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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

Advanced Words Only

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Session 1: Word List

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. 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
2. ou____gh the benefit
v. to be heavier, more significant, or more critical than something
3. 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
4. y__l for help
v. to shout in a sudden and loud way
5. 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
6. 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

ANSWERS: 1. vertebra, 2. outweigh, 3. spastic, 4. yell, 5. commute, 6. spastic

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| 7. ex___e rebellion | v. | to make someone feel suddenly enthusiastic or eager |
| 8. gr_____ng process | adj. | extremely tiring or demanding great effort, especially with long duration or intensity |
| 9. str_____en out a problem | v. | to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned |
| 10. 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 |
| 11. 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 |
| 12. household ch__es | n. | a routine or tedious task, often related to household or manual labor |
| 13. 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 |
| 14. 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 |
| 15. 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 |

ANSWERS: 7. excite, 8. grueling, 9. straighten, 10. prod, 11. determinant, 12. chore, 13. bale, 14. prod, 15. pretension

16. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
17. 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
18. 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
19. ou_____gh our wishes *v.* to be heavier, more significant, or more critical than something
20. 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
21. ve_____ra injury *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
22. ch___e list *n.* a routine or tedious task, often related to household or manual labor
23. 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

ANSWERS: 16. determinant, 17. rehabilitate, 18. commute, 19. outweigh, 20. bale, 21. vertebra, 22. chore, 23. pretension

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|----------------------------------|------|--|
| 24. sh_____r the plate | v. | to break suddenly into many pieces |
| 25. a gr_____ng campaign | adj. | extremely tiring or demanding great effort, especially with long duration or intensity |
| 26. ex_____e the crowd | v. | to make someone feel suddenly enthusiastic or eager |
| 27. 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 |
| 28. y__l as loud as we can | v. | to shout in a sudden and loud way |
| 29. str_____en a crooked picture | v. | to make something straight or orderly; to adjust or fix something crooked, bent, or misaligned |
| 30. sh_____r a world record | v. | to break suddenly into many pieces |
| 31. 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 |
| 32. 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 |

ANSWERS: 24. shatter, 25. grueling, 26. excite, 27. rehabilitate, 28. yell, 29. straighten, 30. shatter, 31. steer, 32. steer

Session 3: Fill in the Blanks

1. 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

2. 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

3. The marathon was a _____ test of endurance.
 - adj.* extremely tiring or demanding great effort, especially with long duration or intensity

4. 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

5. 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

6. Her husband's death _____ her life entirely.
 - v.* to break suddenly into many pieces

7. 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

ANSWERS: 1. determinant, 2. pretensions, 3. grueling, 4. commute, 5. rehabilitate, 6. shattered, 7. straighten

8. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
9. 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
10. Cleaning the house is a _____ that only some enjoy.
n. a routine or tedious task, often related to household or manual labor
11. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
12. 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
13. The advantages would undoubtedly _____ the disadvantages.
v. to be heavier, more significant, or more critical than something
14. 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
15. 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

ANSWERS: 8. yelled, 9. bales, 10. chore, 11. excited, 12. prod, 13. outweigh, 14. vertebra, 15. steer

16. 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

ANSWERS: 16. spastic