

# 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)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

1. 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
2. political tu\_\_\_\_\_l  
*n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
3. beta-en\_\_\_\_\_in  
*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
4. ins\_\_\_\_\_ous message  
*adj.* occurring or happening immediately or without delay; taking place in an instant or moment
5. ins\_\_\_\_\_ous reaction  
*adj.* occurring or happening immediately or without delay; taking place in an instant or moment
6. em\_\_\_\_\_ss my project  
*v.* to cause someone to feel awkward, worried, or ashamed
7. sc\_\_\_\_\_h with laughter  
*v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
8. 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
9. m\_\_h larva  
*n.* an insect with wings similar to a butterfly that travels at night and is attracted to light

ANSWERS: 1. heartbeat, 2. turmoil, 3. endorphin, 4. instantaneous, 5. instantaneous, 6. embarrass, 7. screech, 8. heartbeat, 9. moth



10. 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
11. build in\_\_\_\_\_cy
- n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
12. too\_\_\_\_\_sh stand
- n.* a small brush with a handle used for cleaning the teeth
13. 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
14. an op\_\_\_\_\_ne remark
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
15. 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
16. 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
17. 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

ANSWERS: 10. couvade, 11. intimacy, 12. toothbrush, 13. gruff, 14. opportune, 15. smirk, 16. leucine, 17. enkephalin

18. sc\_\_\_\_h out a slogan *v.* to make a loud, high-pitched, piercing sound, often indicating pain or fear
19. he\_\_\_\_\_lt apology *adj.* genuine, sincere, and expressing deep feelings or emotions
20. 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
21. re\_\_\_\_\_re market *v.* to cause someone to feel sure; to give or restore confidence
22. assisted chi\_\_\_\_\_th *n.* the act or process of giving birth to a baby
23. 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
24. meeting with the fi\_\_\_\_e's family *n.* a person who is engaged to be married
25. co\_\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
26. 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
27. ex\_\_l him from his native country *v.* to officially force someone to leave a school, organization, or country
28. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous

ANSWERS: 18. screech, 19. heartfelt, 20. blur, 21. reassure, 22. childbirth, 23. endorphin, 24. fiance, 25. confuse, 26. gruff, 27. expel, 28. well-being

29. he\_\_\_\_\_lt condolence *adj.* genuine, sincere, and expressing deep feelings or emotions
30. on terms of in\_\_\_\_\_cy *n.* close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person
31. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
32. 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
33. m\_\_h attracted to the light *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
34. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
35. re\_\_\_\_\_re anxious patients *v.* to cause someone to feel sure; to give or restore confidence
36. b\_\_g to each other *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
37. am\_\_\_\_\_y the effect *v.* to enhance something, particularly sound or brightness
38. so\_\_\_e a baby to sleep *v.* to calm or comfort someone or something; to make something less painful or uncomfortable

ANSWERS: 29. heartfelt, 30. intimacy, 31. opportune, 32. couvade, 33. moth, 34. well-being, 35. reassure, 36. brag, 37. amplify, 38. soothe

39. 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
40. bio\_\_\_\_\_al reaction      *adj.* relating to the chemical processes and substances that occur within living organisms
41. sc\_\_b dirt from potatoes      *v.* to clean something thoroughly, typically with a brush and soap or detergent
42. eu\_\_\_\_\_ic effects      *adj.* an extreme feeling of well-being or excitement
43. 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
44. b\_\_g about my knowledge      *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
45. ex\_\_l air from the lungs      *v.* to officially force someone to leave a school, organization, or country
46. 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
47. fi\_\_\_e visa      *n.* a person who is engaged to be married
48. em\_\_\_\_\_ss political enemy      *v.* to cause someone to feel awkward, worried, or ashamed

ANSWERS: 39. yawn, 40. biochemical, 41. scrub, 42. euphoric, 43. blur, 44. brag, 45. expel, 46. leucine, 47. fiance, 48. embarrass

49. 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
50. the tu\_\_\_\_\_l of the war *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
51. 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
52. sc\_\_b off graffiti *v.* to clean something thoroughly, typically with a brush and soap or detergent
53. co\_\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
54. so\_\_\_e anxiety *v.* to calm or comfort someone or something; to make something less painful or uncomfortable
55. 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
56. 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
57. complex bio\_\_\_\_\_al *adj.* relating to the chemical processes and substances that occur within living organisms

ANSWERS: 49. smirk, 50. turmoil, 51. burl, 52. scrub, 53. confuse, 54. soothe, 55. brood, 56. enkephalin, 57. biochemical

58. 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
59. 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
60. power too\_\_\_\_sh      *n.* a small brush with a handle used for cleaning the teeth
61. am\_\_\_\_y a signal      *v.* to enhance something, particularly sound or brightness
62. br\_\_d about the defeat      *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
63. in a eu\_\_\_\_ic mood      *adj.* an extreme feeling of well-being or excitement
64. natural chi\_\_\_\_th      *n.* the act or process of giving birth to a baby

ANSWERS: 58. burl, 59. yawn, 60. toothbrush, 61. amplify, 62. brood, 63. euphoric, 64. childbirth

## Session 3: Fill in the Blanks

1. She applied aloe vera to \_\_\_\_\_ her sunburn.
  - v. to calm or comfort someone or something; to make something less painful or uncomfortable
  
2. 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
  
3. 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
  
4. He took a big drag of his cigarette and slowly \_\_\_\_\_ the smoke.
  - v. to officially force someone to leave a school, organization, or country
  
5. The pilot tried to \_\_\_\_\_ the customers that the planes were safe.
  - v. to cause someone to feel sure; to give or restore confidence
  
6. 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
  
7. 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
  
8. 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

ANSWERS: 1. soothe, 2. moth, 3. smirk, 4. expelled, 5. reassure, 6. screech, 7. heartbeat, 8. instantaneous

9. He was present at the \_\_\_\_\_ of his children.  
*n.* the act or process of giving birth to a baby
10. The letter was a \_\_\_\_\_ expression of gratitude to her parents.  
*adj.* genuine, sincere, and expressing deep feelings or emotions
11. My \_\_\_\_\_ and I are looking for a new apartment after our wedding.  
*n.* a person who is engaged to be married
12. 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
13. 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
14. 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
15. 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
16. The researchers are \_\_\_\_\_ at the success of observing the black hole.  
*adj.* an extreme feeling of well-being or excitement

ANSWERS: 9. childbirth, 10. heartfelt, 11. fiancée, 12. bragging, 13. toothbrush, 14. yawn, 15. endorphins, 16. euphoric



17. 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
18. 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
19. 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
20. \_\_\_\_\_ 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
21. He looked for an opportunity to \_\_\_\_\_ that actor in public.  
*v.* to cause someone to feel awkward, worried, or ashamed
22. You might need to \_\_\_\_\_ this point.  
*v.* to enhance something, particularly sound or brightness
23. Her remarks \_\_\_\_\_ the debate.  
*v.* to mistake one thing for another; to make somebody hard to understand
24. 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

ANSWERS: 17. gruff, 18. leucine, 19. enkephalin, 20. Biochemical, 21. embarrass, 22. amplify, 23. confused, 24. brooded

25. 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
26. 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
27. 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
28. The phone rang at the most \_\_\_\_\_ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
29. 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
30. 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
31. 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

ANSWERS: 25. scrub, 26. turmoil, 27. intimacy, 28. opportune, 29. blur, 30. burl, 31. couvade

32. We are responsible for the care and \_\_\_\_\_ of all our employees.

*n.* the state of being happy and healthy and prosperous

ANSWERS: 32. well-being