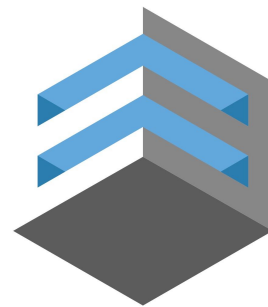


Englist.me



Vocabulary Builder Reference from...

Adie Delaney: An aerialist on listening to your body's signals | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

visceral

adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses

synonym: instinctive, intuitive, gut

(1) **visceral** organ, (2) **visceral** fear

After watching the horror movie, she had a **visceral** reaction and couldn't sleep all night.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

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.

firsthand

adv. from the source; directly; (adjective) received directly from a source

synonym: direct

(1) hear customer's voices **firsthand**, (2) conduct **firsthand** research

The manager tried to hear customers' voices **firsthand**.

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.

trapeze

n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics

synonym: swing bar, aerial hoop

(1) **trapeze** artist, (2) do the flying **trapeze**

The daring **trapeze** act left the audience gasping in amazement.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

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

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

woo

v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery

synonym: court, pursue, charm

(1) **woo** consumers, (2) **woo** voters with promises

He tried to **woo** her with his charm and wit.

ambiguity

n. the quality of being open to more than one interpretation; the uncertainty of meaning

synonym: uncertainty, vagueness, obscurity

(1) free from **ambiguity**, (2) avoid **ambiguity** in writing

The **ambiguity** in the instructions made it difficult for her to complete the task.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

lexicon

n. all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

synonym: glossary, dictionary, vocabulary

(1) Greek-English **lexicon**, (2) **lexicon** of business phrases

This bilingual **lexicon** was essential for his language improvement.

inject

v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

synonym: shoot, infiltrate, insinuate

(1) **inject** under the skin, (2) **inject** a personal opinion into a debate

Let's try to **inject** a bit of enthusiasm into your performance.

broaden

v. to make or become wider or more extensive; to make or become more tolerant or liberal.

synonym: expand, widen, enlarge

(1) **broaden** students' knowledge, (2) **broaden** their horizon

The company **broadened** its product line to include more customer options.

Session 2: Spelling

- | | |
|---|---|
| 1. le____n of business phrases | <i>n.</i> all the words and phrases of a particular language or branch of knowledge, such as nautical or medical |
| 2. build in____cy | <i>n.</i> close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person |
| 3. in____t a personal opinion into a debate | <i>v.</i> to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube) |
| 4. Greek-English le____n | <i>n.</i> all the words and phrases of a particular language or branch of knowledge, such as nautical or medical |
| 5. adr____ne receptor | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 6. op____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 7. free from am____ty | <i>n.</i> the quality of being open to more than one interpretation; the uncertainty of meaning |
| 8. re____e resource allocation | <i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way |

ANSWERS: 1. lexicon, 2. intimacy, 3. inject, 4. lexicon, 5. adrenaline, 6. opportune, 7. ambiguity, 8. reframe

- | | |
|---------------------------------------|---|
| 9. w_o consumers | v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery |
| 10. in___t under the skin | v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube) |
| 11. conduct fi_____nd research | adv. from the source; directly; (adjective) received directly from a source |
| 12. w_o voters with promises | v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery |
| 13. vi_____al fear | adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses |
| 14. he was ov_____lmed with gratitude | v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 15. br_____n students' knowledge | v. to make or become wider or more extensive; to make or become more tolerant or liberal. |
| 16. adr_____ne addiction | n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 17. tr_____e artist | n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics |

ANSWERS: 9. woo, 10. inject, 11. firsthand, 12. woo, 13. visceral, 14. overwhelm, 15. broaden, 16. adrenaline, 17. trapeze

- | | |
|--------------------------------------|--|
| 18. re_____e problem | <i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way |
| 19. hear customer's voices fi_____nd | <i>adv.</i> from the source; directly; (adjective) received directly from a source |
| 20. vi_____al organ | <i>adj.</i> relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses |
| 21. avoid am_____ty in writing | <i>n.</i> the quality of being open to more than one interpretation; the uncertainty of meaning |
| 22. ov_____lm opponents by numbers | <i>v.</i> to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody |
| 23. br_____n their horizon | <i>v.</i> to make or become wider or more extensive; to make or become more tolerant or liberal. |
| 24. the threats te_____y him | <i>v.</i> to frighten someone very much |
| 25. on terms of in_____cy | <i>n.</i> close familiarity or friendship; a close, familiar, and usually affectionate or loving personal relationship with another person |
| 26. do the flying tr_____e | <i>n.</i> a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics |
| 27. te_____y people | <i>v.</i> to frighten someone very much |

ANSWERS: 18. reframe, 19. firsthand, 20. visceral, 21. ambiguity, 22. overwhelm, 23. broaden, 24. terrify, 25. intimacy, 26. trapeze, 27. terrify

28. an op_____ne remark

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

ANSWERS: 28. opportune

Session 3: Fill in the Blanks

1. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
2. The band has released a lot of _____ rock music.
n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
3. It would be best not to _____ your associates into doing complex tasks.
v. to frighten someone very much
4. Too much variety may _____ and confuse viewers.
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
5. The therapist tried to _____ his negative thoughts.
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
6. The daring _____ act left the audience gasping in amazement.
n. a horizontal bar or rope that is suspended from two points, used by acrobats and circus performers to perform aerial feats and acrobatics
7. This bilingual _____ was essential for his language improvement.
n. all the words and phrases of a particular language or branch of knowledge, such as nautical or medical

ANSWERS: 1. opportune, 2. adrenaline-pumping, 3. terrify, 4. overwhelm, 5. reframe, 6. trapeze, 7. lexicon

8. The _____ in the instructions made it difficult for her to complete the task.
n. the quality of being open to more than one interpretation; the uncertainty of meaning
9. The company _____ its product line to include more customer options.
v. to make or become wider or more extensive; to make or become more tolerant or liberal.
10. 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
11. After watching the horror movie, she had a _____ reaction and couldn't sleep all night.
adj. relating to or affecting the internal organs; instinctive or emotional rather than rational; characterized by deep-seated emotional reactions or responses
12. He tried to ____ her with his charm and wit.
v. to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
13. Let's try to _____ a bit of enthusiasm into your performance.
v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
14. The manager tried to hear customers' voices _____.
adv. from the source; directly; (adjective) received directly from a source

ANSWERS: 8. ambiguity, 9. broadened, 10. intimacy, 11. visceral, 12. woo, 13. inject, 14. firsthand