

# Englist.me



## Vocabulary Builder Reference from...

*Guy Winch: How to turn off work thoughts during your free time | TED Talk*

[https://www.ted.com/talks/guy\\_winch\\_how\\_to\\_turn\\_of\\_f\\_work\\_thoughts\\_during\\_your\\_free\\_time](https://www.ted.com/talks/guy_winch_how_to_turn_of_f_work_thoughts_during_your_free_time)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### shudder

v. to tremble uncontrollably or convulsively, often due to fear, cold, or intense emotion; to recoil or react strongly to something unpleasant, disturbing, or shocking

*synonym*: tremble, shake, quiver

(1) **shudder** at the thought, (2) **shudder** with fear

I couldn't help but **shudder** when I heard the scary noise from the dark alleyway.

### poke

v. to push or prod with a sharp object or the finger

*synonym*: prod, jab, push

(1) **poke** around the desk, (2) **poke** a fire

They **poked** fun at each other's jokes, laughing and teasing.

### afterward

*adv.* after the time mentioned

*synonym*: later, thereafter, following

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

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

### deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

*synonym*: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

## confuse

v. to mistake one thing for another; to make somebody hard to understand

*synonym*: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality  
Her remarks **confused** the debate.

## ruminate

v. to think deeply about something; to ponder

*synonym*: ponder, meditate, contemplate

(1) **ruminate** about the past, (2) **ruminate** over a problem  
After a long work day, she likes to **ruminate** on her accomplishments and plan for the next day.

## commute

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

*synonym*: travel, journey, trip

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

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

## rejuvenate

v. to make someone or something look or feel younger, fresher, or more lively

*synonym*: revitalize, renew, refresh

(1) **rejuvenate** a downtown area, (2) **rejuvenate** energy

The spa treatment promised to **rejuvenate** her skin and leave her feeling refreshed.

## destress

v. to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress

*synonym*: relax, unwind, decompress

(1) **destress** after a long day at work, (2) **destress** and improve mood

I always make sure to prioritize self-care to **destress** and recharge my batteries.

## obstruction

*n.* something that blocks the path or progress of something else; an obstacle or barrier that impedes movement, action, or progress

*synonym*: barrier, obstacle, hindrance

(1) airway **obstruction**, (2) **obstruction** of justice

The tree branch in the middle of the walking path created an **obstruction** for pedestrians.

## chew

*v.* to crush or grind something, especially food, with the teeth and then swallow it

*synonym*: masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

## digestion

*n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

*synonym*: absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

## regurgitate

*v.* to bring back partially digested food from the stomach to the mouth; to repeat or recite something without understanding or adding anything new or original

*synonym*: repeat, echo, restate

(1) **regurgitate** food, (2) **regurgitate** information

The biology student had to **regurgitate** all the material she had learned for the final exam.

## 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.

## unproductive

*adj.* not producing or able to produce very much or desired results

*synonym* : fruitless, ineffective, idle

(1) in an **unproductive** manner, (2) **unproductive** industries

The negotiations between labor and management were **unproductive**.

## obsess

*v.* to fill the mind of someone continually so that one can't think of anything else

*synonym* : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

## stew

*n.* a dish consisting of meat and vegetables simmered in liquid typically served hot as a main course or soup; a state of mental or emotional agitation or confusion

*synonym* : casserole, hotpot

(1) **stew** meat, (2) vegetable **stew**

I made a delicious beef **stew** for dinner tonight.

## alarming

*adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

*synonym* : forbidding, concerning, disturbing

(1) **alarming** news, (2) **alarming** statistics

The sudden rise in crime rates in our neighborhood is quite **alarming**.

## disrupt

*v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

*synonym* : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

## recharge

v. to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

*synonym* : renew, refresh, replenish

(1) **recharge** brain and body, (2) **recharge** energy

He needed to **recharge** his phone before the meeting.

## unhealthy

*adj.* not conducive to good health; detrimental to physical or mental well-being

*synonym* : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

## impair

v. to damage something or make it weaker or worse

*synonym* : degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

## preoccupied

*adj.* having one's thoughts or attention absorbed by something; busy

*synonym* : absorbed, engrossed, occupied

(1) **preoccupied** idea, (2) **preoccupied** with other things

He was **preoccupied** with work and didn't notice me.

## well-being

*n.* the state of being happy and healthy and prosperous

*synonym* : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

## elicit

v. to obtain information or a reaction from someone, usually with difficulty

*synonym* : bring out, obtain, evoke

(1) **elicit** a confession, (2) **elicit** a solution

Have you **elicited** a response from them yet?

## brainstorming

*n.* a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas

(1) **brainstorming** session, (2) do a **brainstorming** about a new product

Many companies employ **brainstorming** as a good way of generating innovative ideas.

## excite

*v.* to make someone feel suddenly enthusiastic or eager  
*synonym*: thrill, exhilarate, animate

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

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

## involuntary

*adj.* acting or done without or against one's will

*synonym*: coerced, forced, automatic

(1) **involuntary** manslaughter, (2) **involuntary** muscles

The drug's side effects can include **involuntary** loss of urine.

## intrude

*v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

*synonym*: impose, obtrude, interlope

(1) **intrude** on his personal space, (2) **intrude** on other people's conversations

The loud music from the party next door **intruded** into my peaceful evening at home.

## 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.

## coincident

*adj.* happening or operating in the same place or at the same time

*synonym*: concurrent, accompanying, coextensive

(1) **coincident** indicators, (2) a series of **coincident** events

**Coincident** with the negotiation, the bank was permitted to open a Beijing branch.

## downtime

*n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work

*synonym*: interruption, break, outage

(1) unexpected **downtime**, (2) system **downtime**

The factory had to schedule **downtime** for maintenance work, causing a temporary shutdown in production

## guardrail

*n.* a sturdy metal or wooden railing or barrier placed beside a road, bridge, or other dangerous areas to prevent vehicles or people from going over the edge; a protective barrier or railing used to prevent falls or accidents

*synonym*: barrier, railing, fence

(1) **guardrail** installation, (2) damaged **guardrail**

The **guardrail** along the highway prevents vehicles from going off the road's edge.

## smartphone

*n.* a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict  
Internet traffic volumes have increased significantly with the advent of **smartphones**.

## 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.

## empower

*v.* to give someone the power or authority to do something

*synonym*: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

## **drool**

*v.* to allow saliva to drip or flow out of the mouth involuntarily, usually as a result of excitement, anticipation, or illness; to express excessive admiration or desire for something

*synonym*: slobber, dribble, slaver

(1) **drool** over a dessert, (2) **drool** on a pillow

The baby began to **drool** while teething.

## **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.



## Session 2: Spelling

- |   |      |   |
|---|------|---|
| 1. in___e other tissues                 | v.   | to enter aggressively into another's territory by military force for conquest and occupation  |
| 2. de____e glycogen stores              | v.   | to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials  |
| 3. show di____t at his actions          | n.   | a strong feeling of dislike or disapproval  |
| 4. go there af____rd                    | adv. | after the time mentioned  |
| 5. em____r the secretary to do the same | v.   | to give someone the power or authority to do something  |
| 6. co____e fantasy with reality         | v.   | to mistake one thing for another; to make somebody hard to understand   |
| 7. in an unp____ive manner              | adj. | not producing or able to produce very much or desired results   |
| 8. poor di____on                        | n.   | the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas |
| 9. bra____ing session                   | n.   | a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas   |

ANSWERS: 1. invade, 2. deplete, 3. disgust, 4. afterward, 5. empower, 6. confuse, 7. unproductive, 8. digestion, 9. brainstorming

- |  |      |  |
|--|------|--|
| 10. im___r insulin sensitivity           | v.   | to damage something or make it weaker or worse   |
| 11. el___t a confession                  | v.   | to obtain information or a reaction from someone, usually with difficulty  |
| 12. unp_____ive industries               | adj. | not producing or able to produce very much or desired results  |
| 13. coi_____nt indicators                | adj. | happening or operating in the same place or at the same time   |
| 14. do a bra_____ing about a new product | n.   | a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas            |
| 15. de_____ss after a long day at work   | v.   | to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress  |
| 16. sa__y of wit                         | n.   | a sudden, impulsive outing or excursion; a witty or clever remark  |
| 17. sh_____r with fear                   | v.   | to tremble uncontrollably or convulsively, often due to fear, cold, or intense emotion; to recoil or react strongly to something unpleasant, disturbing, or shocking |
| 18. de_____e customer confidence         | v.   | to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials   |
| 19. a series of coi_____nt events        | adj. | happening or operating in the same place or at the same time   |
| 20. em_____r my life                     | v.   | to give someone the power or authority to do something   |

ANSWERS: 10. impair, 11. elicit, 12. unproductive, 13. coincident, 14. brainstorming, 15. destress, 16. sally, 17. shudder, 18. deplete, 19. coincident, 20. empower

21. reg\_\_\_\_\_te information      *v.* to bring back partially digested food from the stomach to the mouth; to repeat or recite something without understanding or adding anything new or original
22. rej\_\_\_\_\_te energy      *v.* to make someone or something look or feel younger, fresher, or more lively
23. p\_\_e around the desk      *v.* to push or prod with a sharp object or the finger
24. public di\_\_\_\_\_t      *n.* a strong feeling of dislike or disapproval
25. impaired di\_\_\_\_\_on      *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
26. ex\_\_\_e the crowd      *v.* to make someone feel suddenly enthusiastic or eager
27. obs\_\_\_\_\_on of justice      *n.* something that blocks the path or progress of something else; an obstacle or barrier that impedes movement, action, or progress
28. damaged gu\_\_\_\_\_il      *n.* a sturdy metal or wooden railing or barrier placed beside a road, bridge, or other dangerous areas to prevent vehicles or people from going over the edge; a protective barrier or railing used to prevent falls or accidents

ANSWERS: 21. regurgitate, 22. rejuvenate, 23. poke, 24. disgust, 25. digestion, 26. excite, 27. obstruction, 28. guardrail

29. al\_\_\_\_ng news *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
30. vegetable s\_\_w *n.* a dish consisting of meat and vegetables simmered in liquid typically served hot as a main course or soup; a state of mental or emotional agitation or confusion
31. c\_\_w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
32. co\_\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
33. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
34. sma\_\_\_\_\_ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
35. in\_\_\_e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
36. ru\_\_\_\_\_te over a problem *v.* to think deeply about something; to ponder
37. in\_\_\_\_\_e on other people's conversations *v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
38. di\_\_\_\_\_t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 29. alarming, 30. stew, 31. chew, 32. confuse, 33. well-being, 34. smartphone, 35. invade, 36. ruminate, 37. intrude, 38. disrupt

39. inv\_\_\_\_\_ry manslaughter *adj.* acting or done without or against one's will
40. p\_\_e a fire *v.* to push or prod with a sharp object or the finger
41. ex\_\_\_e rebellion *v.* to make someone feel suddenly enthusiastic or eager
42. sa\_\_y port *n.* a sudden, impulsive outing or excursion; a witty or clever remark
43. gu\_\_\_\_\_il installation *n.* a sturdy metal or wooden railing or barrier placed beside a road, bridge, or other dangerous areas to prevent vehicles or people from going over the edge; a protective barrier or railing used to prevent falls or accidents
44. di\_\_\_\_\_t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
45. re\_\_\_\_\_ge brain and body *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
46. c\_\_w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
47. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
48. pre\_\_\_\_\_ed idea *adj.* having one's thoughts or attention absorbed by something; busy
49. ru\_\_\_\_\_te about the past *v.* to think deeply about something; to ponder

ANSWERS: 39. involuntary, 40. poke, 41. excite, 42. sally, 43. guardrail, 44. disrupt, 45. recharge, 46. chew, 47. well-being, 48. preoccupied, 49. ruminate

50. al\_\_\_\_\_ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
51. in\_\_\_\_\_e on his personal space *v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
52. un\_\_\_\_\_hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
53. airway obs\_\_\_\_\_on *n.* something that blocks the path or progress of something else; an obstacle or barrier that impedes movement, action, or progress
54. co\_\_\_\_\_e to work *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
55. el\_\_\_\_t a solution *v.* to obtain information or a reaction from someone, usually with difficulty
56. pre\_\_\_\_\_ed with other things *adj.* having one's thoughts or attention absorbed by something; busy
57. un\_\_\_\_\_hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
58. he is ob\_\_\_\_sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
59. sma\_\_\_\_\_ne addict *n.* a mobile phone that functions as a computer and connects to the Internet

ANSWERS: 50. alarming, 51. intrude, 52. unhealthy, 53. obstruction, 54. commute, 55. elicit, 56. preoccupied, 57. unhealthy, 58. obsess, 59. smartphone

60. dr\_\_l over a dessert      *v.* to allow saliva to drip or flow out of the mouth involuntarily, usually as a result of excitement, anticipation, or illness; to express excessive admiration or desire for something
61. ob\_\_\_s over her weight      *v.* to fill the mind of someone continually so that one can't think of anything else
62. a few years af\_\_\_\_\_rd      *adv.* after the time mentioned
63. system do\_\_\_\_\_me      *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
64. unexpected do\_\_\_\_\_me      *n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
65. im\_\_\_r my health      *v.* to damage something or make it weaker or worse
66. re\_\_\_\_\_ge energy      *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
67. daily co\_\_\_\_\_e      *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
68. ho\_\_\_\_\_y audience      *v.* to shock or disgust greatly
69. s\_\_w meat      *n.* a dish consisting of meat and vegetables simmered in liquid typically served hot as a main course or soup; a state of mental or emotional agitation or confusion

ANSWERS: 60. drool, 61. obsess, 62. afterward, 63. downtime, 64. downtime, 65. impair, 66. recharge, 67. commute, 68. horrify, 69. stew

70. ho\_\_\_\_y victims                    *v.*    to shock or disgust greatly
71. dr\_\_l on a pillow                    *v.*    to allow saliva to drip or flow out of the mouth involuntarily, usually as a result of excitement, anticipation, or illness; to express excessive admiration or desire for something
72. inv\_\_\_\_ry muscles                    *adj.* acting or done without or against one's will
73. sh\_\_\_\_r at the thought                    *v.*    to tremble uncontrollably or convulsively, often due to fear, cold, or intense emotion; to recoil or react strongly to something unpleasant, disturbing, or shocking
74. rej\_\_\_\_te a downtown area                    *v.*    to make someone or something look or feel younger, fresher, or more lively
75. de\_\_\_\_ss and improve mood                    *v.*    to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress
76. reg\_\_\_\_te food                    *v.*    to bring back partially digested food from the stomach to the mouth; to repeat or recite something without understanding or adding anything new or original

ANSWERS: 70. horrify, 71. drool, 72. involuntary, 73. shudder, 74. rejuvenate, 75. destress, 76. regurgitate



## Session 3: Fill in the Blanks

1. The protesters made a sudden \_\_\_\_\_ into the town square, surprising everyone.  
*n.* a sudden, impulsive outing or excursion; a witty or clever remark
  
2. The accident made his vision \_\_\_\_\_.  
*v.* to damage something or make it weaker or worse
  
3. The spa treatment promised to \_\_\_\_\_ her skin and leave her feeling refreshed.  
*v.* to make someone or something look or feel younger, fresher, or more lively
  
4. He had to \_\_\_\_\_ two hours each way to get to work.  
*v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
  
5. The loud music from the party next door \_\_\_\_\_ into my peaceful evening at home.  
*v.* to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
  
6. He's utterly \_\_\_\_\_ with his promotion.  
*v.* to fill the mind of someone continually so that one can't think of anything else
  
7. I'm so sorry to \_\_\_\_\_ you when you're pretty busy.  
*v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 1. sally, 2. impaired, 3. rejuvenate, 4. commute, 5. intruded, 6. obsessed, 7. disrupt

8. The series of terrorist attacks \_\_\_\_\_ the entire nation.  
*v.* to shock or disgust greatly
9. The sudden rise in crime rates in our neighborhood is quite \_\_\_\_\_.  
*adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
10. The news of her promotion \_\_\_\_\_ her.  
*v.* to make someone feel suddenly enthusiastic or eager
11. He needed to \_\_\_\_\_ his phone before the meeting.  
*v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
12. He was filled with \_\_\_\_\_ and fear for the threat of war.  
*n.* a strong feeling of dislike or disapproval
13. The factory had to schedule \_\_\_\_\_ for maintenance work, causing a temporary shutdown in production  
*n.* a period of time when a person or system is not active or operating, often due to technical issues or maintenance work
14. Have you \_\_\_\_\_ a response from them yet?  
*v.* to obtain information or a reaction from someone, usually with difficulty
15. He was \_\_\_\_\_ with work and didn't notice me.  
*adj.* having one's thoughts or attention absorbed by something; busy
16. If we continue to \_\_\_\_\_ the Earth's natural resources, we will cause severe damage to the environment.  
*v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

ANSWERS: 8. horrify, 9. alarming, 10. excited, 11. recharge, 12. disgust, 13. downtime, 14. elicited, 15. preoccupied, 16. deplete

17. Her remarks \_\_\_\_\_ the debate.

*v.* to mistake one thing for another; to make somebody hard to understand

18. My dog loves to \_\_\_\_\_ on bones.

*v.* to crush or grind something, especially food, with the teeth and then swallow it

19. They \_\_\_\_\_ fun at each other's jokes, laughing and teasing.

*v.* to push or prod with a sharp object or the finger

20. Overeating can lead to discomfort and slower \_\_\_\_\_.

*n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

21. After a long work day, she likes to \_\_\_\_\_ on her accomplishments and plan for the next day.

*v.* to think deeply about something; to ponder

22. We are responsible for the care and \_\_\_\_\_ of all our employees.

*n.* the state of being happy and healthy and prosperous

23. The company \_\_\_\_\_ employees to buy low-price items without approval to achieve efficient purchasing.

*v.* to give someone the power or authority to do something

24. Many companies employ \_\_\_\_\_ as a good way of generating innovative ideas.

*n.* a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas

ANSWERS: 17. confused, 18. chew, 19. poked, 20. digestion, 21. ruminate, 22. well-being, 23. empowered, 24. brainstorming

25. The drug's side effects can include \_\_\_\_\_ loss of urine.  
*adj.* acting or done without or against one's will
26. The tree branch in the middle of the walking path created an \_\_\_\_\_ for pedestrians.  
*n.* something that blocks the path or progress of something else; an obstacle or barrier that impedes movement, action, or progress
27. Internet traffic volumes have increased significantly with the advent of \_\_\_\_\_.  
*n.* a mobile phone that functions as a computer and connects to the Internet
28. \_\_\_\_\_ with the negotiation, the bank was permitted to open a Beijing branch.  
*adj.* happening or operating in the same place or at the same time
29. The negotiations between labor and management were \_\_\_\_\_.  
*adj.* not producing or able to produce very much or desired results
30. I couldn't help but \_\_\_\_\_ when I heard the scary noise from the dark alleyway.  
*v.* to tremble uncontrollably or convulsively, often due to fear, cold, or intense emotion; to recoil or react strongly to something unpleasant, disturbing, or shocking
31. Sitting for long hours in front of the computer is considered \_\_\_\_\_.  
*adj.* not conducive to good health; detrimental to physical or mental well-being
32. The \_\_\_\_\_ along the highway prevents vehicles from going off the road's edge.  
*n.* a sturdy metal or wooden railing or barrier placed beside a road, bridge, or other dangerous areas to prevent vehicles or people from going over the edge; a protective barrier or railing used to prevent falls or accidents

ANSWERS: 25. involuntary, 26. obstruction, 27. smartphones, 28. Coincident, 29. unproductive, 30. shudder, 31. unhealthy, 32. guardrail

33. I have no intention to \_\_\_\_\_ your privacy.

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

34. The biology student had to \_\_\_\_\_ all the material she had learned for the final exam.

- v.* to bring back partially digested food from the stomach to the mouth; to repeat or recite something without understanding or adding anything new or original

35. I always make sure to prioritize self-care to \_\_\_\_\_ and recharge my batteries.

- v.* to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress

36. I made a delicious beef \_\_\_\_\_ for dinner tonight.

- n.* a dish consisting of meat and vegetables simmered in liquid typically served hot as a main course or soup; a state of mental or emotional agitation or confusion

37. We will explain the countermeasure concerning this problem \_\_\_\_\_.

- adv.* after the time mentioned

38. The baby began to \_\_\_\_\_ while teething.

- v.* to allow saliva to drip or flow out of the mouth involuntarily, usually as a result of excitement, anticipation, or illness; to express excessive admiration or desire for something

ANSWERS: 33. invade, 34. regurgitate, 35. destress, 36. stew, 37. afterward, 38. drool