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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

All Words

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Session 1: Word List

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym: seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

license

n. an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service

synonym: permit, authorization, certificate

(1) **license** renewal, (2) software **license**

Before driving, ensure you have a valid driver's **license**.

risky

adj. involving the possibility of danger, failure, or loss

synonym: dangerous, perilous, scary

(1) change **risky** behavior, (2) a **risky** enterprise

It is extremely **risky** to sail in such a storm.

clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

synonym : hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

elevator

n. a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors

synonym : lift, hoist

(1) **elevator** ride, (2) modern **elevator**

The hotel's **elevator** was out of order, so we had to take the stairs to our room on the fifth floor.

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.

stall

v. to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area

synonym : halt, hamper, (noun) cubicle

(1) **stall** at sea, (2) **stall** in a tunnel

The negotiations proceeded slowly and finally **stalled**.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym : crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

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.

bang

v. to hit or cause to hit something in a way that makes a loud noise

synonym : crash, hit, smash

(1) **bang** his fist on a desk, (2) **bang** a phone down

My father tried to **bang** mathematics into my head since childhood.

nightmare

n. a very frightening or unpleasant dream

synonym : agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation

Life as a waiter was a big **nightmare** for him.

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**.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym : quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

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.

profession

n. an occupation or vocation requiring advanced education or specialized training

synonym: occupation, vocation, trade

(1) **profession** choice, (2) healthcare **profession**

Being a doctor is considered a highly respected **profession**.

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.

flood

n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount

synonym: deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

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.

recover

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

synonym: come back, convalesce, heal

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

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

spare

adj. additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone

synonym: extra, excess, (verb) afford

(1) **spare** parts, (2) **spare** cost

I made plans to spend my **spare** time beneficially.

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.

regard

v. to think about or consider somebody or something in a specified way

synonym: consider, see, reckon

(1) **regard** him as an enemy, (2) **regard** the situation as unfortunate

Frugality and industry are still **regarded** as virtues.

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.

refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

synonym: cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

cow

n. a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat

synonym: bovine, cattle, kine

(1) **cow** herd, (2) dairy **cow**

The farmer milked the **cows** every morning before breakfast.

digest

v. to transform food into absorbable substances; break down

synonym: absorb, condense

(1) **digest** information, (2) help **digest** food

Most babies can readily **digest** a wide variety of foods.

unfamiliar

adj. not known or recognized; not experienced or encountered before

synonym: unknown, strange, foreign

(1) the **unfamiliar** surroundings, (2) around **unfamiliar**

people

She was **unfamiliar** with the city and got lost while trying to find her way back to the hotel.

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**.

swallow

v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

synonym : consume, gulp, inhale

(1) **swallow** a handful of pills, (2) a **swallow** tail

I **swallowed** my anger and kept quiet.

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.

upset

adj. causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

synonym

: disturbed, bothered, resentful

(1) get **upset**, (2) have an **upset** stomach

He was awfully **upset** by the news.

distress

n. a feeling of great worry, sadness, pain, or discomfort

synonym: discomfort, despair, misery

(1) a signal of **distress**, (2) emotional **distress**

She has been in great **distress** since she was heartbroken.

entirely

adv. completely

synonym: completely, fully, totally

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

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

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.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

anxious

adj. worried and nervous

synonym: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

decision

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

synonym: choice, determination, judgment

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

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

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**.

replay

v. play something, such as a recording, a piece of music, or a game again

synonym: repeat, play again, go over again

(1) **replay** the game, (2) **replay** in my mind

He pushed the button and **replayed** the video again.

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.

disturbance

n. something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried

synonym: disorder, upset, annoyance

(1) a nervous **disturbance**, (2) a **disturbance** caused by a terrorist

This building construction causes serious **disturbance** to residents.

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**.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym: mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

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**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

toll

n. money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

synonym : fee, cost, expense

(1) a **toll** road, (2) **toll** a bell at his death

There is no **toll** car park nearby.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

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.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

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.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

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?

decide

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

synonym : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

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.

resist

v. to refuse to accept something and attempt to prevent it from happening

synonym: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed

I chose to **resist** cancer by trying every possible treatment.

urgent

adj. requiring immediate attention or action; pressing

synonym: pressing, critical, immediate

(1) an **urgent** telegram, (2) **urgent** situation

It is **urgent** that we leave for the airport now to catch our flight.

compelling

adj. arousing strong and irresistible interest, attention, or admiration

synonym: tempting, captivating, influential

(1) tell a **compelling** story, (2) new and **compelling** evidence

His **compelling** presentation deeply moved everyone.

journal

n. a newspaper or magazine specialized in a specific topic or profession

synonym: periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

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.

asleep

adj. in a state of sleep

synonym : sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

invite

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

synonym : ask, request, summon

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

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

talent

n. a natural ability to be good at something; someone who has a natural ability to be good at something

synonym : endowment, aptitude, capability

(1) a person of diverse **talents**, (2) raw **talent**

Numerous great professional sports **talents** have come from this city.

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

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym: demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

diligence

n. careful and persistent effort or work; conscientiousness in performing one's duties or responsibilities

synonym: assiduity, industry, perseverance

(1) **diligence** in work, (2) **diligence** in time management

The doctor's **diligence** in monitoring patients' progress contributed to their speedy recovery.

consistency

n. the quality of acting or being done in the same way over time; the quality of not containing any logical contradictions

synonym: thickness, firmness, regularity

(1) lack **consistency**, (2) **consistency** of results

There's no **consistency** in his arguments.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

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.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

strict

adj. strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

synonym: rigorous, inflexible, relentless

(1) **strict** compliance regime, (2) in **strict** secrecy

Too **strict** a regulation for the private sector will stifle innovation.

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.

slaughter

n. the killing of a large number of animals or people brutally and indiscriminately; a violent and bloody event that results in the death of many individuals

synonym : thrashing, massacre, carnage

(1) **slaughter** of animals, (2) senseless **slaughter**

The **slaughter** of endangered animals must be stopped.

interfere

v. to get involved in and prevent a process or activity from continuing

synonym : interpose, interrupt, hamper

(1) **interfere** in another country's affairs, (2) **interfere** with DNA synthesis

Your talking **interferes** with my work.

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.

dramatically

adv. in a very impressive manner

synonym : greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell **dramatically**

Life expectancy has grown **dramatically** this century.

boundary

n. a real or imaginary line that marks the limit or extent of something and separates it from other things or places

synonym : border, frontier, limitation

(1) geographical **boundary**, (2) the **boundary** between reality and fantasy

He wandered the **boundary** between life and death by gunfire.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

couch

n. a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

synonym: sofa, settee, divan

(1) leather **couch**, (2) a **couch** potato

I love to relax on the **couch** and watch movies on the weekends.

associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

atmosphere

n. the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work

synonym: air, ambiance, circumstances

(1) carbon dioxide in the **atmosphere**, (2) a convivial

atmosphere

The spaceship began to burn up as it approached the Earth's **atmosphere**.

ritual

n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies

synonym: tradition, ceremony, routine

(1) a **ritual** dance, (2) morning **ritual**

The woman of the house does the holy **ritual** of lighting two candles.

convince

v. to persuade someone or make someone believe that something is true

synonym: persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent

I am considering what I should do to **convince** him.

random

adj. made, done, or happening without method, conscious decision, or any regular pattern

synonym: incidental, arbitrary, unanticipated

(1) a **random** choice, (2) bombs fell at **random**

To find drunk drivers, police conduct **random** tests.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

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.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

sight

n. the ability to see; anything that is seen

synonym: vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

convert

v. to have a talk with someone; (adjective) reversed in order, relation, or action

synonym: alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16

I want to **convert** my sadness into strength.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

synonym: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

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.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

lifetime

n. the duration of someone's life or something's existence;

synonym : lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

midnight

n. the middle point of the night, usually defined as 12:00 AM or the start of a new day

synonym : middle of the night, witching hour

(1) **midnight** snack, (2) **midnight** shift

I stayed up until **midnight** watching my favorite movie.

indicate

v. to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly

synonym : hint, suggest, show

(1) **indicate** a preference, (2) **indicate** an error

The data **indicates** that the company's profits have steadily increased over the past quarter.

deny

v. to state that one refuses to admit the existence or truth of something

synonym : refute, reject, repudiate

(1) adamantly **deny** killing, (2) **deny** the allegations

He is still **denying** stealing the money from the cash register.

precious

adj. uncommon and extremely valuable

synonym : adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

useless

adj. not serving any useful purpose; having no practical result

synonym : ineffectual, unhelpful, worthless

(1) **useless** information, (2) **useless** in the kitchen

The old, rusty tools were now **useless** and had to be thrown away.

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

pose

v. to present a risk, problem, or other issues that must be addressed

synonym : present, put, position

(1) **pose** a significant threat to my company, (2) **pose** a challenge

The chemicals **pose** a massive health risk.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym : agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

transition

n. the process or period of changing from one state or circumstance to another

synonym : change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

enhance

v. to increase or improve the quality, amount, or strength of someone or something

synonym : improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla
The new strategy will **enhance** the profitability of our company.

satisfaction

n. a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something

synonym: delight, pleasure, content

(1) a sense of **satisfaction**, (2) customer **satisfaction**
The mediated settlement brought **satisfaction** to both sides.

balance

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

synonym: equilibrium, counterpoise, remainder

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

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

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score
We want to **improve** ties between our two countries.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true
This accident was something that happened **necessarily**.

Session 2: Spelling

1. fire st__k
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
2. a series of coi_____nt events
adj. happening or operating in the same place or at the same time
3. a person of diverse ta____ts
n. a natural ability to be good at something; someone who has a natural ability to be good at something
4. sma_____ne app developer
n. a mobile phone that functions as a computer and connects to the Internet
5. leather co__h
n. a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
6. in an ugly m__d
n. the way you feel at a particular time; an angry or impatient state of mind
7. p__e around the desk
v. to push or prod with a sharp object or the finger
8. co_____ce an opponent
v. to persuade someone or make someone believe that something is true
9. dead as___p
adj. in a state of sleep
10. the m__d in a room
n. the way you feel at a particular time; an angry or impatient state of mind
11. pro_____on choice
n. an occupation or vocation requiring advanced education or specialized training

ANSWERS: 1. stick, 2. coincident, 3. talent, 4. smartphone, 5. couch, 6. mood, 7. poke, 8. convince, 9. asleep, 10. mood, 11. profession

12. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
13. sp__e cost *adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone
14. 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
15. di_____ce in time management *n.* careful and persistent effort or work; conscientiousness in performing one's duties or responsibilities
16. em_____r my life *v.* to give someone the power or authority to do something
17. pa_____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
18. a dis_____ce caused by a terrorist *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
19. 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
20. 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

ANSWERS: 12. disease, 13. spare, 14. brainstorming, 15. diligence, 16. empower, 17. patient, 18. disturbance, 19. brainstorming, 20. intrude

21. asset on the company's ba____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
22. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
23. in____te a preference *v.* to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly
24. the wel____ng of a nation *n.* the state of being happy and healthy and prosperous
25. carbon dioxide in the atm____re *n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
26. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
27. not nec____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
28. el__t a solution *v.* to obtain information or a reaction from someone, usually with difficulty
29. morning ri__l *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
30. public di____t *n.* a strong feeling of dislike or disapproval
31. pre____ed with other things *adj.* having one's thoughts or attention absorbed by something; busy

ANSWERS: 21. balance, 22. disease, 23. indicate, 24. well-being, 25. atmosphere, 26. refer, 27. necessarily, 28. elicit, 29. ritual, 30. disgust, 31. preoccupied

32. ru____te over a problem *v.* to think deeply about something; to ponder
33. modern el____or *n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
34. 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
35. re____r approval ratings *v.* to return to a former condition, health, mind, or strength
36. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
37. de____e a word *v.* to state or explain precisely the nature, scope, or meaning of something
38. a fl__d of questions *n.* a large amount of water flowing beyond its normal limits; an overwhelming number or amount
39. sp__e parts *adj.* additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone
40. sw____w a handful of pills *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

ANSWERS: 32. ruminates, 33. elevator, 34. shudders, 35. recovers, 36. eventually, 37. defines, 38. floods, 39. spares, 40. swallows

- | | |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 41. around unf_____ar people | <i>adj.</i> not known or recognized; not experienced or encountered before |
| 42. he confessed dra_____lly | <i>adv.</i> in a very impressive manner |
| 43. re_____on of inclusion | <i>n.</i> the way two persons or groups of people feel and act toward one another |
| 44. in_____e other tissues | <i>v.</i> to enter aggressively into another's territory by military force for conquest and occupation |
| 45. p___e a challenge | <i>v.</i> to present a risk, problem, or other issues that must be addressed |
| 46. tra_____on phase | <i>n.</i> the process or period of changing from one state or circumstance to another |
| 47. ob_____s over her weight | <i>v.</i> to fill the mind of someone continually so that one can't think of anything else |
| 48. p___e a fire | <i>v.</i> to push or prod with a sharp object or the finger |
| 49. a few years af_____rd | <i>adv.</i> after the time mentioned |
| 50. z___e defense | <i>n.</i> a specific area, region, or section that is marked off or defined in some way |
| 51. de_____ss after a long day at work | <i>v.</i> to alleviate or reduce stress, tension, or pressure; to relax or unwind from a state of anxiety or stress |
| 52. ensure a smooth tra_____on | <i>n.</i> the process or period of changing from one state or circumstance to another |
| 53. inv_____ry muscles | <i>adj.</i> acting or done without or against one's will |
| 54. rej_____te a downtown area | <i>v.</i> to make someone or something look or feel younger, fresher, or more lively |

ANSWERS: 41. unfamiliar, 42. dramatically, 43. relation, 44. invade, 45. pose, 46. transition, 47. obsess, 48. poke, 49. afterward, 50. zone, 51. distress, 52. transition, 53. involuntary, 54. rejuvenate

55. 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
56. im_____e a process *v.* to make or become better
57. a dental cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
58. 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
59. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
60. 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
61. an_____s about his health *adj.* worried and nervous
62. al_____ng news *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing
63. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
64. inv_____ry manslaughter *adj.* acting or done without or against one's will

ANSWERS: 55. disrupt, 56. improve, 57. clinic, 58. destress, 59. smartphone, 60. commute, 61. anxious, 62. alarming, 63. emergency, 64. involuntary

65. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
66. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
67. 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
68. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
69. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
70. de_____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
71. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
72. a sense of sat_____ion *n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
73. the bo_____ry between reality and fantasy *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places

ANSWERS: 65. impair, 66. sweat, 67. commute, 68. cardiovascular, 69. promote, 70. deplete, 71. association, 72. satisfaction, 73. boundary

74. 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
75. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
76. im_____e the test score *v.* to make or become better
77. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
78. go there af_____rd *adv.* after the time mentioned
79. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
80. 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
81. customer sat_____ion *n.* a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
82. re___d him as an enemy *v.* to think about or consider somebody or something in a specified way
83. a co__h potato *n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person
84. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand

ANSWERS: 74. stew, 75. eventually, 76. improve, 77. excite, 78. afterward, 79. calm, 80. downtime, 81. satisfaction, 82. regard, 83. couch, 84. confuse

85. major paradigm sh__t *n.* a slight transition in position, direction, or trend
86. 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
87. em_____al health *adj.* relating to people's feelings
88. 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
89. us_____s information *adj.* not serving any useful purpose; having no practical result
90. emotional di_____ss *n.* a feeling of great worry, sadness, pain, or discomfort
91. c_w herd *n.* a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
92. rej_____te energy *v.* to make someone or something look or feel younger, fresher, or more lively
93. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
94. help di____t food *v.* to transform food into absorbable substances; break down

ANSWERS: 85. shift, 86. drool, 87. emotional, 88. shudder, 89. useless, 90. distress, 91. cow, 92. rejuvenate, 93. schedule, 94. digest

95. pre_____ed idea *adj.* having one's thoughts or attention absorbed by something; busy
96. 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
97. re__r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
98. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
99. re___y in my mind *v.* play something, such as a recording, a piece of music, or a game again
100. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
101. co_____ce her to go with us *v.* to persuade someone or make someone believe that something is true
102. adamantly d__y killing *v.* to state that one refuses to admit the existence or truth of something
103. geographical bo_____ry *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
104. 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

ANSWERS: 95. preoccupied, 96. guardrail, 97. refer, 98. trigger, 99. replay, 100. upset, 101. convince, 102. deny, 103. boundary, 104. downtime

105. 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
106. a sw_____w tail v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
107. re__x a series of muscles v. to become or cause someone to become less active or tense and calmer
108. el___t a confession v. to obtain information or a reaction from someone, usually with difficulty
109. de_____e customer confidence v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
110. mi_____ht shift n. the middle point of the night, usually defined as 12:00 AM or the start of a new day
111. fl__d advisory n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount
112. da___e assessment v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 105. regurgitate, 106. swallow, 107. relax, 108. elicit, 109. deplete, 110. midnight, 111. flood, 112. damage

113. healthcare pro_____on *n.* an occupation or vocation requiring advanced education or specialized training
114. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
115. 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
116. im____r my health *v.* to damage something or make it weaker or worse
117. in_____re in another country's affairs *v.* to get involved in and prevent a process or activity from continuing
118. pu____e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
119. ho_____y victims *v.* to shock or disgust greatly
120. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
121. re____y the game *v.* play something, such as a recording, a piece of music, or a game again
122. an ur____t telegram *adj.* requiring immediate attention or action; pressing
123. coi_____nt indicators *adj.* happening or operating in the same place or at the same time

ANSWERS: 113. profession, 114. trigger, 115. stew, 116. impair, 117. interfere, 118. pursue, 119. horrify, 120. panic, 121. replay, 122. urgent, 123. coincident

124. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
125. ur___t situation *adj.* requiring immediate attention or action; pressing
126. con_____cy of results *n.* the quality of acting or being done in the same way over time; the quality of not containing any logical contradictions
127. a ra___m choice *adj.* made, done, or happening without method, conscious decision, or any regular pattern
128. dairy c_w *n.* a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
129. 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
130. senseless sl_____er *n.* the killing of a large number of animals or people brutally and indiscriminately; a violent and bloody event that results in the death of many individuals
131. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 124. decide, 125. urgent, 126. consistency, 127. random, 128. cow, 129. recharge, 130. slaughter, 131. function

132. co_____t base 10 to base 16 *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
133. psy_____gy experiment *n.* the scientific study of mind and behavior
134. sl_____er of animals *n.* the killing of a large number of animals or people brutally and indiscriminately; a violent and bloody event that results in the death of many individuals
135. a t___l road *n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly
136. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
137. pr_____us information *adj.* uncommon and extremely valuable
138. a ri___y enterprise *adj.* involving the possibility of danger, failure, or loss
139. st___t compliance regime *adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.
140. change ri___y behavior *adj.* involving the possibility of danger, failure, or loss
141. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
142. en_____e value *v.* to increase or improve the quality, amount, or strength of someone or something
143. in an unp_____ive manner *adj.* not producing or able to produce very much or desired results

ANSWERS: 132. convert, 133. psychology, 134. slaughter, 135. toll, 136. decide, 137. precious, 138. risky, 139. strict, 140. risky, 141. well-being, 142. enhance, 143. unproductive

144. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
145. a nervous dis_____ce *n.* something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
146. el_____or ride *n.* a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
147. 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
148. em_____r the secretary to do the same *v.* to give someone the power or authority to do something
149. ni_____re situation *n.* a very frightening or unpleasant dream
150. 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
151. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
152. al_____ng statistics *adj.* causing concern or apprehension; causing a feeling of danger, harm, or emergency; unsettling or disturbing

ANSWERS: 144. associate, 145. disturbance, 146. elevator, 147. obstruction, 148. empower, 149. nightmare, 150. digestion, 151. chew, 152. alarming

153. mi_____ht snack *n.* the middle point of the night, usually defined as 12:00 AM or the start of a new day
154. en_____e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
155. the cabin pressure fell dra_____lly *adv.* in a very impressive manner
156. unp_____ive industries *adj.* not producing or able to produce very much or desired results
157. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
158. bombs fell at ra___m *adj.* made, done, or happening without method, conscious decision, or any regular pattern
159. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
160. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
161. Doppler sh__t *n.* a slight transition in position, direction, or trend
162. an unexpected si__t *n.* the ability to see; anything that is seen
163. price of pr_____us metals *adj.* uncommon and extremely valuable
164. as__p at the wheel *adj.* in a state of sleep

ANSWERS: 153. midnight, 154. enhance, 155. dramatically, 156. unproductive, 157. cardiovascular, 158. random, 159. panic, 160. decision, 161. shift, 162. sight, 163. precious, 164. asleep

165. software li____e *n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service
166. in_____re with DNA synthesis *v.* to get involved in and prevent a process or activity from continuing
167. di_____ce in work *n.* careful and persistent effort or work; conscientiousness in performing one's duties or responsibilities
168. d__y the allegations *v.* to state that one refuses to admit the existence or truth of something
169. tell a com_____ng story *adj.* arousing strong and irresistible interest, attention, or admiration
170. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
171. re___t being kissed *v.* to refuse to accept something and attempt to prevent it from happening
172. re_____r a loss *v.* to return to a former condition, health, mind, or strength
173. jo_____l articles *n.* a newspaper or magazine specialized in a specific topic or profession
174. li_____e renewal *n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service

ANSWERS: 165. license, 166. interfere, 167. diligence, 168. deny, 169. compelling, 170. balance, 171. resist, 172. recover, 173. journal, 174. license

193. sa__y port *n.* a sudden, impulsive outing or excursion; a witty or clever remark
194. de____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
195. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
196. arrange my sc____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
197. ho____y audience *v.* to shock or disgust greatly
198. pr____e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
199. cr____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
200. former co____ue *n.* one of a group of a coworker, especially in a profession or a business
201. p__e a significant threat to my company *v.* to present a risk, problem, or other issues that must be addressed
202. have a ni____re *n.* a very frightening or unpleasant dream
203. 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: 193. sally, 194. destroy, 195. sweat, 196. schedule, 197. horrify, 198. promote, 199. creative, 200. colleague, 201. pose, 202. nightmare, 203. regurgitate

214. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
215. 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
216. em_____al distress *adj.* relating to people's feelings
217. 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
218. the unf_____ar surroundings *adj.* not known or recognized; not experienced or encountered before
219. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
220. re___t temptation *v.* to refuse to accept something and attempt to prevent it from happening
221. c__w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
222. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business
223. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

ANSWERS: 214. association, 215. drool, 216. emotional, 217. guardrail, 218. unfamiliar, 219. excite, 220. resist, 221. chew, 222. colleague, 223. invite

224. a ri___l dance *n.* any customary observance or practice; any prescribed procedure for conducting religious ceremonies
225. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
226. li_____me benefits *n.* the duration of someone's life or something's existence;
227. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
228. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
229. en_____ly satisfied with the meal *adv.* completely
230. b__g a phone down *v.* to hit or cause to hit something in a way that makes a loud noise
231. a convivial atm_____re *n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
232. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
233. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
234. show di_____t at his actions *n.* a strong feeling of dislike or disapproval

ANSWERS: 224. ritual, 225. patient, 226. lifetime, 227. necessarily, 228. decision, 229. entirely, 230. bang, 231. atmosphere, 232. upset, 233. define, 234. disgust

245. t__l a bell at his death *n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly
246. lack con_____cy *n.* the quality of acting or being done in the same way over time; the quality of not containing any logical contradictions
247. c__m sea *adj.* not excited, angry, or nervous; free from wind, large waves
248. me_____n in a report *v.* to speak or write about something or someone briefly
249. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
250. he was en_____ly to blame *adv.* completely
251. airway obs_____on *n.* something that blocks the path or progress of something else; an obstacle or barrier that impedes movement, action, or progress
252. b__g his fist on a desk *v.* to hit or cause to hit something in a way that makes a loud noise
253. new and com_____ng evidence *adj.* arousing strong and irresistible interest, attention, or admiration
254. an an_____s look *adj.* worried and nervous

ANSWERS: 245. toll, 246. consistency, 247. calm, 248. mention, 249. destroy, 250. entirely, 251. obstruction, 252. bang, 253. compelling, 254. anxious

Session 3: Fill in the Blanks

1. The old, rusty tools were now _____ and had to be thrown away.
adj. not serving any useful purpose; having no practical result
2. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
3. The hotel's _____ was out of order, so we had to take the stairs to our room on the fifth floor.
n. a mechanical device used for vertical transportation, typically in multi-story buildings, consisting of a compartmentalized platform that moves between floors
4. 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
5. The new strategy will _____ the profitability of our company.
v. to increase or improve the quality, amount, or strength of someone or something
6. She wiped the _____ off her forehead with a towel.
n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
7. I made plans to spend my _____ time beneficially.
adj. additional to what is necessary for ordinary use; (verb) to give time, money, space, etc. to someone

ANSWERS: 1. useless, 2. shift, 3. elevator, 4. recharge, 5. enhance, 6. sweat, 7. spare

8. I _____ my anger and kept quiet.
- v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
9. The chemicals _____ a massive health risk.
- v. to present a risk, problem, or other issues that must be addressed
10. She was struggling to make a _____ between two job offers.
- n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
11. My dog loves to _____ on bones.
- v. to crush or grind something, especially food, with the teeth and then swallow it
12. The accident made his vision _____.
- v. to damage something or make it weaker or worse
13. The mediated settlement brought _____ to both sides.
- n. a pleasant feeling you have when you have fulfilled a desire, need, or expectation or have achieved something
14. You _____ a bill in the change machine, and the coins pop out.
- v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
15. Later, his claim was found to be _____ false.
- adv. completely

ANSWERS: 8. swallowed, 9. pose, 10. decision, 11. chew, 12. impaired, 13. satisfaction, 14. stick, 15. entirely

16. It is _____ that we leave for the airport now to catch our flight.

adj. requiring immediate attention or action; pressing

17. They _____ fun at each other's jokes, laughing and teasing.

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

18. Many famous _____ are within walking distance.

n. the ability to see; anything that is seen

19. The majority of consumers _____ this brand with quality.

v. to mentally connect someone or something with someone or something else

20. Smoking places you at severe risk of _____ and respiratory disease.

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

21. His membership in the _____ provided him with numerous benefits.

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

22. Have you _____ a response from them yet?

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

23. This building construction causes serious _____ to residents.

n. something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried

24. Numerous great professional sports _____ have come from this city.

n. a natural ability to be good at something; someone who has a natural ability to be good at something

ANSWERS: 16. urgent, 17. poked, 18. sights, 19. associate, 20. cardiovascular, 21. association, 22. elicited, 23. disturbance, 24. talents

25. The nation's healthcare system is in _____ at the moment.
n. the process or period of changing from one state or circumstance to another
26. He wandered the _____ between life and death by gunfire.
n. a real or imaginary line that marks the limit or extent of something and separates it from other things or places
27. The protesters made a sudden _____ into the town square, surprising everyone.
n. a sudden, impulsive outing or excursion; a witty or clever remark
28. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
29. He was filled with _____ and fear for the threat of war.
n. a strong feeling of dislike or disapproval
30. To advance this discussion, we must _____ "success" rigorously.
v. to state or explain precisely the nature, scope, or meaning of something
31. Frugality and industry are still _____ as virtues.
v. to think about or consider somebody or something in a specified way
32. The farmer milked the _____ every morning before breakfast.
n. a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
33. She was _____ with the city and got lost while trying to find her way back to the hotel.
adj. not known or recognized; not experienced or encountered before

ANSWERS: 25. transition, 26. boundary, 27. sally, 28. emotional, 29. disgust, 30. define, 31. regarded, 32. cows, 33. unfamiliar

34. 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

35. He was _____ with work and didn't notice me.

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

36. Before driving, ensure you have a valid driver's _____.

- n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service

37. She had lived through two world wars in her _____.

- n.* the duration of someone's life or something's existence;

38. I am considering what I should do to _____ him.

- v.* to persuade someone or make someone believe that something is true

39. I love to relax on the _____ and watch movies on the weekends.

- n.* a piece of furniture made for sitting, usually with a back and armrests, designed to seat more than one person

40. Try to keep a _____ between work and off.

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

41. Too _____ a regulation for the private sector will stifle innovation.

- adj.* strongly limiting someone's freedom; allowing no deviation from a standard, rule, belief, etc.

ANSWERS: 34. intruded, 35. preoccupied, 36. license, 37. lifetime, 38. convince, 39. couch, 40. balance, 41. strict

42. We will explain the countermeasure concerning this problem _____.

adv. after the time mentioned

43. 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

44. The government should do more to _____ sustainable agribusiness.

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

45. So far, the meeting is going according to _____.

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

46. 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

47. 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

48. This accident was something that happened _____.

adv. in an essential manner; in such a way as could not be otherwise

49. The spaceship began to burn up as it approached the Earth's _____.

n. the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work

ANSWERS: 42. afterward, 43. stew, 44. promote, 45. schedule, 46. shudder, 47. downtime, 48. necessarily, 49. atmosphere

50. Please _____ to the instruction manual for further assistance.

- v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

51. 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

52. The incident _____ a political controversy.

- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

53. Sitting for long hours in front of the computer is considered _____.

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

54. It was the first time in a long time that I felt truly _____ and at peace.

- adj.* not excited, angry, or nervous; free from wind, large waves

55. To find drunk drivers, police conduct _____ tests.

- adj.* made, done, or happening without method, conscious decision, or any regular pattern

56. I decided to seek counseling on the advice of my _____.

- n.* one of a group of a coworker, especially in a profession or a business

57. There is no _____ car park nearby.

- n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

ANSWERS: 50. refer, 51. ruminate, 52. triggered, 53. unhealthy, 54. calm, 55. random, 56. colleague, 57. toll

58. 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

59. The participation of oil-producing countries in the war caused _____ in the financial markets.

- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

60. The doctor carefully examined the _____ medical history.

- n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

61. He was awfully _____ by the news.

- adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

62. The brain is an incredibly complex organ that controls the body's _____.

- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

63. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.

- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 58. commute, 59. panic, 60. patient's, 61. upset, 62. function, 63. damage

64. The series of terrorist attacks _____ the entire nation.
v. to shock or disgust greatly
65. My father tried to _____ mathematics into my head since childhood.
v. to hit or cause to hit something in a way that makes a loud noise
66. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
67. 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
68. 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
69. It is extremely _____ to sail in such a storm.
adj. involving the possibility of danger, failure, or loss
70. I want to _____ my sadness into strength.
v. to have a talk with someone; (adjective) reversed in order, relation, or action
71. Being a doctor is considered a highly respected _____.
n. an occupation or vocation requiring advanced education or specialized training
72. 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: 64. horrify, 65. bang, 66. eventually, 67. regurgitate, 68. alarming, 69. risky, 70. convert, 71. profession, 72. deplete

73. These heavy rains caused flash _____ on several islands.
n. a large amount of water flowing beyond its normal limits; an overwhelming number or amount
74. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
75. The physician is reading the _____ related to medicine
n. a newspaper or magazine specialized in a specific topic or profession
76. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
77. Your talking _____ with my work.
v. to get involved in and prevent a process or activity from continuing
78. 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
79. The woman of the house does the holy _____ of lighting two candles.
n. any customary observance or practice; any prescribed procedure for conducting religious ceremonies
80. She had a master's degree in _____.
n. the scientific study of mind and behavior
81. There's no _____ in his arguments.
n. the quality of acting or being done in the same way over time; the quality of not containing any logical contradictions

ANSWERS: 73. floods, 74. mentioned, 75. journals, 76. excited, 77. interferes, 78. destress, 79. ritual, 80. psychology, 81. consistency

82. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
83. 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
84. 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
85. 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
86. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
87. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
88. His _____ presentation deeply moved everyone.
adj. arousing strong and irresistible interest, attention, or admiration
89. She holds a _____ on Tuesday mornings.
n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

ANSWERS: 82. disease, 83. empowered, 84. obstruction, 85. rejuvenate, 86. obsessed, 87. confused, 88. compelling, 89. clinic

90. The negotiations between labor and management were _____.

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

91. We cannot afford to squander _____ time.

adj. uncommon and extremely valuable

92. All the supervisor has to do is assign tasks that make his subordinates more _____.

adj. relating to or involving the use of skill and original and unusual ideas to create something

93. I stayed up until _____ watching my favorite movie.

n. the middle point of the night, usually defined as 12:00 AM or the start of a new day

94. _____ 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

95. The data _____ that the company's profits have steadily increased over the past quarter.

v. to show, point out, or make known something, often through a sign or a symbol; to suggest or imply something without stating it directly

96. The negotiations proceeded slowly and finally _____.

v. to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area

97. The doctor's _____ in monitoring patients' progress contributed to their speedy recovery.

n. careful and persistent effort or work; conscientiousness in performing one's duties or responsibilities

ANSWERS: 90. unproductive, 91. precious, 92. creative, 93. midnight, 94. Coincident, 95. indicates, 96. stalled, 97. diligence

98. Life expectancy has grown _____ this century.

adv. in a very impressive manner

99. He is still _____ stealing the money from the cash register.

v. to state that one refuses to admit the existence or truth of something

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

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

101. He pushed the button and _____ the video again.

v. play something, such as a recording, a piece of music, or a game again

102. The president declared a state of _____.

n. a sudden unforeseen crisis usually involving danger that requires immediate action

103. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

104. The drug's side effects can include _____ loss of urine.

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

105. She intends to _____ a political career.

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

106. He lay down and fell _____ immediately.

adj. in a state of sleep

ANSWERS: 98. dramatically, 99. denying, 100. invite, 101. replayed, 102. emergency, 103. relations, 104. involuntary, 105. pursue, 106. asleep

107. She has been in great _____ since she was heartbroken.

n. a feeling of great worry, sadness, pain, or discomfort

108. I chose to _____ cancer by trying every possible treatment.

v. to refuse to accept something and attempt to prevent it from happening

109. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

110. 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

111. Life as a waiter was a big _____ for him.

n. a very frightening or unpleasant dream

112. He cast _____ glances behind her.

adj. worried and nervous

113. 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

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

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

115. 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: 107. distress, 108. resist, 109. well-being, 110. drool, 111. nightmare, 112. anxious, 113. brainstorming, 114. recovering, 115. guardrail

116. His gaffe spoiled the _____ of the dinner party.

- n.* the way you feel at a particular time; an angry or impatient state of mind

117. Internet traffic volumes have increased significantly with the advent of _____.

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

118. Most babies can readily _____ a wide variety of foods.

- v.* to transform food into absorbable substances; break down

119. I have no intention to _____ your privacy.

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

120. 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

121. 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

122. We want to _____ ties between our two countries.

- v.* to make or become better

123. The _____ of endangered animals must be stopped.

- n.* the killing of a large number of animals or people brutally and indiscriminately; a violent and bloody event that results in the death of many individuals

ANSWERS: 116. mood, 117. smartphones, 118. digest, 119. invade, 120. digestion, 121. disrupt, 122. improve, 123. slaughter

124. She couldn't _____ whether to order the pizza or the pasta for dinner.

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

125. He was reluctant to leave his comfort _____ and try something new.

- n.* a specific area, region, or section that is marked off or defined in some way

126. The building was _____ in the fire and had to be rebuilt.

- v.* to ruin or damage severely or completely; to eradicate or eliminate completely

127. The rules were _____ after the new executive arrived.

- v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 124. decide, 125. zone, 126. destroyed, 127. relaxed