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Vocabulary Builder Reference from...

Cindy J. Aaronson: What causes panic attacks, and how can you prevent them? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

corset

n. a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

synonym : waist cincher, stays, girdle

(1) leather **corset**, (2) orthopedic **corset**

She wore a **corset** under her dress to give her waist a more defined shape.

gravity

n. the force that attracts a body towards the center of the earth or towards any other physical body having mass; a manner that is solemn

synonym : heaviness, attraction, weight

(1) the attraction of **gravity**, (2) preserve my **gravity**

The astronaut felt weightless in space due to the absence of **gravity**.

soar

v. to fly or rise very high or to a great height, often with great grace or ease

synonym : fly, rise, ascend

(1) **soar** in popularity, (2) **soar** to new heights

The bird **soared** through the sky, and its wings spread wide.

terrifying

adj. very frightening or intimidating

synonym : frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

outline

v. to describe the main facts or aspects involved in something

synonym : recap, summarize, digest

(1) **outlined** the plan, (2) **outline** the findings

This page **outlines** our response planning for an emergency.

dissolve

v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

synonym : disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage

The political party **dissolved** after much internal fighting.

countless

adj. too numerous to be counted or very many

synonym : innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions

There are **countless** methods for dealing with stress.

poet

n. a person who writes poetry

synonym : versifier, rhymer, writer

(1) a court **poet**, (2) a **poet** of sorts

She is a talented **poet** who has been recognized for her work.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

sensation

n. a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

synonym : feeling, perception, mania

(1) cause a widespread **sensation**, (2) taste **sensation**

If you apply this ointment, you may feel a mild burning **sensation**.

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.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

threaten

v. to utter intentions of injury or punishment against someone

synonym : endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one

for danger and the other for opportunity.

afterward

adv. after the time mentioned

synonym: later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

wit

n. the ability to say or write things or ideas in a clever and humorous way

synonym: humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym: comfortless, discomfoting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

core

n. the most essential or fundamental part of something

synonym: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

overreact

v. to react more strongly or excessively than is necessary or appropriate

synonym: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism

She **overreacted** to the situation and caused unnecessary stress.

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.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym : biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym : understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

brain

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

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

involve

v. to include or affect someone or something as a necessary part of something else

synonym : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and

is expected to take several months.

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.

perceive

v. to become aware or conscious of something through the senses

synonym : sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym : excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

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.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**
He suffers from **nervous** breakdowns.

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.

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.

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.

prompt

v. to make someone decide to or try to do something, or to make something happen
synonym : actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate
That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**
The passenger grabbed for the **oxygen** mask.

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.

exaggerate

v. to describe or represent something as better or worse than it is

synonym: overstate, overestimate, amplify

(1) **exaggerate** in degree, (2) **exaggerate** story

She **exaggerated** the extent of her injuries to get more money from the settlement.

hyperventilation

n. a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

synonym: over-breathing, rapid breathing

(1) **hyperventilation** syndrome, (2) **hyperventilation** treatment

Anxiety is a common cause of **hyperventilation**, as the body responds to perceived threats with rapid, shallow breathing.

lightheaded

adj. feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

synonym: dizzy, giddy, faint

(1) become **lightheaded**, (2) **lightheaded** from dehydration

After the rollercoaster ride, I felt **lightheaded** and needed to sit down.

numb

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

synonym: dazed, insensitive, emotionless

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

My left arm became **numb**.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

cortex

n. the outermost layer of an organ, especially the brain

(1) **cortex** cells, (2) visual **cortex** neuron

The cerebral **cortex** consists of six layers.

parasympathetic

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

synonym: relaxing, calming, soothing

(1) **parasympathetic** nerve inhibitor, (2) **parasympathetic** response

The **parasympathetic** nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

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.

acetylcholine

n. a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals

synonym: neurotransmitter, cholinergic

(1) **acetylcholine** receptor, (2) **acetylcholine** molecule

Low levels of **acetylcholine** have been linked to symptoms of Alzheimer's disease.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

cue

n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

synonym: signal, sign, hint

(1) **cue** card, (2) visual **cue**

The director gave the actor a **cue** to begin the scene.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's

environment.

traumatic

adj. relating to or caused by injury, especially emotional injury

synonym : distressing

(1) **traumatic** event, (2) **traumatic** brain injury

The experience was so **traumatic** that it left a lasting impact on the survivor's mental health.

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**.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym : chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

recurring

adj. happening or occurring again periodically or repeatedly

synonym : periodic, constant, frequent

(1) **recurring** payments, (2) **recurring** decimals

A **recurring** back pain interfered with his concentration.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym : identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans
This device is used to **diagnose** brain cancer and other tumors.

antidepressant

n. any of a class of drugs used to reduce feelings of sadness and worry

(1) an **antidepressant** drug, (2) **antidepressant** effect
She has been taking **antidepressants** since her baby died.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym : cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

cognitive

adj. of or relating to mental processes of understanding

synonym : perceivable, mind, mental

(1) improve **cognitive** function, (2) research on **cognitive** psychology

His **cognitive** faculties were getting worse because of a lack of sleep.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

relapse

n. the fact of becoming ill or starting to misbehave again after making an improvement

synonym : degeneration, deterioration, retrogression

(1) biochemical **relapse**, (2) **relapse** prevention

He had a **relapse** because he was working through the night.

concrete

adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement

synonym : actual, factual, hardened

(1) a **concrete** noun, (2) **concrete** examples

The president asked for a more **concrete** plan.

exert

v. to put forth effort; to put into action; to bring into play

synonym : exert, apply, use

(1) **exert** control, (2) **exert** influence

He **exerted** himself to lift the heavyweight.

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.

explanation

n. the information or arguments that someone provides to make something understandable or clear

synonym : description, elucidation, account

(1) the **explanation** for the failure, (2) detailed **explanation**

The following **explanation** is currently being used to explain the phenomenon in question.

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.

consciously

adv. with awareness; in a deliberate manner

synonym : intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

restructure

v. to organize a company, business, or system in a new and different way to make it work more effectively

synonym: reorganize, revamp, reconstruct

(1) **restructure** sentence, (2) **restructure** my debts

The economic downturn made it necessary to **restructure** the business.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

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.

accurate

adj. correct and exact in all details

synonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms
This artwork is **typical** of her work.

grip *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
synonym: grasp, clasp, (verb) hold
(1) **grip** of fear, (2) lose my **grip**
He had a firm **grip** on the rope as he climbed the mountain.

escalate *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
synonym: increase, intensify, expand
(1) **escalate** into a major international incident, (2) to **escalate**
The situation quickly **escalated** and turned violent.

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.

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.

aim *v.* to try or plan to get or achieve something
synonym: aspire, direct, target
(1) **aim** at a specific target, (2) **aim** to be a nurse
We **aim** for an overseas expansion.

instill *v.* to impart, introduce, or cause to be absorbed gradually
synonym: implant, ingrain, inculcate
(1) **instill** confidence, (2) **instill** medication into my eye

The teacher attempted to **instill** the importance of hard work in her students.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

Session 2: Spelling

- | | |
|-------------------------------------|--|
| 1. re_____e one word with another | <i>v.</i> to take the place of something |
| 2. in_____e a lot of paperwork | <i>v.</i> to include or affect someone or something as a necessary part of something else |
| 3. full of w_t | <i>n.</i> the ability to say or write things or ideas in a clever and humorous way |
| 4. exa_____te story | <i>v.</i> to describe or represent something as better or worse than it is |
| 5. th_____en a healthy relationship | <i>v.</i> to utter intentions of injury or punishment against someone |
| 6. par_____tic nerve inhibitor | <i>adj.</i> relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles |
| 7. pe_____ve light | <i>v.</i> to become aware or conscious of something through the senses |
| 8. hold your br____h | <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 |
| 9. hyp_____ion syndrome | <i>n.</i> a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting |

ANSWERS: 1. replace, 2. involve, 3. wit, 4. exaggerate, 5. threaten, 6. parasympathetic, 7. perceive, 8. breath, 9. hyperventilation

- | | |
|-----------------------------------|---|
| 10. con_____ly aware of a problem | <i>adv.</i> with awareness; in a deliberate manner |
| 11. a court p__t | <i>n.</i> a person who writes poetry |
| 12. field of gene th_____y | <i>n.</i> the act of caring for someone through medication, remedial training, etc. |
| 13. ace_____ine receptor | <i>n.</i> a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals |
| 14. a few years af_____rd | <i>adv.</i> after the time mentioned |
| 15. an_____y for knowledge | <i>n.</i> a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 16. s__r to new heights | <i>v.</i> to fly or rise very high or to a great height, often with great grace or ease |
| 17. fr_____nt use | <i>adj.</i> happening constantly |
| 18. a_m to be a nurse | <i>v.</i> to try or plan to get or achieve something |
| 19. co_____te examples | <i>adj.</i> existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement |
| 20. the ul_____te goal in life | <i>adj.</i> furthest or highest in degree or order |
| 21. permanent br__n damage | <i>n.</i> the organ inside the head that is responsible for one's movement, thought, memory, and feeling |

ANSWERS: 10. consciously, 11. poet, 12. therapy, 13. acetylcholine, 14. afterward, 15. anxiety, 16. soar, 17. frequent, 18. aim, 19. concrete, 20. ultimate, 21. brain

22. ace_____ine molecule *n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals
23. get ne_____s *adj.* worried and anxious about something; relating to the nerves
24. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
25. a co_____te noun *adj.* existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
26. go there af_____rd *adv.* after the time mentioned
27. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
28. exa_____te in degree *v.* to describe or represent something as better or worse than it is
29. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
30. pr____t a feeling of hunger *v.* to make someone decide to or try to do something, or to make something happen

ANSWERS: 22. acetylcholine, 23. nervous, 24. brain, 25. concrete, 26. afterward, 27. diagnose, 28. exaggerate, 29. disorder, 30. prompt

31. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
32. the ul_____te luxury *adj.* furthest or highest in degree or order
33. st_____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions
34. preserve my gr_____y *n.* the force that attracts a body towards the center of the earth or towards any other physical body having mass; a manner that is solemn
35. adr_____ne receptor *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
36. to es_____te *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
37. re_____ng decimals *adj.* happening or occurring again periodically or repeatedly
38. re_____e prevention *n.* the fact of becoming ill or starting to misbehave again after making an improvement
39. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
40. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

ANSWERS: 31. identify, 32. ultimate, 33. stimulate, 34. gravity, 35. adrenaline, 36. escalate, 37. recurring, 38. relapse, 39. trigger, 40. exposure

41. fairly ty____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
42. ov_____ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
43. lose my g__p *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
44. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
45. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
46. ex__t control *v.* to put forth effort; to put into action; to bring into play
47. sym_____ic nervous system *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
48. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
49. pr___t a debate *v.* to make someone decide to or try to do something, or to make something happen
50. hyp_____ion treatment *n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting

ANSWERS: 41. typical, 42. overreact, 43. grip, 44. peak, 45. recognize, 46. exert, 47. sympathetic, 48. stroke, 49. prompt, 50. hyperventilation

51. a southern ex_____re
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
52. antibiotic med_____on
n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
53. re_____ng payments
adj. happening or occurring again periodically or repeatedly
54. re_____e a prisoner
v. to set free or allow to escape from confinement
55. n__m of action
n. something that is regarded as usual, typical, or standard
56. es_____te into a major international incident
v. to increase in intensity, size, or severity; to make something greater, worse, or more serious
57. cr____s management
n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
58. an ant_____ant drug
n. any of a class of drugs used to reduce feelings of sadness and worry
59. a pa__c reaction
n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
60. answer co_____ss questions
adj. too numerous to be counted or very many
61. 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

ANSWERS: 51. exposure, 52. medication, 53. recurring, 54. release, 55. norm, 56. escalate, 57. crisis, 58. antidepressant, 59. panic, 60. countless, 61. alert

62. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
63. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
64. res_____re sentence *v.* to organize a company, business, or system in a new and different way to make it work more effectively
65. 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
66. lig_____ed from dehydration *adj.* feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
67. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
68. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
69. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
70. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 62. overwhelming, 63. recognize, 64. restructure, 65. process, 66. lightheaded, 67. identify, 68. trigger, 69. stimulate, 70. environment

71. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
72. ter_____ng experience *adj.* very frightening or intimidating
73. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
74. br___h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
75. in_____l confidence *v.* to impart, introduce, or cause to be absorbed gradually
76. th_____en national security *v.* to utter intentions of injury or punishment against someone
77. ant_____ant effect *n.* any of a class of drugs used to reduce feelings of sadness and worry
78. ou_____e the findings *v.* to describe the main facts or aspects involved in something
79. tax re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
80. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
81. in_____l medication into my eye *v.* to impart, introduce, or cause to be absorbed gradually
82. visual co___x neuron *n.* the outermost layer of an organ, especially the brain

ANSWERS: 71. numb, 72. terrifying, 73. medication, 74. breath, 75. instill, 76. threaten, 77. antidepressant, 78. outline, 79. relief, 80. anxiety, 81. instill, 82. cortex

83. s__r in popularity *v.* to fly or rise very high or to a great height, often with great grace or ease
84. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
85. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
86. the hydrogen binds the ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
87. sigh of re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
88. financial cr___s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
89. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
90. environmental th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 83. soar, 84. perception, 85. perception, 86. oxygen, 87. relief, 88. crisis, 89. associate, 90. threat

91. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
92. 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
93. the exp_____on for the failure *n.* the information or arguments that someone provides to make something understandable or clear
94. tr_____ic brain injury *adj.* relating to or caused by injury, especially emotional injury
95. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
96. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
97. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
98. visual c_e *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
99. 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: 91. panic, 92. hormone, 93. explanation, 94. traumatic, 95. associate, 96. numb, 97. prefrontal, 98. cue, 99. process

100. the w_t of man	<i>n.</i> the ability to say or write things or ideas in a clever and humorous way
101. ty____l leader	<i>adj.</i> having the usual characteristics or traits of a specific group of things
102. th____y for a patient	<i>n.</i> the act of caring for someone through medication, remedial training, etc.
103. become lig____ed	<i>adj.</i> feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings
104. a gr____l change	<i>adj.</i> happening slowly over a long period of time or distance; not steep or abrupt
105. g__p of fear	<i>n.</i> the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
106. development of the ne____s system	<i>adj.</i> worried and anxious about something; relating to the nerves
107. re____e a phone	<i>v.</i> to take the place of something
108. research on co____ve psychology	<i>adj.</i> of or relating to mental processes of understanding
109. biochemical re____e	<i>n.</i> the fact of becoming ill or starting to misbehave again after making an improvement
110. at p__k hour	<i>n.</i> the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
111. co____ss hours	<i>adj.</i> too numerous to be counted or very many

ANSWERS: 100. wit, 101. typical, 102. therapy, 103. lightheaded, 104. gradual, 105. grip, 106. nervous, 107. replace, 108. cognitive, 109. relapse, 110. peak, 111. countless

112. c_e card *n.* a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
113. 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
114. the files are in complete di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
115. detailed exp_____on *n.* the information or arguments that someone provides to make something understandable or clear
116. co___x cells *n.* the outermost layer of an organ, especially the brain
117. ou_____ed the plan *v.* to describe the main facts or aspects involved in something
118. re_____e CO2 into the air *v.* to set free or allow to escape from confinement
119. par_____tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
120. pe_____ve a threat *v.* to become aware or conscious of something through the senses

ANSWERS: 112. cue, 113. alert, 114. disorder, 115. explanation, 116. cortex, 117. outline, 118. release, 119. parasympathetic, 120. perceive

121. economic th___t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
122. the decline in am_____la activity *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
123. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
124. ov_____ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
125. sym_____ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
126. improve co_____ve function *adj.* of or relating to mental processes of understanding
127. am_____la damage *n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell
128. ter_____ng events *adj.* very frightening or intimidating
129. the attraction of gr_____y *n.* the force that attracts a body towards the center of the earth or towards any other physical body having mass; a manner that is solemn

ANSWERS: 121. threat, 122. amygdala, 123. environment, 124. overreact, 125. sympathetic, 126. cognitive, 127. amygdala, 128. terrifying, 129. gravity

130. pre_____al bone *adj.* in or about the foremost part of the frontal lobe of the brain
131. cause a widespread se_____on *n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
132. res_____re my debts *v.* to organize a company, business, or system in a new and different way to make it work more effectively
133. tr_____ic event *adj.* relating to or caused by injury, especially emotional injury
134. fr_____nt absence *adj.* happening constantly
135. ex__t influence *v.* to put forth effort; to put into action; to bring into play
136. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
137. taste se_____on *n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement
138. ove_____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
139. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
140. a gr_____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt

ANSWERS: 130. prefrontal, 131. sensation, 132. restructure, 133. traumatic, 134. frequent, 135. exert, 136. uncomfortable, 137. sensation, 138. overwhelming, 139. stroke, 140. gradual

141. cultural n__m *n.* something that is regarded as usual, typical, or standard
142. a_m at a specific target *v.* to try or plan to get or achieve something
143. ac____te measurements *adj.* correct and exact in all details
144. provide ac____te information *adj.* correct and exact in all details
145. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
146. act con_____ly *adv.* with awareness; in a deliberate manner
147. c__e business activity *n.* the most essential or fundamental part of something
148. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
149. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
150. orthopedic co____t *n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust
151. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 141. norm, 142. aim, 143. accurate, 144. accurate, 145. uncomfortable, 146. consciously, 147. core, 148. physiological, 149. involve, 150. corset, 151. physiological

152. officially di____ved the marriage *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
153. ho____e secretion *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
154. leather co____t *n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust
155. di____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
156. a p__t of sorts *n.* a person who writes poetry
157. 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
158. lack of ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
159. the c__e of an apple *n.* the most essential or fundamental part of something
160. di____ve the sugar *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

ANSWERS: 152. dissolve, 153. hormone, 154. corset, 155. diagnose, 156. poet, 157. adrenaline, 158. oxygen, 159. core, 160. dissolve

ANSWERS:

Session 3: Fill in the Blanks

1. The _____ has been associated with memories of past emotional events.
 - n.* one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

2. 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

3. His abusive words made me _____.
 - adj.* providing or feeling physical discomfort or slight pain

4. This device is used to _____ brain cancer and other tumors.
 - v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

5. The systems we have developed has accepted as industry _____.
 - n.* something that is regarded as usual, typical, or standard

6. 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

7. If you apply this ointment, you may feel a mild burning _____.
 - n.* a feeling associated with stimulation of a sense organ or with a specific body condition; a general feeling of interest and excitement

ANSWERS: 1. amygdala, 2. hormone, 3. uncomfortable, 4. diagnose, 5. norms, 6. breath, 7. sensation

8. My left arm became _____.

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

9. The astronaut felt weightless in space due to the absence of _____.

n. the force that attracts a body towards the center of the earth or towards any other physical body having mass; a manner that is solemn

10. 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

11. He had a firm _____ on the rope as he climbed the mountain.

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

12. This page _____ our response planning for an emergency.

v. to describe the main facts or aspects involved in something

13. The director gave the actor a _____ to begin the scene.

n. a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

14. The official transcript contains _____ academic records.

adj. correct and exact in all details

15. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

ANSWERS: 8. numb, 9. gravity, 10. adrenaline-pumping, 11. grip, 12. outlines, 13. cue, 14. accurate, 15. crisis

16. 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

17. The long _____ to the air tarnished the antique tableware.

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

18. Australia is widely _____ as having low levels of corruption.

v. to become aware or conscious of something through the senses

19. The country experienced a _____ increase in population.

adj. happening slowly over a long period of time or distance; not steep or abrupt

20. These gas nebulas are merely newborn galactic _____.

n. the most essential or fundamental part of something

21. This year's extreme heat has resulted in many heat _____ cases.

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

22. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.

adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles

23. She _____ to the situation and caused unnecessary stress.

v. to react more strongly or excessively than is necessary or appropriate

ANSWERS: 16. sympathetic, 17. exposure, 18. perceived, 19. gradual, 20. cores, 21. stroke, 22. parasympathetic, 23. overreacted

24. He had a _____ because he was working through the night.
n. the fact of becoming ill or starting to misbehave again after making an improvement
25. 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
26. The book _____ my imagination.
v. to encourage something to develop or become more active; to stir the feelings or emotions
27. 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
28. He is a man admired for the depth of his _____.
n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
29. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
30. His heartaches are less _____ now.
adj. happening constantly
31. After the rollercoaster ride, I felt _____ and needed to sit down.
adj. feeling dizzy, weak, or faint; having a sensation of being slightly detached from reality or detached from one's surroundings

ANSWERS: 24. relapse, 25. relief, 26. stimulated, 27. alerted, 28. perception, 29. terrifying, 30. frequent, 31. lightheaded

32. The situation quickly _____ and turned violent.
- v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
33. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
34. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
35. The passenger grabbed for the _____ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
36. Low levels of _____ have been linked to symptoms of Alzheimer's disease.
- n.* a neurotransmitter chemical that is involved in the transmission of signals between nerve cells and the activation of muscle cells, which plays an important role in the functioning of the nervous system and in generating movement and behavior in animals
37. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
38. The teacher attempted to _____ the importance of hard work in her students.
- v.* to impart, introduce, or cause to be absorbed gradually

ANSWERS: 32. escalated, 33. medication, 34. brain, 35. oxygen, 36. acetylcholine, 37. panic, 38. instill

39. A _____ back pain interfered with his concentration.
adj. happening or occurring again periodically or repeatedly
40. She has been taking _____ since her baby died.
n. any of a class of drugs used to reduce feelings of sadness and worry
41. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
42. We ____ for an overseas expansion.
v. to try or plan to get or achieve something
43. The experience was so _____ that it left a lasting impact on the survivor's mental health.
adj. relating to or caused by injury, especially emotional injury
44. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
45. There are _____ methods for dealing with stress.
adj. too numerous to be counted or very many
46. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
47. Various artificially induced causes are _____ our ecosystem.
v. to utter intentions of injury or punishment against someone

ANSWERS: 39. recurring, 40. antidepressants, 41. therapy, 42. aim, 43. traumatic, 44. environment, 45. countless, 46. triggered, 47. threatening

48. That incident _____ a nationwide chain reaction regarding the crackdown on illegal groups.

v. to make someone decide to or try to do something, or to make something happen

49. Research shows that damage to the _____ cortex leads to increased aggression.

adj. in or about the foremost part of the frontal lobe of the brain

50. He _____ himself to lift the heavyweight.

v. to put forth effort; to put into action; to bring into play

51. The doctor prescribed some medicine for the mental _____.

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

52. He has shown signs of uneasiness and _____ worry.

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

53. She _____ the extent of her injuries to get more money from the settlement.

v. to describe or represent something as better or worse than it is

54. 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

55. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

ANSWERS: 48. prompted, 49. prefrontal, 50. exerted, 51. disorder, 52. overwhelming, 53. exaggerated, 54. anxiety, 55. nervous

56. She wore a _____ under her dress to give her waist a more defined shape.
- n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust
57. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
58. The political party _____ after much internal fighting.
- v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
59. He _____ criticizes her in the publicity.
- adv.* with awareness; in a deliberate manner
60. Anxiety is a common cause of _____ as the body responds to perceived threats with rapid, shallow breathing.
- n.* a condition in which a person breathes very quickly and deeply, causing an increase in oxygen and a decrease in carbon dioxide levels in the blood, which can lead to symptoms such as dizziness, tingling, and fainting
61. This measurement aims to reduce traffic at _____ periods.
- n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
62. His _____ faculties were getting worse because of a lack of sleep.
- adj.* of or relating to mental processes of understanding
63. The economic downturn made it necessary to _____ the business.
- v.* to organize a company, business, or system in a new and different way to make it work more effectively

ANSWERS: 56. corset, 57. involves, 58. dissolved, 59. consciously, 60. hyperventilation, 61. peak, 62. cognitive, 63. restructure

64. He has the ____ to keep talking about this topic.

n. the ability to say or write things or ideas in a clever and humorous way

65. I will introduce you to how to _____ the leading causes of the malfunction.

v. to recognize someone or something and say or prove who or what they are

66. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

67. The following _____ is currently being used to explain the phenomenon in question.

n. the information or arguments that someone provides to make something understandable or clear

68. We will explain the countermeasure concerning this problem _____.

adv. after the time mentioned

69. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

70. The doctor explained the various _____ changes that occur during pregnancy.

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

71. 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: 64. wit, 65. identify, 66. typical, 67. explanation, 68. afterward, 69. ultimate, 70. physiological, 71. process

72. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
73. The bird _____ through the sky, and its wings spread wide.
v. to fly or rise very high or to a great height, often with great grace or ease
74. Eventually, the new design will _____ all older models.
v. to take the place of something
75. The _____ of severe weather prompted the city to issue an evacuation warning.
n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
76. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
77. She is a talented _____ who has been recognized for her work.
n. a person who writes poetry
78. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
79. The president asked for a more _____ plan.
adj. existing in a physical or material form rather than an abstract one; based on facts rather than ideas or guesses; made of or covered with cement
80. The cerebral _____ consists of six layers.
n. the outermost layer of an organ, especially the brain

ANSWERS: 72. associate, 73. soared, 74. replace, 75. threat, 76. recognize, 77. poet, 78. release, 79. concrete, 80. cortex

ANSWERS: