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Vocabulary Builder Reference from...

Elizabeth Gilbert: It's OK to feel overwhelmed. Here's what to do next | TED Talk

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

Advanced Words Only

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Session 1: Word List

astonishing

adj. surprising or shocking; difficult to believe

synonym: surprising, shocking, astounding

(1) **astonishing** achievement, (2) make **astonishing** gains
The news of her sudden death was **astonishing** to everyone who knew her.

subtitle

n. a secondary title or alternate title that is displayed below the primary title often used to provide additional information or translation for a movie or video; a text that appears at the bottom of a movie, TV show, or video to provide a written translation or transcription of the spoken dialogue in another language

synonym: caption, heading, inscription

(1) chart **subtitle**, (2) foreign-language **subtitle**

Make sure to turn on **subtitles** so you can understand the foreign film.

reframe

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

synonym: redefine, restructure, reposition

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

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

brag

v. to say something in a boastful manner, to impress others, or make oneself feel superior

synonym : boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym : delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

sociopath

n. a person who exhibits a disregard for other people's rights, feelings, and safety; someone who lacks empathy or the ability to understand and share the feelings of others; sometimes used interchangeably with the term "psychopath"

synonym : psychopath, antisocial

(1) psychopathic **sociopath**, (2) narcissistic **sociopath**

The psychiatrist recognized signs of **sociopathy** in his patient's behavior.

enlightened

adj. having or showing a rational, modern, and well-informed outlook

synonym : educated, informed, aware

(1) **enlightened** age, (2) make an **enlightened** decision

The **enlightened** teacher taught the class about the importance of compassion and empathy.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym : scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym: remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging

Knowledge is the **antidote** to fear.

paradox

n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

synonym: incongruity, dichotomy, contradiction

(1) French **paradox**, (2) the **paradox** of the heap

There are many theories to explain this **paradox**.

hallmark

n. a distinctive characteristic or attribute of a person or thing

synonym: symbol, authentication, indication

(1) the **hallmark** of a good scientist, (2) the **hallmark** of modern life

A clear and simple expression is the **hallmark** of good writing.

terrifying

adj. very frightening or intimidating

synonym: frightening, intimidating, alarming

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

Large earthquakes often generate **terrifying** tsunamis.

resourceful

adj. showing creativity and ability to find quick and practical solutions to problems

synonym: inventive, imaginative, clever

(1) **resourceful** thinker, (2) **resourceful** cook in town

She was **resourceful** and found a solution to the problem on her own.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

heartbreak

n. a feeling of great sadness or disappointment

synonym : grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**

They had experienced the **heartbreak** of losing two children due to premature births.

intuition

n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

synonym : instinct, gut feeling, sixth sense

(1) creative **intuition**, (2) **intuition** research

Some studies suggest that people's **intuitions** can be influenced by their experiences and biases.

touchstone

n. a standard or criterion by which something is judged or evaluated; a fine-grained dark stone, such as jasper or basalt, used to test the purity of gold or silver in alloys by observing how much the color changes when rubbed against it

synonym : benchmark, standard, criterion

(1) artistic **touchstone**, (2) the **touchstone** of truth

The **touchstone** for our company's success has always been our commitment to customer satisfaction.

disastrous

adj. extremely bad, harmful, or unsuccessful

synonym : catastrophic, destructive, fatal

(1) have **disastrous** consequences, (2) absolutely

disastrous effect

The emission of hazardous substances has **disastrous** effects on the ecology of a region.

mosquito

n. a small flying insect whose female bites people and animals and sucks their blood, and sometimes transmits serious diseases such as malaria

synonym : insect, bug, flea

(1) **mosquito** bite, (2) **mosquito** repellent

A stagnant water area are breeding ground for **mosquitos**.

moth

n. an insect with wings similar to a butterfly that travels at night and is attracted to light

(1) **moth** larva, (2) **moth** attracted to the light

The **moth** is a serious threat to the farm's output.

harrowing

adj. causing distress or suffering; extremely distressing

synonym : traumatic, torturous, distressing

(1) **harrowing** battle, (2) **harrowing** journey

Her **harrowing** experience in the war had left her with deep emotional scars.

radiant

adj. emitting light or heat; shining brightly

synonym : shining, glowing, brilliant

(1) **radiant** smile, (2) **radiant** light

She looked **radiant** on her wedding day.

serenity

n. the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness

synonym : calmness, tranquility, peacefulness

(1) fall into **serenity**, (2) **serenity** prayer

Meditation and yoga are great ways to achieve **serenity** and peace of mind.

raft

n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

synonym :

flatboat, boat, barge

(1) a **raft** for carrying horses, (2) a life **raft**

The rubber **raft** was swept out to sea.

stern

adj. serious, unyielding, or strict in manner or attitude

synonym: severe, harsh, strict

(1) **stern** warning, (2) a **stern** look

The students' antics did not amuse the **stern** teacher.

navel

n. the small depression or scar on the abdomen where the umbilical cord was attached at birth; the center or core of something

synonym: belly button, umbilicus, center

(1) **navel** string, (2) gaze at my **navel**

I have a piercing in my **navel**, which I got in college.

indefinitely

adv. without any fixed or definite limit; for an unknown or unspecified period of time

synonym: endlessly, permanently, perpetually

(1) postpone a meeting **indefinitely**, (2) **indefinitely** suspended

The construction project has been delayed **indefinitely** due to the pandemic.

inaudible

adj. unable to be heard clearly or loud enough to be heard

synonym: unheard, faint, unhearable

(1) **inaudible** whisper, (2) **inaudible** sound

The speaker's voice was **inaudible** over the background noise.

uncountable

adj. describing nouns or concepts that cannot be counted or quantified as discrete units or objects, such as feelings, time, or information, often characterized by their abstract or intangible nature, and which are not used with "a" or "an" and cannot be made plural

synonym: infinite, innumerable, unquantifiable

(1) **uncountable** set, (2) **uncountable** words

Some abstract concepts, like love and beauty, are considered **uncountable** nouns.

crave

v. to have a strong desire for something; to long for or want intensely

synonym: desire, yearn, long for

(1) **crave** chocolate, (2) **crave** advice from others

She **craves** success and is always pushing herself to do better.

boredom

n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

synonym: ennui, tedium, monotony

(1) **boredom** relief, (2) chronic **boredom**

The long lecture on a topic I already knew left me struggling to fight off **boredom**.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

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

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

pacifier

n. an object, often a rubber or silicone nipple, designed to be sucked on by a baby to soothe or calm them; a person or thing that helps to calm or soothe others or to prevent conflict

synonym: peacemaker, soother, reconciler

(1) fall asleep with a **pacifier**, (2) political **pacifier**

The baby's **pacifier** helped to soothe her when she was upset.

yank

v. to pull something or someone forcefully with a sudden movement

synonym: draw, jerk, tug

(1) **yank** out a tooth, (2) **yank** at a rope
He tried to **yank** the memories from his brain.

invade

v. to enter aggressively into another's territory by military force for conquest and occupation

synonym : intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

monk

n. a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym : friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

solitary

adj. existing, living, or doing without others

synonym : lonely, unsociable, singular

(1) use of **solitary** confinement, (2) a **solitary** traveler

He never uttered a **solitary** word.

confinement

n. the act of confining or limiting movement, often by keeping someone in a specific place or within a specific area; a state of being physically or emotionally restricted or limited

synonym : captivity, imprisonment, detention

(1) **confinement** cell, (2) house **confinement**

The prisoner spent months in solitary **confinement**.

opportune

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

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

whimsical

adj. unusual and not severe in a way that might be funny or annoying; determined by chance or impulse or whim

rather than by necessity or reason

synonym: capricious, impulsive, flighty

(1) **whimsical** reasons, (2) a **whimsical** person

Much of his painting has a **whimsical** quality.

crusade

n. a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end

synonym: holy war, religious war, expedition

(1) a **crusade** against smoking, (2) environmental **crusade**

During the **Crusade** period, many European Christians went on a pilgrimage to the Holy Land.

cudgel

n. a heavy and thick stick or club often used as a weapon; (verb) to strike or beat using a cudgel

synonym: club, stick, bludgeon

(1) the **cudgel** of justice, (2) **cudgel** my brains

He used a large **cudgel** to fend off the attacking bear in the woods.

bludgeon

v. to strike or hit someone repeatedly with a heavy object, often resulting in severe injury or death; to force or coerce by using threats or intimidation

synonym: strike, beat, pummel

(1) **bludgeon** a person into agreeing, (2) **bludgeon** to death

The attacker used a heavy object to try and **bludgeon** the victim.

uncover

v. to remove the cover from something; to discover something previously unseen or hidden

synonym: disclose, reveal, unveil

(1) **uncover** a potential problem, (2) **uncover** the truth

He continued his investigation and soon **uncovered** another crime.

monetize

v. to earn money from something, such as an asset, business, etc.; to coin into money

synonym : mint, make profit

(1) **monetize** my skill, (2) **monetize** nickel

He explored ways to **monetize** his digital content.

hive

n. a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people

synonym : apiary, swarm, pack

(1) honeybees in **hives**, (2) a **hive** of activity

Bees were buzzing around the **hive**

shave

v. to remove body hair with a razor; to cut the price of something

synonym : trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

crumb

n. a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something

synonym : fragment, particle, bit

(1) **crumb** of information, (2) bread **crumb**

My dog found a **crumb** on the floor and quickly ate it.

calligraphy

n. the art of writing letters, especially an elegant or decorative one

synonym : penmanship, handwriting, script

(1) **calligraphy** art, (2) **calligraphy** script

The **calligraphy** on the scroll was intricate and beautiful.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym : immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg
Massive demonstrations lead to total **paralysis** of transportation.

daring

adj. brave and taking risks

synonym: audacious, bold, venturesome

(1) **daring** escape, (2) make a **daring** face

Her choices become increasingly **daring** and creative.

steward

n. a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.

synonym: caretaker, manager, custodian

(1) **steward** duties, (2) **steward** service

The **steward** on the flight was very helpful in assisting passengers with their needs.

outpouring

n. a sudden and abundant flow or expression of thoughts, feelings, emotion, or information; an overwhelming amount of something expressed in a short period of time

synonym: outflow, surge, torrent

(1) artistic **outpouring**, (2) emotional **outpouring**

The **outpouring** of support from the community was overwhelming after the tragic event.

instill

v. to impart, introduce, or cause to be absorbed gradually

synonym: implant, ingrain, inculcate

(1) **instill** confidence, (2) **instill** medication into my eye

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

coronavirus

n. a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused

by a specific type of coronavirus known as SARS-CoV-2
synonym : covid

(1) **coronavirus** antibody test kit, (2) **coronavirus**
bankruptcy

Considering the situation of **coronavirus**, organized stopped
this year's beer festival.

condolence

n. sympathy or expression of sympathy offered to
someone who has experienced a loss or tragedy; an
expression of comfort or consolation

synonym : sympathy, compassion, consolation

(1) express **condolences**, (2) sincere **condolences**

Sending a **condolence** card is a small gesture that can bring
comfort to someone who is grieving.

compassionate

adj. feeling or showing sympathy and concern for the
suffering or bad luck of others

synonym : empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave

My father has a serious and **compassionate** personality.

pancreas

n. a glandular organ in the digestive system that produces
several important hormones, including insulin and
glucagon, as well as digestive enzymes that help break
down food in the small intestine

synonym : gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the
secretion of hormones such as insulin.

chaplain

n. a member of the clergy or religious community who is
employed to provide spiritual guidance, counseling, or
support to a particular group, such as a hospital or
military unit; a person who performs religious
ceremonies or rites, particularly within a
non-denominational or multi-faith setting

synonym : spiritual leader, minister, priest

(1) college **chaplain**, (2) military **chaplain**

The hospital **chaplain** provided emotional support and spiritual guidance to the patients and their families.

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.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

crucible

n. a vessel made of ceramic, metal, or other materials used for melting or fusing substances at high temperatures; a difficult or trying experience that tests one's character or resilience

synonym: melting pot, cauldron, furnace

(1) electric **crucible** furnace, (2) fire **crucible**

The scientific experiment required the use of a high-temperature **crucible**.

hubris

n. excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

synonym: arrogance, conceit, pride

(1) political **hubris**, (2) **hubris** in business

The athlete's **hubris** resulted in him underestimating his competition and losing the game.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

quarantine

n. a state of isolation imposed on people or animals to prevent the spread of disease

synonym: isolation, confinement, restriction

(1) out of **quarantine**, (2) mandatory **quarantine**

Due to the outbreak, the government imposed a two-week **quarantine** for all travelers.

ashram

n. a secluded religious community or retreat center where people practice yoga, meditation, and other spiritual disciplines under the guidance of a teacher or guru

synonym: meditation center, spiritual retreat, monastery

(1) meditation **ashram**, (2) live cloistered away in an **ashram**

Yoga practitioners often retreat to an **ashram** for intensive meditation and study.

numb

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

synonym: dazed, insensitive, emotionless

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

My left arm became **numb**.

beck

n. a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland

synonym: nod, signal, gesture

(1) **beck** and call, (2) throw a **beck**

The king summoned his subjects with a wave and a **beck** of his hand.

mystic

adj. having spiritual powers or qualities that are beyond ordinary understanding; (noun) someone who believes in the existence of realities beyond human comprehension

synonym : secret, mystical, supernatural

(1) **mystic** teaching, (2) medieval **mystic**

He is interested in the **mystic** rites of that religion.

wordless

adj. lacking words or speech; silent; without verbal expression or explanation

synonym : speechless, silent, mute

(1) **wordless** indication, (2) **wordless** wonder

The ending of the movie left the audience in **wordless** awe.

nap

n. a short sleep, especially during the day

synonym : rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

sedate

adj. calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

synonym : calm, composed, tranquil

(1) **sedate** atmosphere, (2) **sedate** patient

The **sedate** environment of the library was perfect for studying.

workaholic

n. a person who is addicted to work; a person who works excessively

synonym : workhorse, drudge

(1) **workaholic** habits, (2) self-proclaimed **workaholic**

The company's founder was a notorious **workaholic** who spent every waking hour building the business.

futurize

v. to bring something in line with modern or future technology, design, or trends; to reimagine or transform

something in a way that emphasizes futuristic elements

synonym: modernize, update, advance

(1) **futurize** its curriculum, (2) **futurize** technology

The conference focused on ways to **futurize** agriculture and food production using new technologies.

empathy

n. the ability to share another person's feelings or experiences by imagining that person's situation

synonym: compassion, sympathy, tenderness

(1) full of **empathy**, (2) **empathy** for patients

Empathy is also necessary to understand history.

meltdown

n. a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically

synonym: collapse, disaster, failure

(1) **meltdown** disaster, (2) economic **meltdown**

The nuclear **meltdown** in the country was a disaster with far-reaching consequences.

underlie

v. to be the support, basis, hidden cause of something; to be located under or below

synonym: govern, control, determine

(1) **underlie** the theory of the big bang, (2) **underlie** the current economic deadlock

His bitter experiences **underlie** his moral principles.

inhabit

v. to live in a specific location; to reside

synonym: settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

unavoidable

adj. impossible to avoid or evade; inevitable

synonym: inevitable, inescapable, certain

(1) an **unavoidable** accident, (2) under **unavoidable**

circumstances

There are now fears that war is **unavoidable**.

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

synonym : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

parasympathetic

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

synonym : relaxing, calming, soothing

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

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

medic

n. a person trained to provide medical care, especially in an emergency

synonym : paramedic, medical professional

(1) **medic** unit, (2) military **medic**

The army **medic** arrived on the scene to provide medical assistance.

sober

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

synonym : calm, lucid, temperate

(1) **sober** discussion, (2) as **sober** as a judge

He led a **sober** life.

sobriety

n. the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained

synonym : somberness, abstemiousness, temperance

(1) long-term **sobriety**, (2) **sobriety** test

Police set up **sobriety** checkpoints as a measure to prevent drunk driving accidents.

deluge

n. a severe flood; an overwhelming number or amount of something

synonym : flood, downpour, surge

(1) get caught in the **deluge**, (2) a **deluge** of fire

Recent developments in data analysis techniques have been instrumental in finding insights from the data **deluge**.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

awaken

v. to stop sleeping or to cause someone to stop sleeping

synonym : rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym : disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate **catastrophe**

The lack of funds has resulted in a **catastrophe** for our

university system.

unveil

v. to reveal or make something publicly known, especially for the first time

synonym: reveal, uncover, expose

(1) **unveil** a monument, (2) **unveil** a comprehensive plan
The company plans to **unveil** its new product at the trade show next week.

proverb

n. a short saying that expresses a truth or gives advice based on practical experience

synonym: adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

hoard

v. to collect money, valuables, etc., for future use secretly;
(noun) a secret store or collection of money, valuables, etc., for future use

synonym: stockpile, accumulation, stash

(1) **hoard** my possessions, (2) plutonium **hoard**

They **hoarded** a common secret instead of sharing it.

scarcity

n. the state of being in short supply; a small and inadequate amount

synonym: lack, absence, dearth

(1) fuel **scarcity**, (2) **scarcity** of capital

Some research says that a relative decline in teacher salaries is causing labor **scarcity**.

stranglehold

n. a grip that strangles or suffocates; an excessive grip or control

synonym: grip, tight control, hold

(1) escape their **stranglehold**, (2) information **stranglehold**

The monopoly has a **stranglehold** on the market, making it difficult for new businesses to compete.

unleash

v. to suddenly release a strong force, emotion, etc. that cannot be controlled

synonym: discharge, free, release

(1) **unleash** a hound, (2) **unleash** her anger

The general was still reluctant to **unleash** his troops in pursuit of an enemy.

undergird

v. to provide support or a foundation for something, often by strengthening or reinforcing a structure or system

synonym: support, underpin, reinforce

(1) **undergird** your argument, (2) **undergird** the ship

A strong foundation of customer satisfaction **undergirds** the business's success.

unjust

adj. not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong

synonym: unfair, inequitable

(1) **unjust** verdict, (2) **unjust** accusation

The ruling was considered **unjust** by many people in the community.

eruption

n. an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something

synonym: explosion, outburst, burst

(1) **eruption** alert level, (2) emotional **eruption**

The volcanic **eruption** caused widespread destruction and left the area covered in ash.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

disgust

n. a strong feeling of dislike or disapproval

synonym: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions
He was filled with **disgust** and fear for the threat of war.

overreact

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

synonym: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism
She **overreacted** to the situation and caused unnecessary stress.

sally

n. a sudden, impulsive outing or excursion; a witty or clever remark

synonym: sortie, charge, wisecrack

(1) **sally** of wit, (2) **sally** port
The protesters made a sudden **sally** into the town square, surprising everyone.

scurry

v. to move hurriedly and with little or no grace, often with sudden changes in direction

synonym: hasten, rush, dart

(1) **scurry** back and forth, (2) **scurry** about aimlessly
The squirrels tried to **scurry** up the tree to avoid the dog.

lash

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

synonym: whip, beat, strike

(1) **lash** the oxen, (2) **lash** a rope
The mother **lashed** out at her child for misbehaving in public.

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.

inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

societal

adj. relating to society or social relationships

synonym: social, communal, cultural

(1) **societal** norms, (2) **societal** expectations

The **societal** pressure to conform is strong in this community.

amuse

v. to entertain or divert the mind; to make someone laugh

synonym: entertain, delight, divert

(1) **amuse** a baby with a rattle, (2) **amuse** guests

He **amused** himself by playing video games during his free time.

pandemic

n. an outbreak of a disease that affects many people over a very wide area

synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

worldview

n. a particular philosophy or cognitive orientation of life or conception of the world

synonym: perspective, position, viewpoint

(1) mainstream **worldview**, (2) the **worldview** of the ancient civilization

The war between the two countries was also a battle between competing **worldviews**.

utopian

adj. ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)

synonym: idealistic, perfectionistic, unrealistic

(1) **utopian** society, (2) **utopian** goal

He had a **utopian** vision of a world without war.

dystopia

n. an imaginary place where everything is extremely bad because of deprivation or oppression or terror, or a work of fiction describing those place

synonym: anti-utopia

(1) a crumbling **dystopia**, (2) the escape from **dystopia**

The loss of industry turned working-class neighborhoods into **dystopias**.

storytelling

n. the act or art of narrating or writing stories

synonym: narrating, relating, recounting

(1) **storytelling** performance, (2) courtroom **storytelling**

She was skilled in **storytelling** techniques, such as using different voices for other characters.

bohemian

n. a person who leads an unconventional or non-traditional lifestyle, often characterized by creativity, artistic expression, and a disregard for social or cultural norms or conventions

synonym: free spirit, nonconformist

(1) **bohemian** vibe, (2) **bohemian** fashion

The **bohemian** lifestyle of the artist appealed to her sense of freedom and creativity.

intellect

n. the ability to think logically and comprehend information, especially at an advanced level

synonym: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

Martian

adj. of or relating to Mars or its imaginary inhabitants

(1) **Martian** geography, (2) **Martian** surface

There is very little water in the **Martian** atmosphere.

totalitarian

adj. of or relating to a system of government in which a single political party has complete control and power

synonym: dictatorial, authoritarian, oppressive

(1) **totalitarian** ideology, (2) **totalitarian** state

The government was criticized for having a **totalitarian** regime.

presume

v. to suppose or assume something to be true, often without sufficient evidence or proof; to take liberties, behave impolitely, or overstep one's bounds, often due to arrogance or ignorance

synonym: assume, suppose, guess

(1) **presume** innocence, (2) **presume** on his tolerance

I **presume** you've already made plans for the weekend since you didn't respond to my invitation.

appreciative

adj. expressing or feeling gratitude or admiration; showing recognition or understanding of the value or significance of something; receptive or responsive to something with pleasure or enjoyment

synonym: grateful, thankful, pleased

(1) **appreciative** audience, (2) **appreciative** nod

The teacher was **appreciative** of the student's dedication and hard work.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym: social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

woo

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

synonym: court, pursue, charm

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

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

airy

adj. having a light, delicate, or ethereal quality; spacious and well-ventilated; lacking in substance or depth

synonym: fluffy, breezy, ethereal

(1) **airy** fairy, (2) **airy** dress

The room felt **airy** and spacious with its high ceilings and large windows.

tactic

n. a method or strategy used to achieve a particular goal or objective

synonym: strategy, approach, method

(1) an imprudent **tactic**, (2) alternative **tactic**

The coach implemented a new **tactic** to win the game.

merciful

adj. having or showing compassion, kindness, or forgiveness towards those who may be deserving of punishment or harm; characterized by leniency or clemency

synonym: compassionate, kind, lenient

(1) **merciful** gesture, (2) **merciful** punishment

The **merciful** judge decided to give the defendant a lighter sentence.

neurological

adj. of or relating to the science of neurology or the nervous system

synonym: nervous, neural, brain-related

(1) fever with **neurological** signs, (2) **neurological** symptoms

The patient was diagnosed with a **neurological** disorder

affecting their motor skills.

infect

v. to affect a person, an animal, or a plant with a disease-causing organism

synonym: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

phenomenal

adj. extremely good or impressive; outstanding

synonym: extraordinary, remarkable, impressive

(1) **phenomenal** success, (2) **phenomenal** growth

The athlete's **phenomenal** performance broke all previous records.

horrify

v. to shock or disgust greatly

synonym: shock, dismay, terrify

(1) **horrify** audience, (2) **horrify** victims

The series of terrorist attacks **horrify** the entire nation.

lockdown

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

(1) go on **lockdown**, (2) **lockdown** area

The country's prime minister has decided to implement a nationwide **lockdown** measure.

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.

beatbox

n. a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth,

lips, tongue, and voice

synonym : mouth drum, lip-smack percussion

(1) **beatbox** rhythm, (2) **beatbox** battle

His **beatbox** performance at the concert was mind-blowing.

sage

n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb

synonym : philosopher, scholar, thinker

(1) a **sage** of long ago, (2) a **sage** counselor

He was famous for his **sage** advice to younger entrepreneurs.

Session 2: Spelling

1. m__h attracted to the light
n. an insect with wings similar to a butterfly that travels at night and is attracted to light
2. st____d duties
n. a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.
3. ut____n society
adj. ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)
4. wo____ss wonder
adj. lacking words or speech; silent; without verbal expression or explanation
5. in____t the stomach
v. to live in a specific location; to reside
6. re____e problem
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
7. a s__e of long ago
n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
8. military me__c
n. a person trained to provide medical care, especially in an emergency
9. ter____ng events
adj. very frightening or intimidating

ANSWERS: 1. moth, 2. steward, 3. utopian, 4. wordless, 5. inhabit, 6. reframe, 7. sage, 8. medic, 9. terrifying

10. cor_____us bankruptcy *n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2
11. creative in_____on *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
12. chart su_____le *n.* a secondary title or alternate title that is displayed below the primary title often used to provide additional information or translation for a movie or video; a text that appears at the bottom of a movie, TV show, or video to provide a written translation or transcription of the spoken dialogue in another language
13. pr_____e innocence *v.* to suppose or assume something to be true, often without sufficient evidence or proof; to take liberties, behave impolitely, or overstep one's bounds, often due to arrogance or ignorance
14. da____g escape *adj.* brave and taking risks
15. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
16. y__k out a tooth *v.* to pull something or someone forcefully with a sudden movement

ANSWERS: 10. coronavirus, 11. intuition, 12. subtitle, 13. presume, 14. daring, 15. compassionate, 16. yank

17. the pa____x of the heap *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
18. sc____ty of capital *n.* the state of being in short supply; a small and inadequate amount
19. meditation as____m *n.* a secluded religious community or retreat center where people practice yoga, meditation, and other spiritual disciplines under the guidance of a teacher or guru
20. un____l a comprehensive plan *v.* to reveal or make something publicly known, especially for the first time
21. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
22. cr__b of information *n.* a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something
23. the tou_____ne of truth *n.* a standard or criterion by which something is judged or evaluated; a fine-grained dark stone, such as jasper or basalt, used to test the purity of gold or silver in alloys by observing how much the color changes when rubbed against it
24. res_____ul thinker *adj.* showing creativity and ability to find quick and practical solutions to problems

ANSWERS: 17. paradox, 18. scarcity, 19. ashram, 20. unveil, 21. raft, 22. crumb, 23. touchstone, 24. resourceful

25. tot_____ian state *adj.* of or relating to a system of government in which a single political party has complete control and power
26. un_____r a potential problem *v.* to remove the cover from something; to discover something previously unseen or hidden
27. b__g about my knowledge *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
28. hu____s in business *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
29. in___e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
30. cr__e advice from others *v.* to have a strong desire for something; to long for or want intensely
31. so_____al expectations *adj.* relating to society or social relationships
32. pro_____ate on my homework *v.* to postpone doing what you should do, often because it is unpleasant or boring
33. courtroom sto_____ing *n.* the act or art of narrating or writing stories
34. ha_____ng battle *adj.* causing distress or suffering; extremely distressing
35. fu____ze technology *v.* to bring something in line with modern or future technology, design, or trends; to reimagine or transform something in a way that emphasizes futuristic elements

ANSWERS: 25. totalitarian, 26. uncover, 27. brag, 28. hubris, 29. invade, 30. crave, 31. societal, 32. procrastinate, 33. storytelling, 34. harrowing, 35. futurize

36. ut____n goal *adj.* ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)
37. en____ze the body *v.* to give energy or vitality to someone or something; to invigorate
38. un____t verdict *adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong
39. y__k at a rope *v.* to pull something or someone forcefully with a sudden movement
40. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
41. the escape from dy____ia *n.* an imaginary place where everything is extremely bad because of deprivation or oppression or terror, or a work of fiction describing those place
42. en____ze a team *v.* to give energy or vitality to someone or something; to invigorate
43. bo____an vibe *n.* a person who leads an unconventional or non-traditional lifestyle, often characterized by creativity, artistic expression, and a disregard for social or cultural norms or conventions
44. house con_____nt *n.* the act of confining or limiting movement, often by keeping someone in a specific place or within a specific area; a state of being physically or emotionally restricted or limited

ANSWERS: 36. utopian, 37. energize, 38. unjust, 39. yank, 40. sham, 41. dystopia, 42. energize, 43. bohemian, 44. confinement

45. soc_____mic status *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
46. a crumbling dy_____ia *n.* an imaginary place where everything is extremely bad because of deprivation or oppression or terror, or a work of fiction describing those place
47. bread cr__b *n.* a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something
48. w_o consumers *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
49. co____r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
50. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
51. pa_____as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
52. chronic bo_____m *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

ANSWERS: 45. socioeconomic, 46. dystopia, 47. crumb, 48. woo, 49. confer, 50. procrastinate, 51. pancreas, 52. boredom

53. un_____r the truth *v.* to remove the cover from something; to discover something previously unseen or hidden
54. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
55. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
56. w_o voters with promises *v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
57. me_____ul gesture *adj.* having or showing compassion, kindness, or forgiveness towards those who may be deserving of punishment or harm; characterized by leniency or clemency
58. bl_____on to death *v.* to strike or hit someone repeatedly with a heavy object, often resulting in severe injury or death; to force or coerce by using threats or intimidation
59. in___e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
60. full of em_____y *n.* the ability to share another person's feelings or experiences by imagining that person's situation
61. am___e a baby with a rattle *v.* to entertain or divert the mind; to make someone laugh
62. na__l string *n.* the small depression or scar on the abdomen where the umbilical cord was attached at birth; the center or core of something

ANSWERS: 53. uncover, 54. pandemic, 55. inflame, 56. woo, 57. merciful, 58. bludgeon, 59. invade, 60. empathy, 61. amuse, 62. navel

74. in___t other animal species *v.* to affect a person, an animal, or a plant with a disease-causing organism
75. sc___y about aimlessly *v.* to move hurriedly and with little or no grace, often with sudden changes in direction
76. app_____ive nod *adj.* expressing or feeling gratitude or admiration; showing recognition or understanding of the value or significance of something; receptive or responsive to something with pleasure or enjoyment
77. Ma_____n geography *adj.* of or relating to Mars or its imaginary inhabitants
78. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
79. the ha_____rk of modern life *n.* a distinctive characteristic or attribute of a person or thing
80. human in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
81. bl_____on a person into agreeing *v.* to strike or hit someone repeatedly with a heavy object, often resulting in severe injury or death; to force or coerce by using threats or intimidation
82. the an_____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 74. infect, 75. scurry, 76. appreciative, 77. Martian, 78. endorphin, 79. hallmark, 80. intellect, 81. bludgeon, 82. antidote

83. emotional out_____ng *n.* a sudden and abundant flow or expression of thoughts, feelings, emotion, or information; an overwhelming amount of something expressed in a short period of time
84. military ch_____in *n.* a member of the clergy or religious community who is employed to provide spiritual guidance, counseling, or support to a particular group, such as a hospital or military unit; a person who performs religious ceremonies or rites, particularly within a non-denominational or multi-faith setting
85. political pa_____er *n.* an object, often a rubber or silicone nipple, designed to be sucked on by a baby to soothe or calm them; a person or thing that helps to calm or soothe others or to prevent conflict
86. ov_____ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
87. fever with neu_____cal signs *adj.* of or relating to the science of neurology or the nervous system
88. psychopathic so_____th *n.* a person who exhibits a disregard for other people's rights, feelings, and safety; someone who lacks empathy or the ability to understand and share the feelings of others; sometimes used interchangeably with the term "psychopath"
89. ho__d my possessions *v.* to collect money, valuables, etc., for future use secretly; (noun) a secret store or collection of money, valuables, etc., for future use

ANSWERS: 83. outpouring, 84. chaplain, 85. pacifier, 86. overreact, 87. neurological, 88. sociopath, 89. hoard

90. in_____l medication into my eye *v.* to impart, introduce, or cause to be absorbed gradually
91. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
92. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
93. plutonium ho__d *v.* to collect money, valuables, etc., for future use secretly; (noun) a secret store or collection of money, valuables, etc., for future use
94. as so__r as a judge *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
95. l__h the oxen *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap
96. make an enl_____ed decision *adj.* having or showing a rational, modern, and well-informed outlook
97. un_____rd your argument *v.* to provide support or a foundation for something, often by strengthening or reinforcing a structure or system
98. medieval my___c *adj.* having spiritual powers or qualities that are beyond ordinary understanding; (noun) someone who believes in the existence of realities beyond human comprehension
99. cor_____us antibody test kit *n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

ANSWERS: 90. instill, 91. resilient, 92. grieve, 93. hoard, 94. sober, 95. lash, 96. enlightened, 97. undergird, 98. mystic, 99. coronavirus

100. public di_____t *n.* a strong feeling of dislike or disapproval
101. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
102. a life r__t *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
103. an una_____le accident *adj.* impossible to avoid or evade; inevitable
104. fall asleep with a pa_____er *n.* an object, often a rubber or silicone nipple, designed to be sucked on by a baby to soothe or calm them; a person or thing that helps to calm or soothe others or to prevent conflict
105. environmental cr_____e *n.* a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end
106. under una_____le circumstances *adj.* impossible to avoid or evade; inevitable
107. ra_____t light *adj.* emitting light or heat; shining brightly
108. w__p bitter tears *v.* to cry tears because of sadness, rage, or pain
109. un_____rd the ship *v.* to provide support or a foundation for something, often by strengthening or reinforcing a structure or system
110. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
111. college ch_____in *n.* a member of the clergy or religious community who is employed to provide spiritual guidance, counseling, or support to a particular group, such as a hospital or military unit; a person who performs religious ceremonies or rites, particularly within a non-denominational or multi-faith setting

ANSWERS: 100. disgust, 101. catastrophe, 102. raft, 103. unavoidable, 104. pacifier,

105. crusade, 106. unavoidable, 107. radiant, 108. weep, 109. undergird, 110. humming, 111. chaplain

112. gaze at my na__l *n.* the small depression or scar on the abdomen where the umbilical cord was attached at birth; the center or core of something
113. me_____wn disaster *n.* a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically
114. s_b out a story *v.* to cry or weep with short, sudden sounds
115. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
116. narcissistic so_____th *n.* a person who exhibits a disregard for other people's rights, feelings, and safety; someone who lacks empathy or the ability to understand and share the feelings of others; sometimes used interchangeably with the term "psychopath"
117. live cloistered away in an as___m *n.* a secluded religious community or retreat center where people practice yoga, meditation, and other spiritual disciplines under the guidance of a teacher or guru
118. aw___n at daybreak *v.* to stop sleeping or to cause someone to stop sleeping
119. in_____on research *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

ANSWERS: 112. navel, 113. meltdown, 114. sob, 115. distract, 116. sociopath, 117. ashram, 118. awaken, 119. intuition

120. ov_____ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
121. use of so_____ry confinement *adj.* existing, living, or doing without others
122. self-proclaimed wor_____ic *n.* a person who is addicted to work; a person who works excessively
123. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
124. postpone a meeting ind_____ely *adv.* without any fixed or definite limit; for an unknown or unspecified period of time
125. ancient pr_____b *n.* a short saying that expresses a truth or gives advice based on practical experience
126. par_____tic response *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
127. a__y dress *adj.* having a light, delicate, or ethereal quality; spacious and well-ventilated; lacking in substance or depth
128. mo_____ze my skill *v.* to earn money from something, such as an asset, business, etc.; to coin into money
129. fire cr_____le *n.* a vessel made of ceramic, metal, or other materials used for melting or fusing substances at high temperatures; a difficult or trying experience that tests one's character or resilience

ANSWERS: 120. overreact, 121. solitary, 122. workaholic, 123. explode, 124. indefinitely, 125. proverb, 126. parasympathetic, 127. airy, 128. monetize, 129. crucible

130. tot_____ian ideology *adj.* of or relating to a system of government in which a single political party has complete control and power
131. be_____x battle *n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
132. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
133. absolutely dis_____us effect *adj.* extremely bad, harmful, or unsuccessful
134. sa__y of wit *n.* a sudden, impulsive outing or excursion; a witty or clever remark
135. escape their str_____old *n.* a grip that strangles or suffocates; an excessive grip or control
136. a h__e of activity *n.* a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people
137. res_____ul cook in town *adj.* showing creativity and ability to find quick and practical solutions to problems
138. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
139. se___e atmosphere *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity

ANSWERS: 130. totalitarian, 131. beatbox, 132. resilient, 133. disastrous, 134. sally, 135. stranglehold, 136. hive, 137. resourceful, 138. confer, 139. sedate

140. so____ty test *n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
141. the threats te____y him *v.* to frighten someone very much
142. ra____t smile *adj.* emitting light or heat; shining brightly
143. cast fri____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
144. in____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
145. m__k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
146. take a n_p *n.* a short sleep, especially during the day
147. pa____is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
148. so____al norms *adj.* relating to society or social relationships
149. fuel sc____ty *n.* the state of being in short supply; a small and inadequate amount
150. so__r discussion *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
151. un____h a hound *v.* to suddenly release a strong force, emotion, etc. that cannot be controlled
152. gr____e for loss *v.* to feel or show great sadness or sorrow, especially for someone who has died

ANSWERS: 140. sobriety, 141. terrify, 142. radiant, 143. frightening, 144. inflame, 145. monk, 146. nap, 147. paralysis, 148. societal, 149. scarcity, 150. sober, 151. unleash, 152. grieve

153. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
154. app_____ive audience *adj.* expressing or feeling gratitude or admiration; showing recognition or understanding of the value or significance of something; receptive or responsive to something with pleasure or enjoyment
155. se___e patient *adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
156. wor_____ic habits *n.* a person who is addicted to work; a person who works excessively
157. cu___l my brains *n.* a heavy and thick stick or club often used as a weapon; (verb) to strike or beat using a cudgel
158. se_____ty prayer *n.* the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness
159. sh___e cheese *v.* to remove body hair with a razor; to cut the price of something
160. m___h larva *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
161. l___h a rope *v.* to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

ANSWERS: 153. socioeconomic, 154. appreciative, 155. sedate, 156. workaholic, 157. cudgel, 158. serenity, 159. shave, 160. moth, 161. lash

162. sh__e my head *v.* to remove body hair with a razor; to cut the price of something
163. er_____on alert level *n.* an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something
164. the cu___l of justice *n.* a heavy and thick stick or club often used as a weapon; (verb) to strike or beat using a cudgel
165. a st__n look *adj.* serious, unyielding, or strict in manner or attitude
166. emotional er_____on *n.* an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something
167. un_____ie the theory of the big bang *v.* to be the support, basis, hidden cause of something; to be located under or below
168. hu_____g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
169. mo_____to repellent *n.* a small flying insect whose female bites people and animals and sucks their blood, and sometimes transmits serious diseases such as malaria
170. out of qua_____ne *n.* a state of isolation imposed on people or animals to prevent the spread of disease
171. a cr_____e against smoking *n.* a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end

ANSWERS: 162. shave, 163. eruption, 164. cudgel, 165. stern, 166. eruption, 167. underlie, 168. humming, 169. mosquito, 170. quarantine, 171. crusade

172. st__n warning *adj.* serious, unyielding, or strict in manner or attitude
173. the wo_____ew of the ancient civilization *n.* a particular philosophy or cognitive orientation of life or conception of the world
174. electric cr_____le furnace *n.* a vessel made of ceramic, metal, or other materials used for melting or fusing substances at high temperatures; a difficult or trying experience that tests one's character or resilience
175. phe_____al success *adj.* extremely good or impressive; outstanding
176. throw a b__k *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
177. cal_____hy art *n.* the art of writing letters, especially an elegant or decorative one
178. st_____d service *n.* a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.
179. artistic out_____ng *n.* a sudden and abundant flow or expression of thoughts, feelings, emotion, or information; an overwhelming amount of something expressed in a short period of time

ANSWERS: 172. stern, 173. worldview, 174. crucible, 175. phenomenal, 176. beck, 177. calligraphy, 178. steward, 179. outpouring

180. unc_____le words *adj.* describing nouns or concepts that cannot be counted or quantified as discrete units or objects, such as feelings, time, or information, often characterized by their abstract or intangible nature, and which are not used with "a" or "an" and cannot be made plural
181. information str_____old *n.* a grip that strangles or suffocates; an excessive grip or control
182. foreign-language su_____le *n.* a secondary title or alternate title that is displayed below the primary title often used to provide additional information or translation for a movie or video; a text that appears at the bottom of a movie, TV show, or video to provide a written translation or transcription of the spoken dialogue in another language
183. get caught in the de____e *n.* a severe flood; an overwhelming number or amount of something
184. un_____ie the current economic deadlock *v.* to be the support, basis, hidden cause of something; to be located under or below
185. am__e guests *v.* to entertain or divert the mind; to make someone laugh
186. bo_____m relief *n.* a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation
187. enl_____ed age *adj.* having or showing a rational, modern, and well-informed outlook

ANSWERS: 180. uncountable, 181. stranglehold, 182. subtitle, 183. deluge, 184. underlie, 185. amuse, 186. boredom, 187. enlightened

188. express con_____ces *n.* sympathy or expression of sympathy offered to someone who has experienced a loss or tragedy; an expression of comfort or consolation
189. be_____x rhythm *n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
190. phe_____al growth *adj.* extremely good or impressive; outstanding
191. a s__e counselor *n.* a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
192. di_____ce the explosive power *v.* to force someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
193. em_____y for patients *n.* the ability to share another person's feelings or experiences by imagining that person's situation
194. aw___n a child *v.* to stop sleeping or to cause someone to stop sleeping
195. Ma_____n surface *adj.* of or relating to Mars or its imaginary inhabitants
196. daytime n_p *n.* a short sleep, especially during the day

ANSWERS: 188. condolence, 189. beatbox, 190. phenomenal, 191. sage, 192. displace, 193. empathy, 194. awaken, 195. Martian, 196. nap

197. par_____tic nerve inhibitor *adj.* relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
198. 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
199. in____t a computer with a virus *v.* to affect a person, an animal, or a plant with a disease-causing organism
200. make ast_____ng gains *adj.* surprising or shocking; difficult to believe
201. ad_____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
202. make a da____g face *adj.* brave and taking risks
203. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
204. a so_____ry traveler *adj.* existing, living, or doing without others
205. unc_____le set *adj.* describing nouns or concepts that cannot be counted or quantified as discrete units or objects, such as feelings, time, or information, often characterized by their abstract or intangible nature, and which are not used with "a" or "an" and cannot be made plural

ANSWERS: 197. parasympathetic, 198. displace, 199. infect, 200. astonishing, 201. adrenal, 202. daring, 203. antidote, 204. solitary, 205. uncountable

206. economic me_____wn *n.* a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically
207. fall into se_____ty *n.* the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness
208. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
209. cal_____hy script *n.* the art of writing letters, especially an elegant or decorative one
210. a__y fairy *adj.* having a light, delicate, or ethereal quality; spacious and well-ventilated; lacking in substance or depth
211. un_____h her anger *v.* to suddenly release a strong force, emotion, etc. that cannot be controlled
212. cloistered m__k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
213. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
214. French pa_____x *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
215. me_____ul punishment *adj.* having or showing compassion, kindness, or forgiveness towards those who may be deserving of punishment or harm; characterized by leniency or clemency

ANSWERS: 206. meltdown, 207. serenity, 208. opportune, 209. calligraphy, 210. airy, 211. unleash, 212. monk, 213. paralysis, 214. paradox, 215. merciful

216. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
217. ha_____ng journey *adj.* causing distress or suffering; extremely distressing
218. in_____le sound *adj.* unable to be heard clearly or loud enough to be heard
219. un___l a monument *v.* to reveal or make something publicly known, especially for the first time
220. wo_____ss indication *adj.* lacking words or speech; silent; without verbal expression or explanation
221. pa_____as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
222. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
223. cr__e chocolate *v.* to have a strong desire for something; to long for or want intensely
224. ad_____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland
225. mainstream wo_____ew *n.* a particular philosophy or cognitive orientation of life or conception of the world
226. te_____y people *v.* to frighten someone very much

ANSWERS: 216. reframe, 217. harrowing, 218. inaudible, 219. unveil, 220. wordless, 221. pancreas, 222. numb, 223. crave, 224. adrenal, 225. worldview, 226. terrify

227. honeybees in h__es *n.* a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people
228. w__p for joy *v.* to cry tears because of sadness, rage, or pain
229. neu_____cal symptoms *adj.* of or relating to the science of neurology or the nervous system
230. lo_____wn area *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
231. political hu____s *n.* excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin
232. long-term so_____ty *n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
233. a wh_____al person *adj.* unusual and not severe in a way that might be funny or annoying; determined by chance or impulse or whim rather than by necessity or reason
234. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
235. go on lo_____wn *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
236. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 227. hive, 228. weep, 229. neurological, 230. lockdown, 231. hubris, 232. sobriety, 233. whimsical, 234. distract, 235. lockdown, 236. sham

237. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
238. fu_____ze its curriculum *v.* to bring something in line with modern or future technology, design, or trends; to reimagine or transform something in a way that emphasizes futuristic elements
239. ter_____ng experience *adj.* very frightening or intimidating
240. sincere con_____ces *n.* sympathy or expression of sympathy offered to someone who has experienced a loss or tragedy; an expression of comfort or consolation
241. ast_____ng achievement *adj.* surprising or shocking; difficult to believe
242. show di_____t at his actions *n.* a strong feeling of dislike or disapproval
243. a de_____e of fire *n.* a severe flood; an overwhelming number or amount of something
244. ho_____y audience *v.* to shock or disgust greatly
245. wh_____al reasons *adj.* unusual and not severe in a way that might be funny or annoying; determined by chance or impulse or whim rather than by necessity or reason
246. pr_____e on his tolerance *v.* to suppose or assume something to be true, often without sufficient evidence or proof; to take liberties, behave impolitely, or overstep one's bounds, often due to arrogance or ignorance
247. s_b quietly *v.* to cry or weep with short, sudden sounds

ANSWERS: 237. frightening, 238. futurize, 239. terrifying, 240. condolence, 241. astonishing, 242. disgust, 243. deluge, 244. horrify, 245. whimsical, 246. presume, 247. sob

248. un___t accusation *adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong
249. my___c teaching *adj.* having spiritual powers or qualities that are beyond ordinary understanding; (noun) someone who believes in the existence of realities beyond human comprehension
250. me__c unit *n.* a person trained to provide medical care, especially in an emergency
251. have dis_____us consequences *adj.* extremely bad, harmful, or unsuccessful
252. an imprudent ta___c *n.* a method or strategy used to achieve a particular goal or objective
253. enrich my in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
254. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
255. ind_____ely suspended *adv.* without any fixed or definite limit; for an unknown or unspecified period of time
256. in_____l confidence *v.* to impart, introduce, or cause to be absorbed gradually
257. mo_____to bite *n.* a small flying insect whose female bites people and animals and sucks their blood, and sometimes transmits serious diseases such as malaria
258. artistic tou_____ne *n.* a standard or criterion by which something is judged or evaluated; a fine-grained dark stone, such as jasper or basalt, used to test the purity of gold or silver in alloys by observing how much the color changes when rubbed against it

ANSWERS: 248. unjust, 249. mystic, 250. medic, 251. disastrous, 252. tactic, 253. intellect, 254. explode, 255. indefinitely, 256. instill, 257. mosquito, 258. touchstone

259. mandatory qua_____ne *n.* a state of isolation imposed on people or animals to prevent the spread of disease
260. ease her hea_____ak *n.* a feeling of great sadness or disappointment
261. ho_____y victims *v.* to shock or disgust greatly
262. alternative ta____c *n.* a method or strategy used to achieve a particular goal or objective
263. a hackneyed pr_____b *n.* a short saying that expresses a truth or gives advice based on practical experience
264. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune
265. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
266. b__g to each other *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
267. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
268. the ha_____rk of a good scientist *n.* a distinctive characteristic or attribute of a person or thing
269. sto_____ing performance *n.* the act or art of narrating or writing stories
270. b__k and call *n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland

ANSWERS: 259. quarantine, 260. heartbreak, 261. horrify, 262. tactic, 263. proverb, 264. catastrophe, 265. opportune, 266. brag, 267. compassionate, 268. hallmark, 269. storytelling, 270. beck

ANSWERS:

Session 3: Fill in the Blanks

1. 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
2. I have no intention to _____ your privacy.
v. to enter aggressively into another's territory by military force for conquest and occupation
3. The news of her sudden death was _____ to everyone who knew her.
adj. surprising or shocking; difficult to believe
4. The therapist tried to _____ his negative thoughts.
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
5. The _____ pressure to conform is strong in this community.
adj. relating to society or social relationships
6. The old building _____ in a fiery inferno.
v. to burst or break open violently and noisily; to cause something to burst or break open
7. There are many theories to explain this _____.
n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
8. She was skilled in _____ techniques, such as using different voices for other characters.
n. the act or art of narrating or writing stories

ANSWERS: 1. weep, 2. invade, 3. astonishing, 4. reframe, 5. societal, 6. exploded, 7. paradox, 8. storytelling

9. My dog found a _____ on the floor and quickly ate it.

n. a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something

10. The ending of the movie left the audience in _____ awe.

adj. lacking words or speech; silent; without verbal expression or explanation

11. The volcanic _____ caused widespread destruction and left the area covered in ash.

n. an instance of a sudden and violent release of lava, gas, or ash from a volcano; a sudden outburst or explosion of something

12. The psychiatrist recognized signs of _____ in his patient's behavior.

n. a person who exhibits a disregard for other people's rights, feelings, and safety; someone who lacks empathy or the ability to understand and share the feelings of others; sometimes used interchangeably with the term "psychopath"

13. She _____ the loss of her parents.

v. to feel or show great sadness or sorrow, especially for someone who has died

14. The data he prepared was completely _____.

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

15. The nuclear _____ in the country was a disaster with far-reaching consequences.

n. a severe overheating of the core of a nuclear reactor resulting in the core melting and radiation escaping; a situation in which something fails or weakens suddenly or dramatically

ANSWERS: 9. crumb, 10. wordless, 11. eruption, 12. sociopathy, 13. grieved, 14. sham, 15. meltdown

16. He is interested in the _____ rites of that religion.

adj. having spiritual powers or qualities that are beyond ordinary understanding;
(noun) someone who believes in the existence of realities beyond human comprehension

17. She woke the kids up from their ____.

n. a short sleep, especially during the day

18. Bees were buzzing around the _____

n. a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people

19. Some abstract concepts, like love and beauty, are considered _____ nouns.

adj. describing nouns or concepts that cannot be counted or quantified as discrete units or objects, such as feelings, time, or information, often characterized by their abstract or intangible nature, and which are not used with "a" or "an" and cannot be made plural

20. The room felt _____ and spacious with its high ceilings and large windows.

adj. having a light, delicate, or ethereal quality; spacious and well-ventilated; lacking in substance or depth

21. The athlete's _____ resulted in him underestimating his competition and losing the game.

n. excessive pride, arrogance, or overconfidence, often leading to someone's downfall or ruin

22. The long lecture on a topic I already knew left me struggling to fight off _____.

n. a state of weariness, restlessness, or impatience that arises from not being interested or engaged in an activity, task, or situation

ANSWERS: 16. mystic, 17. nap, 18. hive, 19. uncountable, 20. airy, 21. hubris, 22. boredom

23. He never uttered a _____ word.

adj. existing, living, or doing without others

24. He had a _____ vision of a world without war.

adj. ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)

25. His bitter experiences _____ his moral principles.

v. to be the support, basis, hidden cause of something; to be located under or below

26. The country's prime minister has decided to implement a nationwide _____ measure.

n. an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19

27. Despite his impressive achievements, he refrained from _____ about his success.

v. to say something in a boastful manner, to impress others, or make oneself feel superior

28. The mother _____ out at her child for misbehaving in public.

v. to strike or hit someone with a whip or other flexible instrument; to criticize or rebuke someone severely; to bind or tie something tightly with a cord or strap

29. Your _____ is capable of distinguishing among similar objects.

n. the ability to think logically and comprehend information, especially at an advanced level

30. The company's founder was a notorious _____ who spent every waking hour building the business.

n. a person who is addicted to work; a person who works excessively

ANSWERS: 23. solitary, 24. utopian, 25. underlie, 26. lockdown, 27. bragging, 28. lashed, 29. intellect, 30. workaholic

31. He used a large _____ to fend off the attacking bear in the woods.
n. a heavy and thick stick or club often used as a weapon; (verb) to strike or beat using a cudgel
32. The construction project has been delayed _____ due to the pandemic.
adv. without any fixed or definite limit; for an unknown or unspecified period of time
33. The motivational speaker _____ the crowd with their words.
v. to give energy or vitality to someone or something; to invigorate
34. Some research says that a relative decline in teacher salaries is causing labor _____.
n. the state of being in short supply; a small and inadequate amount
35. The patient was diagnosed with a _____ disorder affecting their motor skills.
adj. of or relating to the science of neurology or the nervous system
36. Some studies suggest that people's _____ can be influenced by their experiences and biases.
n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
37. The _____ for our company's success has always been our commitment to customer satisfaction.
n. a standard or criterion by which something is judged or evaluated; a fine-grained dark stone, such as jasper or basalt, used to test the purity of gold or silver in alloys by observing how much the color changes when rubbed against it

ANSWERS: 31. cudgel, 32. indefinitely, 33. energized, 34. scarcity, 35. neurological, 36. intuitions, 37. touchstone

38. He _____ the matter until it was almost too late.
v. to postpone doing what you should do, often because it is unpleasant or boring
39. The students' antics did not amuse the _____ teacher.
adj. serious, unyielding, or strict in manner or attitude
40. During the _____ period, many European Christians went on a pilgrimage to the Holy Land.
n. a series of wars fought by Christians in the middle ages to recover the holy land from the Muslims; a series of actions advancing a principle or tending toward a particular end
41. The _____ lifestyle of the artist appealed to her sense of freedom and creativity.
n. a person who leads an unconventional or non-traditional lifestyle, often characterized by creativity, artistic expression, and a disregard for social or cultural norms or conventions
42. She was _____ and found a solution to the problem on her own.
adj. showing creativity and ability to find quick and practical solutions to problems
43. Recent developments in data analysis techniques have been instrumental in finding insights from the data _____.
n. a severe flood; an overwhelming number or amount of something
44. Yoga practitioners often retreat to an _____ for intensive meditation and study.
n. a secluded religious community or retreat center where people practice yoga, meditation, and other spiritual disciplines under the guidance of a teacher or guru

ANSWERS: 38. procrastinated, 39. stern, 40. Crusade, 41. bohemian, 42. resourceful, 43. deluge, 44. ashram

45. The king summoned his subjects with a wave and a _____ of his hand.
- n.* a gesture or signal made with the hand or head, especially one indicating someone to approach or follow; a small stream or brook, especially in Northern England or Scotland
46. The rubber _____ was swept out to sea.
- n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
47. The attacker used a heavy object to try and _____ the victim.
- v.* to strike or hit someone repeatedly with a heavy object, often resulting in severe injury or death; to force or coerce by using threats or intimidation
48. Meditation and yoga are great ways to achieve _____ and peace of mind.
- n.* the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness
49. The _____ teacher taught the class about the importance of compassion and empathy.
- adj.* having or showing a rational, modern, and well-informed outlook
50. It would be best not to _____ your associates into doing complex tasks.
- v.* to frighten someone very much
51. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
52. He _____ himself by playing video games during his free time.
- v.* to entertain or divert the mind; to make someone laugh

ANSWERS: 45. beck, 46. raft, 47. bludgeon, 48. serenity, 49. enlightened, 50. terrify, 51. opportune, 52. amused

53. Police set up _____ checkpoints as a measure to prevent drunk driving accidents.
- n.* the state of being sober; the state of being serious, thoughtful, or solemn; the state of being moderate or restrained
54. The monopoly has a _____ on the market, making it difficult for new businesses to compete.
- n.* a grip that strangles or suffocates; an excessive grip or control
55. He explored ways to _____ his digital content.
- v.* to earn money from something, such as an asset, business, etc.; to coin into money
56. He tried to ____ her with his charm and wit.
- v.* to seek the affection or favor of someone; to court or pursue someone romantically or with flattery
57. The protesters made a sudden _____ into the town square, surprising everyone.
- n.* a sudden, impulsive outing or excursion; a witty or clever remark
58. The speaker's voice was _____ over the background noise.
- adj.* unable to be heard clearly or loud enough to be heard
59. The news of the pandemic was a _____ reminder of the fragility of human health.
- adj.* causing fear or alarm, or very surprising and alarming
60. That supermarket tried to _____ certain costs by saving electricity.
- v.* to remove body hair with a razor; to cut the price of something

ANSWERS: 53. sobriety, 54. stranglehold, 55. monetize, 56. woo, 57. sally, 58. inaudible, 59. frightening, 60. shave

61. He led a _____ life.

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

62. Please don't _____ me while I'm studying.

v. to draw someone's attention away from what they are trying to do

63. A clear and simple expression is the _____ of good writing.

n. a distinctive characteristic or attribute of a person or thing

64. The famous _____ "actions speak louder than words" reminds us to focus on deeds instead of words.

n. a short saying that expresses a truth or gives advice based on practical experience

65. The _____ conditions of a country can significantly affect its political stability.

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

66. The prisoner spent months in solitary _____.

n. the act of confining or limiting movement, often by keeping someone in a specific place or within a specific area; a state of being physically or emotionally restricted or limited

67. The coach implemented a new _____ to win the game.

n. a method or strategy used to achieve a particular goal or objective

68. The release of _____ during exercise can provide a natural high and help to relieve stress.

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

ANSWERS: 61. sober, 62. distract, 63. hallmark, 64. proverb, 65. socioeconomic, 66. confinement, 67. tactic, 68. endorphins

69. They _____ a common secret instead of sharing it.

- v.* to collect money, valuables, etc., for future use secretly; (noun) a secret store or collection of money, valuables, etc., for future use

70. The war between the two countries was also a battle between competing _____.

- n.* a particular philosophy or cognitive orientation of life or conception of the world

71. He continued his investigation and soon _____ another crime.

- v.* to remove the cover from something; to discover something previously unseen or hidden

72. The ruling was considered _____ by many people in the community.

- adj.* not fair or equitable; lacking in justice or impartiality; morally unacceptable or wrong

73. The lack of funds has resulted in a _____ for our university system.

- n.* a sudden event that causes extreme ruin and misfortune

74. The ascetic _____ spent his days in prayer and contemplation in the monastery.

- n.* a member of a religious community of men living under vows of poverty, chastity, and obedience

75. Her choices become increasingly _____ and creative.

- adj.* brave and taking risks

76. Knowledge is the _____ to fear.

- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 69. hoarded, 70. worldviews, 71. uncovered, 72. unjust, 73. catastrophe, 74. monk, 75. daring, 76. antidote

77. I have a piercing in my _____ which I got in college.

- n.* the small depression or scar on the abdomen where the umbilical cord was attached at birth; the center or core of something

78. I _____ you've already made plans for the weekend since you didn't respond to my invitation.

- v.* to suppose or assume something to be true, often without sufficient evidence or proof; to take liberties, behave impolitely, or overstep one's bounds, often due to arrogance or ignorance

79. The army _____ arrived on the scene to provide medical assistance.

- n.* a person trained to provide medical care, especially in an emergency

80. Much of his painting has a _____ quality.

- adj.* unusual and not severe in a way that might be funny or annoying; determined by chance or impulse or whim rather than by necessity or reason

81. Considering the situation of _____ organized stopped this year's beer festival.

- n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

82. She looked _____ on her wedding day.

- adj.* emitting light or heat; shining brightly

83. Massive demonstrations lead to total _____ of transportation.

- n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

ANSWERS: 77. navel, 78. presume, 79. medic, 80. whimsical, 81. coronavirus, 82. radiant, 83. paralysis

84. The athlete's _____ performance broke all previous records.

adj. extremely good or impressive; outstanding

85. The _____ on the flight was very helpful in assisting passengers with their needs.

n. a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.

86. The endocrine function of the _____ involves the secretion of hormones such as insulin.

n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

87. The friend's death _____ them.

v. to stop sleeping or to cause someone to stop sleeping

88. The _____ is a serious threat to the farm's output.

n. an insect with wings similar to a butterfly that travels at night and is attracted to light

89. My father has a serious and _____ personality.

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

90. Make sure to turn on _____ so you can understand the foreign film.

n. a secondary title or alternate title that is displayed below the primary title often used to provide additional information or translation for a movie or video; a text that appears at the bottom of a movie, TV show, or video to provide a written translation or transcription of the spoken dialogue in another language

ANSWERS: 84. phenomenal, 85. steward, 86. pancreas, 87. awakens, 88. moth, 89. compassionate, 90. subtitles

91. The company plans to _____ its new product at the trade show next week.
v. to reveal or make something publicly known, especially for the first time
92. The teacher was _____ of the student's dedication and hard work.
adj. expressing or feeling gratitude or admiration; showing recognition or understanding of the value or significance of something; receptive or responsive to something with pleasure or enjoyment
93. The conference focused on ways to _____ agriculture and food production using new technologies.
v. to bring something in line with modern or future technology, design, or trends; to reimagine or transform something in a way that emphasizes futuristic elements
94. She _____ uncontrollably after hearing the news.
v. to cry or weep with short, sudden sounds
95. There is very little water in the _____ atmosphere.
adj. of or relating to Mars or its imaginary inhabitants
96. Her eyes _____ with crying.
v. to cause very strong feelings such as anger or excitement in a person or a group of people
97. The _____ of the bees filled the air as she walked through the garden.
adj. producing a continuous, low, vibrating sound like that of the bee
98. Sending a _____ card is a small gesture that can bring comfort to someone who is grieving.
n. sympathy or expression of sympathy offered to someone who has experienced a loss or tragedy; an expression of comfort or consolation

ANSWERS: 91. unveil, 92. appreciative, 93. futurize, 94. sobbed, 95. Martian, 96. inflamed, 97. humming, 98. condolence

99. The _____ of support from the community was overwhelming after the tragic event.
- n.* a sudden and abundant flow or expression of thoughts, feelings, emotion, or information; an overwhelming amount of something expressed in a short period of time
100. The _____ environment of the library was perfect for studying.
- adj.* calm, tranquil, and composed, often as a result of being under the influence of a sedative or tranquilizer; unhurried, deliberate, and without excessive movement or activity
101. The leaders of the two countries met to _____ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
102. The squirrels tried to _____ up the tree to avoid the dog.
- v.* to move hurriedly and with little or no grace, often with sudden changes in direction
103. She is a _____ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
104. The _____ judge decided to give the defendant a lighter sentence.
- adj.* having or showing compassion, kindness, or forgiveness towards those who may be deserving of punishment or harm; characterized by leniency or clemency
105. I have no idea what sort of folks _____ the neighborhood.
- v.* to live in a specific location; to reside

ANSWERS: 99. outpouring, 100. sedate, 101. confer, 102. scurry, 103. resilient, 104. merciful, 105. inhabit

106. She _____ success and is always pushing herself to do better.
v. to have a strong desire for something; to long for or want intensely
107. There are now fears that war is _____.
adj. impossible to avoid or evade; inevitable
108. She _____ to the situation and caused unnecessary stress.
v. to react more strongly or excessively than is necessary or appropriate
109. A strong foundation of customer satisfaction _____ the business's success.
v. to provide support or a foundation for something, often by strengthening or reinforcing a structure or system
110. The teacher attempted to _____ the importance of hard work in her students.
v. to impart, introduce, or cause to be absorbed gradually
111. The series of terrorist attacks _____ the entire nation.
v. to shock or disgust greatly
112. They fear a _____ of a new type of virus.
n. an outbreak of a disease that affects many people over a very wide area
113. Her _____ experience in the war had left her with deep emotional scars.
adj. causing distress or suffering; extremely distressing
114. _____ is also necessary to understand history.
n. the ability to share another person's feelings or experiences by imagining that person's situation

ANSWERS: 106. craves, 107. unavoidable, 108. overreacted, 109. undergirds, 110. instill, 111. horrify, 112. pandemic, 113. harrowing, 114. Empathy

115. The hospital _____ provided emotional support and spiritual guidance to the patients and their families.
- n.* a member of the clergy or religious community who is employed to provide spiritual guidance, counseling, or support to a particular group, such as a hospital or military unit; a person who performs religious ceremonies or rites, particularly within a non-denominational or multi-faith setting
116. The _____ on the scroll was intricate and beautiful.
- n.* the art of writing letters, especially an elegant or decorative one
117. The emission of hazardous substances has _____ effects on the ecology of a region.
- adj.* extremely bad, harmful, or unsuccessful
118. The loss of industry turned working-class neighborhoods into _____.
- n.* an imaginary place where everything is extremely bad because of deprivation or oppression or terror, or a work of fiction describing those place
119. They had experienced the _____ of losing two children due to premature births.
- n.* a feeling of great sadness or disappointment
120. The scientific experiment required the use of a high-temperature _____.
- n.* a vessel made of ceramic, metal, or other materials used for melting or fusing substances at high temperatures; a difficult or trying experience that tests one's character or resilience
121. My left arm became _____.
- adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 115. chaplain, 116. calligraphy, 117. disastrous, 118. dystopias, 119. heartbreak, 120. crucible, 121. numb

122. The government was criticized for having a _____ regime.
adj. of or relating to a system of government in which a single political party has complete control and power
123. He was famous for his _____ advice to younger entrepreneurs.
n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
124. 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
125. His _____ performance at the concert was mind-blowing.
n. a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
126. He was filled with _____ and fear for the threat of war.
n. a strong feeling of dislike or disapproval
127. The _____ nervous system helps to regulate the body's involuntary functions, such as digestion and relaxation.
adj. relating to the part of the autonomic nervous system that counteracts the effects of the sympathetic nervous system, slowing the heart rate, increasing digestive and glandular activity, and relaxing the sphincter muscles
128. A stagnant water area are breeding ground for _____.
n. a small flying insect whose female bites people and animals and sucks their blood, and sometimes transmits serious diseases such as malaria

ANSWERS: 122. totalitarian, 123. sage, 124. displace, 125. beatbox, 126. disgust, 127. parasympathetic, 128. mosquitos

129. The general was still reluctant to _____ his troops in pursuit of an enemy.
v. to suddenly release a strong force, emotion, etc. that cannot be controlled
130. The baby's _____ helped to soothe her when she was upset.
n. an object, often a rubber or silicone nipple, designed to be sucked on by a baby to soothe or calm them; a person or thing that helps to calm or soothe others or to prevent conflict
131. The doctor ordered tests to check the patient's _____ function.
adj. relating to two glands situated above the kidneys, called the adrenal gland
132. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
133. Due to the outbreak, the government imposed a two-week _____ for all travelers.
n. a state of isolation imposed on people or animals to prevent the spread of disease
134. Children often _____ parents with this head cold.
v. to affect a person, an animal, or a plant with a disease-causing organism
135. He tried to _____ the memories from his brain.
v. to pull something or someone forcefully with a sudden movement

ANSWERS: 129. unleash, 130. pacifier, 131. adrenal, 132. terrifying, 133. quarantine, 134. infect, 135. yank