

Englist.me



Vocabulary Builder Reference from...

Daniel Alexander Jones: What to do when everything feels broken | TED Talk

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

Advanced Words Only

IMPORTANT

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

Session 1: Word List

abbey

n. a monastery or convent, especially for monks or nuns

synonym: monastery, convent

(1) ruined **abbey**, (2) **abbey** church

The venerable **abbey** was founded in the 12th century.

mantra

n. a word or phrase, often repeated, that is used as a focus for the mind during meditation

synonym: hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

superstar

n. a very famous and successful performer or athlete

synonym: celebrity, icon, megastar

(1) **superstar** athlete, (2) jazz **superstar**
She is a **superstar** in the music industry.

freeman

n. a person who is not a serf or enslaved person and has the right to hold property and vote

synonym: citizen, individual, person

(1) **freeman** rights, (2) **freeman** status

In the colonial period, only **freeman** was allowed to vote.

handyman

n. a person who is skilled at a variety of tasks related to home repair, maintenance, and improvement, typically performed on a part-time or freelance basis

synonym: handyperson, jack-of-all-trades, DIYer

(1) professional **handyman**, (2) **handyman** tools

The experienced **handyman** fixed my leaky faucet and creaky door in no time.

shatter

v. to break suddenly into many pieces

synonym: break, crash, destroy

(1) **shatter** the plate, (2) **shatter** a world record

Her husband's death **shattered** her life entirely.

callous

adj. insensitive and cruel to the suffering of others; having an emotionally hardened or unfeeling attitude; hardened or thickened, especially referring to skin or other tissue that has been subjected to repeated friction or irritation

synonym: cold, heartless, unfeeling

(1) **callous** person, (2) **callous** remark

The supervisor's **callous** behavior towards his employees resulted in high turnover rates.

displace

v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

synonym: evict, exile, remove

(1) **displace** workers, (2) **displace** the explosive power

The construction of the new dam will **displace** hundreds of

families living downstream.

mend

v. to repair or fix something that is broken or damaged
synonym : fix, repair, rectify

(1) **mend** broken relationship, (2) **mend** my ways
He **mended** the torn shirt with a needle and thread.

floorboard

n. a long, thin plank of wood used to make a floor in a building, typically laid lengthwise, one overlapping the other

synonym : plank, board, panel

(1) **floorboard** creaks, (2) hardwood **floorboard**
The **floorboard** in my bedroom is creaking and needs to be repaired.

hustle

v. to cause someone to move quickly by pushing them in a rough, aggressive way

synonym : bustle, rush, haste

(1) **hustle** on business, (2) **hustle** up money
You must **hustle** and struggle on the court to win an acquittal.

weep

v. to cry tears because of sadness, rage, or pain

synonym : cry, sob, mourn

(1) **weep** bitter tears, (2) **weep** for joy
I'm easily moved to tears, so I would **weep** in sympathy if I saw that movie.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym : smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine
The politician tried to **slap** down the rumors about his personal life.

- sob** v. to cry or weep with short, sudden sounds
synonym: cry, weep, wail
(1) **sob** out a story, (2) **sob** quietly
She **sobbed** uncontrollably after hearing the news.
- truism** n. a statement or proposition that is true and does not require proof or elaboration; an overused or cliché expression that has become void of meaning
synonym: platitude, cliché, aphorism
(1) **truism** of life, (2) economic **truism**
It's a **truism** that practice makes perfect.
- fearsome** adj. causing fear or terror; frightening, alarming, or formidable
synonym: terrifying, alarming, intimidating
(1) **fearsome** creature, (2) **fearsome** reputation
The dragon's **fearsome** roar echoed through the valley.
- sundown** n. the time of day when the sun sets below the horizon; twilight; dusk
synonym: sunset, nightfall, dusk
(1) during **sundown**, (2) **sundown** candle
We watched the beautiful **sundown** over the horizon with peace and tranquility.

Session 2: Spelling

1. m__d broken relationship *v.* to repair or fix something that is broken or damaged
2. fe____me creature *adj.* causing fear or terror; frightening, alarming, or formidable
3. su____n candle *n.* the time of day when the sun sets below the horizon; twilight; dusk
4. em____y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
5. sh____r a world record *v.* to break suddenly into many pieces
6. professional ha____an *n.* a person who is skilled at a variety of tasks related to home repair, maintenance, and improvement, typically performed on a part-time or freelance basis
7. fe____me reputation *adj.* causing fear or terror; frightening, alarming, or formidable
8. campaign ma____a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
9. s__p on the back *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
10. ha____an tools *n.* a person who is skilled at a variety of tasks related to home repair, maintenance, and improvement, typically performed on a part-time or freelance basis

ANSWERS: 1. mend, 2. fearsome, 3. sundown, 4. embody, 5. shatter, 6. handyman, 7. fearsome, 8. mantra, 9. slap, 10. handyman

11. ab__y church *n.* a monastery or convent, especially for monks or nuns
12. ca____s person *adj.* insensitive and cruel to the suffering of others; having an emotionally hardened or unfeeling attitude; hardened or thickened, especially referring to skin or other tissue that has been subjected to repeated friction or irritation
13. during su____n *n.* the time of day when the sun sets below the horizon; twilight; dusk
14. fr____n status *n.* a person who is not a serf or enslaved person and has the right to hold property and vote
15. w__p for joy *v.* to cry tears because of sadness, rage, or pain
16. w__p bitter tears *v.* to cry tears because of sadness, rage, or pain
17. hardwood flo____rd *n.* a long, thin plank of wood used to make a floor in a building, typically laid lengthwise, one overlapping the other
18. s_b out a story *v.* to cry or weep with short, sudden sounds
19. s__p a heavy fine *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
20. tr__m of life *n.* a statement or proposition that is true and does not require proof or elaboration; an overused or cliché expression that has become void of meaning

ANSWERS: 11. abbey, 12. callous, 13. sundown, 14. freeman, 15. weep, 16. weep, 17. floorboard, 18. sob, 19. slap, 20. truism

- | | | |
|-----------------------------------|-----------|---|
| 21. ruined ab__y | <i>n.</i> | a monastery or convent, especially for monks or nuns |
| 22. su_____ar athlete | <i>n.</i> | a very famous and successful performer or athlete |
| 23. hu___e on business | <i>v.</i> | to cause someone to move quickly by pushing them in a rough, aggressive way |
| 24. em___y a spirit of charity | <i>v.</i> | to represent or exemplify something; to give tangible form to an abstract idea |
| 25. sh_____r the plate | <i>v.</i> | to break suddenly into many pieces |
| 26. di_____ce the explosive power | <i>v.</i> | to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation |
| 27. s_b quietly | <i>v.</i> | to cry or weep with short, sudden sounds |
| 28. hu___e up money | <i>v.</i> | to cause someone to move quickly by pushing them in a rough, aggressive way |
| 29. economic tr___m | <i>n.</i> | a statement or proposition that is true and does not require proof or elaboration; an overused or cliché expression that has become void of meaning |
| 30. jazz su_____ar | <i>n.</i> | a very famous and successful performer or athlete |
| 31. m__d my ways | <i>v.</i> | to repair or fix something that is broken or damaged |

ANSWERS: 21. abbey, 22. superstar, 23. hustle, 24. embody, 25. shatter, 26. displace, 27. sob, 28. hustle, 29. truism, 30. superstar, 31. mend

32. flo_____rd creaks *n.* a long, thin plank of wood used to make a floor in a building, typically laid lengthwise, one overlapping the other
33. ca_____s remark *adj.* insensitive and cruel to the suffering of others; having an emotionally hardened or unfeeling attitude; hardened or thickened, especially referring to skin or other tissue that has been subjected to repeated friction or irritation
34. di_____ce workers *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
35. fr_____n rights *n.* a person who is not a serf or enslaved person and has the right to hold property and vote
36. chant the ma____a of structural reform *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation

ANSWERS: 32. floorboard, 33. callous, 34. displace, 35. freeman, 36. mantra

Session 3: Fill in the Blanks

1. The construction of the new dam will _____ hundreds of families living downstream.
 - v. to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

2. The supervisor's _____ behavior towards his employees resulted in high turnover rates.
 - adj. insensitive and cruel to the suffering of others; having an emotionally hardened or unfeeling attitude; hardened or thickened, especially referring to skin or other tissue that has been subjected to repeated friction or irritation

3. She is a _____ in the music industry.
 - n. a very famous and successful performer or athlete

4. We watched the beautiful _____ over the horizon with peace and tranquility.
 - n. the time of day when the sun sets below the horizon; twilight; dusk

5. He _____ the torn shirt with a needle and thread.
 - v. to repair or fix something that is broken or damaged

6. She _____ uncontrollably after hearing the news.
 - v. to cry or weep with short, sudden sounds

7. The company's new products _____ the values of innovation and sustainability.
 - v. to represent or exemplify something; to give tangible form to an abstract idea

8. The experienced _____ fixed my leaky faucet and creaky door in no time.
 - n. a person who is skilled at a variety of tasks related to home repair, maintenance, and improvement, typically performed on a part-time or freelance basis

ANSWERS: 1. displace, 2. callous, 3. superstar, 4. sundown, 5. mended, 6. sobbed, 7. embody, 8. handyman

9. You must _____ and struggle on the court to win an acquittal.
- v. to cause someone to move quickly by pushing them in a rough, aggressive way
10. She repeated her personal _____ to herself to stay motivated.
- n. a word or phrase, often repeated, that is used as a focus for the mind during meditation
11. I'm easily moved to tears, so I would _____ in sympathy if I saw that movie.
- v. to cry tears because of sadness, rage, or pain
12. It's a _____ that practice makes perfect.
- n. a statement or proposition that is true and does not require proof or elaboration; an overused or cliché expression that has become void of meaning
13. In the colonial period, only _____ was allowed to vote.
- n. a person who is not a serf or enslaved person and has the right to hold property and vote
14. The _____ in my bedroom is creaking and needs to be repaired.
- n. a long, thin plank of wood used to make a floor in a building, typically laid lengthwise, one overlapping the other
15. The venerable _____ was founded in the 12th century.
- n. a monastery or convent, especially for monks or nuns
16. The politician tried to _____ down the rumors about his personal life.
- v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

ANSWERS: 9. hustle, 10. mantra, 11. weep, 12. truism, 13. freeman, 14. floorboard, 15. abbey, 16. slap

17. Her husband's death _____ her life entirely.

v. to break suddenly into many pieces

18. The dragon's _____ roar echoed through the valley.

adj. causing fear or terror; frightening, alarming, or formidable

ANSWERS: 17. shattered, 18. fearsome