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Vocabulary Builder Reference from...

Sandeep Jauhar: How your emotions change the shape of your heart | TED Talk

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

Advanced Words Only

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Session 1: Word List

imbue

v. to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell

synonym: infuse, permeate, instill

(1) **imbue** with confidence, (2) **imbue** with meaning

He tried to **imbue** his children with a love of learning and curiosity.

agitated

adj. characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

synonym: nervous, troubled, restless

(1) **agitated** state, (2) **agitated** behavior

The **agitated** dog kept barking at the door, wanting to go outside.

symbolism

n. the use of symbols to represent ideas or qualities, especially in art and literature; an artistic movement in the late 19th century that tried to express abstract or mystical ideas through the symbolic use of images

synonym: iconography, allegory, metaphor

(1) the **symbolism** of the event, (2) political **symbolism**

The **symbolism** in the painting was rich and complex, with

many layers of meaning.

cardioid

n. a geometric curve resembling a heart shape, formed by tracing a point on a circle as it rotates around another circle that is tangent to it

synonym : heart-shaped curve

(1) **cardioid** polar response, (2) **cardioid** curve

The **cardioid** microphone is great for live performances on stage.

Catholic

adj. universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader

(1) **catholic** in his tastes, (2) the **Catholic** Church

Sociologists are now interested in **catholic** world peace.

thorn

n. a sharp, pointed projection or spine on a plant or animal; something that causes discomfort or irritation, especially in a difficult or unpleasant situation

synonym : spike, prickle, spine

(1) **thorn** bush, (2) **thorn** injury

The **thorn** in her finger caused her much pain until she could remove it.

emit

v. to give off or send out something such as light, heat, sound, gas, etc.

synonym : give off, radiate, expel

(1) **emit** a gamma ray, (2) **emit** air pollution

During the unloading, the container box **emits** a clicking sound.

ethereal

adj. delicate, light, and airy; extremely refined or subtle; heavenly or spiritual

synonym : airy, delicate, celestial

(1) **ethereal** beauty, (2) **ethereal** light

The **ethereal** music created a dreamlike atmosphere in the concert hall.

insignia

n. a badge, emblem, or symbol that represents a particular organization, office, or rank; a distinguishing mark or badge that indicates membership or affiliation with a particular group or organization

synonym : badge, emblem, crest

(1) naval **insignia**, (2) school **insignia**

The military uniform had a bright red **insignia** on the sleeve.

monastic

adj. relating to monk or monasticism; ascetic or austere in lifestyle or habits

synonym : contemplative, solitary, austere

(1) **monastic** community, (2) **monastic** orders

The **monastic** lifestyle of the monks involved living in solitude and silence.

modernity

n. the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture

synonym : contemporaneousness, present-day, contemporaneity

(1) spirit of **modernity**, (2) path toward **modernity**

He was fascinated by the contrasts between traditional life and the city's **modernity**.

originate

v. to come into existence in a particular place or situation; to start something in a specific place

synonym : begin, arise, create

(1) **originate** from the country, (2) **originate** a political movement

The flight **originates** in Vancouver.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym : beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

gallop

v. (of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly

synonym : canter, race, bound

(1) **gallop** a horse, (2) **gallop** off at top speed

The horse **galloped** across the field at a fast pace.

cardiomyopathy

n. a disease of the heart muscle that often leads to heart failure, irregular heartbeats, and other serious cardiovascular issues

synonym : heart disease, heart failure

(1) **cardiomyopathy** with arrhythmia, (2) idiopathic **cardiomyopathy**

The doctor diagnosed the patient with hypertrophic **cardiomyopathy**.

breakup

n. the end of a relationship between persons or nations; the separation of something into several pieces or sections

synonym : breakdown, divorce, separation

(1) a **breakup** hug, (2) air **breakup**

He got over the big **breakup** with his wife.

grieve

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

synonym : mourn, lament, sorrow

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

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

stun

v. to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

synonym : shock, amaze, astound

(1) **stun** fish, (2) **stun** an audience

This sprinter **stunned** the world with his speed.

arrhythmia

n. a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting

synonym : irregular heartbeat, dysrhythmia, arrhythmic disorder

(1) **arrhythmia** treatment, (2) heart **arrhythmia**

The patient was diagnosed with an **arrhythmia**, causing irregular heartbeats.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym : cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

distend

v. to expand, inflate, or stretch out in all directions, especially as a result of internal pressure or force; to swell or bulge out of shape

synonym : swell, inflate, puff up

(1) **distend** the veins, (2) **distend** balloon

Eating too much can **distend** your stomach and cause discomfort.

brow

n. the ridge over the eye sockets; the forehead

synonym : forehead, hilltop, eyebrow

(1) the **brow** of a hill, (2) furrowed **brow**

She wiped the sweat from her **brow** after finishing the marathon.

pant

v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath

synonym : breathe, gasp, puff

(1) **pant** for breath, (2) **pant** with excitement

After running five miles nonstop in the hot sun, he began to **pant** heavily.

amiss

adj. not quite right, not suitable, or not as expected

synonym : wrong, awry, graceless

(1) take her words **amiss**, (2) something is **amiss**

It would not be **amiss** to tell him the facts in advance.

clog

v. to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something

synonym : block, jam, obstruct

(1) **clog** a filter, (2) **clog** artery

The drain was **clogged** with hair and needed to be cleaned out.

gamble

v. to take risky action in the hope of being successful; to play or game for money or other stakes

synonym : bet, venture, wager

(1) **gamble** \$100 on the race, (2) **gamble** away my fortune

Will you **gamble** on the result of the fight?

upheaval

n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

synonym : disturbance, turmoil, upheaval

(1) **upheaval** of society, (2) the big **upheaval** of my life

The recent political **upheaval** has left the country in a state of chaos.

devastate

v. to wreck a place or an area or cause significant damage

synonym : demolish, destroy, crush

(1) **devastate** an area, (2) **devastate** the economy

Earthquakes can also trigger tsunamis, which **devastate** coastal areas.

catastrophe

n. a sudden event that causes extreme ruin and misfortune
synonym : disaster, calamity, cataclysm

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

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

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym : associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

intensify

v. to increase or make something increase in extent or strength

synonym : amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

tremor

n. a small earthquake or shaking or vibrating

synonym : shaking, quivering, trembling

(1) a **tremor** of delight, (2) **tremor** frequency

The bad **tremor** caused several buildings to collapse.

epicenter

n. the point on the earth's surface directly above the focus of an earthquake

synonym : ground zero, focus, center

(1) the **epicenter** of the sports world, (2) **epicenter** magnitude

The **epicenter** of the earthquake was located deep beneath the earth's surface.

apex

n. the highest point or tip of something

synonym : summit, peak, zenith

(1) **apex** predator, (2) **apex** position

The company reached the **apex** of success in the market.

precipitant

adj. acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome

synonym : hasty, sudden, rushed

(1) **precipitant** reaction, (2) chemical **precipitant**

His **precipitant** decision to quit his job without a backup plan caused him financial stress.

ode

n. a lyrical poem that expresses feelings or praise for a person, place, or thing; a poem that is marked by a prominent theme or tone

synonym : poem, song, verse

(1) nature **ode**, (2) an **ode** to love

The poet composed a beautiful **ode** to nature and its wonders.

turmoil

n. a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

synonym : chaos, confusion, disorder

(1) political **turmoil**, (2) the **turmoil** of the war

The company experienced financial **turmoil** after the CEO was arrested.

cannon

n. a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting

synonym : artillery, gun, ordnance

(1) **cannon** salute, (2) **cannon** ball

The heavy **cannon** fired a loud shot that echoed across the battlefield.

fright

n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a

sudden, unexpected event or situation

synonym: terror, panic, fear

(1) **fright** response, (2) shiver in **fright**

The dog's barking gave the mailperson a terrible **fright**.

demise

n. death or the end of something

synonym: death, passing, end

(1) **demise** of bureaucracy, (2) meet their **demise**

The sudden **demise** of the king was a shock to everyone and threw the kingdom into chaos.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

unmitigated

adj. absolute or unqualified, often used to describe something unpleasant, undesirable, or extreme; not moderated or softened in any way

synonym: outright, absolute, complete

(1) **unmitigated** disaster, (2) **unmitigated** failure

The CEO's **unmitigated** greed led to the company's downfall.

plummet

v. to fall or drop suddenly and steeply; to decline rapidly or sharply

synonym: drop, plunge, fall

(1) **plummeting** sales, (2) **plummet** against other major currencies

The stock prices have **plummeted** in the last hour, causing concern for investors.

voodoo

n. a religion or set of spiritual beliefs and practices that originated in West Africa and the Caribbean, characterized by the worship of spirits, ritual dance, and

the use of talismans and charms; also used to describe something mysterious, inexplicable, or magical

synonym : magic, sorcery, hoodoo

(1) **voodoo** curse, (2) **voodoo** doll

Some people believe in the power of **voodoo** to heal or harm others.

sibling

n. a brother or sister; member of a family born to the same parents

synonym : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

figurative

adj. using figures of speech, especially metaphors, to create a special effect; not literal

synonym : metaphorical, symbolic, allegorical

(1) in a **figurative** sense, (2) **figurative** painting

When he said he was starving to death, it was a **figurative** way of saying he was very hungry.

autopsy

n. a medical examination performed on a dead body to determine the cause of death or identify any underlying medical conditions or injuries; a postmortem examination or necropsy (in animals)

synonym : postmortem examination, necropsy, examination

(1) forensic **autopsy**, (2) perform an **autopsy**

The **autopsy** report revealed that the cause of death was a heart attack.

aorta

n. the main and largest artery (= thick tube that carries blood from the heart to the body) in the human body originating from the heart

(1) abdominal **aorta**, (2) repair of an **aorta**

The patient will undergo bypass surgery of the **aorta** today.

wield

v. to possess and exercise power, authority, etc

synonym : exert, manage, handle

(1) **wield** her authority, (2) **wield** a bad influence
They **wielded** enormous power and influence.

exalted

adj. lifted or elevated, especially to a high or noble position;
held in high esteem or regarded as superior;
characterized by great dignity, honor, or prestige
synonym: noble, elevated, sublime

(1) **exalted** status, (2) **exalted** rank
The **exalted** position of CEO comes with a lot of
responsibility.

supernatural

adj. of or relating to existence outside the natural world; not
able to be explained by natural laws
synonym: paranormal, otherworldly, preternatural

(1) **supernatural** beings, (2) **supernatural** intuition
The **supernatural** powers of the witch were the stuff of
legends.

lancet

n. a sharp, pointed surgical instrument used for making
incisions or punctures, typically in medical procedures
synonym: scalpel, blade, surgical instrument

(1) **lancet** device, (2) surgical **lancet**
The doctor used a **lancet** for a small incision on the patient's
skin.

corona

n. a crown-shaped structure, often referring to the
outermost layer of the Sun's atmosphere; a family of
viruses known as coronaviruses; a halo or aura around
a celestial body; a circular pattern or shape
synonym: crown, halo, circle

(1) **corona** layer, (2) **corona** outbreak
The **corona** virus has caused a global pandemic.

aerobic

adj. relating to or requiring oxygen; (noun) an exercise or
form of physical activity that enhances cardiovascular
fitness and endurance, such as running or cycling
synonym: cardiovascular, aerophilous, heart-healthy

(1) **aerobic** bacteria, (2) **aerobic** respiration

Aerobic exercise is important for maintaining a healthy heart and lungs.

psychosocial

adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

synonym : psychological, social, mental

(1) **psychosocial** factors, (2) **psychosocial** well-being

Psychosocial therapy can be beneficial for individuals with mental health conditions.

regress

v. to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate

synonym : retrovert, deteriorate, decline

(1) **regress** to childhood, (2) **regress** in skills

The team's failure to win games has caused them to **regress** in confidence.

causation

n. the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

synonym : cause, reason, origin

(1) **causation** analysis, (2) direct **causation**

The **causation** of the disease is still under investigation by medical researchers.

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**.

capricious

adj. given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy

synonym: volatile, unpredictable, whimsical

(1) **capricious** decisions, (2) **capricious** mood

The **capricious** weather made it difficult to plan outdoor activities.

intersect

v. to meet or cross one another

synonym: cross, bisect, cut

(1) **intersect** at a point, (2) railways **intersect** the country

Her multidisciplinary works **intersect** music and picture with writing.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

conceptualization

n. the process of forming or developing an abstract idea or concept, often through the use of language or other symbolic representations

synonym: conception, formulation, thought

(1) **conceptualization** of a problem, (2) the **conceptualization** of the sculpture

The **conceptualization** of the project took several weeks to complete.

cardiologist

n. a medical doctor who specializes in the study and treatment of the heart and the circulatory system

synonym: heart doctor, heart specialist, cardiac specialist

(1) **cardiologist** appointment, (2) skilled **cardiologist**

My grandfather is seeing a **cardiologist** to monitor his heart condition.

stent

n. a small tube or wire mesh device that is used to keep an artery or other body opening open after surgery or other medical procedures

(1) cardiac **stent**, (2) remove a **stent**

The doctor inserted a **stent** into the patient's artery to keep it open.

pacemaker

n. a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others

synonym: heartbeat regulator, pacer, pacesetter

(1) implanted **pacemaker**, (2) **pacemaker** battery

Some people with **pacemakers** may need to avoid certain activities or sources of electromagnetic interference.

defibrillator

n. a medical device that delivers an electric shock to the heart to restore normal rhythm in cases of cardiac arrest or other serious heart conditions

synonym: shock box, resuscitator, AED

(1) portable **defibrillator**, (2) implantable **defibrillator**

Every gym should have an automated external **defibrillator** (AED) in case of cardiac emergencies.

uphill

adj. sloping upward; difficult or challenging; (adverb) upward on a hill or slope

synonym: skyward, ascending, difficult

(1) an **uphill** road, (2) an **uphill** task

The road is **uphill** for a while.

unexplored

adj. not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered

synonym: uncharted, undiscovered, untapped

(1) **unexplored** ideas, (2) **unexplored** cave

There are many **unexplored** regions of the ocean that scientists hope to study soon.

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.

Session 2: Spelling

1. the con_____ion of the sculpture
n. the process of forming or developing an abstract idea or concept, often through the use of language or other symbolic representations
2. ex_____d rank
adj. lifted or elevated, especially to a high or noble position; held in high esteem or regarded as superior; characterized by great dignity, honor, or prestige
3. an up____l task
adj. sloping upward; difficult or challenging; (adverb) upward on a hill or slope
4. ae_____c bacteria
adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
5. co_____te closely with the quality
v. to have a connection or relationship in which one thing affects or depends on another
6. up_____al of society
n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation
7. 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
8. th__n bush
n. a sharp, pointed projection or spine on a plant or animal; something that causes discomfort or irritation, especially in a difficult or unpleasant situation

ANSWERS: 1. conceptualization, 2. exalted, 3. uphill, 4. aerobic, 5. correlate, 6. upheaval, 7. disrupt, 8. thorn

9. sup_____ral beings *adj.* of or relating to existence outside the natural world; not able to be explained by natural laws
10. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
11. fig_____ve painting *adj.* using figures of speech, especially metaphors, to create a special effect; not literal
12. have a si_____g quarrel *n.* a brother or sister; member of a family born to the same parents
13. con_____ion of a problem *n.* the process of forming or developing an abstract idea or concept, often through the use of language or other symbolic representations
14. pl_____t against other major currencies *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
15. sup_____ral intuition *adj.* of or relating to existence outside the natural world; not able to be explained by natural laws
16. de___e of bureaucracy *n.* death or the end of something
17. une_____ed cave *adj.* not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
18. meet their de___e *n.* death or the end of something
19. di_____d the veins *v.* to expand, inflate, or stretch out in all directions, especially as a result of internal pressure or force; to swell or bulge out of shape

ANSWERS: 9. supernatural, 10. grieve, 11. figurative, 12. sibling, 13. conceptualization, 14. plummet, 15. supernatural, 16. demise, 17. unexplored, 18. demise, 19. distend

20. political sy_____sm *n.* the use of symbols to represent ideas or qualities, especially in art and literature; an artistic movement in the late 19th century that tried to express abstract or mystical ideas through the symbolic use of images
21. portable def_____tor *n.* a medical device that delivers an electric shock to the heart to restore normal rhythm in cases of cardiac arrest or other serious heart conditions
22. remove a st__t *n.* a small tube or wire mesh device that is used to keep an artery or other body opening open after surgery or other medical procedures
23. abdominal ao__a *n.* the main and largest artery (= thick tube that carries blood from the heart to the body) in the human body originating from the heart
24. spirit of mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
25. in_____ct at a point *v.* to meet or cross one another
26. take her words am__s *adj.* not quite right, not suitable, or not as expected
27. a br_____p hug *n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections
28. the tu_____l of the war *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

ANSWERS: 20. symbolism, 21. defibrillator, 22. stent, 23. aorta, 24. modernity, 25. intersect, 26. amiss, 27. breakup, 28. turmoil

29. psy_____ial factors *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
30. surgical la____t *n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
31. mo_____ic community *adj.* relating to monk or monasticism; ascetic or austere in lifestyle or habits
32. re_____s to childhood *v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
33. railways in_____ct the country *v.* to meet or cross one another
34. psy_____ial well-being *adj.* relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior
35. unm_____ed disaster *adj.* absolute or unqualified, often used to describe something unpleasant, undesirable, or extreme; not moderated or softened in any way
36. e__t air pollution *v.* to give off or send out something such as light, heat, sound, gas, etc.
37. co___a outbreak *n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape

ANSWERS: 29. psychosocial, 30. lancet, 31. monastic, 32. regress, 33. intersect, 34. psychosocial, 35. unmitigated, 36. emit, 37. corona

38. co___a layer *n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape
39. a__x position *n.* the highest point or tip of something
40. traditional me_____al *adj.* of or relating to the treatment or cure of disease
41. implantable def_____tor *n.* a medical device that delivers an electric shock to the heart to restore normal rhythm in cases of cardiac arrest or other serious heart conditions
42. e__t a gamma ray *v.* to give off or send out something such as light, heat, sound, gas, etc.
43. et_____al light *adj.* delicate, light, and airy; extremely refined or subtle; heavenly or spiritual
44. arr_____ia treatment *n.* a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting
45. s__n an audience *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
46. skilled car_____ist *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system

ANSWERS: 38. corona, 39. apex, 40. medicinal, 41. defibrillator, 42. emit, 43. ethereal, 44. arrhythmia, 45. stun, 46. cardiologist

47. cap_____us decisions *adj.* given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
48. ga___e away my fortune *v.* to take risky action in the hope of being successful; to play or game for money or other stakes
49. gr___e for loss *v.* to feel or show great sadness or sorrow, especially for someone who has died
50. political tu_____l *n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions
51. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
52. pa_____er battery *n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
53. forensic au_____y *n.* a medical examination performed on a dead body to determine the cause of death or identify any underlying medical conditions or injuries; a postmortem examination or necropsy (in animals)
54. di_____d balloon *v.* to expand, inflate, or stretch out in all directions, especially as a result of internal pressure or force; to swell or bulge out of shape
55. the ep_____er of the sports world *n.* the point on the earth's surface directly above the focus of an earthquake

ANSWERS: 47. capricious, 48. gamble, 49. grieve, 50. turmoil, 51. dementia, 52. pacemaker, 53. autopsy, 54. distend, 55. epicenter

56. unm_____ed failure *adj.* absolute or unqualified, often used to describe something unpleasant, undesirable, or extreme; not moderated or softened in any way
57. nature o_e *n.* a lyrical poem that expresses feelings or praise for a person, place, or thing; a poem that is marked by a prominent theme or tone
58. ga___e \$100 on the race *v.* to take risky action in the hope of being successful; to play or game for money or other stakes
59. ga___p off at top speed *v.* (of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly
60. ag_____ed behavior *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
61. vo___o curse *n.* a religion or set of spiritual beliefs and practices that originated in West Africa and the Caribbean, characterized by the worship of spirits, ritual dance, and the use of talismans and charms; also used to describe something mysterious, inexplicable, or magical
62. une_____ed ideas *adj.* not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
63. co_____te to the size *v.* to have a connection or relationship in which one thing affects or depends on another

ANSWERS: 56. unmitigated, 57. ode, 58. gamble, 59. gallop, 60. agitated, 61. voodoo, 62. unexplored, 63. correlate

64. the sy_____sm of the event *n.* the use of symbols to represent ideas or qualities, especially in art and literature; an artistic movement in the late 19th century that tried to express abstract or mystical ideas through the symbolic use of images
65. de_____te the economy *v.* to wreck a place or an area or cause significant damage
66. something is am__s *adj.* not quite right, not suitable, or not as expected
67. a__x predator *n.* the highest point or tip of something
68. mo_____ic orders *adj.* relating to monk or monasticism; ascetic or austere in lifestyle or habits
69. im__e with confidence *v.* to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
70. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
71. pl_____ting sales *v.* to fall or drop suddenly and steeply; to decline rapidly or sharply
72. perform an au_____y *n.* a medical examination performed on a dead body to determine the cause of death or identify any underlying medical conditions or injuries; a postmortem examination or necropsy (in animals)
73. a tr___r of delight *n.* a small earthquake or shaking or vibrating

ANSWERS: 64. symbolism, 65. devastate, 66. amiss, 67. apex, 68. monastic, 69. imbue, 70. unhealthy, 71. plummet, 72. autopsy, 73. tremor

74. c__g a filter *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
75. air br____p *n.* the end of a relationship between persons or nations; the separation of something into several pieces or sections
76. po____ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
77. ga___p a horse *v.* (of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly
78. ae____c respiration *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
79. heart arr____ia *n.* a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting
80. avoid climate cat____he *n.* a sudden event that causes extreme ruin and misfortune
81. fr___t response *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

ANSWERS: 74. clog, 75. breakup, 76. powerless, 77. gallop, 78. aerobic, 79. arrhythmia, 80. catastrophe, 81. fright

82. in a fig_____ve sense *adj.* using figures of speech, especially metaphors, to create a special effect; not literal
83. ca_____id curve *n.* a geometric curve resembling a heart shape, formed by tracing a point on a circle as it rotates around another circle that is tangent to it
84. repair of an ao__a *n.* the main and largest artery (= thick tube that carries blood from the heart to the body) in the human body originating from the heart
85. furrowed b__w *n.* the ridge over the eye sockets; the forehead
86. la____t device *n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
87. de_____te an area *v.* to wreck a place or an area or cause significant damage
88. in_____fy diplomatic efforts *v.* to increase or make something increase in extent or strength
89. the big up_____al of my life *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation
90. cap_____us mood *adj.* given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
91. an up____l road *adj.* sloping upward; difficult or challenging; (adverb) upward on a hill or slope

ANSWERS: 82. figurative, 83. cardioid, 84. aorta, 85. brow, 86. lancet, 87. devastate, 88. intensify, 89. upheaval, 90. capricious, 91. uphill

92. car_____thy with arrhythmia *n.* a disease of the heart muscle that often leads to heart failure, irregular heartbeats, and other serious cardiovascular issues
93. path toward mo_____ty *n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
94. ep_____er magnitude *n.* the point on the earth's surface directly above the focus of an earthquake
95. implanted pa_____er *n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
96. im__e with meaning *v.* to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
97. cardiac st__t *n.* a small tube or wire mesh device that is used to keep an artery or other body opening open after surgery or other medical procedures
98. shiver in fr____t *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
99. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
100. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 92. cardiomyopathy, 93. modernity, 94. epicenter, 95. pacemaker, 96. imbue, 97. stent, 98. fright, 99. catastrophe, 100. dementia

101. ca___n ball *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
102. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
103. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
104. ca_____ic in his tastes *adj.* universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader
105. vo___o doll *n.* a religion or set of spiritual beliefs and practices that originated in West Africa and the Caribbean, characterized by the worship of spirits, ritual dance, and the use of talismans and charms; also used to describe something mysterious, inexplicable, or magical
106. p__t for breath *v.* to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
107. he_____at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
108. pre_____nt reaction *adj.* acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome

ANSWERS: 101. cannon, 102. unhealthy, 103. constrict, 104. Catholic, 105. voodoo, 106. pant, 107. heartbeat, 108. precipitant

109. school in____ia *n.* a badge, emblem, or symbol that represents a particular organization, office, or rank; a distinguishing mark or badge that indicates membership or affiliation with a particular group or organization
110. idiopathic car_____thy *n.* a disease of the heart muscle that often leads to heart failure, irregular heartbeats, and other serious cardiovascular issues
111. p__t with excitement *v.* to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
112. re_____s in skills *v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
113. th__n injury *n.* a sharp, pointed projection or spine on a plant or animal; something that causes discomfort or irritation, especially in a difficult or unpleasant situation
114. a pounding he_____at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
115. tr____r frequency *n.* a small earthquake or shaking or vibrating
116. the Ca_____ic Church *adj.* universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader

ANSWERS: 109. insignia, 110. cardiomyopathy, 111. pant, 112. regress, 113. thorn, 114. heartbeat, 115. tremor, 116. Catholic

117. chemical pre_____nt *adj.* acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome
118. or_____te a political movement *v.* to come into existence in a particular place or situation; to start something in a specific place
119. po_____ss position *adj.* lacking power, strength, or authority; unable to act or affect change
120. in_____fy a good relationship *v.* to increase or make something increase in extent or strength
121. an o_e to love *n.* a lyrical poem that expresses feelings or praise for a person, place, or thing; a poem that is marked by a prominent theme or tone
122. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
123. naval in_____ia *n.* a badge, emblem, or symbol that represents a particular organization, office, or rank; a distinguishing mark or badge that indicates membership or affiliation with a particular group or organization
124. ca_____on analysis *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
125. wi__d a bad influence *v.* to possess and exercise power, authority, etc

ANSWERS: 117. precipitant, 118. originate, 119. powerless, 120. intensify, 121. ode, 122. constrict, 123. insignia, 124. causation, 125. wield

126. the b__w of a hill *n.* the ridge over the eye sockets; the forehead
127. et____al beauty *adj.* delicate, light, and airy; extremely refined or subtle; heavenly or spiritual
128. ca____id polar response *n.* a geometric curve resembling a heart shape, formed by tracing a point on a circle as it rotates around another circle that is tangent to it
129. c__g artery *v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
130. or____te from the country *v.* to come into existence in a particular place or situation; to start something in a specific place
131. ca____n salute *n.* a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
132. me____al chemistry *adj.* of or relating to the treatment or cure of disease
133. s__n fish *v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
134. ex____d status *adj.* lifted or elevated, especially to a high or noble position; held in high esteem or regarded as superior; characterized by great dignity, honor, or prestige
135. ag____ed state *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

ANSWERS: 126. brow, 127. ethereal, 128. cardioid, 129. clog, 130. originate, 131. cannon, 132. medicinal, 133. stun, 134. exalted, 135. agitated

136. play with my si_____gs *n.* a brother or sister; member of a family born to the same parents
137. car_____ist appointment *n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system
138. 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
139. wi__d her authority *v.* to possess and exercise power, authority, etc
140. direct ca_____on *n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens

ANSWERS: 136. sibling, 137. cardiologist, 138. disrupt, 139. wield, 140. causation

Session 3: Fill in the Blanks

1. The road is _____ for a while.

adj. sloping upward; difficult or challenging; (adverb) upward on a hill or slope

2. _____ therapy can be beneficial for individuals with mental health conditions.

adj. relating to the interplay between psychological and social factors, especially when it comes to mental health, personality development, and social behavior

3. _____ exercise is important for maintaining a healthy heart and lungs.

adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling

4. Rebels have pledged to _____ the armed struggle against the dictatorship.

v. to increase or make something increase in extent or strength

5. Earthquakes can also trigger tsunamis, which _____ coastal areas.

v. to wreck a place or an area or cause significant damage

6. The _____ report revealed that the cause of death was a heart attack.

n. a medical examination performed on a dead body to determine the cause of death or identify any underlying medical conditions or injuries; a postmortem examination or necropsy (in animals)

7. After running five miles nonstop in the hot sun, he began to _____ heavily.

v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath

ANSWERS: 1. uphill, 2. Psychosocial, 3. Aerobic, 4. intensify, 5. devastate, 6. autopsy, 7. pant

8. The doctor used a _____ for a small incision on the patient's skin.
- n.* a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
9. When he said he was starving to death, it was a _____ way of saying he was very hungry.
- adj.* using figures of speech, especially metaphors, to create a special effect; not literal
10. The poet composed a beautiful ____ to nature and its wonders.
- n.* a lyrical poem that expresses feelings or praise for a person, place, or thing; a poem that is marked by a prominent theme or tone
11. The drain was _____ with hair and needed to be cleaned out.
- v.* to obstruct or block up (a passage, pipe, or system) with an accumulation of thick or sticky matter; to impede or hinder the progress or movement of something
12. The bad _____ caused several buildings to collapse.
- n.* a small earthquake or shaking or vibrating
13. The _____ of the disease is still under investigation by medical researchers.
- n.* the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
14. The _____ position of CEO comes with a lot of responsibility.
- adj.* lifted or elevated, especially to a high or noble position; held in high esteem or regarded as superior; characterized by great dignity, honor, or prestige
15. Some people believe in the power of _____ to heal or harm others.
- n.* a religion or set of spiritual beliefs and practices that originated in West Africa and the Caribbean, characterized by the worship of spirits, ritual dance, and the use of talismans and charms; also used to describe something mysterious, inexplicable, or magical

ANSWERS: 8. lancet, 9. figurative, 10. ode, 11. clogged, 12. tremor, 13. causation,

14. exalted, 15. voodoo

16. She wiped the sweat from her _____ after finishing the marathon.
n. the ridge over the eye sockets; the forehead
17. Eating too much can _____ your stomach and cause discomfort.
v. to expand, inflate, or stretch out in all directions, especially as a result of internal pressure or force; to swell or bulge out of shape
18. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune
19. Her multidisciplinary works _____ music and picture with writing.
v. to meet or cross one another
20. New York is the commercial _____ of America.
n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
21. The heavy _____ fired a loud shot that echoed across the battlefield.
n. a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
22. The doctor inserted a _____ into the patient's artery to keep it open.
n. a small tube or wire mesh device that is used to keep an artery or other body opening open after surgery or other medical procedures
23. The recent political _____ has left the country in a state of chaos.
n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 16. brow, 17. distend, 18. catastrophe, 19. intersect, 20. heartbeat, 21. cannon, 22. stent, 23. upheaval

24. There are many _____ regions of the ocean that scientists hope to study soon.
- adj.* not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
25. Some people with _____ may need to avoid certain activities or sources of electromagnetic interference.
- n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
26. The _____ powers of the witch were the stuff of legends.
- adj.* of or relating to existence outside the natural world; not able to be explained by natural laws
27. Will you _____ on the result of the fight?
- v.* to take risky action in the hope of being successful; to play or game for money or other stakes
28. The doctor diagnosed the patient with hypertrophic _____.
- n.* a disease of the heart muscle that often leads to heart failure, irregular heartbeats, and other serious cardiovascular issues
29. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
30. His _____ decision to quit his job without a backup plan caused him financial stress.
- adj.* acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome

ANSWERS: 24. unexplored, 25. pacemakers, 26. supernatural, 27. gamble, 28. cardiomyopathy, 29. dementia, 30. precipitant

31. He was fascinated by the contrasts between traditional life and the city's _____.

- n.* the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture

32. The _____ weather made it difficult to plan outdoor activities.

- adj.* given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy

33. My grandfather is seeing a _____ to monitor his heart condition.

- n.* a medical doctor who specializes in the study and treatment of the heart and the circulatory system

34. Every gym should have an automated external _____ (AED) in case of cardiac emergencies.

- n.* a medical device that delivers an electric shock to the heart to restore normal rhythm in cases of cardiac arrest or other serious heart conditions

35. The company experienced financial _____ after the CEO was arrested.

- n.* a state of great disturbance, confusion, or uncertainty, often marked by intense activity or strong emotions

36. The _____ virus has caused a global pandemic.

- n.* a crown-shaped structure, often referring to the outermost layer of the Sun's atmosphere; a family of viruses known as coronaviruses; a halo or aura around a celestial body; a circular pattern or shape

37. This sprinter _____ the world with his speed.

- v.* to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly

ANSWERS: 31. modernity, 32. capricious, 33. cardiologist, 34. defibrillator, 35. turmoil, 36. corona, 37. stunned

38. The team's failure to win games has caused them to _____ in confidence.
v. to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
39. The patient was diagnosed with an _____ causing irregular heartbeats.
n. a medical condition in which the heartbeat is irregular, too slow, or too fast, which can cause the heart to pump blood less effectively and lead to a variety of symptoms such as palpitations, fatigue, shortness of breath, chest pain, or even fainting
40. During the unloading, the container box _____ a clicking sound.
v. to give off or send out something such as light, heat, sound, gas, etc.
41. The _____ microphone is great for live performances on stage.
n. a geometric curve resembling a heart shape, formed by tracing a point on a circle as it rotates around another circle that is tangent to it
42. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
43. Sociologists are now interested in _____ world peace.
adj. universal and including many different types of things; related to or associated with the part of the Christian Church that has the Pope as its leader
44. He tried to _____ his children with a love of learning and curiosity.
v. to inspire or permeate something or someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell
45. The CEO's _____ greed led to the company's downfall.
adj. absolute or unqualified, often used to describe something unpleasant, undesirable, or extreme; not moderated or softened in any way

ANSWERS: 38. regress, 39. arrhythmia, 40. emits, 41. cardioid, 42. unhealthy, 43. catholic, 44. imbue, 45. unmitigated

46. It would not be _____ to tell him the facts in advance.

adj. not quite right, not suitable, or not as expected

47. The _____ dog kept barking at the door, wanting to go outside.

adj. characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

48. He got over the big _____ with his wife.

n. the end of a relationship between persons or nations; the separation of something into several pieces or sections

49. The sudden _____ of the king was a shock to everyone and threw the kingdom into chaos.

n. death or the end of something

50. The flight _____ in Vancouver.

v. to come into existence in a particular place or situation; to start something in a specific place

51. She _____ the loss of her parents.

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

52. The _____ lifestyle of the monks involved living in solitude and silence.

adj. relating to monk or monasticism; ascetic or austere in lifestyle or habits

53. The company reached the _____ of success in the market.

n. the highest point or tip of something

54. During the hurricane, we felt _____ against the winds and rain.

adj. lacking power, strength, or authority; unable to act or affect change

ANSWERS: 46. amiss, 47. agitated, 48. breakup, 49. demise, 50. originates, 51. grieved, 52. monastic, 53. apex, 54. powerless

55. They _____ enormous power and influence.

v. to possess and exercise power, authority, etc

56. The horse _____ across the field at a fast pace.

v. (of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly

57. The snake's muscles began to _____ around its prey.

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

58. The _____ in her finger caused her much pain until she could remove it.

n. a sharp, pointed projection or spine on a plant or animal; something that causes discomfort or irritation, especially in a difficult or unpleasant situation

59. The _____ music created a dreamlike atmosphere in the concert hall.

adj. delicate, light, and airy; extremely refined or subtle; heavenly or spiritual

60. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

61. The stock prices have _____ in the last hour, causing concern for investors.

v. to fall or drop suddenly and steeply; to decline rapidly or sharply

62. The _____ in the painting was rich and complex, with many layers of meaning.

n. the use of symbols to represent ideas or qualities, especially in art and literature; an artistic movement in the late 19th century that tried to express abstract or mystical ideas through the symbolic use of images

ANSWERS: 55. wielded, 56. galloped, 57. constrict, 58. thorn, 59. ethereal, 60. medicinal, 61. plummeted, 62. symbolism

63. The military uniform had a bright red _____ on the sleeve.
- n.* a badge, emblem, or symbol that represents a particular organization, office, or rank; a distinguishing mark or badge that indicates membership or affiliation with a particular group or organization
64. The _____ of the project took several weeks to complete.
- n.* the process of forming or developing an abstract idea or concept, often through the use of language or other symbolic representations
65. Children often copy their parents or elder _____.
- n.* a brother or sister; member of a family born to the same parents
66. We may frequently _____ age with the frequency of disease.
- v.* to have a connection or relationship in which one thing affects or depends on another
67. The dog's barking gave the mailperson a terrible _____.
- n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
68. The patient will undergo bypass surgery of the _____ today.
- n.* the main and largest artery (= thick tube that carries blood from the heart to the body) in the human body originating from the heart
69. 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
70. The _____ of the earthquake was located deep beneath the earth's surface.
- n.* the point on the earth's surface directly above the focus of an earthquake

ANSWERS: 63. insignia, 64. conceptualization, 65. siblings, 66. correlate, 67. fright, 68. aorta, 69. disrupt, 70. epicenter

ANSWERS: