\_\_\_\_\_t the stomach      *v.* to live in a specific location; to reside
59. mainstream wo\_\_\_\_\_ew      *n.* a particular philosophy or cognitive orientation of life or conception of the world
60. ma\_\_\_\_\_y of mathematics      *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
61. global int\_\_\_\_\_nce      *n.* the fact or state of depending on each other
62. vi\_\_\_\_\_e with anger      *v.* to move or cause anything to move fast and in small increments from side to side
63. m\_\_e sound      *adj.* silent; not speaking or unable to speak; not expressed or articulated
64. em\_\_\_\_y my goal      *v.* to represent or exemplify something; to give tangible form to an abstract idea
65. a wood ca\_\_\_\_\_g      *n.* the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design

ANSWERS: 54. resilient, 55. sociologist, 56. insecure, 57. vibrate, 58. inhabit, 59. worldview, 60. mastery, 61. interdependence, 62. vibrate, 63. mute, 64. embody, 65. carving

66. emotional an\_\_\_\_\_h *n.* severe physical or emotional pain or suffering; distress or mental agony
67. measures to pr\_\_\_\_\_g the lifespan *v.* to extend the duration or length of something, particularly a period of time or an event
68. pre\_\_\_\_\_on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
69. cu\_\_\_\_\_te relationships *v.* to prepare and foster land for growing crops or plants
70. co\_\_\_\_n tape *n.* a line or circle of police, soldiers, or other guards preventing access to or from an area; a barrier or blockade
71. em\_\_\_\_y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
72. on\_\_\_\_\_ht of criticism *n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative
73. re\_\_\_\_\_ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
74. cu\_\_\_\_\_te a field *v.* to prepare and foster land for growing crops or plants
75. strive for ma\_\_\_\_\_y *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

ANSWERS: 66. anguish, 67. prolong, 68. pretension, 69. cultivate, 70. cordon, 71. embody, 72. onslaught, 73. redefine, 74. cultivate, 75. mastery

76. global pa\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area
77. di\_\_\_\_l information *v.* to purify or refine; to extract the essential elements
78. de\_\_\_\_te an arrangement *v.* (another term for demark) to set, mark, or draw the boundaries or limits of something

ANSWERS: 76. pandemic, 77. distill, 78. demarcate



## Session 3: Fill in the Blanks

1. Children in an unstructured environment often feel \_\_\_\_\_.  
*adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
2. He is the \_\_\_\_\_ and chairman of this tech company.  
*n.* one of several people who establishes an organization or starts a business
3. We need to \_\_\_\_\_ the meeting for another hour to discuss all the issues.  
*v.* to extend the duration or length of something, particularly a period of time or an event
4. I have no idea what sort of folks \_\_\_\_\_ the neighborhood.  
*v.* to live in a specific location; to reside
5. The architect needs to \_\_\_\_\_ the precise measurements of the building plan.  
*v.* to describe or portray something in detail; to clearly and precisely define the boundaries or outline of something
6. \_\_\_\_\_ is also necessary to understand history.  
*n.* the ability to share another person's feelings or experiences by imagining that person's situation
7. 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

ANSWERS: 1. insecure, 2. cofounder, 3. prolong, 4. inhabit, 5. delineate, 6. Empathy, 7. commute

8. The example of a successful startup serves to \_\_\_\_\_ the potential of the industry.
- v. to serve as a typical example of something
9. The video telephony application has \_\_\_\_\_ the way we work.
- v. to change the meaning or interpretation of something; to make people think about something in a new or different way
10. The actor played a \_\_\_\_\_ character and had to rely on facial expressions to portray his emotions.
- adj. silent; not speaking or unable to speak; not expressed or articulated
11. The war between the two countries was also a battle between competing \_\_\_\_\_.
- n. a particular philosophy or cognitive orientation of life or conception of the world
12. The company's new products \_\_\_\_\_ the values of innovation and sustainability.
- v. to represent or exemplify something; to give tangible form to an abstract idea
13. \_\_\_\_\_ rapidly until egg whites are foamy.
- v. to move something somewhere suddenly and quickly
14. Knowledge is the \_\_\_\_\_ to fear.
- n. a chemical substance or remedy that stops or controls the effects of a poison or disease
15. She decided to \_\_\_\_\_ her thoughts into a more manageable list.
- v. to purify or refine; to extract the essential elements

ANSWERS: 8. exemplify, 9. redefined, 10. mute, 11. worldviews, 12. embody, 13. Whisk, 14. antidote, 15. distill

16. My ex-\_\_\_\_\_ and I had different working styles but managed to get along.  
*n.* a person who works with another in the same company or organization
17. The police set up a \_\_\_\_\_ around the crime scene to keep bystanders out.  
*n.* a line or circle of police, soldiers, or other guards preventing access to or from an area; a barrier or blockade
18. She suffered from a deep sense of \_\_\_\_\_ following the loss of her loved one.  
*n.* severe physical or emotional pain or suffering; distress or mental agony
19. It was a mere \_\_\_\_\_ that they both ended up at the same restaurant.  
*n.* an occurrence that happens by chance; a fortuitous event, or a coincidence
20. His involvement is the \_\_\_\_\_ of our plan.  
*n.* a joint that holds the edge of a door, window, lid, etc. and allows it to open or close
21. This partition is used to \_\_\_\_\_ the interior and exterior spaces.  
*v.* (another term for demark) to set, mark, or draw the boundaries or limits of something
22. His public speaking skills improved when he embraced \_\_\_\_\_ rather than sticking to a script.  
*n.* the quality or state of being spontaneous; the act of behaving or acting in an impulsive, uninhibited, or unplanned manner
23. During the flight, the wings of the plane \_\_\_\_\_.  
*v.* to move or cause anything to move fast and in small increments from side to side

ANSWERS: 16. coworker, 17. cordon, 18. anguish, 19. happenstance, 20. hinge, 21. demarcate, 22. spontaneity, 23. vibrate

24. Lack of sleep can make me \_\_\_\_\_ and easily annoyed.

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

25. The country finally gained \_\_\_\_\_ over the whole land of its neighbors.

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

26. The intricate \_\_\_\_\_ on the wooden box was the work of a master craftsman.

*n.* the act or process of cutting or shaping a hard material, such as wood or stone, into a specific form or design

27. She wore black clothing as a symbol of \_\_\_\_\_ for her grandmother.

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

28. They fear a \_\_\_\_\_ of a new type of virus.

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

29. The \_\_\_\_\_ of political views has created a deep divide in the country.

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

30. The long work hours were taking a toll on her mental \_\_\_\_\_.

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

31. 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

ANSWERS: 24. irritable, 25. mastery, 26. carving, 27. mourning, 28. pandemic, 29. polarization, 30. exhaustion, 31. pretensions

32. The deadline for the project was a major \_\_\_\_\_ for the team.  
*n.* something that causes stress or emotional tension
33. The village was unprepared for the sudden \_\_\_\_\_ of the enemy army.  
*n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative
34. 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
35. \_\_\_\_\_ studies the changes in family structure due to modernization.  
*n.* a person who studies the institutions and development of human society
36. The party music helped \_\_\_\_\_ the atmosphere and get people dancing.  
*v.* to make something more interesting, active, or appealing; to give life or energy to something, often by adding new or creative elements
37. University is a great place to \_\_\_\_\_ our minds and expertise.  
*v.* to prepare and foster land for growing crops or plants
38. The diplomatic rivalry between the two countries has strengthened the \_\_\_\_\_ of their intra-regional supply chains for their manufacturing industries.  
*n.* the fact or state of depending on each other
39. She is a \_\_\_\_\_ person and has always bounced back from setbacks.  
*adj.* able to withstand or recover quickly from difficult conditions

ANSWERS: 32. stressor, 33. onslaught, 34. pendulum, 35. Sociologist, 36. enliven, 37. cultivate, 38. interdependence, 39. resilient

ANSWERS: