

# Englist.me



## Vocabulary Builder Reference from...

*Kathy Mendias: The mood-boosting power of crying | TED Talk*

[https://www.ted.com/talks/kathy\\_mendias\\_the\\_mood\\_boosting\\_power\\_of\\_crying](https://www.ted.com/talks/kathy_mendias_the_mood_boosting_power_of_crying)

### All Words

#### IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

## Session 1: Word List

### accord

*n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have  
*synonym*: alliance, pact, agreement

(1) **accord** with public opinion, (2) binational **accord**  
The organization finally signed a peace **accord**.

### academy

*n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field  
*synonym*: school, institute, college

(1) an **academy** of music, (2) a member of the **Academy**  
Her new documentary earned her an **Academy** Award.

### gallon

*n.* a unit for measuring volume, in the US, it is equal to about 3.79 liters, and in the UK, Canada, and other countries, it is equal to about 4.55 liters

(1) 5- **gallon** square can, (2) ten- **gallon** hat  
The imperial **gallon** was standardized legally by the British Empire.

### volume

*n.* the amount of space occupied by an object or substance; the magnitude of sound  
*synonym*: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

**tub** *n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

*synonym*: bathtub, bath, basin

(1) **tub** for foot soaking, (2) **tub** for washing

I like to take a long soak in the **tub** after a long day.

**brag** *v.* to say something in a boastful manner, to impress others, or make oneself feel superior

*synonym*: boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

**toothbrush** *n.* a small brush with a handle used for cleaning the teeth

*synonym*: brush, scrubber, cleaner

(1) **toothbrush** stand, (2) power **toothbrush**

My **toothbrush** with end-rounded bristles is excellent for gently cleaning my teeth and gums.

**scrub** *v.* to clean something thoroughly, typically with a brush and soap or detergent

*synonym*: clean, wash, sanitize

(1) **scrub** off graffiti, (2) **scrub** dirt from potatoes

She decided to **scrub** the kitchen floor to remove all the dirt and grime.

**din** *n.* a loud, confused noise; a loud, persistent racket

*synonym*: noise, racket, clamor

(1) **din** of traffic, (2) mighty **din**

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

## eternal

*adj.* being without beginning or end; lasting forever

*synonym* : endless, everlasting, undying

(1) the hope of **eternal** life, (2) **eternal** quarreling

In every civilization, rulers have tried everything possible to obtain **eternal** life.

## crazy

*adj.* stupid or not sensible; very angry

*synonym* : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

## associate

*v.* to mentally connect someone or something with someone or something else

*synonym* : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

## 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.

## moth

*n.* an insect with wings similar to a butterfly that travels at night and is attracted to light

(1) **moth** larva, (2) **moth** attracted to the light

The **moth** is a serious threat to the farm's output.

## pregnant

*adj.* having a baby or young animal developing in the uterus

*synonym* : expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## 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.

## settle

*v.* to reach an agreement of disagreement

*synonym*: inhabit, occupy, decide

(1) **settle** a dispute, (2) **settle** down in the town

I don't want to **settle** for second best.

## tight

*adj.* fixed, fastened, or kept together firmly or closely

*synonym*: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

## upset

*adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

*synonym*: disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## breath

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

*synonym*: air, puff, whiff

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

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

## smirk

v. to smile in a way that suggests one is pleased or amused by someone or something, often in a smug or self-satisfied manner

*synonym*: grin, sneer, simper

(1) **smirk** confidently, (2) **smirk** after playing a prank  
He couldn't help but **smirk** when he heard her absurd excuse.

## grin

v. to smile broadly

*synonym*: smile, smirk, chuckle

(1) **grin** from ear to ear, (2) **grin** with pleasure  
He couldn't help but **grin** as he remembered the good times.

## ashamed

*adj.* feeling guilt, embarrassment, or remorse about something because of something you have done

*synonym*: regretful, repentant, mortified

(1) feel **ashamed** of him, (2) cast **ashamed** eyes  
You don't have to be **ashamed**.

## embarrass

v. to cause someone to feel awkward, worried, or ashamed

*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project  
He looked for an opportunity to **embarrass** that actor in public.

## delivery

*n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth

*synonym*: sending, transporting, bringing

(1) an easy **delivery**, (2) special **delivery**  
The **delivery** truck arrived with the packages.

## expel

v. to officially force someone to leave a school, organization, or country

*synonym*: deport, oust, dislodge

(1) **expel** him from his native country, (2) **expel** air from the lungs

He took a big drag of his cigarette and slowly **expelled** the smoke.

## weigh

*v.* to have a particular weight; to carefully evaluate things before making a conclusion

*synonym*: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo

The baby **weighs** 1 pound 3 oz.

## 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.

## heartbeat

*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

*synonym*: beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

## emotion

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

*synonym*: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

## immediately

*adv.* now or without delay

*synonym*: directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

## replace

*v.* to take the place of something

*synonym*: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone  
Eventually, the new design will **replace** all older models.

## relief

*n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

*synonym*: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

## anxiety

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

*synonym*: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge  
She waited for her daughter with **anxiety**.

## hormone

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

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

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

## instantaneous

*adj.* occurring or happening immediately or without delay; taking place in an instant or moment

*synonym*: immediate, prompt, rapid

(1) **instantaneous** reaction, (2) **instantaneous** message

The new software provides **instantaneous** results, making it much more efficient than the previous version.

## transform

*v.* to change in outward structure or looks;

*synonym*: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

## heartfelt

*adj.* genuine, sincere, and expressing deep feelings or emotions

*synonym* : sincere, genuine, heartfelt

(1) **heartfelt** apology, (2) **heartfelt** condolence

The letter was a **heartfelt** expression of gratitude to her parents.

## overwhelming

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

*synonym* : overpowering, astounding, amazing

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

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

## nowhere

*adv.* not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere**

I've been thinking all day and getting **nowhere**.

## incredible

*adj.* unbelievable; enormous

*synonym* : unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

## inspire

*v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

*synonym* : boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

## miracle

*n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God

*synonym* : wonder, marvel, phenomenon

(1) **miracle** person, (2) economic **miracle**



The doctors said that her recovery was a **miracle**.

## childbirth

*n.* the act or process of giving birth to a baby

*synonym*: delivery, labor, parturition

(1) natural **childbirth**, (2) assisted **childbirth**

He was present at the **childbirth** of his children.

## educator

*n.* a person who teaches or educates people

*synonym*: teacher, instructor, lecturer

(1) business **educator**, (2) duty as an **educator**

She is an **educator** with progressive ideas.

## relation

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

*synonym*: association, linkage, connection

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

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

## topic

*n.* a subject that is being discussed or written about

*synonym*: subject, theme, issue

(1) a serious **topic**, (2) the **topic** of the book

The **topic** of the discussion was the current state of the economy.

## emotional

*adj.* relating to people's feelings

*synonym*: affecting, impactful, impressive

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

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

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable

for consumption or use in other dairy products

*synonym* : procedure, method, system

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

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

## exhaust

*n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

*synonym* : emission, fumes, (verb) deplete

(1) **exhaust** pipe, (2) **exhaust** a topic

The factory's **exhaust** fumes polluted the air and affected the health of the nearby residents.

## extreme

*adj.* very great in amount or degree

*synonym* : farthestmost, outermost, fierce

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

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

## anticipation

*n.* the action of expecting that something might happen in the future and perhaps doing something about it now

*synonym* : expectation, prediction, prospect

(1) **anticipation** of her arrival, (2) hazard **anticipation**

She waited in eager **anticipation** for his arrival.

## magical

*adj.* produced by or containing supernatural powers

*synonym* : enchanting, occult, supernatural

(1) **magical** place, (2) **magical** powers

When I was a child, my mother often cast **magical** spells to ease my pain whenever I was injured.

## squeeze

*v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness

*synonym* : compress, crush, clamp

(1) **squeeze** a lemon, (2) **squeeze** a confession

She **squeezed** the toothpaste tube from the middle to get the

last bit out.

## **couvade**

*n.* a cultural practice in which the father of a newborn child takes on some of the physical or psychological symptoms of pregnancy or childbirth, often involving rituals or restrictions related to food, physical activity, or social behavior

(1) men's **couvade**, (2) anthropological **couvade**

Many cultures have their **couvade** practices, where the father-to-be participates in rituals or traditions surrounding childbirth.

## **syndrome**

*n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

*synonym*: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

## **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.

## **nest**

*n.* a structure in which animals lay their eggs or give birth to their young

*synonym*: roost, perch, burrow

(1) bird's **nest**, (2) a **nest** of thieves

The female birds build a **nest** and lay their eggs in May.

## **sympathetic**

*adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

*synonym*: compassionate, empathetic, understanding

(1) **sympathetic** nervous system, (2) **sympathetic** toward

poor people

She is very **sympathetic** to our project.

## phenomenon

*n.* something that exists and can be perceptible, especially one that is not fully understood

*synonym*: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

## characteristic

*n.* a typical feature or quality that can identify, tell apart, or describe something or somebody

*synonym*: feature, quality, attribute

(1) stripes **characteristic** of the zebra, (2) my friend's **characteristic** laugh

Bananas have their **characteristic** taste and odor.

## mood

*n.* the way you feel at a particular time; an angry or impatient state of mind

*synonym*: mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

## intense

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

*synonym*: extreme, fierce, harsh

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

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

## unexpected

*adj.* not anticipated or regarded as likely to happen

*synonym*: surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

## gourmet

*adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food

*synonym* : culinary, epicurean, gastronomic

(1) **gourmet** techniques, (2) **gourmet** coffee

The hotel boasts a **gourmet** restaurant that serves only the finest foods and wines.

## **burl**

*n.* a type of growth on a tree that develops into a rounded, knotty lump and is often prized for its unique and attractive pattern, used in woodworking and decorative arts

*synonym* : knob, gnarl, knot

(1) the intricate pattern in the **burl**, (2) **burl** furniture

The **burl** on the tree trunk added character to the table made from it.

## **gruff**

*adj.* rough or abrasive in manner or speech, especially with an air of impatience or annoyance; abrupt or blunt in a manner that could be seen as brusque or unfriendly

*synonym* : abrupt, rough, curt

(1) **gruff** voice, (2) **gruff** attitude

The **gruff** police officer intimidated the suspect with his stern demeanor.

## **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.

## **scan**

*v.* to examine something hastily, with the eyes or with a machine, to get information

*synonym* : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF  
She stood on the podium and **scanned** an audience.

## 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.

## fiance

*n.* a person who is engaged to be married

*synonym* : groom-to-be, betrothed, intended

(1) **fiance** visa, (2) meeting with the **fiance's** family

My **fiance** and I are looking for a new apartment after our wedding.

## norm

*n.* something that is regarded as usual, typical, or standard

*synonym* : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

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

## valid

*adj.* having a reasonable basis in logic or fact; still legally or officially acceptable

*synonym* : proper, reasonable, useful

(1) a **valid** contract, (2) a ticket **valid** for two days

Your credit card is no longer **valid**.

## solid

*adj.* hard or firm; characterized by good substantial quality

*synonym* : stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

## 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.

## privately

*adv.* in a private manner; not publicly; secretly

*synonym* : secretly, in confidence, behind closed doors

(1) a **privately-owned** railway, (2) import things **privately**

The couple **privately** exchanged their vows before the ceremony began.

## turmoil

*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

*synonym* : chaos, confusion, disorder

(1) political **turmoil**, (2) the **turmoil** of the war

The company experienced financial **turmoil** after the CEO was arrested.

## intriguing

*adj.* arousing curiosity or interest, often due to a mysterious or complex quality; fascinating or captivating

*synonym* : fascinating, captivating, arresting

(1) **intriguing** concept, (2) **intriguing** character

The novel's plot was **intriguing** and kept readers in their seats.

## evolutionary

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

*synonym* : developmental, mutative, transformative

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

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

## psychology

*n.* the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

## blur

*n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear

## vision

*synonym* : smudge, smear, fuzz

(1) **blur** image, (2) motion **blur**

The camera's focus was off, and the image was a **blur** of colors and shapes.

## vision

*n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

*synonym* : sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

## react

*v.* to take action in response to something

*synonym* : respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

## release

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

*synonym* : free, let go, discharge

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

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

## valve

*n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening

*synonym* : tap, spigot, faucet

(1) electromagnetic **valve**, (2) **valve** control

The **valve** on the pipeline was leaking, so maintenance had to shut it off to make repairs.

## amplify

*v.* to enhance something, particularly sound or brightness

*synonym* : intensify, boost, argument

(1) **amplify** a signal, (2) **amplify** the effect



You might need to **amplify** this point.

## alert

*v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

*synonym*: warn, inform, (adjective) vigilant

(1) **alert** consumers to the dangers, (2) **alert** system

The company's cybersecurity team **alerted** the CEO to potential threats.

## biochemical

*adj.* relating to the chemical processes and substances that occur within living organisms

*synonym*: molecular, biological

(1) **biochemical** reaction, (2) complex **biochemical**

**Biochemical** research is essential to understanding the complex chemical reactions in living organisms.

## yawn

*v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen

*synonym*: gape, stretch, open

(1) **yawn** in sleepiness, (2) lazy **yawn**

He couldn't help but **yawn** during the long and boring presentation.

## concentration

*n.* the ability to focus all your time and energy on one thing without thinking about anything else.

*synonym*: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

## leucine

*n.* an essential amino acid that the body needs for protein synthesis and muscle building, found in many types of protein-rich food

(1) **leucine-rich** repeat protein, (2) **leucine** biosynthesis  
A deficiency in **leucine** can cause stunted growth and impaired immune function.

## enkephalin

*n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes

*synonym*: endorphin, endomorphin

(1) **enkephalin** receptor, (2) opioid **enkephalin**

The level of **enkephalin** in the brain can be affected by certain drugs.

## tongue

*n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

*synonym*: lingo, language, vocabulary

(1) native **tongue**, (2) **tongue** cancer

The **tongue** is boneless, but it is as strong as bones.

## endorphin

*n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

*synonym*: pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

## chemical

*adj.* relating to or connected with chemistry;

*synonym*: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

## relieve

*v.* to make something burdensome, unpleasant, or painful less severe

*synonym*: alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine **relieved** his headache, and he felt much

better.

## boost

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

## trigger

*v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

*synonym*: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

## labor

*n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

*synonym*: toil, moil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

## progression

*n.* the act or process of changing to the next stage or phase or moving forward

*synonym*: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

## euphoric

*adj.* an extreme feeling of well-being or excitement

*synonym*: enraptured, elated, delighted

(1) **euphoric** effects, (2) in a **euphoric** mood

The researchers are **euphoric** at the success of observing the black hole.

## awesome

*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

*synonym*: miraculous, marvelous, astounding

(1) **awesome** mental faculty, (2) have an **awesome** birthday  
There is a lot of **awesome** nature and food in Hawaii.

## 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.

## intimacy

*n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person

*synonym* : closeness, familiarity, nearness

(1) on terms of **intimacy**, (2) build **intimacy**  
They were looking for **intimacy** in their relationship and wanted to be close to each other.

## individual

*n.* a single person or thing, as distinct from a group

*synonym* : person, being, self

(1) a private **individual**, (2) **individual** freedom  
As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## 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.

## promote

*v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

*synonym* : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior  
The government should do more to **promote** sustainable agribusiness.

## well-being

*n.* the state of being happy and healthy and prosperous  
*synonym*: health, welfare, happiness

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

## interior

*n.* the inside or inner part of something; the space within the walls of a building

*synonym*: inner, inside, internal

(1) **interior** decoration, (2) plenty of **interior** space  
The painter focused on the moody **interiors** of abandoned buildings in his work.

## scary

*adj.* causing fear or fright; frightening; intimidating

*synonym*: terrifying, frightening, alarming

(1) **scary** dream, (2) **scary** story

The horror movie was so **scary** that I couldn't watch it alone.

## confuse

*v.* to mistake one thing for another; to make somebody hard to understand

*synonym*: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality  
Her remarks **confused** the debate.

## soothe

*v.* to calm or comfort someone or something; to make something less painful or uncomfortable

*synonym*: calm, relax, comfort

(1) **soothe** anxiety, (2) **soothe** a baby to sleep  
She applied aloe vera to **soothe** her sunburn.

## reassure

*v.* to cause someone to feel sure; to give or restore confidence

*synonym*: comfort, soothe, bolster

(1) **reassure** anxious patients, (2) **reassure** market  
The pilot tried to **reassure** the customers that the planes were safe.

## screech

*v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear

*synonym*: shriek, scream, yelp

(1) **screech** out a slogan, (2) **screech** with laughter

The brakes on the car began to **screech** as the driver suddenly stopped at the intersection.

## alarm

*n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger

*synonym*: notice, warning, panic

(1) give the **alarm**, (2) an **alarm** clock

The **alarm** announcing an enemy attack went off this morning.

## functional

*adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service

*synonym*: applicable, practical, usable

(1) field of **functional** medicine, (2) **functional** deafness

The mobile phone was still **functional** even after being dropped.

## amazing

*adj.* extremely surprising, especially in a way that you like or admire

*synonym*: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

## essential

*adj.* indispensable; fundamental

*synonym*: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

## sink

*v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

*synonym* : descend, drop, plummet

(1) **sink** a lot of capital, (2) **sink** a buzzer-beater

The abandoned ship slowly began to **sink** into the murky waters of the harbor.

## **extraordinary**

*adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

*synonym* : exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather

He narrated the **extraordinary** story of his adventure.

## Session 2: Spelling

1. in an ugly m\_\_d *n.* the way you feel at a particular time; an angry or impatient state of mind
2. the hope of et\_\_\_\_l life *adj.* being without beginning or end; lasting forever
3. em\_\_\_\_al health *adj.* relating to people's feelings
4. the evo\_\_\_\_ary process *adj.* relating to or denoting how living things develop or change from earlier forms
5. co\_\_\_\_d and control *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
6. we\_\_h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
7. sc\_\_\_\_h with laughter *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
8. an easy de\_\_\_\_ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
9. so\_\_\_e a baby to sleep *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
10. go\_\_\_\_t coffee *adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food

ANSWERS: 1. mood, 2. eternal, 3. emotional, 4. evolutionary, 5. command, 6. weigh, 7. screech, 8. delivery, 9. soothe, 10. gourmet



11. sc\_\_b dirt from potatoes *v.* to clean something thoroughly, typically with a brush and soap or detergent
12. leather co\_\_h *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
13. business ed\_\_\_\_or *n.* a person who teaches or educates people
14. control my em\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
15. write him an answer imm\_\_\_\_\_ly *adv.* now or without delay
16. es\_\_\_\_\_al commodities of life *adj.* indispensable; fundamental
17. em\_\_\_\_\_al distress *adj.* relating to people's feelings
18. tr\_\_\_\_\_r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
19. tr\_\_\_\_\_rm heat into power *v.* to change in outward structure or looks;
20. bo\_\_t flexibility *v.* to improve, raise, or increase something
21. sc\_\_y story *adj.* causing fear or fright; frightening; intimidating
22. get up\_\_t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
23. pr\_\_\_\_\_s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 11. scrub, 12. couch, 13. educator, 14. emotion, 15. immediately, 16. essential, 17. emotional, 18. trigger, 19. transform, 20. boost, 21. scary, 22. upset, 23.

process

24. the tu\_\_\_\_l of the war *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
25. pr\_\_\_\_e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
26. es\_\_\_\_al amino acid *adj.* indispensable; fundamental
27. an ac\_\_\_\_y of music *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field
28. economic mi\_\_\_\_e *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
29. psy\_\_\_\_gy experiment *n.* the scientific study of mind and behavior
30. he\_\_\_\_lt condolence *adj.* genuine, sincere, and expressing deep feelings or emotions
31. t\_b for foot soaking *n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
32. at inc\_\_\_\_le speed *adj.* unbelievable; enormous
33. he\_\_\_\_lt apology *adj.* genuine, sincere, and expressing deep feelings or emotions
34. re\_\_\_\_e a prisoner *v.* to set free or allow to escape from confinement

ANSWERS: 24. turmoil, 25. promote, 26. essential, 27. academy, 28. miracle, 29. psychology, 30. heartfelt, 31. tub, 32. incredible, 33. heartfelt, 34. release

35. g\_\_n with pleasure *v.* to smile broadly
36. so\_\_d employment measures *adj.* hard or firm; characterized by good substantial quality
37. a ti\_\_t game *adj.* fixed, fastened, or kept together firmly or closely
38. hazard ant\_\_\_\_\_ion *n.* the action of expecting that something might happen in the future and perhaps doing something about it now
39. an al\_\_m clock *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
40. fi\_\_\_e visa *n.* a person who is engaged to be married
41. an une\_\_\_\_\_ed visitor *adj.* not anticipated or regarded as likely to happen
42. pr\_\_\_\_\_e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
43. import things pr\_\_\_\_\_ly *adv.* in a private manner; not publicly; secretly
44. have an aw\_\_\_\_\_e birthday *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
45. gr\_\_f voice *adj.* rough or abrasive in manner or speech, especially with an air of impatience or annoyance; abrupt or blunt in a manner that could be seen as brusque or unfriendly

ANSWERS: 35. grin, 36. solid, 37. tight, 38. anticipation, 39. alarm, 40. fiance, 41. unexpected, 42. promote, 43. privately, 44. awesome, 45. gruff

46. st\_\_k a key in a lock      *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
47. sq\_\_\_\_\_e a confession      *v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness
48. a co\_\_h potato      *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
49. meeting with the fi\_\_\_e's family      *n.* a person who is engaged to be married
50. sm\_\_k after playing a prank      *v.* to smile in a way that suggests one is pleased or amused by someone or something, often in a smug or self-satisfied manner
51. eve\_\_\_\_\_ly become obsolete      *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
52. toxic ch\_\_\_\_\_als      *adj.* relating to or connected with chemistry;
53. lazy y\_\_n      *v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
54. re\_\_t at a high temperature      *v.* to take action in response to something
55. b\_\_r image      *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision

ANSWERS: 46. stick, 47. squeeze, 48. couch, 49. fiancée, 50. smirk, 51. eventually, 52. chemical, 53. yawn, 54. react, 55. blur

56. cast as\_\_\_\_d eyes *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
57. bo\_\_t the economy *v.* to improve, raise, or increase something
58. the to\_\_c of the book *n.* a subject that is being discussed or written about
59. sigh of re\_\_\_f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
60. an\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
61. field of fun\_\_\_\_\_al medicine *adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
62. men's co\_\_\_\_\_e *n.* a cultural practice in which the father of a newborn child takes on some of the physical or psychological symptoms of pregnancy or childbirth, often involving rituals or restrictions related to food, physical activity, or social behavior
63. ecology and evo\_\_\_\_\_ary biology *adj.* relating to or denoting how living things develop or change from earlier forms
64. cultural n\_\_m *n.* something that is regarded as usual, typical, or standard
65. ma\_\_\_\_\_l place *adj.* produced by or containing supernatural powers
66. ex\_\_\_\_\_e sports *adj.* very great in amount or degree

ANSWERS: 56. ashamed, 57. boost, 58. topic, 59. relief, 60. anxiety, 61. functional, 62. couvade, 63. evolutionary, 64. norm, 65. magical, 66. extreme

67. enk\_\_\_\_\_in receptor *n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
68. student on a ti\_\_t budget *adj.* fixed, fastened, or kept together firmly or closely
69. re\_\_\_\_\_e one word with another *v.* to take the place of something
70. anthropological co\_\_\_\_\_e *n.* a cultural practice in which the father of a newborn child takes on some of the physical or psychological symptoms of pregnancy or childbirth, often involving rituals or restrictions related to food, physical activity, or social behavior
71. no\_\_\_\_\_e else to go *adv.* not in, at, or to any place; not anywhere
72. re\_\_\_\_\_on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
73. stripes cha\_\_\_\_\_tic of the zebra *n.* a typical feature or quality that can identify, tell apart, or describe something or somebody
74. ex\_\_l air from the lungs *v.* to officially force someone to leave a school, organization, or country
75. a silence pr\_\_\_\_\_nt with suspense *adj.* having a baby or young animal developing in the uterus
76. d\_n of traffic *n.* a loud, confused noise; a loud, persistent racket
77. s\_\_n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information

ANSWERS: 67. enkephalin, 68. tight, 69. replace, 70. couvade, 71. nowhere, 72. relation, 73. characteristic, 74. expel, 75. pregnant, 76. din, 77. scan

78. m\_\_h larva *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
79. have an up\_\_t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
80. complex bio\_\_\_\_\_\_al *adj.* relating to the chemical processes and substances that occur within living organisms
81. et\_\_\_\_l quarreling *adj.* being without beginning or end; lasting forever
82. a n\_\_t of thieves *n.* a structure in which animals lay their eggs or give birth to their young
83. duty as an ed\_\_\_\_or *n.* a person who teaches or educates people
84. 5-ga\_\_\_\_n square can *n.* a unit for measuring volume, in the US, it is equal to about 3.79 liters, and in the UK, Canada, and other countries, it is equal to about 4.55 liters
85. ext\_\_\_\_ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
86. native to\_\_\_\_e *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
87. ind\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
88. sc\_\_b off graffiti *v.* to clean something thoroughly, typically with a brush and soap or detergent

ANSWERS: 78. moth, 79. upset, 80. biochemical, 81. eternal, 82. nest, 83. educator, 84. gallon, 85. extraordinary, 86. tongue, 87. individual, 88. scrub



89. his research area of  
con\_\_\_\_\_ion
90. ho\_\_\_\_\_e secretion
91. a private ind\_\_\_\_\_al
92. as\_\_\_\_\_te alcohol with gambling
93. br\_\_d about the defeat
94. in\_\_\_\_\_or decoration
95. develop in\_\_\_\_\_e itching
96. inc\_\_\_\_\_le amount
97. beta-en\_\_\_\_\_in
98. b\_\_g about my knowledge
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
- n.* a single person or thing, as distinct from a group
- v.* to mentally connect someone or something with someone or something else
- 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
- n.* the inside or inner part of something; the space within the walls of a building
- adj.* (especially of a feeling) very strong; extremely sharp or severe
- adj.* unbelievable; enormous
- n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
- v.* to say something in a boastful manner, to impress others, or make oneself feel superior

ANSWERS: 89. concentration, 90. hormone, 91. individual, 92. associate, 93. brood, 94. interior, 95. intense, 96. incredible, 97. endorphin, 98. brag

99. the most am\_\_\_\_\_g feeling *adj.* extremely surprising, especially in a way that you like or admire
100. tax re\_\_\_\_f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
101. sc\_\_\_\_\_h out a slogan *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
102. psy\_\_\_\_\_gy of crowd *n.* the scientific study of mind and behavior
103. ins\_\_\_\_\_ous message *adj.* occurring or happening immediately or without delay; taking place in an instant or moment
104. binational ac\_\_\_\_d *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
105. re\_\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another
106. int\_\_\_\_\_ng concept *adj.* arousing curiosity or interest, often due to a mysterious or complex quality; fascinating or captivating
107. needs of pr\_\_\_\_\_nt women *adj.* having a baby or young animal developing in the uterus
108. al\_\_t consumers to the dangers *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
109. am\_\_\_\_\_y the effect *v.* to enhance something, particularly sound or brightness
110. a member of the Ac\_\_\_\_\_y *n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

ANSWERS: 99. amazing, 100. relief, 101. screech, 102. psychology, 103. instantaneous, 104. accord, 105. relation, 106. intriguing, 107. pregnant, 108. alert, 109. amplify, 110. academy

111. am\_\_\_\_\_g advances *adj.* extremely surprising, especially in a way that you like or admire
112. natural chi\_\_\_\_\_th *n.* the act or process of giving birth to a baby
113. ac\_\_\_\_d with public opinion *n.* an official agreement or treaty between two organizations, countries, etc.; (verb) allow to have
114. em\_\_\_\_\_e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
115. as\_\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
116. power too\_\_\_\_\_sh *n.* a small brush with a handle used for cleaning the teeth
117. eve\_\_\_\_\_ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
118. sq\_\_\_\_\_e a lemon *v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness
119. se\_\_\_\_e a dispute *v.* to reach an agreement of disagreement
120. some une\_\_\_\_\_ed events *adj.* not anticipated or regarded as likely to happen
121. we\_\_h a cargo *v.* to have a particular weight; to carefully evaluate things before making a conclusion

ANSWERS: 111. amazing, 112. childbirth, 113. accord, 114. embrace, 115. associate, 116. toothbrush, 117. eventually, 118. squeeze, 119. settle, 120. unexpected, 121. weigh

122. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
123. 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
124. a va\_\_d contract *adj.* having a reasonable basis in logic or fact; still legally or officially acceptable
125. to\_\_\_e cancer *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
126. manual la\_\_r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
127. s\_\_k a lot of capital *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
128. al\_\_t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
129. em\_\_\_\_\_ss my project *v.* to cause someone to feel awkward, worried, or ashamed
130. ten-ga\_\_\_n hat *n.* a unit for measuring volume, in the US, it is equal to about 3.79 liters, and in the UK, Canada, and other countries, it is equal to about 4.55 liters

ANSWERS: 122. opportune, 123. embrace, 124. valid, 125. tongue, 126. labor, 127. sink, 128. alert, 129. embarrass, 130. gallon

131. opioid enk\_\_\_\_\_in *n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
132. an ove\_\_\_\_\_ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
133. re\_\_\_\_\_re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
134. in\_\_\_\_t gaze *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
135. a ticket va\_\_d for two days *adj.* having a reasonable basis in logic or fact; still legally or officially acceptable
136. in\_\_\_\_\_e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
137. a cr\_\_y scheme *adj.* stupid or not sensible; very angry
138. afraid to show em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
139. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
140. build in\_\_\_\_\_cy *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
141. co\_\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand

ANSWERS: 131. enkephalin, 132. overwhelming, 133. reassure, 134. intent, 135. valid, 136. intense, 137. crazy, 138. emotion, 139. progression, 140. intimacy, 141. confuse

142. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
143. co\_\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
144. sc\_\_y dream *adj.* causing fear or fright; frightening; intimidating
145. too\_\_\_\_\_sh stand *n.* a small brush with a handle used for cleaning the teeth
146. plenty of in\_\_\_\_\_or space *n.* the inside or inner part of something; the space within the walls of a building
147. ma\_\_\_\_\_l powers *adj.* produced by or containing supernatural powers
148. int\_\_\_\_\_ng character *adj.* arousing curiosity or interest, often due to a mysterious or complex quality; fascinating or captivating
149. so\_\_\_e anxiety *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
150. eu\_\_\_\_\_ic effects *adj.* an extreme feeling of well-being or excitement
151. sym\_\_\_\_\_ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
152. fo\_\_\_\_\_te situation *adj.* having good luck or lucky
153. the in\_\_\_t of a question *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 142. well-being, 143. confuse, 144. scary, 145. toothbrush, 146. interior, 147. magical, 148. intriguing, 149. soothe, 150. euphoric, 151. sympathetic, 152. fortunate, 153. intent

154. sym\_\_\_\_\_ic nervous system      *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
155. go\_\_\_\_\_t techniques      *adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food
156. hold your br\_\_\_\_h      *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
157. sy\_\_\_\_\_me of dementia      *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
158. t\_b for washing      *n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
159. mi\_\_\_\_\_e person      *n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
160. gr\_\_f attitude      *adj.* rough or abrasive in manner or speech, especially with an air of impatience or annoyance; abrupt or blunt in a manner that could be seen as brusque or unfriendly
161. em\_\_\_\_\_ss political enemy      *v.* to cause someone to feel awkward, worried, or ashamed
162. high vo\_\_\_\_e      *n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 154. sympathetic, 155. gourmet, 156. breath, 157. syndrome, 158. tub, 159. miracle, 160. gruff, 161. embarrass, 162. volume

163. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
164. re\_\_\_\_\_re market *v.* to cause someone to feel sure; to give or restore confidence
165. seasonal la\_\_r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
166. en\_\_\_\_\_in rush *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
167. special de\_\_\_\_\_ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
168. ant\_\_\_\_\_ion of her arrival *n.* the action of expecting that something might happen in the future and perhaps doing something about it now
169. le\_\_\_\_\_e-rich repeat protein *n.* an essential amino acid that the body needs for protein synthesis and muscle building, found in many types of protein-rich food
170. ex\_\_l him from his native country *v.* to officially force someone to leave a school, organization, or country
171. mighty d\_n *n.* a loud, confused noise; a loud, persistent racket

ANSWERS: 163. opportune, 164. reassure, 165. labor, 166. endorphin, 167. delivery, 168. anticipation, 169. leucine, 170. expel, 171. din



172. a pounding he\_\_\_\_\_at                    *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
173. give the al\_\_m                                *n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
174. re\_\_\_\_\_e CO2 into the air                *v.* to set free or allow to escape from confinement
175. le\_\_\_\_\_e biosynthesis                    *n.* an essential amino acid that the body needs for protein synthesis and muscle building, found in many types of protein-rich food
176. in a eu\_\_\_\_\_ic mood                      *adj.* an extreme feeling of well-being or excitement
177. co\_\_\_\_\_d a battery                        *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
178. g\_\_n from ear to ear                        *v.* to smile broadly
179. ex\_\_\_\_\_t pipe                                *n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
180. natural phe\_\_\_\_\_on                        *n.* something that exists and can be perceptible, especially one that is not fully understood

ANSWERS: 172. heartbeat, 173. alarm, 174. release, 175. leucine, 176. euphoric, 177. command, 178. grin, 179. exhaust, 180. phenomenon

181. y\_\_n in sleepiness      *v.* to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen
182. m\_\_h attracted to the light      *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
183. am\_\_\_\_y a signal      *v.* to enhance something, particularly sound or brightness
184. motion b\_\_r      *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
185. ext\_\_\_\_ary weather      *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
186. on terms of in\_\_\_\_cy      *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
187. the ul\_\_\_\_te goal in life      *adj.* furthest or highest in degree or order
188. he\_\_\_\_at abnormality      *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
189. electromagnetic va\_\_e      *n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening

ANSWERS: 181. yawn, 182. moth, 183. amplify, 184. blur, 185. extraordinary, 186. intimacy, 187. ultimate, 188. heartbeat, 189. valve

190. aw\_\_\_\_e mental faculty *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
191. a br\_\_d of chickens *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
192. less fo\_\_\_\_\_te person *adj.* having good luck or lucky
193. the ul\_\_\_\_te luxury *adj.* furthest or highest in degree or order
194. in\_\_\_\_e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
195. re\_\_\_\_e his thirst *v.* to make something burdensome, unpleasant, or painful less severe
196. va\_\_e control *n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening
197. imm\_\_\_\_\_ly recall a product *adv.* now or without delay
198. ex\_\_\_\_e weather events *adj.* very great in amount or degree
199. ex\_\_\_\_t a topic *n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired
200. sm\_\_k confidently *v.* to smile in a way that suggests one is pleased or amused by someone or something, often in a smug or self-satisfied manner

ANSWERS: 190. awesome, 191. brood, 192. fortunate, 193. ultimate, 194. inspire, 195. relieve, 196. valve, 197. immediately, 198. extreme, 199. exhaust, 200. smirk

201. political tu\_\_\_\_l *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
202. re\_\_\_\_e stress *v.* to make something burdensome, unpleasant, or painful less severe
203. b\_\_l furniture *n.* a type of growth on a tree that develops into a rounded, knotty lump and is often prized for its unique and attractive pattern, used in woodworking and decorative arts
204. n\_\_m of action *n.* something that is regarded as usual, typical, or standard
205. ove\_\_\_\_\_ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
206. assisted chi\_\_\_\_\_th *n.* the act or process of giving birth to a baby
207. a serious to\_\_c *n.* a subject that is being discussed or written about
208. tr\_\_\_\_\_rm an education system *v.* to change in outward structure or looks;
209. con\_\_\_\_\_ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
210. the intricate pattern in the b\_\_l *n.* a type of growth on a tree that develops into a rounded, knotty lump and is often prized for its unique and attractive pattern, used in woodworking and decorative arts
211. acute sy\_\_\_\_\_me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

ANSWERS: 201. turmoil, 202. relieve, 203. burl, 204. norm, 205. overwhelming, 206. childbirth, 207. topic, 208. transform, 209. concentration, 210. burl, 211. syndrome

212. fun_____al deafness	<i>adj.</i> designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
213. a ch_____al compound	<i>adj.</i> relating to or connected with chemistry;
214. s__k a buzzer-beater	<i>v.</i> to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
215. my friend's cha_____tic laugh	<i>n.</i> a typical feature or quality that can identify, tell apart, or describe something or somebody
216. the wel_____ng of a nation	<i>n.</i> the state of being happy and healthy and prosperous
217. diagnosis of an_____y disorder	<i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
218. br___h of wind	<i>n.</i> the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
219. bird's n__t	<i>n.</i> a structure in which animals lay their eggs or give birth to their young
220. so__d ally	<i>adj.</i> hard or firm; characterized by good substantial quality
221. tr_____r a biochemical response	<i>v.</i> to make something happen suddenly; to cause something such as a device, machine, etc. to function
222. ins_____ous reaction	<i>adj.</i> occurring or happening immediately or without delay; taking place in an instant or moment

ANSWERS: 212. functional, 213. chemical, 214. sink, 215. characteristic, 216. well-being, 217. anxiety, 218. breath, 219. nest, 220. solid, 221. trigger, 222. instantaneous

223. s\_\_n a document into PDF      *v.* to examine something hastily, with the eyes or with a machine, to get information
224. fire st\_\_k      *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
225. vo\_\_\_e of work      *n.* the amount of space occupied by an object or substance; the magnitude of sound
226. female ho\_\_\_\_\_e      *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
227. the m\_\_d in a room      *n.* the way you feel at a particular time; an angry or impatient state of mind
228. pro\_\_\_\_\_on of disease      *n.* the act or process of changing to the next stage or phase or moving forward
229. b\_\_g to each other      *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
230. decision-making pr\_\_\_\_\_s      *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 223. scan, 224. stick, 225. volume, 226. hormone, 227. mood, 228. progression, 229. brag, 230. process

231. bio\_\_\_\_\_al reaction *adj.* relating to the chemical processes and substances that occur within living organisms
232. come out of no\_\_\_\_\_e *adv.* not in, at, or to any place; not anywhere
233. cr\_\_y about cars and racing *adj.* stupid or not sensible; very angry
234. se\_\_\_e down in the town *v.* to reach an agreement of disagreement
235. feel as\_\_\_\_\_d of him *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
236. re\_\_t against his way of thinking *v.* to take action in response to something
237. a pr\_\_\_\_\_ly-owned railway *adv.* in a private manner; not publicly; secretly
238. re\_\_\_\_\_e a phone *v.* to take the place of something
239. telescopic vi\_\_\_n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
240. historical phe\_\_\_\_\_on *n.* something that exists and can be perceptible, especially one that is not fully understood
241. a prodigious vi\_\_\_n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
242. in\_\_\_\_\_e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

ANSWERS: 231. biochemical, 232. nowhere, 233. crazy, 234. settle, 235. ashamed, 236. react, 237. privately, 238. replace, 239. vision, 240. phenomenon, 241. vision, 242. inspire

## Session 3: Fill in the Blanks

1. The doctors said that her recovery was a \_\_\_\_\_.  
*n.* an act or occurrence that is not explicable by natural or scientific laws and is therefore believed to be caused by God
  
2. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
  
3. The organization finally signed a peace \_\_\_\_\_.  
*n.* an official agreement or treaty between two organizations, countries, etc.;  
(verb) allow to have
  
4. His gaffe spoiled the \_\_\_\_\_ of the dinner party.  
*n.* the way you feel at a particular time; an angry or impatient state of mind
  
5. My \_\_\_\_\_ with end-rounded bristles is excellent for gently cleaning my teeth and gums.  
*n.* a small brush with a handle used for cleaning the teeth
  
6. Human \_\_\_\_\_ responses vary widely depending on the society to which they belong.  
*adj.* relating to people's feelings
  
7. The \_\_\_\_\_ truck arrived with the packages.  
*n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
  
8. Management must take \_\_\_\_\_ responsibility for the accident.  
*adj.* furthest or highest in degree or order

ANSWERS: 1. miracle, 2. well-being, 3. accord, 4. mood, 5. toothbrush, 6. emotional, 7. delivery, 8. ultimate



9. New York is the commercial \_\_\_\_\_ of America.  
*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
10. The majority of consumers \_\_\_\_\_ this brand with quality.  
*v.* to mentally connect someone or something with someone or something else
11. Bananas have their \_\_\_\_\_ taste and odor.  
*n.* a typical feature or quality that can identify, tell apart, or describe something or somebody
12. They were looking for \_\_\_\_\_ in their relationship and wanted to be close to each other.  
*n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
13. The \_\_\_\_\_ is a serious threat to the farm's output.  
*n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
14. \_\_\_\_\_ research is essential to understanding the complex chemical reactions in living organisms.  
*adj.* relating to the chemical processes and substances that occur within living organisms
15. The \_\_\_\_\_ of the discussion was the current state of the economy.  
*n.* a subject that is being discussed or written about
16. He couldn't help but \_\_\_\_\_ as he remembered the good times.  
*v.* to smile broadly

ANSWERS: 9. heartbeat, 10. associate, 11. characteristic, 12. intimacy, 13. moth, 14. Biochemical, 15. topic, 16. grin

17. He looked for an opportunity to \_\_\_\_\_ that actor in public.  
*v.* to cause someone to feel awkward, worried, or ashamed
18. The unique style of this martial arts \_\_\_\_\_ many action film producers.  
*v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
19. The mobile phone was still \_\_\_\_\_ even after being dropped.  
*adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
20. The level of \_\_\_\_\_ in the brain can be affected by certain drugs.  
*n.* a type of peptide molecule that acts as a neurotransmitter in the brain and is involved in pain relief and other physiological processes
21. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
22. The corporation \_\_\_\_\_ dominated the entire tobacco business.  
*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
23. The \_\_\_\_\_ police officer intimidated the suspect with his stern demeanor.  
*adj.* rough or abrasive in manner or speech, especially with an air of impatience or annoyance; abrupt or blunt in a manner that could be seen as brusque or unfriendly
24. Solar gravity creates \_\_\_\_\_ pressures and temperatures.  
*adj.* very great in amount or degree

ANSWERS: 17. embarrass, 18. inspired, 19. functional, 20. enkephalin, 21. opportune, 22. eventually, 23. gruff, 24. extreme

25. She waited for her daughter with \_\_\_\_\_.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
26. I've been thinking all day and getting \_\_\_\_\_.
- adv.* not in, at, or to any place; not anywhere
27. The \_\_\_\_\_ announcing an enemy attack went off this morning.
- n.* a loud noise or an automatic signal that warns people of danger; a device that signals the occurrence of some undesirable event or particular danger
28. 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
29. In every civilization, rulers have tried everything possible to obtain \_\_\_\_\_ life.
- adj.* being without beginning or end; lasting forever
30. Her remarks \_\_\_\_\_ the debate.
- v.* to mistake one thing for another; to make somebody hard to understand
31. The \_\_\_\_\_ on the pipeline was leaking, so maintenance had to shut it off to make repairs.
- n.* a device for controlling the flow of a fluid or gas through a pipe or duct by means of a movable part that opens, closes, or restricts the opening
32. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 25. anxiety, 26. nowhere, 27. alarm, 28. stick, 29. eternal, 30. confused, 31. valve, 32. process

33. The \_\_\_\_\_ on the tree trunk added character to the table made from it.
- n.* a type of growth on a tree that develops into a rounded, knotty lump and is often prized for its unique and attractive pattern, used in woodworking and decorative arts
34. The release of \_\_\_\_\_ during exercise can provide a natural high and help to relieve stress.
- n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
35. The incident \_\_\_\_\_ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
36. In several countries, child \_\_\_\_\_ is a serious social problem.
- n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
37. The \_\_\_\_\_ rainstorm caused the collapse of the corral.
- adj.* not anticipated or regarded as likely to happen
38. The female birds build a \_\_\_\_\_ and lay their eggs in May.
- n.* a structure in which animals lay their eggs or give birth to their young
39. You might need to \_\_\_\_\_ this point.
- v.* to enhance something, particularly sound or brightness
40. She stood on the podium and \_\_\_\_\_ an audience.
- v.* to examine something hastily, with the eyes or with a machine, to get information

ANSWERS: 33. burl, 34. endorphins, 35. triggered, 36. labor, 37. unexpected, 38. nest, 39. amplify, 40. scanned

41. She is very \_\_\_\_\_ to our project.

*adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

42. She waited in eager \_\_\_\_\_ for his arrival.

*n.* the action of expecting that something might happen in the future and perhaps doing something about it now

43. My \_\_\_\_\_ and I are looking for a new apartment after our wedding.

*n.* a person who is engaged to be married

44. I like to take a long soak in the \_\_\_\_ after a long day.

*n.* a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

45. 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

46. The novel's plot was \_\_\_\_\_ and kept readers in their seats.

*adj.* arousing curiosity or interest, often due to a mysterious or complex quality; fascinating or captivating

47. He was awfully \_\_\_\_\_ by the news.

*adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

48. The company has made great strides in its \_\_\_\_\_ toward sustainability.

*n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 41. sympathetic, 42. anticipation, 43. fiance, 44. tub, 45. intent, 46. intriguing, 47. upset, 48. progression

49. This exam requires excellent \_\_\_\_\_ to pass.
- n.* the ability to focus all your time and energy on one thing without thinking about anything else.
50. The company's cybersecurity team \_\_\_\_\_ the CEO to potential threats.
- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
51. The patient was diagnosed with a rare genetic \_\_\_\_\_.
- n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
52. The systems we have developed has accepted as industry \_\_\_\_\_.
- n.* something that is regarded as usual, typical, or standard
53. The brakes on the car began to \_\_\_\_\_ as the driver suddenly stopped at the intersection.
- v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
54. 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
55. She decided to \_\_\_\_\_ the kitchen floor to remove all the dirt and grime.
- v.* to clean something thoroughly, typically with a brush and soap or detergent
56. He bated his \_\_\_\_\_ when talking about this affair.
- n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 49. concentration, 50. alerted, 51. syndrome, 52. norms, 53. screech, 54. embrace, 55. scrub, 56. breath

57. The baby \_\_\_\_\_ 1 pound 3 oz.

*v.* to have a particular weight; to carefully evaluate things before making a conclusion

58. The new software provides \_\_\_\_\_ results, making it much more efficient than the previous version.

*adj.* occurring or happening immediately or without delay; taking place in an instant or moment

59. Her response revealed \_\_\_\_\_ idiocy.

*adj.* unbelievable; enormous

60. The \_\_\_\_\_ is boneless, but it is as strong as bones.

*n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

61. The golfer recorded an \_\_\_\_\_ distance.

*adj.* extremely surprising, especially in a way that you like or admire

62. The researchers are \_\_\_\_\_ at the success of observing the black hole.

*adj.* an extreme feeling of well-being or excitement

63. The pilot tried to \_\_\_\_\_ the customers that the planes were safe.

*v.* to cause someone to feel sure; to give or restore confidence

64. The couple \_\_\_\_\_ exchanged their vows before the ceremony began.

*adv.* in a private manner; not publicly; secretly

65. He devoted his life to establishing a humanitarian \_\_\_\_\_ fund.

*n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

ANSWERS: 57. weighs, 58. instantaneous, 59. incredible, 60. tongue, 61. amazing, 62. euphoric, 63. reassure, 64. privately, 65. relief

66. The national election was held amid \_\_\_\_\_ security.

*adj.* fixed, fastened, or kept together firmly or closely

67. He narrated the \_\_\_\_\_ story of his adventure.

*adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

68. 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

69. My father's death \_\_\_\_\_ my life completely.

*v.* to change in outward structure or looks;

70. She is an \_\_\_\_\_ with progressive ideas.

*n.* a person who teaches or educates people

71. When I was a child, my mother often cast \_\_\_\_\_ spells to ease my pain whenever I was injured.

*adj.* produced by or containing supernatural powers

72. 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

73. She \_\_\_\_\_ the toothpaste tube from the middle to get the last bit out.

*v.* to apply pressure from two or more sides; to hold someone or something tightly in your arms, usually with fondness

ANSWERS: 66. tight, 67. extraordinary, 68. couch, 69. transformed, 70. educator, 71. magical, 72. brooded, 73. squeezed



74. The firm has grown into a large \_\_\_\_\_ manufacturing.

*adj.* relating to or connected with chemistry;

75. The painter focused on the moody \_\_\_\_\_ of abandoned buildings in his work.

*n.* the inside or inner part of something; the space within the walls of a building

76. Her new documentary earned her an \_\_\_\_\_ Award.

*n.* a school for special training; a type of official organization that aims to encourage and develop standards in its particular field

77. He has shown signs of uneasiness and \_\_\_\_\_ worry.

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

78. The horror movie was so \_\_\_\_\_ that I couldn't watch it alone.

*adj.* causing fear or fright; frightening; intimidating

79. The hotel boasts a \_\_\_\_\_ restaurant that serves only the finest foods and wines.

*adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food

80. Your credit card is no longer \_\_\_\_\_.

*adj.* having a reasonable basis in logic or fact; still legally or officially acceptable

81. The camera's focus was off, and the image was a \_\_\_\_\_ of colors and shapes.

*n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision

ANSWERS: 74. chemical, 75. interiors, 76. Academy, 77. overwhelming, 78. scary, 79. gourmet, 80. valid, 81. blur

82. This container has a \_\_\_\_\_ of 10 cubic meters.
- n.* the amount of space occupied by an object or substance; the magnitude of sound
83. She vacated the position when she got \_\_\_\_\_.
- adj.* having a baby or young animal developing in the uterus
84. Many cultures have their \_\_\_\_\_ practices, where the father-to-be participates in rituals or traditions surrounding childbirth.
- n.* a cultural practice in which the father of a newborn child takes on some of the physical or psychological symptoms of pregnancy or childbirth, often involving rituals or restrictions related to food, physical activity, or social behavior
85. The letter was a \_\_\_\_\_ expression of gratitude to her parents.
- adj.* genuine, sincere, and expressing deep feelings or emotions
86. The new service helped \_\_\_\_\_ net income by 10%.
- v.* to improve, raise, or increase something
87. The abandoned ship slowly began to \_\_\_\_\_ into the murky waters of the harbor.
- v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
88. Driving is difficult for me because of my poor \_\_\_\_\_.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
89. The government should do more to \_\_\_\_\_ sustainable agribusiness.
- v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

ANSWERS: 82. volume, 83. pregnant, 84. couvade, 85. heartfelt, 86. boost, 87. sink, 88. vision, 89. promote

90. He couldn't help but \_\_\_\_\_ during the long and boring presentation.

- v. to involuntarily open one's mouth wide and exhale due to tiredness, boredom, or a lack of oxygen; (noun) an involuntary reflex act of opening one's mouth wide and inhaling deeply due to tiredness, boredom, or a lack of oxygen

91. The \_\_\_\_\_ of water is called ice.

- adj. hard or firm; characterized by good substantial quality

92. He couldn't help but \_\_\_\_\_ when he heard her absurd excuse.

- v. to smile in a way that suggests one is pleased or amused by someone or something, often in a smug or self-satisfied manner

93. The rain and thunder are \_\_\_\_\_ today.

- adj. stupid or not sensible; very angry

94. Despite his impressive achievements, he refrained from \_\_\_\_\_ about his success.

- v. to say something in a boastful manner, to impress others, or make oneself feel superior

95. You don't have to be \_\_\_\_\_.

- adj. feeling guilt, embarrassment, or remorse about something because of something you have done

96. Eventually, the new design will \_\_\_\_\_ all older models.

- v. to take the place of something

97. The imperial \_\_\_\_\_ was standardized legally by the British Empire.

- n. a unit for measuring volume, in the US, it is equal to about 3.79 liters, and in the UK, Canada, and other countries, it is equal to about 4.55 liters

ANSWERS: 90. yawn, 91. solid-state, 92. smirk, 93. crazy, 94. bragging, 95. ashamed, 96. replace, 97. gallon

98. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.

*n.* a single person or thing, as distinct from a group

99. He was present at the \_\_\_\_\_ of his children.

*n.* the act or process of giving birth to a baby

100. The industrial \_\_\_\_\_ laws were passed with little to no alteration.

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

101. 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

102. The \_\_\_\_ of the city was overwhelming.

*n.* a loud, confused noise; a loud, persistent racket

103. Some \_\_\_\_\_ are common across cultures and backgrounds.

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

104. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.

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

105. \_\_\_\_\_ algorithms can find ways to optimize that humans do not anticipate.

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

ANSWERS: 98. individual, 99. childbirth, 100. relations, 101. command, 102. din, 103. emotions, 104. release, 105. Evolutionary

106. He took a big drag of his cigarette and slowly \_\_\_\_\_ the smoke.  
*v.* to officially force someone to leave a school, organization, or country
107. The medicine \_\_\_\_\_ his headache, and he felt much better.  
*v.* to make something burdensome, unpleasant, or painful less severe
108. How did he \_\_\_\_\_ to your idea?  
*v.* to take action in response to something
109. He was pretty \_\_\_\_\_ to pass the exam.  
*adj.* having good luck or lucky
110. She applied aloe vera to \_\_\_\_\_ her sunburn.  
*v.* to calm or comfort someone or something; to make something less painful or uncomfortable
111. She had a master's degree in \_\_\_\_\_.  
*n.* the scientific study of mind and behavior
112. The company experienced financial \_\_\_\_\_ after the CEO was arrested.  
*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
113. Trial and error is an \_\_\_\_\_ part of education.  
*adj.* indispensable; fundamental
114. That statement by the prime minister drew \_\_\_\_\_ international criticism.  
*adj.* (especially of a feeling) very strong; extremely sharp or severe

ANSWERS: 106. expelled, 107. relieved, 108. react, 109. fortunate, 110. soothe, 111. psychology, 112. turmoil, 113. essential, 114. intense

115. There is a lot of \_\_\_\_\_ nature and food in Hawaii.

*adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.

116. The factory's \_\_\_\_\_ fumes polluted the air and affected the health of the nearby residents.

*n.* the system in a vehicle that removes waste gases from the engine; (verb) to make someone completely tired

117. I don't want to \_\_\_\_\_ for second best.

*v.* to reach an agreement of disagreement

118. A rainbow is a natural \_\_\_\_\_.

*n.* something that exists and can be perceptible, especially one that is not fully understood

119. A deficiency in \_\_\_\_\_ can cause stunted growth and impaired immune function.

*n.* an essential amino acid that the body needs for protein synthesis and muscle building, found in many types of protein-rich food

120. The doctor diagnosed me with a \_\_\_\_\_ disorder.

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

121. A suspension order from the court is effective \_\_\_\_\_.

*adv.* now or without delay

ANSWERS: 115. awesome, 116. exhaust, 117. settle, 118. phenomenon, 119. leucine, 120. hormone, 121. immediately