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Vocabulary Builder Reference from...

TED Business: Should we cry at work? | TED Talk

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

Advanced Words Only

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Session 1: Word List

clench

- v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress

synonym: grasp, clasp, tighten

(1) **clench** teeth, (2) **clench** muscles

He **clenched** his fist in anger when he heard the bad news.

palpitate

- v. to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion

synonym: throb, pound, pulsate

(1) **palpitate** at an extraordinary speed, (2) **palpitate** with excitement

Whenever I have to speak in public, my heart begins to **palpitate** nervously.

agility

- n. the ability to move quickly and easily, often in a way that is graceful and controlled

synonym: nimbleness, quickness, dexterity

(1) ninja-like **agility**, (2) **agility** training

The coach had the team run through the **agility** ladder to improve their coordination.

dissect

- v. to cut into pieces to study the structure of something in detail

synonym : analyze, examine, study

(1) **dissect** the data, (2) **dissect** a personality

The scientist **dissected** the frog to study its internal organs.

greet

v. to say hello to someone; to express welcome on meeting someone

synonym : welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

fraught

adj. causing, accompanied by, or full of anxiety, tension, or stress

synonym : tense, anxious, stressed

(1) become increasingly **fraught**, (2) **fraught** with danger

The negotiations were **fraught** with challenges and setbacks.

rigidity

n. the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

synonym : stiffness, inflexibility, firmness

(1) mental **rigidity**, (2) legal **rigidity**

The **rigidity** of the school's dress code policy caused much controversy among the students and parents.

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.

hallowed

adj. considered holy or sacred; deserving of reverence or respect

synonym : sanctified, sacred, revered

(1) **hallowed** tradition, (2) **hallowed** memory

The church was considered a **hallowed** ground for the

community, where their ancestors had worshiped for generations.

apartheid

n. a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors

synonym: segregation, discrimination, oppression

(1) **apartheid** system, (2) **apartheid** policies

The South African government enforced **apartheid** laws that segregated people based on race.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

shrug

v. to raise your shoulders and then drop them to say you do not know or are not interested

(1) **shrug** off the importance, (2) **shrug** his shoulders sadly
I respect her ability to **shrug** off harsh criticism.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

ravage

v. to cause damage to something badly

synonym: devastate, ruin, destroy

(1) **ravage** a country, (2) **ravage** the brain
A large fire **ravaged** the forest.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

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.

purge

v. to remove or get rid of something, especially that is unwanted or impure

synonym: cleanse, clear, eliminate

(1) **purge** the system, (2) **purge** his sins

The government tried to **purge** corrupt officials from the bureaucracy.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym: unyielding, tireless, unrelenting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

gymnast

n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

synonym: acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.

inseparable

adj. incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked

synonym: attached, connected, united

(1) **inseparable** friends, (2) **inseparable** duo

The two friends were **inseparable** and did everything together.

fragility

n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable

synonym: delicacy, weakness, frailty

(1) **fragility** of life, (2) emotional **fragility**

The **fragility** of the glass required careful handling during shipping.

unseen

adj. not seen or noticed; not perceived

synonym: invisible, hidden, undercover

(1) **unseen** danger, (2) an **unseen** force

The consequences of the pandemic remain **unseen** as scientists continue to research the virus.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

frailty

n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

synonym: weakness, fragility, delicacy

(1) cognitive **frailty**, (2) **frailty** syndrome

The doctor warned us about the human body's **frailty** and the dangers of neglecting our health.

obsessive

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

synonym: compulsive, fixated, besetting

(1) **obsessive-compulsive** disorder, (2) **obsessive** thoughts

Her **obsessive** behavior towards perfectionism often led to burnout.

brood

v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth

synonym: offspring, hatch, family

(1) **brood** about the defeat, (2) a **brood** of chickens

The terrible result **brooded** over her all day long.

deem

v. to consider or decide something in a particular way

synonym: believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were **deemed** unsafe.

inadvertently

adv. unintentionally; accidentally; without purpose or deliberate intent

synonym: unknowingly, unintentionally, accidentally

(1) **inadvertently** deleted, (2) **inadvertently** omitted

I **inadvertently** left my phone at home this morning and felt lost.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

tyranny

n. a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others

synonym: despotism, oppression, dictatorship

(1) brutal **tyranny**, (2) **tyranny** of the majority

The country was ruled by a **tyranny** that oppressed its citizens.

amplification

n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea

synonym: enlargement, expansion, intensification

(1) **amplification** system, (2) sound **amplification**

The political debate was an **amplification** of the candidates' views on key issues.

disappoint

v. to fail to meet someone or their hopes or expectations; to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

inconvenient

adj. causing trouble or difficulty; not convenient or suitable

synonym: troublesome, difficult, awkward

(1) face an **inconvenient** truth, (2) **inconvenient** for shopping

It was **inconvenient** for her to go out of her way to pick up the package.

dismantle

v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment

synonym: take apart, demolish, take down

(1) **dismantle** a machine, (2) **dismantle** a system

The old building had to be **dismantled** because it was structurally unsound.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

discern

v. to see, perceive, or understand something that is not obvious

synonym: determine, distinguish, sense

(1) **discern** the big picture, (2) **discern** friend from foe

Parents need to help their children **discern** right and wrong.

signpost

n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress

synonym: marker, guidepost, indicator

(1) follow **signposts** on roads, (2) clear **signpost**

The **signpost** on the hiking trail helped guide hikers toward the correct path.

opportune

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

synonym: suitable, timely, practical

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

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

caveat

n. a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

synonym : warning, caution, admonition

(1) a **caveat** against unfair practices, (2) general **caveat**

We often ignore important **caveats** from nature.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym : apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

individualize

v. to make something personal or more personal to suit the needs of a particular person, place, etc.

synonym : personalize, differentiate

(1) **individualize** each patient, (2) **individualize** dosages

Our schools offer **individualized** education by excellent teachers.

flourish

v. to grow or develop vigorously or successfully

synonym : boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

agile

adj. able to move quickly and easily, often in a way that is graceful and controlled

synonym : nimble, quick, flexible

(1) an **agile** mind, (2) **agile** in his movements

The **agile** development process allowed the team to make changes quickly.

terrify

v. to frighten someone very much

synonym : unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

brew

v. to make beer or tea by mixing a substance with hot water

synonym: make, prepare

(1) **brew** a cup of tea, (2) **brew** beer

I am going to **brew** some coffee this morning.

instinctive

adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency

synonym: spontaneous, intuitive, natural

(1) **instinctive** reaction, (2) **instinctive** behavior

It was **instinctive** for the mother to protect her child from harm.

plummet

v. to fall or drop suddenly and steeply; to decline rapidly or sharply

synonym: drop, plunge, fall

(1) **plummeting** sales, (2) **plummet** against other major currencies

The stock prices have **plummeted** in the last hour, causing concern for investors.

stoic

adj. calm and unemotional, especially in difficult situations;
(noun) a member of the ancient Greek school of philosophy founded by Zeno

synonym: unflappable, resigned, unemotional

(1) **stoic** courage, (2) do **stoic** strength training

He was known for his **stoic** demeanor, never showing emotion or weakness.

haywire

adj. out of control or malfunctioning; disordered or chaotic;
(noun) a type of wire that is used to tie bales of hay, straw, or other crops

synonym: chaotic, disordered, crazy

(1) **haywire** behavior, (2) **haywire** machine

The electronics in my car went **haywire** after the battery died.

instinct

- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true

synonym: intuition, aptitude, feeling

- (1) **instinct** for self-preservation, (2) aggressive **instinct**

When faced with a dangerous situation, his initial **instinct** was to flee.

acupuncture

- n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

synonym: stylostixis, needling, reflexology

- (1) **acupuncture** for anxiety, (2) **acupuncture** treatment

The **acupuncture** needles are very thin and are not painful to insert.

offend

- v.* to cause someone to feel upset, angry, or annoyed

synonym: insult, hurt, anger

- (1) **offend** his sensibilities, (2) **offend** a customer

His rude comments **offended** many people at the party.

Session 2: Spelling

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|--------------------------------|--|
| 1. d__m wrong or inappropriate | v. to consider or decide something in a particular way |
| 2. ins____ve reaction | adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency |
| 3. pa____te with excitement | v. to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion |
| 4. female gy____t | n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment |
| 5. fr____ty of life | n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable |
| 6. alcohol bi__e | n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence |
| 7. ag__e in his movements | adj. able to move quickly and easily, often in a way that is graceful and controlled |
| 8. fl____sh worldwide | v. to grow or develop vigorously or successfully |
| 9. answer in a wh____r | v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you |

ANSWERS: 1. deem, 2. instinctive, 3. palpitate, 4. gymnast, 5. fragility, 6. binge, 7. agile, 8. flourish, 9. whisper

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|------------------------------------|--|
| 10. fr____t with danger | <i>adj.</i> causing, accompanied by, or full of anxiety, tension, or stress |
| 11. ra____e the brain | <i>v.</i> to cause damage to something badly |
| 12. a br__d of chickens | <i>v.</i> to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth |
| 13. in____ct for self-preservation | <i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true |
| 14. general ca____t | <i>n.</i> a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing |
| 15. rel____ss attack | <i>adj.</i> persistent and determined; continuing despite difficulties or setbacks |
| 16. do st__c strength training | <i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno |
| 17. cl____h muscles | <i>v.</i> to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress |
| 18. fl____sh economically | <i>v.</i> to grow or develop vigorously or successfully |
| 19. ina____tly omitted | <i>adv.</i> unintentionally; accidentally; without purpose or deliberate intent |

ANSWERS: 10. fraught, 11. ravage, 12. brood, 13. instinct, 14. caveat, 15. relentless, 16. stoic, 17. clench, 18. flourish, 19. inadvertently

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|-------------------------------|---|
| 20. bankrupt cr____or | <i>n.</i> a person, company, etc. to whom a debtor owes money |
| 21. ty____y of the majority | <i>n.</i> a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others |
| 22. di_____le a machine | <i>v.</i> to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment |
| 23. ins_____le duo | <i>adj.</i> incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked |
| 24. gr__t an idea | <i>v.</i> to say hello to someone; to express welcome on meeting someone |
| 25. un____n danger | <i>adj.</i> not seen or noticed; not perceived |
| 26. inc_____ent for shopping | <i>adj.</i> causing trouble or difficulty; not convenient or suitable |
| 27. sh__g his shoulders sadly | <i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested |
| 28. 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 |
| 29. emotional fr_____ty | <i>n.</i> the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable |

ANSWERS: 20. creditor, 21. tyranny, 22. dismantle, 23. inseparable, 24. greet, 25. unseen, 26. inconvenient, 27. shrug, 28. binge, 29. fragility

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|---|---|
| 30. ind_____ize each patient | <i>v.</i> to make something personal or more personal to suit the needs of a particular person, place, etc. |
| 31. ap_____id system | <i>n.</i> a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors |
| 32. become increasingly fr_____t | <i>adj.</i> causing, accompanied by, or full of anxiety, tension, or stress |
| 33. sh__g off the importance | <i>v.</i> to raise your shoulders and then drop them to say you do not know or are not interested |
| 34. ina_____tly deleted | <i>adv.</i> unintentionally; accidentally; without purpose or deliberate intent |
| 35. gr___e for loss | <i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died |
| 36. pl_____t against other major currencies | <i>v.</i> to fall or drop suddenly and steeply; to decline rapidly or sharply |
| 37. ind_____ize dosages | <i>v.</i> to make something personal or more personal to suit the needs of a particular person, place, etc. |
| 38. d__m socially responsible | <i>v.</i> to consider or decide something in a particular way |
| 39. talented gy_____t | <i>n.</i> a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment |

ANSWERS: 30. individualize, 31. apartheid, 32. fraught, 33. shrug, 34. inadvertently, 35. grieve, 36. plummet, 37. individualize, 38. deem, 39. gymnast

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|-------------------------------|------|--|
| 40. n_g political leaders | v. | to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse |
| 41. medical in___n | v. | to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 42. ins_____ve behavior | adj. | relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency |
| 43. a n__b mind | adj. | unable to feel physical sensation and movement; not showing human feeling or sensitivity |
| 44. di_____n friend from foe | v. | to see, perceive, or understand something that is not obvious |
| 45. clear si_____st | n. | a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress |
| 46. di_____n the big picture | v. | to see, perceive, or understand something that is not obvious |
| 47. ha_____e machine | adj. | out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops |
| 48. n_g about the minor thing | v. | to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse |

ANSWERS: 40. nag, 41. intern, 42. instinctive, 43. numb, 44. discern, 45. signpost, 46. discern, 47. haywire, 48. nag

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|-----------------------------------|---|
| 49. ob_____ve-compulsive disorder | <i>adj.</i> relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors |
| 50. ap_____id policies | <i>n.</i> a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors |
| 51. follow si_____sts on roads | <i>n.</i> a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress |
| 52. ha_____ed tradition | <i>adj.</i> considered holy or sacred; deserving of reverence or respect |
| 53. pu__e the system | <i>v.</i> to remove or get rid of something, especially that is unwanted or impure |
| 54. face an inc_____ent truth | <i>adj.</i> causing trouble or difficulty; not convenient or suitable |
| 55. mental ri_____ty | <i>n.</i> the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding |
| 56. ra___e a country | <i>v.</i> to cause damage to something badly |
| 57. ha_____e behavior | <i>adj.</i> out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops |

ANSWERS: 49. obsessive, 50. apartheid, 51. signpost, 52. hallowed, 53. purge, 54. inconvenient, 55. rigidity, 56. ravage, 57. haywire

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|--------------------------------|------|--|
| 58. in___n civilians | v. | to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria |
| 59. po___t the premise | v. | to suggest or accept something as fact or as a basis for argument or consideration |
| 60. re_____nt population | adj. | able to withstand or recover quickly from difficult conditions |
| 61. di_____t the data | v. | to cut into pieces to study the structure of something in detail |
| 62. a s___m battle | n. | something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |
| 63. dis_____nt the audience | v. | to fail to meet someone or their hopes or expectations; to make someone feel sad |
| 64. di_____le a system | v. | to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment |
| 65. the wh_____r of the leaves | v. | to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you |
| 66. di_____t a personality | v. | to cut into pieces to study the structure of something in detail |
| 67. the threats te_____y him | v. | to frighten someone very much |

ANSWERS: 58. intern, 59. posit, 60. resilient, 61. dissect, 62. sham, 63. disappoint, 64. dismantle, 65. whisper, 66. dissect, 67. terrify

68. po__t the existence of life after death	<i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration
69. face rel_____ss pressure	<i>adj.</i> persistent and determined; continuing despite difficulties or setbacks
70. aggressive in_____ct	<i>n.</i> an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
71. ins_____le friends	<i>adj.</i> incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
72. fr_____y syndrome	<i>n.</i> the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality
73. te_____y people	<i>v.</i> to frighten someone very much
74. gr__t a customer	<i>v.</i> to say hello to someone; to express welcome on meeting someone
75. cl___h teeth	<i>v.</i> to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
76. turn out to be all s__m	<i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
77. a ca___t against unfair practices	<i>n.</i> a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing

ANSWERS: 68. posit, 69. relentless, 70. instinct, 71. inseparable, 72. frailty, 73. terrify, 74. greet, 75. clench, 76. sham, 77. caveat

78. of___d his sensibilities	<i>v.</i> to cause someone to feel upset, angry, or annoyed
79. amp_____ion system	<i>n.</i> the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
80. pl_____ting sales	<i>v.</i> to fall or drop suddenly and steeply; to decline rapidly or sharply
81. b__w a cup of tea	<i>v.</i> to make beer or tea by mixing a substance with hot water
82. the cr____or's claims	<i>n.</i> a person, company, etc. to whom a debtor owes money
83. ob_____ve thoughts	<i>adj.</i> relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
84. br__d about the defeat	<i>v.</i> to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
85. n__b with cold	<i>adj.</i> unable to feel physical sensation and movement; not showing human feeling or sensitivity
86. acu_____re treatment	<i>n.</i> a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

ANSWERS: 78. offend, 79. amplification, 80. plummet, 81. brew, 82. creditor, 83. obsessive, 84. brood, 85. numb, 86. acupuncture

- | | |
|--------------------------------|---|
| 87. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 88. brutal ty_____y | <i>n.</i> a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others |
| 89. dr__d getting old | <i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen |
| 90. b__w beer | <i>v.</i> to make beer or tea by mixing a substance with hot water |
| 91. sound amp_____ion | <i>n.</i> the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea |
| 92. ha_____ed memory | <i>adj.</i> considered holy or sacred; deserving of reverence or respect |
| 93. legal ri_____ty | <i>n.</i> the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding |
| 94. a hard and re_____nt steel | <i>adj.</i> able to withstand or recover quickly from difficult conditions |
| 95. don't dis_____nt me | <i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad |
| 96. ag_____y training | <i>n.</i> the ability to move quickly and easily, often in a way that is graceful and controlled |

ANSWERS: 87. opportune, 88. tyranny, 89. dread, 90. brew, 91. amplification, 92. hallowed, 93. rigidity, 94. resilient, 95. disappoint, 96. agility

97. an ag__e mind	<i>adj.</i> able to move quickly and easily, often in a way that is graceful and controlled
98. an un___n force	<i>adj.</i> not seen or noticed; not perceived
99. of___d a customer	<i>v.</i> to cause someone to feel upset, angry, or annoyed
100. an op_____ne remark	<i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose
101. acu_____re for anxiety	<i>n.</i> a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine
102. dr__d failure	<i>v.</i> to be very afraid of or worried about something that is going to happen or that might happen
103. ninja-like ag_____y	<i>n.</i> the ability to move quickly and easily, often in a way that is graceful and controlled
104. gr___e at the sad news	<i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died
105. st__c courage	<i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
106. pa_____te at an extraordinary speed	<i>v.</i> to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion
107. cognitive fr_____y	<i>n.</i> the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

ANSWERS: 97. agile, 98. unseen, 99. offend, 100. opportune, 101. acupuncture, 102. dread, 103. agility, 104. grieve, 105. stoic, 106. palpitate, 107. frailty

108. pu__e his sins

v. to remove or get rid of something,
especially that is unwanted or impure

ANSWERS: 108. purge

Session 3: Fill in the Blanks

1. The navy _____ ships of defeated nations.
v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
2. The government tried to _____ corrupt officials from the bureaucracy.
v. to remove or get rid of something, especially that is unwanted or impure
3. The church was considered a _____ ground for the community, where their ancestors had worshiped for generations.
adj. considered holy or sacred; deserving of reverence or respect
4. The consequences of the pandemic remain _____ as scientists continue to research the virus.
adj. not seen or noticed; not perceived
5. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
6. Parents need to help their children _____ right and wrong.
v. to see, perceive, or understand something that is not obvious
7. The _____ on the hiking trail helped guide hikers toward the correct path.
n. a sign or marker that indicates the direction or location of something often used figuratively to refer to a guide or indicator of progress
8. The athlete's _____ training paid off in the end.
adj. persistent and determined; continuing despite difficulties or setbacks

ANSWERS: 1. interned, 2. purge, 3. hallowed, 4. unseen, 5. grieved, 6. discern, 7. signpost, 8. relentless

9. We often ignore important _____ from nature.
- n.* a warning against certain acts; (law) a formal notice filed with a court or officer to suspend a proceeding until the filer is given a hearing
10. The coach had the team run through the _____ ladder to improve their coordination.
- n.* the ability to move quickly and easily, often in a way that is graceful and controlled
11. His rude comments _____ many people at the party.
- v.* to cause someone to feel upset, angry, or annoyed
12. The electronics in my car went _____ after the battery died.
- adj.* out of control or malfunctioning; disordered or chaotic; (noun) a type of wire that is used to tie bales of hay, straw, or other crops
13. He was known for his _____ demeanor, never showing emotion or weakness.
- adj.* calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
14. The South African government enforced _____ laws that segregated people based on race.
- n.* a system of racial segregation and discrimination that was enforced in South Africa from 1948 to 1994; any similar system of discrimination or segregation based on race, ethnicity, or other factors
15. Whenever I have to speak in public, my heart begins to _____ nervously.
- v.* to beat rapidly or irregularly, often about one's heart or pulse; to tremble or quiver with a strong emotion

ANSWERS: 9. caveats, 10. agility, 11. offended, 12. haywire, 13. stoic, 14. apartheid, 15. palpitate

16. My left arm became _____.

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

17. The _____ of the school's dress code policy caused much controversy among the students and parents.

n. the state or quality of being rigid or inflexible; the inability to adapt to change or new circumstances; the condition of being stiff or unyielding

18. The Ottoman Empire _____ for over five centuries.

v. to grow or develop vigorously or successfully

19. A large fire _____ the forest.

v. to cause damage to something badly

20. The doctor warned us about the human body's _____ and the dangers of neglecting our health.

n. the condition of being weak or delicate, often due to age or illness; a weakness or flaw in character or morality

21. It was _____ for her to go out of her way to pick up the package.

adj. causing trouble or difficulty; not convenient or suitable

22. Her _____ behavior towards perfectionism often led to burnout.

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

23. I _____ left my phone at home this morning and felt lost.

adv. unintentionally; accidentally; without purpose or deliberate intent

ANSWERS: 16. numb, 17. rigidity, 18. flourished, 19. ravaged, 20. frailty, 21. inconvenient, 22. obsessive, 23. inadvertently

24. The old building had to be _____ because it was structurally unsound.
- v. to take apart or demolish (a structure, machine, system, or the like); to strip off fittings or equipment
25. Regarding earthquakes, some commercial buildings were _____ unsafe.
- v. to consider or decide something in a particular way
26. He took me aside and _____ in my ear.
- v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
27. The _____ needles are very thin and are not painful to insert.
- n. a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine
28. It would be best not to _____ your associates into doing complex tasks.
- v. to frighten someone very much
29. I respect her ability to _____ off harsh criticism.
- v. to raise your shoulders and then drop them to say you do not know or are not interested
30. The data he prepared was completely _____.
- n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
31. She couldn't stop _____ her husband to take out the trash.
- v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

ANSWERS: 24. dismantled, 25. deemed, 26. whispered, 27. acupuncture, 28. terrify, 29. shrug, 30. sham, 31. nagging

32. The _____ of the glass required careful handling during shipping.
- n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
33. The country was ruled by a _____ that oppressed its citizens.
- n.* a form of government in which a single ruler has absolute power, often exercised cruelly and oppressively; the arbitrary or oppressive exercise of power or control over others
34. I am going to _____ some coffee this morning.
- v.* to make beer or tea by mixing a substance with hot water
35. We should _____ several hypotheses to discuss the matter.
- v.* to suggest or accept something as fact or as a basis for argument or consideration
36. When faced with a dangerous situation, his initial _____ was to flee.
- n.* an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
37. The two friends were _____ and did everything together.
- adj.* incapable of being separated or disjoined; closely welded or joined together; mutually dependent or closely linked
38. The scientist _____ the frog to study its internal organs.
- v.* to cut into pieces to study the structure of something in detail
39. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 32. fragility, 33. tyranny, 34. brew, 35. posit, 36. instinct, 37. inseparable, 38. dissected, 39. opportune

40. The terrible result _____ over her all day long.
v. to think much and deeply about something that makes one annoyed, anxious, or angry; (noun) a group of young birds or other animals all produced at one hatching or birth
41. The negotiations were _____ with challenges and setbacks.
adj. causing, accompanied by, or full of anxiety, tension, or stress
42. The Olympic _____ performed a flawless routine on the balance beam and received a perfect ten score.
n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
43. The political debate was an _____ of the candidates' views on key issues.
n. the process of increasing the volume or intensity of something; the expansion or elaboration of a concept or idea
44. We all _____ to think about what will happen if the company goes bankrupt.
v. to be very afraid of or worried about something that is going to happen or that might happen
45. It was _____ for the mother to protect her child from harm.
adj. relating to or based on instinct; done without conscious thought, as if from an inner compulsion or natural tendency
46. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
47. The _____ development process allowed the team to make changes quickly.
adj. able to move quickly and easily, often in a way that is graceful and controlled

ANSWERS: 40. brooded, 41. fraught, 42. gymnast, 43. amplification, 44. dread, 45. instinctive, 46. resilient, 47. agile

48. The stock prices have _____ in the last hour, causing concern for investors.
v. to fall or drop suddenly and steeply; to decline rapidly or sharply
49. He _____ his fist in anger when he heard the bad news.
v. to close tightly or grip firmly; to contract or stiffen, especially as in response to stress or pain; to tighten or compress
50. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
51. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
52. He _____ his friends with a warm smile and a hug.
v. to say hello to someone; to express welcome on meeting someone
53. 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
54. Our schools offer _____ education by excellent teachers.
v. to make something personal or more personal to suit the needs of a particular person, place, etc.

ANSWERS: 48. plummeted, 49. clenched, 50. disappoint, 51. creditor, 52. greeted, 53. binge-watching, 54. individualized