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Vocabulary Builder Reference from...

Dean Furness: To overcome challenges, stop comparing yourself to others | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

infant

n. a baby or very young child

synonym: baby, newborn, tot

(1) **infant** daughter, (2) **infant** food

Mozart was an **infant** prodigy.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

salary

n. a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month

synonym: compensation, earnings, pay

(1) a handsome **salary**, (2) **salary** after taxes

What are your annual **salary** expectations?

comparison

n. the consideration or examination of the similarities between two or more people or things

synonym: equivalence, analogy, contrast

(1) ease of **comparison**, (2) **comparison** of foods on a caloric basis

I've included the two designs for a **comparison**.

peer

n. a person who has the same age, status, or ability

synonym: fellow, associate, counterpart

(1) **peer** group, (2) **peer** review

Among young people, **peer** pressure can be pretty influential.

accomplish

v. to finish or achieve something successfully

synonym: achieve, complete, execute

(1) **accomplish** a goal, (2) **accomplish** military operations

Humankind took centuries to **accomplish** true democracy.

amazing

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

synonym: exceptional, extraordinary, wonderful

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

The golfer recorded an **amazing** distance.

chore

n. a routine or tedious task, often related to household or manual labor

synonym: task, duty, job

(1) **chore** list, (2) household **chores**

Cleaning the house is a **chore** that only some enjoy.

hop

v. to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

synonym: jump, bounce, skip

(1) **hop** on one foot, (2) **hop** from one place to another

The rabbit **hopped** over the fence.

tractor

n. a powerful vehicle with large back wheels and thick tires, used for pulling farm machines

(1) two-wheel **tractor**, (2) **tractor** engine

The farming **tractor** had been damaged by rough usage.

bale

n. a large bundle of goods such as cotton, hay, or paper; a bundle of goods used to weigh a product, especially wool, hay, etc

synonym : bundle, package, shipment

(1) square **bale**, (2) **bale** of cotton

The farmer stacked the hay **bales** in the barn to keep them dry.

hay

n. grass that has been cut and dried for use as animal feed or bedding; a stack or bale of this dried grass

synonym : straw, fodder, forage

(1) **hay** cube, (2) **hay** asthma

We sat on a **hay** bale and watched the sunset over the fields.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym : destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

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.

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.

vertebra

n. a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the

spinal cord

(1) cervical **vertebra**, (2) **vertebra** injury

He uses a **vertebra** traction machine for his treatment.

conscious

adj. being aware of and able to respond to what is happening around you

synonym: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded

He became **conscious** that he was being followed.

buzz

v. to make a continuous, low humming sound such as the one a bee makes; an exciting and active atmosphere

synonym: hum, murmur, whisper

(1) the **buzz** of a cicada, (2) **buzz** marketing

I heard the **buzz** of conversation from the next room.

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.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

steer

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

synonym: guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

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**.

pause

v. to take a short break from talking or doing something before continuing

synonym: halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

yell

v. to shout in a sudden and loud way

synonym: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

helicopter

n. a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

synonym: chopper, copter, whirlybird

(1) **helicopter** ride, (2) police **helicopter**

The company's CEO arrived at the meeting via **helicopter** to avoid traffic congestion

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

dramatic

adj. very sudden, very excellent, or full of action and excitement

synonym: striking, theatrical, breathtaking

(1) make **dramatic** changes, (2) a **dramatic** rescue at sea

The statement had a **dramatic** impact on house prices.

graphic

adj. relating to visual art or involving the use of diagrams or illustrations; very clear and powerful

synonym: illustrative, picturesque, visual

(1) **graphic** design, (2) a **graphic** description of an accident

The **graphic** novel was a masterpiece with stunning illustrations that brought the story to life.

abdominal

adj. of or relating to the part of the body that contains the stomach, intestines, and other organs

synonym: belly, ventral

(1) an **abdominal** operation, (2) **abdominal** muscles

He felt a sharp pain in his **abdominal** area.

slide

v. to move or cause to move smoothly along a surface without interruption

synonym: glide, drift, drop

(1) **slide** a card across the table, (2) **slide** a glance

If necessary, you can **slide** the front seats forward.

wheelchair

n. a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

(1) electric-powered **wheelchair**, (2) **wheelchair**

accessibility

This library rents out various types of folding **wheelchairs** for visitors.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's

balance sheet

Try to keep a **balance** between work and off.

mobility

n. the ability to move or be moved freely or easily from one place, job, or social class to another

synonym : flexibility, maneuverability

(1) lack in **mobility**, (2) improve social **mobility**

I have limited **mobility** in my arms.

reset

v. to set again or differently; to return to a previous state or condition

synonym : restart, reinitialize, set anew

(1) **reset** password, (2) **reset** my brain

She **reset** the computer to fix the problem.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym : healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

frustrate

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym : hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym : coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

prod

v. to poke or jab with a pointed object, often to urge or encourage movement or action; to provoke or stimulate someone to take action or respond in a particular way

synonym: poke, jab, nudge

(1) **prod** him into action, (2) **prod** him with a stick

She used a stick to **prod** the fire and make it burn brighter.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym: presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym: disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**

He felt a deep **frustration** as he realized the project would not be completed on time.

recover

v. to return to a former condition, health, mind, or strength

synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym: move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

rehabilitate

v. to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

synonym: reform, restore, renovate

(1) **rehabilitate** prisoners, (2) **rehabilitate** wildlife

The organization works to **rehabilitate** drug addicts and help them rebuild their lives.

session

n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity

synonym: conference, gathering

(1) the morning **session**, (2) the court **session**

Parliament is now in **session**.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

complain

v. to say dissatisfaction or annoyance about something or somebody

synonym: gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently

Our users are often **complaining** about the slow application.

sore

adj. painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret

synonym : aching, tender, angered

(1) **sore** throat, (2) **sore** back

After the workout, my muscles were **sore** and achy.

straighten

v. to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned

synonym : even up, align, untangle

(1) **straighten** out a problem, (2) **straighten** a crooked picture

I need to **straighten** my hair before I go to the party.

pace

n. the speed at which someone or something moves, or the rate at which something happens or changes

synonym : gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

row

n. an arrangement of objects or people side by side in a line

synonym : line, sequence, layer

(1) criminal on death **row**, (2) a **row** of cherry trees

He was the leader of the demonstrators and spoke out against the war in the front **row**.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym : background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action
She couldn't **decide** whether to order the pizza or the pasta for dinner.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

streak

n. a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual

synonym: strip, band, dash

(1) **streak** of luck, (2) gold **streak**

He had a **streak** of stubbornness that made him difficult to work with.

pleasant

adj. enjoyable, attractive, friendly, or agreeable

synonym: agreeable, delightful, pleasing

(1) **pleasant** news, (2) **pleasant** odor

The hotel's staff is very **pleasant** and efficient.

entirely

adv. completely

synonym : completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

synonym : travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

ruin

v. to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

synonym : bankrupt, demolish, destroy

(1) **ruin** the plan, (2) **ruin** the reputation

He knocked over the red wine and **ruined** the tablecloth.

scenario

n. a description of possible actions or events in the future; a written outline of a play, film, or literary work

synonym : plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

outweigh

v. to be heavier, more significant, or more critical than something

synonym : dominate, outrank, overpower

(1) **outweigh** the benefit, (2) **outweigh** our wishes

The advantages would undoubtedly **outweigh** the disadvantages.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

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.

spastic

adj. relating to or characterized by uncontrolled movements or spasms (= a sudden and often painful contracting of a muscle), often due to a neurological or muscular disorder; used as a derogatory term to describe someone clumsy or awkward in their movements or behavior

synonym: jerky, twitchy, uncontrolled

(1) **spastic** diplegia, (2) **spastic** cerebral palsy

The **spastic** movements of the child with cerebral palsy made it difficult to hold her still for a medical exam.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

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

Her response revealed **incredible** idiocy.

marathon

n. a long-distance race of 42.195 kilometers

synonym: endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

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.

grueling

adj. extremely tiring or demanding great effort, especially with long duration or intensity

synonym: exhausting, draining, demanding

(1) **grueling** process, (2) a **grueling** campaign

The marathon was a **grueling** test of endurance.

crazy

adj. stupid or not sensible; very angry

synonym: insane, absurd, bizarre

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

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

workout

n. a session of physical exercise or training

synonym: exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**

He does a different **workout** every day to keep things interesting.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand
What do you **suppose** the culprit's motive was?

technique

n. a particular way or art of doing something that needs skill

synonym : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym : prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

underway

adj. having started and currently in progress

synonym : afoot, ongoing, in motion

(1) just getting **underway**, (2) campaign now **underway**

This project has been **underway** for several years.

guidance

n. advice or instructions given to help direct someone's behavior or decision-making

synonym : advice, direction, support

(1) vocational **guidance**, (2) **guidance** counselor

The mentor provided **guidance** to the young entrepreneur, helping her navigate the business world.

accomplished

adj. having completed a task or achieved a goal successfully; skilled or proficient at something

synonym : achieved, finished, completed

(1) **accomplished** at a very early age, (2) **accomplished** goal

She felt **accomplished** after finishing her book.

dump

v. to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly

synonym : throw away, dispose

(1) **dump** the gravel on the road, (2) **dump** hazardous waste

The company **dumped** him after several years of service.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

handsome

adj. physically attractive and pleasing in appearance; attractive and generous

synonym : good-looking, attractive, beautiful

(1) a **handsome** young man, (2) a **handsome** salary

The politician was known for his **handsome** appearance and charm.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym : fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

settle

v. to reach an agreement or disagreement

synonym : inhabit, occupy, decide

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

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

medal

n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

synonym : award, decoration, badge

(1) gold **medal**, (2) a prize **medal**

She was proud to receive a **medal** for her hard work and dedication to the sport.

trap

n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym : catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

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**.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym : ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

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.

competition

n. a situation in which someone is attempting to beat or outperform another

synonym : contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym : depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

anticipate

v. to expect or predict that something will happen; to tell in advance

synonym : forecast, predict, expect

(1) **anticipate** your kind cooperation, (2) **anticipate** a black future

We **anticipate** heavy snowfall tomorrow.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym : spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

attend

v. to be present at an event, to go to a place

synonym : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

fade

v. to vanish; to fade away; to lose color; to lose freshness

synonym : languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

halfway

adj. in or at a point midway or an equal distance between two points

synonym: middle, median, center

(1) **halfway** through my journey, (2) **halfway** decent job
The famous restaurant stands **halfway** up the hill.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym: benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

visible

adj. capable of being seen; or open to easy view

synonym: clear, observable, seeable

(1) **visible** stars, (2) **visible** by X-ray

My home is easily **visible** from the shore.

bet

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

synonym: stake, wager, gamble

(1) **bet** on a race, (2) **bet** my future

I **bet** that you know it.

Session 2: Spelling

- | | |
|--------------------------------------|---|
| 1. a bu__h of trees | <i>n.</i> a grouping of several similar things which are growing or fastened together |
| 2. re__t password | <i>v.</i> to set again or differently; to return to a previous state or condition |
| 3. the runner's p__e | <i>n.</i> the speed at which someone or something moves, or the rate at which something happens or changes |
| 4. ex___e the crowd | <i>v.</i> to make someone feel suddenly enthusiastic or eager |
| 5. f__e away almost completely | <i>v.</i> to vanish; to fade away; to lose color; to lose freshness |
| 6. ve____ra injury | <i>n.</i> a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord |
| 7. be___g to a group | <i>v.</i> to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place |
| 8. the first round of the com_____on | <i>n.</i> a situation in which someone is attempting to beat or outperform another |
| 9. cr__y about cars and racing | <i>adj.</i> stupid or not sensible; very angry |
| 10. in___e guests | <i>v.</i> to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place |

ANSWERS: 1. bunch, 2. reset, 3. pace, 4. excite, 5. fade, 6. vertebra, 7. belong, 8. competition, 9. crazy, 10. invite

11. pa__e for a reaction *v.* to take a short break from talking or doing something before continuing
12. fr_____te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
13. at___d service *v.* to be present at an event, to go to a place
14. make dr_____ic changes *adj.* very sudden, very excellent, or full of action and excitement
15. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
16. s__e throat *adj.* painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret
17. household ch___es *n.* a routine or tedious task, often related to household or manual labor
18. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
19. sa___y after taxes *n.* a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month
20. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 11. pause, 12. frustrate, 13. attend, 14. dramatic, 15. recover, 16. sore, 17. chore, 18. determinant, 19. salary, 20. process

- | | | |
|----------------------------------|-------------|---|
| 21. sh_____r a world record | <i>v.</i> | to break suddenly into many pieces |
| 22. set a t__p | <i>n.</i> | a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping |
| 23. 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 |
| 24. the b__z of a cicada | <i>v.</i> | to make a continuous, low humming sound such as the one bee makes; an exciting and active atmosphere |
| 25. cultural n__m | <i>n.</i> | something that is regarded as usual, typical, or standard |
| 26. antibiotic med_____on | <i>n.</i> | a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease |
| 27. tr_____er power | <i>v.</i> | to move, pass, or change from one person, place, or situation to another |
| 28. de___e on a course of action | <i>v.</i> | to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 29. electric-powered whe_____ir | <i>n.</i> | a chair fitted with large wheels for use as a means of transport by a person who is unable to walk |
| 30. brain and sp___l cord | <i>adj.</i> | of or relating to the spine (= the long bone in the body's back) |
| 31. th_____y for a patient | <i>n.</i> | the act of caring for someone through medication, remedial training, etc. |

ANSWERS: 21. shatter, 22. trap, 23. anxiety, 24. buzz, 25. norm, 26. medication, 27. transfer, 28. decide, 29. wheelchair, 30. spinal, 31. therapy

32. square b__e *n.* a large bundle of goods such as cotton, hay, or paper; a bundle of goods used to weigh a product, especially wool, hay, etc
33. acc_____sh military operations *v.* to finish or achieve something successfully
34. acc_____sh a goal *v.* to finish or achieve something successfully
35. ant_____te your kind cooperation *v.* to expect or predict that something will happen; to tell in advance
36. a handsome sa___y *n.* a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month
37. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
38. h_y cube *n.* grass that has been cut and dried for use as animal feed or bedding; a stack or bale of this dried grass
39. tr_____r engine *n.* a powerful vehicle with large back wheels and thick tires, used for pulling farm machines
40. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
41. r__n the reputation *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
42. campaign now un_____ay *adj.* having started and currently in progress

ANSWERS: 32. bale, 33. accomplish, 34. accomplish, 35. anticipate, 36. salary, 37. bunch, 38. hay, 39. tractor, 40. technique, 41. ruin, 42. underway

43. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
44. sp_____c diplegia *adj.* relating to or characterized by uncontrolled movements or spasms (= a sudden and often painful contracting of a muscle), often due to a neurological or muscular disorder; used as a derogatory term to describe someone clumsy or awkward in their movements or behavior
45. in____t food *n.* a baby or very young child
46. sh_____r the plate *v.* to break suddenly into many pieces
47. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
48. the court se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
49. re__t my brain *v.* to set again or differently; to return to a previous state or condition
50. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
51. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 43. mathematics, 44. spastic, 45. infant, 46. shatter, 47. medication, 48. session, 49. reset, 50. rely, 51. involve

52. historical co____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
53. at____d a meeting *v.* to be present at an event, to go to a place
54. acc____hed goal *adj.* having completed a task or achieved a goal successfully; skilled or proficient at something
55. st____k of luck *n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual
56. the worst case sc____io *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
57. pa__e a moment *v.* to take a short break from talking or doing something before continuing
58. number of different sc____ios *n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
59. do on a con____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
60. an ab____al operation *adj.* of or relating to the part of the body that contains the stomach, intestines, and other organs

ANSWERS: 52. context, 53. attend, 54. accomplished, 55. streak, 56. scenario, 57. pause, 58. scenario, 59. consistent, 60. abdominal

61. gr____c design *adj.* relating to visual art or involving the use of diagrams or illustrations; very clear and powerful
62. eq__p an army *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
63. watch a ma____on *n.* a long-distance race of 42.195 kilometers
64. ab____al muscles *adj.* of or relating to the part of the body that contains the stomach, intestines, and other organs
65. acc____hed at a very early age *adj.* having completed a task or achieved a goal successfully; skilled or proficient at something
66. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
67. co____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
68. wo____t at the health club *n.* a session of physical exercise or training
69. mat____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
70. com____on of foods on a caloric basis *n.* the consideration or examination of the similarities between two or more people or things
71. en____ly satisfied with the meal *adv.* completely

ANSWERS: 61. graphic, 62. equip, 63. marathon, 64. abdominal, 65. accomplished, 66. nurse, 67. conscious, 68. workout, 69. mathematics, 70. comparison, 71. entirely

72. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
73. su_____e beforehand *v.* to think that something is likely to be actual or possible
74. a fatal in_____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
75. sh_____k with fear *v.* to become smaller, or to make something smaller in size or amount
76. reh_____ate prisoners *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
77. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
78. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
79. b____z marketing *v.* to make a continuous, low humming sound such as the one bee makes; an exciting and active atmosphere
80. whe_____ir accessibility *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
81. at inc_____le speed *adj.* unbelievable; enormous

ANSWERS: 72. context, 73. suppose, 74. injury, 75. shrink, 76. rehabilitate, 77. balance, 78. advantage, 79. buzz, 80. wheelchair, 81. incredible

82. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
83. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
84. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
85. str_____en a crooked picture *v.* to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned
86. h_y asthma *n.* grass that has been cut and dried for use as animal feed or bedding; a stack or bale of this dried grass
87. ch__e list *n.* a routine or tedious task, often related to household or manual labor
88. st__r a steady course *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
89. b_t my future *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
90. 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
91. p__d him with a stick *v.* to poke or jab with a pointed object, often to urge or encourage movement or action; to provoke or stimulate someone to take action or respond in a particular way

ANSWERS: 82. injury, 83. anxiety, 84. decide, 85. straighten, 86. hay, 87. chore, 88. steer, 89. bet, 90. recognize, 91. prod

92. gold me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
93. co_____in about a job *v.* to say dissatisfaction or annoyance about something or somebody
94. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
95. run a ma_____on *n.* a long-distance race of 42.195 kilometers
96. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
97. b_t on a race *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
98. pl_____nt odor *adj.* enjoyable, attractive, friendly, or agreeable
99. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
100. co_____e to work *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
101. intraspecific com_____on *n.* a situation in which someone is attempting to beat or outperform another

ANSWERS: 92. medal, 93. complain, 94. amazing, 95. marathon, 96. crush, 97. bet, 98. pleasant, 99. wrap, 100. commute, 101. competition

102. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
103. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
104. se___e a dispute *v.* to reach an agreement of disagreement
105. a gr____ng campaign *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
106. he was en____ly to blame *adv.* completely
107. a gr____c description of an accident *adj.* relating to visual art or involving the use of diagrams or illustrations; very clear and powerful
108. boxing wo____t *n.* a session of physical exercise or training
109. fru____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
110. just getting un____ay *adj.* having started and currently in progress
111. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
112. daily co____e *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

ANSWERS: 102. cord, 103. crush, 104. settle, 105. grueling, 106. entirely, 107. graphic, 108. workout, 109. frustration, 110. underway, 111. wrap, 112. commute

113. the ba____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
114. police hel_____er *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
115. d__p hazardous waste *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
116. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
117. a g_m suit *n.* a place equipped for exercise and other physical training
118. st__r a conversation *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
119. 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
120. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
121. a ha_____me salary *adj.* physically attractive and pleasing in appearance; attractive and generous

ANSWERS: 113. balance, 114. helicopter, 115. dump, 116. cord, 117. gym, 118. steer, 119. recognize, 120. frustration, 121. handsome

122. criminal on death r_w *n.* an arrangement of objects or people side by side in a line
123. in___e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
124. p__r review *n.* a person who has the same age, status, or ability
125. hel_____er ride *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
126. p__d him into action *v.* to poke or jab with a pointed object, often to urge or encourage movement or action; to provoke or stimulate someone to take action or respond in a particular way
127. vi_____e stars *adj.* capable of being seen; or open to easy view
128. inc_____le amount *adj.* unbelievable; enormous
129. gr_____ng process *adj.* extremely tiring or demanding great effort, especially with long duration or intensity
130. b__e of cotton *n.* a large bundle of goods such as cotton, hay, or paper; a bundle of goods used to weigh a product, especially wool, hay, etc
131. a cr__y scheme *adj.* stupid or not sensible; very angry

ANSWERS: 122. row, 123. invite, 124. peer, 125. helicopter, 126. prod, 127. visible, 128. incredible, 129. grueling, 130. bale, 131. crazy

132. 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
133. a ha_____me young man *adj.* physically attractive and pleasing in appearance; attractive and generous
134. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
135. gold st____k *n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual
136. r__n the plan *v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,
137. ex____e rebellion *v.* to make someone feel suddenly enthusiastic or eager
138. d__p the gravel on the road *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
139. tr_____er a file *v.* to move, pass, or change from one person, place, or situation to another

ANSWERS: 132. process, 133. handsome, 134. determinant, 135. streak, 136. ruin, 137. excite, 138. dump, 139. transfer

140. ou____gh our wishes *v.* to be heavier, more significant, or more critical than something
141. improve social mo____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another
142. be____g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
143. two-wheel tr____r *n.* a powerful vehicle with large back wheels and thick tires, used for pulling farm machines
144. se____e down in the town *v.* to reach an agreement or disagreement
145. n__m of action *n.* something that is regarded as usual, typical, or standard
146. su____e you're right *v.* to think that something is likely to be actual or possible
147. ha____y decent job *adj.* in or at a point midway or an equal distance between two points
148. y__l for help *v.* to shout in a sudden and loud way
149. sh____k the tumor *v.* to become smaller, or to make something smaller in size or amount
150. lack in mo____ty *n.* the ability to move or be moved freely or easily from one place, job, or social class to another
151. a te____ue in martial arts *n.* a particular way or art of doing something that needs skill
152. in____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 140. outweigh, 141. mobility, 142. belong, 143. tractor, 144. settle, 145. norm, 146. suppose, 147. halfway, 148. yell, 149. shrink, 150. mobility, 151. technique, 152. involve

153. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
154. ease of com_____on *n.* the consideration or examination of the similarities between two or more people or things
155. sl__e a glance *v.* to move or cause to move smoothly along a surface without interruption
156. a r_w of cherry trees *n.* an arrangement of objects or people side by side in a line
157. ant_____te a black future *v.* to expect or predict that something will happen; to tell in advance
158. the morning se_____n *n.* a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
159. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
160. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
161. h_p from one place to another *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
162. sl__e a card across the table *v.* to move or cause to move smoothly along a surface without interruption

ANSWERS: 153. decision, 154. comparison, 155. slide, 156. row, 157. anticipate, 158. session, 159. nurse, 160. strength, 161. hop, 162. slide

163. y__l as loud as we can *v.* to shout in a sudden and loud way
164. ha____y through my journey *adj.* in or at a point midway or an equal distance between two points
165. reh____ate wildlife *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
166. pl____nt news *adj.* enjoyable, attractive, friendly, or agreeable
167. take ad____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
168. sp___l injury *adj.* of or relating to the spine (= the long bone in the body's back)
169. cervical ve____ra *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
170. baseless pre____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
171. sp____c cerebral palsy *adj.* relating to or characterized by uncontrolled movements or spasms (= a sudden and often painful contracting of a muscle), often due to a neurological or muscular disorder; used as a derogatory term to describe someone clumsy or awkward in their movements or behavior

ANSWERS: 163. yell, 164. halfway, 165. rehabilitate, 166. pleasant, 167. advantage, 168. spinal, 169. vertebra, 170. pretension, 171. spastic

172. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
173. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
174. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
175. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
176. eq__p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
177. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
178. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
179. h_p on one foot *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
180. a dr_____ic rescue at sea *adj.* very sudden, very excellent, or full of action and excitement

ANSWERS: 172. roll, 173. trap, 174. rely, 175. decision, 176. equip, 177. roll, 178. consistent, 179. hop, 180. dramatic

181. st____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
182. vocational gu____ce *n.* advice or instructions given to help direct someone's behavior or decision-making
183. vi____e by X-ray *adj.* capable of being seen; or open to easy view
184. ou____gh the benefit *v.* to be heavier, more significant, or more critical than something
185. g_m membership *n.* a place equipped for exercise and other physical training
186. a prize me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
187. pre____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
188. gu____ce counselor *n.* advice or instructions given to help direct someone's behavior or decision-making
189. s__e back *adj.* painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret
190. p__r group *n.* a person who has the same age, status, or ability

ANSWERS: 181. struggle, 182. guidance, 183. visible, 184. outweigh, 185. gym, 186. medal, 187. pretension, 188. guidance, 189. sore, 190. peer

191. fr_____te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
192. co_____us effort *adj.* being aware of and able to respond to what is happening around you
193. at your own p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
194. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
195. re_____r a loss *v.* to return to a former condition, health, mind, or strength
196. str_____en out a problem *v.* to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned
197. in____t daughter *n.* a baby or very young child
198. call and co_____in frequently *v.* to say dissatisfaction or annoyance about something or somebody
199. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
200. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
201. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 191. frustrate, 192. conscious, 193. pace, 194. strength, 195. recover, 196. straighten, 197. infant, 198. complain, 199. fade, 200. therapy, 201. struggle

202. the most am____g feeling

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

ANSWERS: 202. amazing

Session 3: Fill in the Blanks

1. The farmer stacked the hay _____ in the barn to keep them dry.
n. a large bundle of goods such as cotton, hay, or paper; a bundle of goods used to weigh a product, especially wool, hay, etc
2. _____ the bandage tightly around the injured arm.
v. to cover or enclose something entirely with paper, cloth, or other material
3. One of the main _____ of the new product is its increased efficiency.
n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
4. The _____ movements of the child with cerebral palsy made it difficult to hold her still for a medical exam.
adj. relating to or characterized by uncontrolled movements or spasms (= a sudden and often painful contracting of a muscle), often due to a neurological or muscular disorder; used as a derogatory term to describe someone clumsy or awkward in their movements or behavior
5. She went to the fully equipped _____ to work out every day.
n. a place equipped for exercise and other physical training
6. The politician was known for his _____ appearance and charm.
adj. physically attractive and pleasing in appearance; attractive and generous
7. My accidental _____ got better right away.
n. harm done to a person's or an animal's body caused by an accident or an attack

ANSWERS: 1. bales, 2. Wrap, 3. advantages, 4. spastic, 5. gym, 6. handsome, 7. injury

8. The _____ novel was a masterpiece with stunning illustrations that brought the story to life.
adj. relating to visual art or involving the use of diagrams or illustrations; very clear and powerful
9. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
10. He has a flair for _____.
n. the science dealing with the logic of quantities, shapes, spaces, and arrangement
11. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
12. The organization works to _____ drug addicts and help them rebuild their lives.
v. to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
13. One bad apple spoils the whole _____.
n. a grouping of several similar things which are growing or fastened together
14. Her husband's death _____ her life entirely.
v. to break suddenly into many pieces
15. Try to keep a _____ between work and off.
n. a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 8. graphic, 9. yelled, 10. mathematics, 11. pretensions, 12. rehabilitate, 13. bunch, 14. shattered, 15. balance

16. The coach explained a strategy to _____ the opponent's schemes to the players.
- v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
17. The famous restaurant stands _____ up the hill.
- adj.* in or at a point midway or an equal distance between two points
18. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.
- adj.* of or relating to the spine (= the long bone in the body's back)
19. The company's CEO arrived at the meeting via _____ to avoid traffic congestion
- n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
20. The man _____ before opening the door.
- v.* to take a short break from talking or doing something before continuing
21. All the books in this section _____ to the library's rare collection and must be handled carefully.
- v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
22. He had a _____ of stubbornness that made him difficult to work with.
- n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual

ANSWERS: 16. frustrate, 17. halfway, 18. spinal, 19. helicopter, 20. paused, 21. belong, 22. streak

23. Our users are often _____ about the slow application.
v. to say dissatisfaction or annoyance about something or somebody
24. My memory will _____ but my heart will live on.
v. to vanish; to fade away; to lose color; to lose freshness
25. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
26. 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
27. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
28. The company _____ him after several years of service.
v. to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
29. He was exhausted and _____ into bed as soon as he got home.
v. to move in a particular direction by turning over and over or from side to side
30. It's important to understand the _____ of a situation before making a decision.
n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
31. I ____ that you know it.
v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

ANSWERS: 23. complaining, 24. fade, 25. suppose, 26. recognize, 27. norms, 28. dumped, 29. rolled, 30. context, 31. bet

32. I don't want to _____ for second best.
v. to reach an agreement of disagreement
33. Parliament is now in _____.
n. a formal meeting or series of meetings for the execution of a particular group's functions; a period spent doing a particular activity
34. Global _____ is rising in virtually every industry.
n. a situation in which someone is attempting to beat or outperform another
35. This project has been _____ for several years.
adj. having started and currently in progress
36. 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
37. He had to _____ two hours each way to get to work.
v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
38. Among young people, _____ pressure can be pretty influential.
n. a person who has the same age, status, or ability
39. She used a stick to _____ the fire and make it burn brighter.
v. to poke or jab with a pointed object, often to urge or encourage movement or action; to provoke or stimulate someone to take action or respond in a particular way

ANSWERS: 32. settle, 33. session, 34. competition, 35. underway, 36. anxiety, 37. commute, 38. peer, 39. prod

40. The advantages would undoubtedly _____ the disadvantages.
v. to be heavier, more significant, or more critical than something
41. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
42. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
43. The captain told him to _____ the ship north.
v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
44. We _____ heavy snowfall tomorrow.
v. to expect or predict that something will happen; to tell in advance
45. 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
46. She _____ the money from her savings account to her checking account.
v. to move, pass, or change from one person, place, or situation to another
47. Babies heavily _____ on others for food.
v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
48. My home is easily _____ from the shore.
adj. capable of being seen; or open to easy view

ANSWERS: 40. outweigh, 41. strength, 42. amazing, 43. steer, 44. anticipate, 45. involves, 46. transferred, 47. rely, 48. visible

49. She felt _____ after finishing her book.

adj. having completed a task or achieved a goal successfully; skilled or proficient at something

50. He felt a sharp pain in his _____ area.

adj. of or relating to the part of the body that contains the stomach, intestines, and other organs

51. One _____ of success is having a positive attitude and a strong work ethic.

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

52. She successfully completed her first _____ with a personal best time.

n. a long-distance race of 42.195 kilometers

53. We must _____ to this matter.

v. to be present at an event, to go to a place

54. He could not _____ against temptation.

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

55. She is still _____ from a shot to her shoulder.

v. to return to a former condition, health, mind, or strength

56. The night shift _____ checked my vital signs before administering the medication.

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

ANSWERS: 49. accomplished, 50. abdominal, 51. determinant, 52. marathon, 53. attend, 54. struggle, 55. recovering, 56. nurse

57. The mentor provided _____ to the young entrepreneur, helping her navigate the business world.
- n.* advice or instructions given to help direct someone's behavior or decision-making
58. The news of her promotion _____ her.
- v.* to make someone feel suddenly enthusiastic or eager
59. Cleaning the house is a _____ that only some enjoy.
- n.* a routine or tedious task, often related to household or manual labor
60. He uses a _____ traction machine for his treatment.
- n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
61. The president prepared several possible _____ for an enemy attack.
- n.* a description of possible actions or events in the future; a written outline of a play, film, or literary work
62. The construction company _____ the building with an earthquake-resistant device.
- v.* to provide a person or a place with the things that are needed for a particular purpose or activity
63. Her response revealed _____ idiocy.
- adj.* unbelievable; enormous
64. The enemy fell right into the _____.
- n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

ANSWERS: 57. guidance, 58. excited, 59. chore, 60. vertebra, 61. scenarios, 62. equipped, 63. incredible, 64. trap

65. 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
66. She was struggling to make a _____ between two job offers.
- n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
67. If necessary, you can _____ the front seats forward.
- v.* to move or cause to move smoothly along a surface without interruption
68. The farming _____ had been damaged by rough usage.
- n.* a powerful vehicle with large back wheels and thick tires, used for pulling farm machines
69. Your spinal _____ is located deep within your body.
- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
70. She _____ the computer to fix the problem.
- v.* to set again or differently; to return to a previous state or condition
71. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
72. The statement had a _____ impact on house prices.
- adj.* very sudden, very excellent, or full of action and excitement

ANSWERS: 65. medication, 66. decision, 67. slide, 68. tractor, 69. cord, 70. reset, 71. decide, 72. dramatic

73. I have limited _____ in my arms.

- n.* the ability to move or be moved freely or easily from one place, job, or social class to another

74. I underwent aversion _____ for my addiction to alcohol.

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

75. This shirt will _____ in the wash.

- v.* to become smaller, or to make something smaller in size or amount

76. The hotel's staff is very _____ and efficient.

- adj.* enjoyable, attractive, friendly, or agreeable

77. He was the leader of the demonstrators and spoke out against the war in the front _____.

- n.* an arrangement of objects or people side by side in a line

78. He knocked over the red wine and _____ the tablecloth.

- v.* to damage, spoil, or demolish something; (noun) an unrecoverable state of devastation and destruction,

79. I heard the _____ of conversation from the next room.

- v.* to make a continuous, low humming sound such as the one a bee makes; an exciting and active atmosphere

80. She was proud to receive a _____ for her hard work and dedication to the sport.

- n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

ANSWERS: 73. mobility, 74. therapy, 75. shrink, 76. pleasant, 77. row, 78. ruined, 79. buzz, 80. medal

81. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

82. He does a different _____ every day to keep things interesting.

n. a session of physical exercise or training

83. Humankind took centuries to _____ true democracy.

v. to finish or achieve something successfully

84. I need to _____ my hair before I go to the party.

v. to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned

85. What are your annual _____ expectations?

n. a fixed amount of money that employees, especially those who work in an office, receive for doing their job, usually paid every month

86. 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

87. The economy is growing at a supercharged _____.

n. the speed at which someone or something moves, or the rate at which something happens or changes

88. We sat on a _____ bale and watched the sunset over the fields.

n. grass that has been cut and dried for use as animal feed or bedding; a stack or bale of this dried grass

ANSWERS: 81. consistent, 82. workout, 83. accomplish, 84. straighten, 85. salary, 86. process, 87. pace, 88. hay

89. I've included the two designs for a _____.
- n.* the consideration or examination of the similarities between two or more people or things
90. Jockey's superior _____ brought him victory.
- n.* a particular way or art of doing something that needs skill
91. This library rents out various types of folding _____ for visitors.
- n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
92. After the workout, my muscles were _____ and achy.
- adj.* painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret
93. The car was completely _____ in the accident.
- v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
94. The rain and thunder are _____ today.
- adj.* stupid or not sensible; very angry
95. He became _____ that he was being followed.
- adj.* being aware of and able to respond to what is happening around you
96. The rabbit _____ over the fence.
- v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

ANSWERS: 89. comparison, 90. technique, 91. wheelchairs, 92. sore, 93. crushed, 94. crazy, 95. conscious, 96. hopped

97. Mozart was an _____ prodigy.

n. a baby or very young child

98. Later, his claim was found to be _____ false.

adv. completely

99. He felt a deep _____ as he realized the project would not be completed on time.

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

100. We want to _____ you to our annual charity event.

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

101. The marathon was a _____ test of endurance.

adj. extremely tiring or demanding great effort, especially with long duration or intensity

ANSWERS: 97. infant, 98. entirely, 99. frustration, 100. invite, 101. grueling