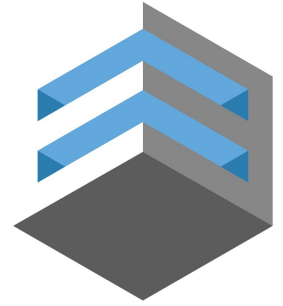


Englist.me



Vocabulary Builder Reference from...

Christine Carter: The 1-minute secret to forming a new habit | TED Talk

https://www.ted.com/talks/christine_carter_the_1_minute_secret_to_forming_a_new_habit

All Words

IMPORTANT

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Session 1: Word List

darn

v. to mend a piece of clothing by sewing over a hole or tear with small, tight stitches

synonym: mend, repair, patch

(1) **darn** stockings, (2) **darn** hole

I have to **darn** these socks before they become unwearable.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

hilarious

adj. extremely funny

synonym: funny, comical, amusing

(1) **hilarious** mistake, (2) a **hilarious** anecdote

The comedian's stand-up routine was **hilarious**.

coronavirus

n. a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

synonym:

covid

(1) **coronavirus** antibody test kit, (2) **coronavirus**
bankruptcy

Considering the situation of **coronavirus**, organized stopped
this year's beer festival.

routine

n. 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.

struggle

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

synonym: toil, strive, compete

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

He could not **struggle** against temptation.

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.

refuse

v. to show that one is not willing to do or accept something
synonym: turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

ambitious

adj. having a great desire to attain achievement, power, or
wealth

synonym: enterprising, challenging, earnest

(1) achieve **ambitious** goals, (2) with an **ambitious** eye

Their company has been in business for a short time but has

ambitious goals.

exciting

adj. causing a lot of interest or excitement

synonym : exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news

The findings of the experiment were both **exciting** and unexpected.

juicy

adj. containing much liquid, often used to describe fresh fruit or meat; interesting or exciting, often because it is scandalous or revealing

synonym : succulent, luscious, flavorful

(1) **juicy** gossip, (2) **juicy** fruit

The burger was so **juicy** that it dripped down my hand as I ate it.

audacious

adj. showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

synonym : bold, daring, fearless

(1) **audacious** stunt, (2) **audacious** decision

The young entrepreneur had an **audacious** plan to start his own company.

optimist

n. a person who tends to expect the best in all things and to be hopeful and confident about the future

synonym : positive thinker, dreamer, idealist

(1) **optimist** by nature, (2) excessive **optimist**

She is a confident **optimist** who always looks on the bright side.

marathon

n. a long-distance race of 42.195 kilometers

synonym : endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

meticulously

adv. with great attention to detail; thoroughly and carefully
synonym: carefully, attentively, scrupulously

(1) **meticulously** crafted product, (2) **meticulously** executed

She **meticulously** planned every detail of her wedding.

devise

v. to come up with an idea, plan, theory, etc., using your intelligence or imagination

synonym: create, concoct, invent

(1) **devise** a plan, (2) **devise** a literary plot

They had to **devise** a system that did not depend on fossil fuels.

stick

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

synonym: pierce, adhere, stay

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

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

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym: agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

preparation

n. the activity of getting ready for something or making something ready

synonym: practice, trial, rehearsal

(1) a **preparation** program, (2) the **preparation** of meals

He helped me with the **preparation** of this book.

spectacular

adj. striking or impressive to look at or in performance or achievement

synonym: breathtaking, impressive, grand

(1) **spectacular** view, (2) achieve **spectacular** growth

The **spectacular** fireworks display was the highlight of the festival.

skip

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

synonym: bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

importance

n. the quality of being important and worthy of note

synonym: significance, primacy, matter

(1) a man of **importance**, (2) high **importance**

I stopped by the branch though I have no business of **importance**.

bracing

adj. refreshing or invigorating; designed to provide support or stability

synonym: invigorating, refreshing, stimulating

(1) **bracing** air, (2) **bracing** walk

The athlete performed some **bracing** exercises to warm up before the game.

intention

n. something you want to do and are going to do

synonym: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and straightforward.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym: deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

conviction

n. a strong belief or opinion, especially one that is based on principles or evidence; (criminal law) a final judgment of guilty in a criminal case and the punishment that is imposed

synonym: belief, certainty, faith

(1) moral **conviction**, (2) **conviction** for murder

She spoke with **conviction** about the importance of education.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

willpower

n. the control exerted to do something or restrain impulses

synonym: determination, resolve, self-discipline

(1) demonstrate **willpower**, (2) lack of **willpower**

With strong **willpower** and determination, he could quit smoking for good.

willingness

n. the state of being ready or inclined to do something

synonym: readiness, eagerness, enthusiasm

(1) **willingness** to help, (2) indicate a **willingness** to change

Her **willingness** to help others earned her many friends.

desire

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

synonym: ambition, appetite, greed

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

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

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

motivation

n. the reason or enthusiasm for acting or behaving in a particular way

synonym: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

proportion

n. a part, share, or amount of something considered in comparative relation to a whole

synonym: ratio, balance, consonance

(1) direct **proportion**, (2) a building of vast **proportions**

He is more concerned about the **proportion** of his body fat than usual because of an upcoming bodybuilding competition.

command

n. authority, control, or mastery over something, often referring to military or leadership contexts; a directive, order, or instruction; expertise or confidence in a specific area; (verb) to give an authoritative order or instruction, or to be in charge or control of something

synonym: control, authority, leadership

(1) **command** and control, (2) **command** a battery

The general gave a **command** to his troops to prepare for battle.

wane

v. to decrease in size, strength, or intensity

synonym: decrease, diminish, fade

(1) **wane** over time, (2) **wane** in popularity

The fragrance of this material **wanes** over weeks to months.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

pajama

n. a pair of loose pants with a matching top, worn for sleeping or lounging

synonym: nightgown, nightdress

(1) wear **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

minimal

adj. tiny in amount; the least possible

synonym: tiniest, essential, minimum

(1) **minimal** effort, (2) **minimal** amount

The process was carried out at **minimal** cost.

relate

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

synonym: connect, link, associate

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

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

attempt

n. an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

racist

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

synonym: discriminatory, prejudiced, bigoted

(1) far-right **racist**, (2) **racist** attitudes

The **racist** comments made by the politician caused widespread condemnation.

leafy

adj. covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

synonym: verdant, leaf-covered, foliated

(1) **leafy** canopy, (2) **leafy** suburbs

The neighborhood is known for its **leafy** trees and verdant gardens.

requirement

n. something that is needed or wanted

synonym: prerequisite, provision, condition

(1) meet **requirement**, (2) school **requirement**

What is the entry **requirement** for this course?

abandon

v. to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity

synonym: relinquish, leave behind, disregard

(1) **abandon** a friend, (2) **abandon** the practice

The castle was **abandoned** several years later.

grand

adj. important and large in size, scope, or extent

synonym: impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

temporarily

adv. for a limited time only or not permanently

synonym : for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

minuscule

adj. extremely small; tiny

synonym : tiny, insignificant, microscopic

(1) **minuscule** amount, (2) **minuscule** letters

This ore emits **minuscule** quantities of radiation

strip

v. to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.

synonym : deprive, undress, (noun) ribbon

(1) **strip** a tire off, (2) coast **strip**

The doctor advised him to **strip** down for a check.

lettuce

n. a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

synonym : greens, salad, cress

(1) crisp **lettuce**, (2) wilted **lettuce**

I want a sandwich with extra **lettuce**, please.

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.

ridiculous

adj. very silly or unreasonable and deserving to be laughed at

synonym : absurd, fatuous, foolish

(1) a **ridiculous** amount of money, (2) a **ridiculous** suggestion

Everyone regarded the theory he advocated as **ridiculous** but was later proven correct.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

intent

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

synonym: purpose, aim, goal

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

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

relax

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

synonym: soften, comfort, soothe

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

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

romaine

n. a variety of lettuce with elongated, crisp leaves that form a tall, narrow head

synonym: cos lettuce

(1) shredded **romaine**, (2) grilled **romaine**

The salad was made with crisp **romaine** lettuce and juicy cherry tomatoes.

gram

n. a metric unit of weight equal to one-thousandth of a kilogram

(1) centimeter- **gram-second** system, (2) **gram** amount
How much is it per one hundred **grams**?

fiber

n. thread or filament used to make a vegetable tissue, mineral material, or textile

synonym: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym: food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

repetition

n. the act of doing or saying something many times

synonym: duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**

Repetition is the mother of all learning.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym: accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

mediocre

adj. of only average quality; not very good

synonym: average, ordinary, unimpressive

(1) **mediocre** performance, (2) a **mediocre** talent

He was considered a **mediocre** artist compared to others in his field.

neural

adj. of or relating to a nerve or the nervous system that includes the brain

synonym: sensory, neuronic, nervous

(1) **neural** stem cells, (2) **neural** networks in AI
There was a disturbance of **neural** function.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym: route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling
pathways

When the first molecule in the **pathway** receives a signal, it activates other molecules.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage
X-rays revealed a small tumor in his **brain**.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

synonym: self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

synonym: boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

whatsoever

adv. not at all; no matter what

synonym: in any way, at all, in any respect

(1) **whatsoever** it be, (2) without impact **whatsoever**

He refused to do anything **whatsoever** to help her.

expand

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

synonym: extend, grow, boost

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

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

impressive

adj. arousing admiration due to size, quality, or skill

synonym: impactful, remarkable, exceptional

(1) **impressive** performances, (2) an **impressive** array of facts

The budget reduction was an **impressive** feat for our nation.

tempting

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

synonym: alluring, attractive, inviting

(1) **tempting** offer, (2) sound very **tempting**

The chocolate cake was too **tempting** for me to resist.

achieve

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

synonym: accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

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

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

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.

couch

n. a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

synonym: sofa, settee, divan

(1) leather **couch**, (2) a **couch** potato

I love to relax on the **couch** and watch movies on the weekends.

binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury

sustained in an accident.

negotiation

n. the process of discussing and reaching an agreement with others

synonym: bargaining, dialogue, haggling

(1) **negotiation** process, (2) **negotiation** skills

The **negotiation** between the two countries was a delicate and complex process.

eliminate

v. to remove or get rid of someone or something

synonym: wipe out, destroy, eradicate

(1) **eliminate** contestants, (2) **eliminate** sexual barriers

We can **eliminate** this possibility from those consumptions.

possibility

n. a chance that something may happen or be true

synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

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

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

reliant

adj. needing something or something to continue, to work correctly, or to succeed

synonym: dependent, subservient

(1) heavily **reliant** on oil, (2) export- **reliant** economy

The company is heavily **reliant** on its overseas operations for revenue.

smidgen

n. a very small amount or quantity; a tiny bit

synonym: iota, tad, bit

(1) a tiny **smidgen**, (2) **smidgen** of evidence

I need a **smidgen** of salt to finish this dish.

resistance

n. the act of defending oneself from an aggressor or refusing to accept something

synonym: opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

definitely

adv. without any question and beyond doubt; clearly

synonym: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

consistent

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

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

paraphrase

v. to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

synonym: rephrase, reword, reinterpret

(1) **paraphrase** a poem into prose, (2) **paraphrase** the meaning

He **paraphrased** the article in his own words to avoid being accused of plagiarism.

ambition

n. a strong wish to do or achieve something

synonym: purpose, aim, endeavor

(1) an **ambition** for political power, (2) boundless **ambition**

Greed and **ambition** composed his personality.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

paradoxical

adj. seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true

synonym: contradictory, conflicting, perplexing

(1) a **paradoxical** anecdote, (2) apparently **paradoxical** it is **paradoxical** that the French, who prefer animal foods, live longer than people in other countries.

Session 2: Spelling

- | | |
|-----------------------------|---|
| 1. sm_____n of evidence | <i>n.</i> a very small amount or quantity; a tiny bit |
| 2. synthetic fi__r | <i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile |
| 3. nu_____nt medicine | <i>n.</i> any substance that is essential for the maintenance and growth of living things |
| 4. int_____ion education | <i>n.</i> a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market |
| 5. high school at_____es | <i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance |
| 6. st_____th of the economy | <i>n.</i> the quality or state of being physically, or sometimes mentally, strong |
| 7. mi_____l amount | <i>adj.</i> tiny in amount; the least possible |
| 8. gr__d bargain | <i>adj.</i> important and large in size, scope, or extent |
| 9. a heavy sc_____le | <i>n.</i> a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done |
| 10. a par_____al anecdote | <i>adj.</i> seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true |

ANSWERS: 1. smidgen, 2. fiber, 3. nutrient, 4. introduction, 5. athlete, 6. strength, 7. minimal, 8. grand, 9. schedule, 10. paradoxical

- | | |
|------------------------------------|---|
| 11. a hi_____us anecdote | <i>adj.</i> extremely funny |
| 12. a built-in diagnostic ro_____e | <i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program |
| 13. the ul_____te luxury | <i>adj.</i> furthest or highest in degree or order |
| 14. w____n a reckless driver | <i>v.</i> to make someone aware of potential danger or difficulty, particularly one that may occur in the future |
| 15. Doppler sh____t | <i>n.</i> a slight transition in position, direction, or trend |
| 16. cor_____us bankruptcy | <i>n.</i> a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2 |
| 17. mi_____le amount | <i>adj.</i> extremely small; tiny |
| 18. a hut made tem_____ly | <i>adv.</i> for a limited time only or not permanently |
| 19. heavily re_____t on oil | <i>adj.</i> needing something or something to continue, to work correctly, or to succeed |
| 20. g____m amount | <i>n.</i> a metric unit of weight equal to one-thousandth of a kilogram |
| 21. a man of imp_____ce | <i>n.</i> the quality of being important and worthy of note |
| 22. hi_____us mistake | <i>adj.</i> extremely funny |

ANSWERS: 11. hilarious, 12. routine, 13. ultimate, 14. warn, 15. shift, 16. coronavirus, 17. minuscule, 18. temporarily, 19. reliant, 20. gram, 21. importance, 22. hilarious

23. a rid_____us amount of money	<i>adj.</i> very silly or unreasonable and deserving to be laughed at
24. re__x at home	<i>v.</i> to become or cause someone to become less active or tense and calmer
25. ex_____ng news	<i>adj.</i> causing a lot of interest or excitement
26. wilted le_____e	<i>n.</i> a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
27. fleshly de____e	<i>n.</i> a strong feeling of wanting to have or do something
28. re____e a message	<i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
29. rep_____on of the word	<i>n.</i> the act of doing or saying something many times
30. br_____g walk	<i>adj.</i> refreshing or invigorating; designed to provide support or stability
31. me_____re performance	<i>adj.</i> of only average quality; not very good
32. religious med_____on	<i>n.</i> the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
33. imp_____ve performances	<i>adj.</i> arousing admiration due to size, quality, or skill
34. a pre_____on program	<i>n.</i> the activity of getting ready for something or making something ready

ANSWERS: 23. ridiculous, 24. relax, 25. exciting, 26. lettuce, 27. desire, 28. relate, 29. repetition, 30. bracing, 31. mediocre, 32. meditation, 33. impressive, 34. preparation

35. unsatisfied de___e	<i>n.</i> a strong feeling of wanting to have or do something
36. neg_____on process	<i>n.</i> the process of discussing and reaching an agreement with others
37. a rid_____us suggestion	<i>adj.</i> very silly or unreasonable and deserving to be laughed at
38. au_____ot function	<i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft
39. muscular st_____th	<i>n.</i> the quality or state of being physically, or sometimes mentally, strong
40. ro_____e business	<i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
41. el_____te contestants	<i>v.</i> to remove or get rid of someone or something
42. le__y canopy	<i>adj.</i> covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
43. mi_____l effort	<i>adj.</i> tiny in amount; the least possible
44. fo_____te situation	<i>adj.</i> having good luck or lucky
45. flu pa_____ic	<i>n.</i> an outbreak of a disease that affects many people over a very wide area
46. cellular signaling pa_____ys	<i>n.</i> a track that constitutes or serves as a path; an approach or a way of doing something
47. pos_____ty of a major earthquake	<i>n.</i> a chance that something may happen or be true

ANSWERS: 35. desire, 36. negotiation, 37. ridiculous, 38. autopilot, 39. strength, 40. routine, 41. eliminate, 42. leafy, 43. minimal, 44. fortunate, 45. pandemic, 46. pathway, 47. possibility

48. met_____sly executed	<i>adv.</i> with great attention to detail; thoroughly and carefully
49. tem_____ly suspend the production	<i>adv.</i> for a limited time only or not permanently
50. mi_____le letters	<i>adj.</i> extremely small; tiny
51. ac_____e milestones	<i>v.</i> to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
52. med_____on training	<i>n.</i> the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
53. st_____le to get the job	<i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
54. carbon fi__r	<i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile
55. def_____ly become a problem	<i>adv.</i> without any question and beyond doubt; clearly
56. coast st__p	<i>v.</i> to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.
57. the in___t of a question	<i>n.</i> a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 48. meticulously, 49. temporarily, 50. minuscule, 51. achieve, 52. meditation, 53. struggle, 54. fiber, 55. definitely, 56. strip, 57. intent

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| 58. ex___d a lineup | <i>v.</i> to increase or to make something greater in size, number, or importance |
| 59. alcohol bi___e | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence |
| 60. shredded ro____e | <i>n.</i> a variety of lettuce with elongated, crisp leaves that form a tall, narrow head |
| 61. self-int_____ion | <i>n.</i> a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market |
| 62. de___e a literary plot | <i>v.</i> to come up with an idea, plan, theory, etc., using your intelligence or imagination |
| 63. achieve spe_____ar growth | <i>adj.</i> striking or impressive to look at or in performance or achievement |
| 64. a reckless at____t | <i>n.</i> an act or effort of trying to do something, especially something difficult |
| 65. an am____on for political power | <i>n.</i> a strong wish to do or achieve something |
| 66. boundless am____on | <i>n.</i> a strong wish to do or achieve something |
| 67. leather co__h | <i>n.</i> a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person |

ANSWERS: 58. expand, 59. binge, 60. romaine, 61. introduction, 62. devise, 63. spectacular, 64. attempt, 65. ambition, 66. ambition, 67. couch

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| 68. care pa___a | <i>n.</i> a pair of loose pants with a matching top, worn for sleeping or lounging |
| 69. bi__e on social media | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence |
| 70. far-right ra___t | <i>adj.</i> characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others |
| 71. spe_____ar view | <i>adj.</i> striking or impressive to look at or in performance or achievement |
| 72. br_____g air | <i>adj.</i> refreshing or invigorating; designed to provide support or stability |
| 73. without impact wha_____er | <i>adv.</i> not at all; no matter what |
| 74. aircraft au_____ot | <i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft |
| 75. con_____on for murder | <i>n.</i> a strong belief or opinion, especially one that is based on principles or evidence; (criminal law) a final judgment of guilty in a criminal case and the punishment that is imposed |
| 76. cor_____us antibody test kit | <i>n.</i> a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2 |

ANSWERS: 68. pajama, 69. binge, 70. racist, 71. spectacular, 72. bracing, 73. whatsoever, 74. autopilot, 75. conviction, 76. coronavirus

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| 77. the at____t to rescue the hostages | <i>n.</i> an act or effort of trying to do something, especially something difficult |
| 78. re____e a story | <i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something |
| 79. wha_____er it be | <i>adv.</i> not at all; no matter what |
| 80. res_____ce movement | <i>n.</i> the act of defending oneself from an aggressor or refusing to accept something |
| 81. pa_____y to understanding | <i>n.</i> a track that constitutes or serves as a path; an approach or a way of doing something |
| 82. a nu_____nt for hair | <i>n.</i> any substance that is essential for the maintenance and growth of living things |
| 83. achieve am_____us goals | <i>adj.</i> having a great desire to attain achievement, power, or wealth |
| 84. a me_____re talent | <i>adj.</i> of only average quality; not very good |
| 85. sound very te_____ng | <i>adj.</i> likely to attract or persuade someone to do something, especially something that may not be wise or safe |
| 86. moral con_____on | <i>n.</i> a strong belief or opinion, especially one that is based on principles or evidence; (criminal law) a final judgment of guilty in a criminal case and the punishment that is imposed |

ANSWERS: 77. attempt, 78. relate, 79. whatsoever, 80. resistance, 81. pathway, 82. nutrient, 83. ambitious, 84. mediocre, 85. tempting, 86. conviction

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| 87. ju__y gossip | <i>adj.</i> containing much liquid, often used to describe fresh fruit or meat; interesting or exciting, often because it is scandalous or revealing |
| 88. a building of vast pro_____ons | <i>n.</i> a part, share, or amount of something considered in comparative relation to a whole |
| 89. habitual rep_____on | <i>n.</i> the act of doing or saying something many times |
| 90. au_____us decision | <i>adj.</i> showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness |
| 91. the de__h of the water | <i>n.</i> the distance between the top and bottom of something; between the top surface and a distance below it |
| 92. ne___l stem cells | <i>adj.</i> of or relating to a nerve or the nervous system that includes the brain |
| 93. a co__h potato | <i>n.</i> a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person |
| 94. a remarkable ach_____nt | <i>n.</i> a thing that someone has accomplished, primarily through their effort and ability |
| 95. inc_____ly cheerful character | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely |
| 96. centimeter-g__m-second system | <i>n.</i> a metric unit of weight equal to one-thousandth of a kilogram |
| 97. say def_____ly | <i>adv.</i> without any question and beyond doubt; clearly |

ANSWERS: 87. juicy, 88. proportion, 89. repetition, 90. audacious, 91. depth, 92. neural, 93. couch, 94. achievement, 95. incredibly, 96. gram, 97. definitely

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| 98. high imp_____ce | <i>n.</i> the quality of being important and worthy of note |
| 99. all ability to mo_____te | <i>v.</i> to make someone want to do something, especially something that requires tremendous work and effort |
| 100. par_____se the meaning | <i>v.</i> to restate or reword a passage in one's own words, often to clarify or simplify the original meaning |
| 101. easy qu_____r | <i>n.</i> a person who gives up easily or does not have the determination to finish what they have started |
| 102. get inc_____ly insecure | <i>adv.</i> in a way that is very difficult to believe; exceedingly or extremely |
| 103. ab_____n the practice | <i>v.</i> to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity |
| 104. with an am_____us eye | <i>adj.</i> having a great desire to attain achievement, power, or wealth |
| 105. st_____le against discrimination | <i>v.</i> to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction |
| 106. indicate a wil_____ss to change | <i>n.</i> the state of being ready or inclined to do something |
| 107. em_____e an opportunity | <i>v.</i> to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection |
| 108. s__p breakfast | <i>v.</i> to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do |

ANSWERS: 98. importance, 99. motivate, 100. paraphrase, 101. quitter, 102. incredibly, 103. abandon, 104. ambitious, 105. struggle, 106. willingness, 107. embrace, 108. skip

109. te_____ng offer	<i>adj.</i> likely to attract or persuade someone to do something, especially something that may not be wise or safe
110. in____t gaze	<i>n.</i> a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
111. par_____se a poem into prose	<i>v.</i> to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
112. become a professional at_____e	<i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance
113. neg_____on skills	<i>n.</i> the process of discussing and reaching an agreement with others
114. ne____l networks in AI	<i>adj.</i> of or relating to a nerve or the nervous system that includes the brain
115. au_____us stunt	<i>adj.</i> showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
116. understand his mot_____on	<i>n.</i> the reason or enthusiasm for acting or behaving in a particular way
117. st__p a tire off	<i>v.</i> to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.
118. en_____ge antisocial behavior	<i>v.</i> to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 109. tempting, 110. intent, 111. paraphrase, 112. athlete, 113. negotiation, 114. neural, 115. audacious, 116. motivation, 117. strip, 118. encourage

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| 119. el_____te sexual barriers | v. | to remove or get rid of someone or something |
| 120. s__p across the country | v. | to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do |
| 121. a gr__d meal | adj. | important and large in size, scope, or extent |
| 122. w__e over time | v. | to decrease in size, strength, or intensity |
| 123. de___e a plan | v. | to come up with an idea, plan, theory, etc., using your intelligence or imagination |
| 124. get con_____nt results | adj. | always behaving or happening in the same way, or having the same thoughts, standards, etc. |
| 125. lack of wi_____er | n. | the control exerted to do something or restrain impulses |
| 126. w__ned me of the plan | v. | to make someone aware of potential danger or difficulty, particularly one that may occur in the future |
| 127. less fo_____te person | adj. | having good luck or lucky |
| 128. do on a con_____nt basis | adj. | always behaving or happening in the same way, or having the same thoughts, standards, etc. |
| 129. dif_____ty in breathing | n. | a condition or state that causes problems |

ANSWERS: 119. eliminate, 120. skip, 121. grand, 122. wane, 123. devise, 124. consistent, 125. willpower, 126. warn, 127. fortunate, 128. consistent, 129. difficulty

130. re___e the company	<i>v.</i> to show that one is not willing to do or accept something
131. get dis_____ed by an urgent matter	<i>adj.</i> having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
132. the ul_____te goal in life	<i>adj.</i> furthest or highest in degree or order
133. op_____st by nature	<i>n.</i> a person who tends to expect the best in all things and to be hopeful and confident about the future
134. grilled ro_____e	<i>n.</i> a variety of lettuce with elongated, crisp leaves that form a tall, narrow head
135. major paradigm sh__t	<i>n.</i> a slight transition in position, direction, or trend
136. res_____ce to insulin	<i>n.</i> the act of defending oneself from an aggressor or refusing to accept something
137. pos_____ty for growth	<i>n.</i> a chance that something may happen or be true
138. the degree of dif_____ty	<i>n.</i> a condition or state that causes problems
139. meet req_____nt	<i>n.</i> something that is needed or wanted
140. re___e a request	<i>v.</i> to show that one is not willing to do or accept something
141. fire st__k	<i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 130. refuse, 131. distracted, 132. ultimate, 133. optimist, 134. romaine, 135. shift, 136. resistance, 137. possibility, 138. difficulty, 139. requirement, 140. refuse, 141. stick

142. direct pro_____on	<i>n.</i> a part, share, or amount of something considered in comparative relation to a whole
143. the pre_____on of meals	<i>n.</i> the activity of getting ready for something or making something ready
144. apparently par_____al	<i>adj.</i> seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true
145. st__k a key in a lock	<i>v.</i> to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
146. watch a ma_____on	<i>n.</i> a long-distance race of 42.195 kilometers
147. permanent br__n damage	<i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling
148. ex_____ng football player	<i>adj.</i> causing a lot of interest or excitement
149. demonstrate wi_____er	<i>n.</i> the control exerted to do something or restrain impulses
150. serial qu_____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
151. an imp_____ve array of facts	<i>adj.</i> arousing admiration due to size, quality, or skill
152. export-re_____t economy	<i>adj.</i> needing something or something to continue, to work correctly, or to succeed

ANSWERS: 142. proportion, 143. preparation, 144. paradoxical, 145. stick, 146. marathon, 147. brain, 148. exciting, 149. willpower, 150. quitter, 151. impressive, 152. reliant

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| 153. wil_____ss to help | <i>n.</i> the state of being ready or inclined to do something |
| 154. ab_____n a friend | <i>v.</i> to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity |
| 155. in_____on behind his decision | <i>n.</i> something you want to do and are going to do |
| 156. de__h camera | <i>n.</i> the distance between the top and bottom of something; between the top surface and a distance below it |
| 157. en_____ge a sense of affinity | <i>v.</i> to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do |
| 158. global pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 159. co_____d a battery | <i>n.</i> authority, control, or mastery over something, often referring to military or leadership contexts; a directive, order, or instruction; expertise or confidence in a specific area; (verb) to give an authoritative order or instruction, or to be in charge or control of something |
| 160. a tiny sm_____n | <i>n.</i> a very small amount or quantity; a tiny bit |
| 161. le__y suburbs | <i>adj.</i> covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat |

ANSWERS: 153. willingness, 154. abandon, 155. intention, 156. depth, 157. encourage, 158. pandemic, 159. command, 160. command, 160. smidgen, 161. leafy

162. ex___d agricultural output *v.* to increase or to make something greater in size, number, or importance
163. ra___t attitudes *adj.* characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others
164. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
165. clear in_____on *n.* something you want to do and are going to do
166. a warm em_____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
167. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
168. dis_____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
169. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
170. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 162. expand, 163. racist, 164. relax, 165. intention, 166. embrace, 167. brain, 168. distracted, 169. achieve, 170. schedule

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| 171. co____d and control | <i>n.</i> authority, control, or mastery over something, often referring to military or leadership contexts; a directive, order, or instruction; expertise or confidence in a specific area; (verb) to give an authoritative order or instruction, or to be in charge or control of something |
| 172. ju__y fruit | <i>adj.</i> containing much liquid, often used to describe fresh fruit or meat; interesting or exciting, often because it is scandalous or revealing |
| 173. mot_____on for a change | <i>n.</i> the reason or enthusiasm for acting or behaving in a particular way |
| 174. student ach_____nt | <i>n.</i> a thing that someone has accomplished, primarily through their effort and ability |
| 175. d__n stockings | <i>v.</i> to mend a piece of clothing by sewing over a hole or tear with small, tight stitches |
| 176. run a ma_____on | <i>n.</i> a long-distance race of 42.195 kilometers |
| 177. pa___a pants | <i>n.</i> a pair of loose pants with a matching top, worn for sleeping or lounging |
| 178. d__n hole | <i>v.</i> to mend a piece of clothing by sewing over a hole or tear with small, tight stitches |
| 179. excessive op_____st | <i>n.</i> a person who tends to expect the best in all things and to be hopeful and confident about the future |

ANSWERS: 171. command, 172. juicy, 173. motivation, 174. achievement, 175. darn, 176. marathon, 177. pajama, 178. darn, 179. optimist

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| 180. met_____sly crafted product | <i>adv.</i> with great attention to detail; thoroughly and carefully |
| 181. school req_____nt | <i>n.</i> something that is needed or wanted |
| 182. crisp le_____e | <i>n.</i> a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor |
| 183. w__e in popularity | <i>v.</i> to decrease in size, strength, or intensity |
| 184. mo_____te the students | <i>v.</i> to make someone want to do something, especially something that requires tremendous work and effort |

ANSWERS: 180. meticulously, 181. requirement, 182. lettuce, 183. wane, 184. motivate

Session 3: Fill in the Blanks

1. The bill to increase the consumption tax had passed despite much _____ from the public.
n. the act of defending oneself from an aggressor or refusing to accept something
2. Some athletes take anabolic steroids to increase muscle size _____.
adv. for a limited time only or not permanently
3. We can _____ this possibility from those consumptions.
v. to remove or get rid of someone or something
4. What is the entry _____ for this course?
n. something that is needed or wanted
5. Everyone regarded the theory he advocated as _____ but was later proven correct.
adj. very silly or unreasonable and deserving to be laughed at
6. He refused to do anything _____ to help her.
adv. not at all; no matter what
7. I have to _____ these socks before they become unwearable.
v. to mend a piece of clothing by sewing over a hole or tear with small, tight stitches
8. The _____ fireworks display was the highlight of the festival.
adj. striking or impressive to look at or in performance or achievement

ANSWERS: 1. resistance, 2. temporarily, 3. eliminate, 4. requirement, 5. ridiculous, 6. whatsoever, 7. darn, 8. spectacular

9. The castle was _____ several years later.
- v.* to leave a place, thing, or person with no intention of returning; (noun) a feeling of extreme emotional intensity
10. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
11. She studies gardening on a _____ basis.
- n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
12. This ore emits _____ quantities of radiation
- adj.* extremely small; tiny
13. The rules were _____ after the new executive arrived.
- v.* to become or cause someone to become less active or tense and calmer
14. 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
15. He _____ the article in his own words to avoid being accused of plagiarism.
- v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
16. The woods _____ the house.
- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

ANSWERS: 9. abandoned, 10. meditation, 11. routine, 12. minuscule, 13. relaxed, 14. warn, 15. paraphrased, 16. embrace

17. We must consume dietary _____ to maintain good health.
n. thread or filament used to make a vegetable tissue, mineral material, or textile
18. Greed and _____ composed his personality.
n. a strong wish to do or achieve something
19. I love to relax on the _____ and watch movies on the weekends.
n. a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
20. They had to _____ a system that did not depend on fossil fuels.
v. to come up with an idea, plan, theory, etc., using your intelligence or imagination
21. I stopped by the branch though I have no business of _____.
n. the quality of being important and worthy of note
22. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
23. You _____ a bill in the change machine, and the coins pop out.
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
24. The findings of the experiment were both _____ and unexpected.
adj. causing a lot of interest or excitement
25. The _____ between the two countries was a delicate and complex process.
n. the process of discussing and reaching an agreement with others

ANSWERS: 17. fiber, 18. ambition, 19. couch, 20. devise, 21. importance, 22. incredibly, 23. stick, 24. exciting, 25. negotiation

26. X-rays revealed a small tumor in his _____.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

27. They hope to _____ their business worldwide.

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

28. Management must take _____ responsibility for the accident.

- adj.* furthest or highest in degree or order

29. He was considered a _____ artist compared to others in his field.

- adj.* of only average quality; not very good

30. The _____ to the new class was informative and engaging.

- n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

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

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

32. The ability to _____ people is a priceless asset.

- v.* to make someone want to do something, especially something that requires tremendous work and effort

33. You are not _____ in your behavior.

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

ANSWERS: 26. brain, 27. expand, 28. ultimate, 29. mediocre, 30. introduction, 31. intent, 32. motivate, 33. consistent

34. it is _____ that the French, who prefer animal foods, live longer than people in other countries.

adj. seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true

35. The doctor advised him to _____ down for a check.

v. to remove the surface from something; (noun) a sizeable narrow piece of something such as paper, metal, cloth, etc., or area of land, sea, etc.

36. She spoke with _____ about the importance of education.

n. a strong belief or opinion, especially one that is based on principles or evidence; (criminal law) a final judgment of guilty in a criminal case and the punishment that is imposed

37. He could not _____ against temptation.

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

38. I want a sandwich with extra _____ please.

n. a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

39. Their company has been in business for a short time but has _____ goals.

adj. having a great desire to attain achievement, power, or wealth

40. Our CEO's _____ are always transparent and straightforward.

n. something you want to do and are going to do

41. He was pretty _____ to pass the exam.

adj. having good luck or lucky

ANSWERS: 34. paradoxical, 35. strip, 36. conviction, 37. struggle, 38. lettuce, 39. ambitious, 40. intentions, 41. fortunate

42. They used fast-acting _____ on the flowers in the flower beds.
n. any substance that is essential for the maintenance and growth of living things
43. He is more concerned about the _____ of his body fat than usual because of an upcoming bodybuilding competition.
n. a part, share, or amount of something considered in comparative relation to a whole
44. They _____ customers with a premium for loyal patronage.
v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
45. The fragrance of this material _____ over weeks to months.
v. to decrease in size, strength, or intensity
46. She successfully completed her first _____ with a personal best time.
n. a long-distance race of 42.195 kilometers
47. With strong _____ and determination, he could quit smoking for good.
n. the control exerted to do something or restrain impulses
48. My little sister loves to have _____ parties with her friends on the weekends.
n. a pair of loose pants with a matching top, worn for sleeping or lounging
49. I will work hard to _____ my goals and realize my dreams.
v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 42. nutrients, 43. proportion, 44. encouraged, 45. wanes, 46. marathon, 47. willpower, 48. pajama, 49. achieve

50. There was a disturbance of _____ function.

adj. of or relating to a nerve or the nervous system that includes the brain

51. I need a _____ of salt to finish this dish.

n. a very small amount or quantity; a tiny bit

52. I was so _____ by my phone that I nearly walked into a lamppost.

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

53. The _____ of getting the disease will drastically increase.

n. a chance that something may happen or be true

54. The budget reduction was an _____ feat for our nation.

adj. arousing admiration due to size, quality, or skill

55. The _____ comments made by the politician caused widespread condemnation.

adj. characterized by or showing discrimination or prejudice against people of other races; (noun) a person with a prejudiced belief that one racial group is superior to others

56. Considering the situation of _____ organized stopped this year's beer festival.

n. a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

57. The company is heavily _____ on its overseas operations for revenue.

adj. needing something or something to continue, to work correctly, or to succeed

ANSWERS: 50. neural, 51. smidgen, 52. distracted, 53. possibility, 54. impressive, 55. racist, 56. coronavirus, 57. reliant

58. The athlete performed some _____ exercises to warm up before the game.

adj. refreshing or invigorating; designed to provide support or stability

59. We _____ the topic because it was too complicated.

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

60. He helped me with the _____ of this book.

n. the activity of getting ready for something or making something ready

61. He has _____ exercising because of a back injury sustained in an accident.

n. a condition or state that causes problems

62. The neighborhood is known for its _____ trees and verdant gardens.

adj. covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

63. _____ is the mother of all learning.

n. the act of doing or saying something many times

64. The comedian's stand-up routine was _____.

adj. extremely funny

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

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

ANSWERS: 58. bracing, 59. skipped, 60. preparation, 61. difficulty, 62. leafy, 63. Repetition, 64. hilarious, 65. relate

66. The young entrepreneur had an _____ plan to start his own company.

adj. showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

67. He was labeled as a _____ after he abandoned the project halfway.

n. a person who gives up easily or does not have the determination to finish what they have started

68. This _____ has never been formally accepted.

n. a thing that someone has accomplished, primarily through their effort and ability

69. A significant amount of _____ is required to be a teacher.

n. the reason or enthusiasm for acting or behaving in a particular way

70. Health and _____ are, above all, gold.

n. the quality or state of being physically, or sometimes mentally, strong

71. The salad was made with crisp _____ lettuce and juicy cherry tomatoes.

n. a variety of lettuce with elongated, crisp leaves that form a tall, narrow head

72. This year's _____ gathering will be held in Canada.

adj. important and large in size, scope, or extent

73. My initial reaction was to _____.

v. to show that one is not willing to do or accept something

74. How much is it per one hundred _____

n. a metric unit of weight equal to one-thousandth of a kilogram

ANSWERS: 66. audacious, 67. quitter, 68. achievement, 69. motivation, 70. strength, 71. romaine, 72. grand, 73. refuse, 74. grams?

75. She is a confident _____ who always looks on the bright side.

- n.* a person who tends to expect the best in all things and to be hopeful and confident about the future

76. The paper is _____ worth reading thoroughly.

- adv.* without any question and beyond doubt; clearly

77. The airplane was on _____ during the long flight.

- n.* a system that automatically controls the operation of an aircraft or spacecraft

78. The pond's _____ was around five feet.

- n.* the distance between the top and bottom of something; between the top surface and a distance below it

79. She stayed up all night _____ her favorite TV show.

- n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

80. The burger was so _____ that it dripped down my hand as I ate it.

- adj.* containing much liquid, often used to describe fresh fruit or meat; interesting or exciting, often because it is scandalous or revealing

81. So far, the meeting is going according to _____.

- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

82. Could you help me _____ some furniture?

- n.* a slight transition in position, direction, or trend

ANSWERS: 75. optimist, 76. definitely, 77. autopilot, 78. depth, 79. binge-watching, 80. juicy, 81. schedule, 82. shift

83. The process was carried out at _____ cost.

adj. tiny in amount; the least possible

84. When the first molecule in the _____ receives a signal, it activates other molecules.

n. a track that constitutes or serves as a path; an approach or a way of doing something

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

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

86. She _____ planned every detail of her wedding.

adv. with great attention to detail; thoroughly and carefully

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

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

88. The third _____ was far more successful.

n. an act or effort of trying to do something, especially something difficult

89. The general gave a _____ to his troops to prepare for battle.

n. authority, control, or mastery over something, often referring to military or leadership contexts; a directive, order, or instruction; expertise or confidence in a specific area; (verb) to give an authoritative order or instruction, or to be in charge or control of something

90. The chocolate cake was too _____ for me to resist.

adj. likely to attract or persuade someone to do something, especially something that may not be wise or safe

ANSWERS: 83. minimal, 84. pathway, 85. desire, 86. meticulously, 87. pandemic, 88. attempt, 89. command, 90. tempting

91. Her _____ to help others earned her many friends.

n. the state of being ready or inclined to do something

92. His dream is to become an Olympic _____.

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 91. willingness, 92. athlete