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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



All Words

IMPORTANT

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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.

metaphor

 a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

synonym: conceit, analogy, symbol

metaphor for death, (2) visual metaphor
 She expressed her thought in an artful choice of metaphors.

symbol

something visible that is used to represent something else

synonym: mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness The dragon is considered a **symbol** of bravery.

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.

repository

 a place where things are stored in large quantities and can be found

synonym: storehouse, depot, warehouse

(1) wine **repository**, (2) **repository** of useful knowledge The ocean is a rich **repository** of natural resources.

emotion

 a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**Some **emotions** are common across cultures and backgrounds.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym: branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick A rose has thorns on its **stem**.

verb

- a word or phrase that describes an action, state, or experience
- complex verb, (2) an auxiliary verb
 use a singular verb if the subject is singular.

stir

 to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

synonym: mix, swirl, provoke

(1) **stir** a sauce, (2) **stir** up controversy

Topics related to that war may stir up a political hornets' nest.

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.

movement

 a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

purity

 the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature

synonym: sinlessness, innocence, cleanliness

(1) the degree of purity, (2) high purity

Higher **purity** requires additional equipment and energy.

specialize

v. to become an expert in a specific career field, study, or business

synonym: narrow down, particularize

(1) **specialize** in child care, (2) **specialize** in market research

The restaurant has chefs who **specialize** in beef.

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.

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.

cardioid

 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.

romantic

adj. of or relating to love or a sexual relationship synonym: idealistic, unrealistic, amatory

(1) romantic movies, (2) romantic breakup

It was his first **romantic** love.

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.

church

 a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) church bell, (2) small church

The **church** on the corner is hosting a free community meal tonight.

sacred

 adj. connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god

synonym: holy, inviolable, hallowed

(1) sacred music, (2) the halo of a sacred image

This space is a private office **sacred** to the President

thorn

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

 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.

maigina

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.

association

 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.

withstand

- v. to resist the effect or impact of somethingsynonym: endure, bear, resist
- (1) **withstand** pressure, (2) **withstand** temptation
 The new phone is waterproof and can **withstand** being dropped in water.

modernity

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

retire

v. to withdraw from one's position or occupation, especially because of age

synonym: relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms
After working for the company for 30 years, she decided to **retire** from her job.

dentist

a person who is qualified and licensed to treat people's teeth

synonym: oral surgeon, orthodontist, periodontist

(1) a **dentist's** office, (2) consult a **dentist**

I am going to the family **dentist** to get my teeth cleaned.

permanent

adj. lasting for a long time without essential change synonym: lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym: archaic, age-old, obsolete

(1) pre-Christian ancient, (2) ancient stories

They have been living near water since ancient times.

intimate

adj. having a very close friendship, personal *synonym*: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship He has an **intimate** knowledge of American history.

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.

grief

- n. a very great sadness, especially when somebody diessynonym: anguish, desperation, dismay
- (1) have **grief** and sorrow, (2) a lot of **grief** Each person has a unique **grief** experience.

profound

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension synonym:

deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea My mother's illness had a **profound** impact on us all.

cardiac

adj. of or relating to the heart or heart disease

(1) cardiac arrest, (2) cardiac disease

The **cardiac** output of a resting adult is around three quarts per minute.

injury

 n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without injury, (2) a fatal injury

My accidental injury got better right away.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous** He suffers from **nervous** breakdowns.

unconscious

adj. in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

synonym: comatose, paralyzed, senseless

(1) **unconscious** bias, (2) a person who is **unconscious** I know his **unconscious** habit that he touches his face when he lies.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

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(1) process improvement, (2) decision-making process

The **process** for applying for a visa can be lengthy and complicated.

heartbeat

 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.

distress

- n. a feeling of great worry, sadness, pain, or discomfortsynonym: discomfort, despair, misery
- (1) a signal of **distress**, (2) emotional **distress**She has been in great **distress** since she was heartbroken.

trigger

- v. to make something happen suddenly; to cause something such as a device, machine, etc. to functionsynonym: activate, spark, drive
- (1) **trigger** a biochemical response, (2) **trigger** inflation The incident **triggered** a political controversy.

adaptive

adj. capable of adjusting to new situations or changing conditions

synonym: flexible, adjustable, pliant

(1) the **adaptive** coloring, (2) **adaptive** technology

The **adaptive** learning system adjusts the difficulty level of the lessons based on the student's performance.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad It is a basic instinct to **flee** from a dangerous situation.

vessel

n. a ship or large boatsynonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

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.

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.

increasingly

adv. more and more

synonym: more and more, progressively

(1) **increasingly** become common, (2) face **increasingly** complicated challenges

Our company found it **increasingly** difficult to keep up with the competition.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym: exceptional, noteworthy, astonishing

(1) extraordinary ability, (2) extraordinary weather

He narrated the **extraordinary** story of his adventure.

sensitive

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

synonym: exposed, susceptible, keen

(1) **sensitive** documents, (2) baby with **sensitive** skin The teacher is very **sensitive** to children's feelings.

disorder

 an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement It's important to **recognize** your strengths and weaknesses.

cardiomyopathy

 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.

syndrome

 a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

acute

adj. extremely sharp or severe synonym: sharp, perceptive, keen

(1) acute pain, (2) acute triangle

The patient died from **acute** alcohol intoxication.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe

synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

breakup

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

 ν . 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.

norm

- n. something that is regarded as usual, typical, or standardsynonym: criterion, mean, standard
- (1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

stun

 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.

frequent

adj. happening constantly synonym: periodic, recurring, routine

(1) frequent absence, (2) frequent use

His heartaches are less **frequent** now.

balloon

 a small bag made of thin rubber or other light material that can be inflated with air or gas, used as a toy or as a decoration; (verb) to become inflated

synonym: aerostat, blimp, (verb) billow out

(1) **balloon** ride, (2) **balloon** into a severe political problem The satellite **balloon** slowly ascended into the sky.

distinctive

adj. having a quality or characteristic that makes it stand out from others

synonym: characteristic, individual, unique

(1) **distinctive** ability, (2) design to be **distinctive**His writing style was **distinctive**, with a clear and concise voice.

resolve

- v. to find a suitable answer to the problems or difficulty synonym: decide, determine, fix
- (1) **resolve** a dispute, (2) **resolve** the computer error This company **resolves** its battery problem completely.

threaten

 to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

arrhythmia

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.

elderly

adj. (a polite word for) old synonym: aged, old, senior

(1) a home for the **elderly**, (2) **elderly** woman The **elderly** woman is quite energetic.

patient

a person who is receiving medical treatment, care, or n. 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.
- to make something burdensome, unpleasant, or painful less severe

synonym: alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine relieved his headache, and he felt much better.

dementia

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.

relieve

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

breath

the air that is taken into and expelled from your lungs;
 the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your breath, (2) breath of wind

He bated his **breath** when talking about this affair.

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.

vein

 a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation

synonym: artery, blood vessel, capillary

(1) spider vein, (2) collapsed vein

The nurse inserted the needle into the **vein** in his arm to draw blood.

sweat

 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.

brow

- n. the ridge over the eye sockets; the foreheadsynonym: 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.

ultrasound

- n. higher frequency sound than humans can hear
- (1) **ultrasound** meter, (2) **ultrasound** scan
 An **ultrasound** scan showed that the baby was a girl.

confirm

- v. to support or establish the truth or certainty of something previously believed or suspected to be the casesynonym: affirm, verify, assure
- (1) **confirm** the diagnosis, (2) **confirm** a transaction Please write to **confirm** your reservation.

suspect

- v. to consider anything to be actual or probable synonym: assume, distrust, surmise
- (1) **suspect** a plot, (2) **suspect** that he is sick The cops **suspected** him of being the killer.

amiss

- adj. not quite right, not suitable, or not as expectedsynonym: 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.

artery

n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

synonym: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease Continuous consumption of fatty foods leads to the hardening of the **artery**.

domestic

adj. relating to or inside a particular country, not foreign or international

synonym: endemic, private, household

(1) domestic airline, (2) a domestic animal

GDP stands for gross domestic product.

dispute

- a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one
 synonym: argument, disagreement, quarrel
- (1) a legal **dispute** over the title, (2) **dispute** settlement The **dispute** over the ownership of the land has been ongoing for years.

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?

widespread

adj. existing or happening in various places or among many people

synonym: across-the-board, overall, general

(1) widespread use, (2) widespread fear of nuclear war In medieval times, death punishment was widespread and socially accepted.

upheaval

 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.

disaster

 an unexpected event or series of events that cause widespread damage, destruction, or loss of life

synonym: catastrophe, calamity, tragedy

(1) global **disaster**, (2) **disaster** recovery

The **disaster** response team worked around the clock to aid those affected by the earthquake.

massive

adj. enormous amount; very heavy and solidsynonym: enormous, giant, immense

(1) massive amounts, (2) massive stars

The recent economic downturn has resulted in **massive** layoffs.

earthquake

- a sudden and violent shaking of the ground caused by the movement of rock beneath the earth's surface
- synonym: seismic activity, tremor, temblor
- (1) an **earthquake** zone, (2) an **earthquake-proof**The violent **earthquake** caused widespread damage and injuries throughout the region.

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.

district

a part of a country or town, especially one with particular features

synonym: territory, dominion, zone

(1) school districts, (2) urban districts

Since 2001, the **district** has provided training programs for automotive technicians.

heel

n. the rounded back part of the foot below the ankle;
 someone who is morally reprehensible; (verb) to follow someone or something

synonym: hindfoot

(1) **heel** bone, (2) **heel** wrestler

She wore high **heels** to the party.

catastrophe

- n. a sudden event that causes extreme ruin and misfortunesynonym: disaster, calamity, cataclysm
- (1) catastrophe risk management, (2) avoid climate catastrophe

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

incident

an event or occurrence, often unexpected or unplanned;something that happens

synonym: event, occurrence, accident

(1) traffic **incident**, (2) security **incident**

The **incident** at the airport caused a delay in my flight.

residence

the fact or condition of living in a particular place; a home

synonym: dwelling, home, abode

(1) permanent residence, (2) the main residence

The **residence** of the ambassador was located in the heart of the city.

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

 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 vibratingsynonym: shaking, quivering, trembling
- (1) a tremor of delight, (2) tremor frequencyThe 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.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

portion

n. one component of a larger entity

synonym: part, amount, fragment

(1) the inner **portion** of the body, (2) large **portion**

The rocket's front **portion** falls off.

apex

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.

mystery

n. something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

synonym: enigma, puzzle, secret

(1) mystery novel, (2) unsolved mystery

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

ode

 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.

philosophy

 the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

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synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy** Ethics is a branch of **philosophy**.

overlap

- v. to partially cover something by going beyond its edge synonym: overlay, cover, bespread
- (1) **overlap** one another, (2) **overlap** in many areas There was no **overlap** between their proposals.

biology

- the scientific study of life and the natural processes of living things
- (1) evolutionary **biology**, (2) cell and molecular **biology** In junior high school, we had to dissect a frog in **biology** class.

counterpart

- a person or thing that corresponds to or has the same function as another person or thing
- synonym: equivalent, analogue, match
- (1) **counterpart** agreement, (2) negotiating **counterpart** His **counterpart** in the other company is responsible for marketing.

mysterious

- adj. difficult to understand, explain, or identify; having an aura of secrecy, intrigue, or puzzlementsynonym: enigmatic, cryptic, puzzling
- (1) **mysterious** object, (2) **mysterious** stranger The **mysterious** disappearance of the ship remains unsolved.

individual

- n. a single person or thing, as distinct from a group synonym: person, being, self
- (1) a private **individual**, (2) **individual** freedom
 As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

disturbance

 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.

turmoil

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.

physiology

- the branch of the biological sciences dealing with the functioning of organisms
- (1) human **physiology**, (2) **physiology** research **Physiology** is the science of how living things work.

cannon

 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

 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**.

curse

 a rude or offensive word or an expression that is not polite and shows that you are very angry synonym: condemnation, cuss, hex

(1) under a curse, (2) few curse words

Many autocratic policies became a **curse** for that country's economy.

witch

 a person, typically a woman, who is believed to have magic powers and practices witchcraft

synonym: sorceress, enchantress, healer

(1) witch hunt, (2) witch trial

Many people in the medieval period believed in **witches** and their ability to cast spells.

consequence

 the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

taboo

adj. prohibited or restricted by social customsynonym: forbidden, prohibited, proscribed

(1) a taboo word, (2) academic taboo

In this society, discussing politics in public is a taboo subject.

victim

 a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance, or event

synonym: prey, target, sufferer

(1) victim support, (2) victim compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

spot

a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
 synonym: dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor This remote **spot** is rarely visited.

adj. perfect or complete or to the most considerable degree possible

synonym: complete, infrangible, indisputable

(1) absolute loyalty, (2) an absolute must

Gandhi had an **absolute** zeal for nonviolence.

external

absolute

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) external factors, (2) external commerce

When a company discloses information to the market, an **external** auditor verifies them.

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.

perceive

v. to become aware or conscious of something through the senses

synonym: sense, discern, feel

(1) perceive a threat, (2) perceive light

Australia is widely **perceived** as having low levels of corruption.

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.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) physiological response, (2) physiological activity

The doctor explained the various **physiological** changes that occur during pregnancy.

degree

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

volume

 the amount of space occupied by an object or substance; the magnitude of sound

synonym: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

plummet

 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.

transport

- n. a system for moving people or products from one location to another using automobiles, roads, and so on synonym: shipment, transit, conveyance
- (1) **transport** facilities, (2) access to public **transport** Enhanced rail **transportation** is crucial for our business.

oxygen

- n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
- (1) the hydrogen binds the oxygen, (2) lack of oxygen The passenger grabbed for the oxygen mask.

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.

indigenous

adj. someone or something that is native to or occurring naturally in a particular place

synonym: domestic, endemic, primitive

(1) indigenous crop, (2) indigenous peoples

The **indigenous** plants need to be pollinated by local insects.

primitive

adj. of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

synonym: elementary, naive, rudimental

(1) **primitive** society, (2) artifact of a **primitive** humankind The industry in this country is still **primitive**.

modern

adj. of or belonging to the present time or recent times synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.

spouse

- n. a person's husband, wife, or partner in marriage synonym: partner, mate, wife
- (1) **spouse** tax deduction, (2) **spouse** visa
 The **spouse** of the politician was a constant presence at campaign events.

sibling

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.

fascinating

adj. extremely interesting

synonym: alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me The museum houses a **fascinating** collection of Celtic artifacts.

journal

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

cage

 a structure made of metal bars or wire in which birds or animals can be kept

synonym:

enclosure, jail, corral

(1) an insect cage, (2) a bird in a cage

The trapped bear is running amok in its cage.

cholesterol

a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym: fat, lipid, sterol

(1) cholesterol levels, (2) low cholesterol

High levels of **cholesterol** can increase the risk of heart disease.

diet

 the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

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

 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.

surprisingly

adv. in a way that causes amazement or wonder

synonym: exceptionally, notably, unusually

(1) **surprisingly** advanced culture, (2) have **surprisingly** little effect

The exam was **surprisingly** tricky for everyone.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) environment affairs, (2) chaotic environment

Every human is responsible for taking care of the Earth's **environment**.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder Understanding protein folding is a vital step in deciphering the **genetic** code.

makeup

 colored substances used on someone's face to improve or change their appearance

synonym: maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face Her beauty resulted from a good night's sleep rather than **makeup**.

technique

a particular way or art of doing something that needs skill

synonym: approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

interact

to communicate or react with somebody

synonym: cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

divide

- v. to separate or cause to separate into parts or groups synonym: separate, disconnect, split
- (1) **divide** the cake into two pieces, (2) **divide** money equally

Can you divide 123321 by eleven?

pet

- an animal that you have at home as a companion and treated kindly
- (1) a **pet** bird, (2) a teacher's **pet** I have a parrot as a **pet**.

autopsy

 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.

interaction

- n. the act of connecting with someone, mainly when working, playing, or spending time with themsynonym: dealings, exchange, relations
- (1) the interaction between man and his environment,
- (2) interaction among human beings

The **interaction** of the two groups is good for brainstorming.

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.

province

n. the territory occupied by one of the constituent administrative districts of a nation

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synonym: area, section, region

(1) Bengal province, (2) home province

A network of railways has developed over the **province**.

dwell

v. to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave

synonym: reside, inhabit, occupy

(1) dwell on a problem, (2) dwell on the past

I love to **dwell** in nature and feel its calming effects on me.

domain

 a specific sphere of influence or control; a specific field of knowledge or expertise

synonym: territory, realm, sphere

(1) domain of use, (2) a dependent domain

The company's **domain** in the market was expanding to new territories.

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.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

manipulate

- v. to influence or control something or someone to your advantage, often in an unfair or dishonest way
 synonym: control, exploit, abuse
- (1) **manipulate** figures, (2) vulnerable to **manipulate** Please tell me how to **manipulate** this computer.

complement

- v. to improve or make something more appealing by adding or contributing extra features to itsynonym: complete, integrate
- (1) **complement** existing rules, (2) **complement** each other Our application aims to **complement** the feature of web browsers.

lancet

- n. a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical proceduressynonym: scalpel, blade, surgical instrument
- (1) **lancet** device, (2) surgical **lancet**The doctor used a **lancet** for a small incision on the patient's skin.

moderate

- adj. being within reasonable limits; not excessive or extremesynonym: average, middle-of-the-road, tempered
- (1) **moderate** growth, (2) **moderate** risk

 He had a **moderate** understanding of the topic but needed further research.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) severe heat,	(2) a severe case of pneumonia
The senator rece	ived severe criticism from his opponent.

corona

 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

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

random

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

synonym: incidental, arbitrary, unanticipated

a random choice, (2) bombs fell at random
 find drunk drivers, police conduct random tests.

assign

- v. to give a specific job or piece of work to a someone synonym: entrust, delegate, designate
- assign projects, (2) assign top priority
 Please assign a different color to each other kind of item.

intensive

adj. involving a lot of work or activity in a short time synonym: thorough, comprehensive, in-depth

(1) **intensive** agriculture, (2) **intensive** care

The construction industry is labor **intensive**, although it has been somewhat automated by introducing large machinery.

vegetarian

- a person who does not eat meat or fish, or often any animal products, for health or religious reasons
- eat a vegetarian diet, (2) a strict vegetarian
 restaurant has vegetarian dishes as well.

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.

reduction

- n. a decrease in size, amount, or degree synonym: diminution, decrease, cutback
- (1) **reduction** strategy, (2) a gradual **reduction**The **reduction** in carbon emissions has been significant since the implementation of the new policy.

plaque

n. a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay

synonym: tablet, plate, medal

(1) arterial **plaque**, (2) commemorative **plaque**The dentist removed the **plaque** from my teeth during my cleaning appointment.

bypass

- an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
- (1) gastric **bypass** operation, (2) **bypass** circuit This patient must undergo **bypass** surgery.

surgery

 medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

- (1) cardiac surgery, (2) the professor of surgery He had undergone heart **surgery** years before.
- to establish a connection or association between two or ν. more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

- (1) **relate** a story, (2) **relate** a message He tried to **relate** his experience to the group, but they couldn't understand.
- to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) adopt a child, (2) adopt a bill

The national assembly has **adopted** the budget.

progression

the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) progression of civilization, (2) progression of disease The company has made great strides in its **progression** toward sustainability.

facilitate

- to make something easier or more likely to happen synonym: aid, assist, help
- (1) **facilitate** a smooth transition, (2) **facilitate** the process The company implemented a new software system to facilitate employee communication and collaboration.

regress

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

adopt

relate

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.

reverse

 to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

synonym: overturn, shift, switch

(1) reverse the trend, (2) reverse the order

The restaurant **reversed** a ban on smoking.

doubt

 a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

Doubt is the start, not the end, of intelligence.

correlation

 a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.

synonym: relationship, connection, association

(1) ecological **correlation**, (2) **correlation** coefficient There is a strong **correlation** between education level and income.

causation

 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**.

lung

- either of the two organs in the chest that people and some animals use for breathing
- (1) **lung** capacity, (2) do **lung** transplantation He has terminal **lung** cancer.

cancer

 abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

(1) cancer diagnosis, (2) cancer research

Breast **cancer** is the most common type of cancer in women.

mechanism

 a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym: means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

causal

- adj. relating to or indicating a cause or the relationship between causes and effects; resulting from a cause
- synonym: causative, contributory, connected

(1) causal chain, (2) causal effect

The study aimed to establish a **causal** relationship between smoking and lung cancer.

relation

 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.

capricious

- adj. given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancysynonym: volatile, unpredictable, whimsical
- (1) **capricious** decisions, (2) **capricious** mood

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

deny

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

synonym: refute, reject, repudiate

adamantly deny killing, (2) deny the allegations
 still denying stealing the money from the cash register.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy We **concluded** a cease-fire.

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 diseasesynonym: curative, therapeutic, healing
- (1) **medicinal** chemistry, (2) traditional **medicinal**The **medicinal** properties of this herb have been known to help with various ailments.

conceptual

adj. related to or founded on ideas, principles synonym: theoretical, abstract, ideational

(1) **conceptual** art, (2) new **conceptual** framework

He has absolutely no **conceptual** comprehension of maths.

conceptualization

 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

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 systemsynonym: heart doctor, heart specialist, cardiac specialist
- (1) **cardiologist** appointment, (2) skilled **cardiologist**My grandfather is seeing a **cardiologist** to monitor his heart condition.

undoubtedly

adv. without a doubt; certainly; definitelysynonym: surely, unquestionably, indisputably

(1) **undoubtedly** successful, (2) **undoubtedly** talented The singer's talent is **undoubtedly** one of the greatest in the music industry

stent

- 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

 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

 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

portable defibrillator, (2) implantable defibrillator
 Every gym should have an automated external defibrillator
 (AED) in case of cardiac emergencies.

transplant

v. to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another

synonym: relocate, emigrate, graft

(1) **transplant** a heart, (2) **transplant** my family to America He tried to **transplant** the seedling into a larger pot.

invention

 the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym: creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention** Necessity is the mother of **invention**.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality
As people age, their digestive capacity also gradually **declines**.

mortality

n. the quality or state of being subject to death synonym:

fatality

mortality due to cancer, (2) lower infant mortality
 This disease has a high mortality.

shift

- n. a slight transition in position, direction, or trendsynonym: transition, change, modification
- (1) Doppler **shift**, (2) major paradigm **shift** Could you help me **shift** some furniture?

paradigm

 a standard or typical example of something; a pattern or model

synonym: example, standard, epitome

(1) major **paradigm** shift, (2) cultural **paradigm**He postulated a completely different **paradigm** to explain all these phenomena.

accustomed

- adj. familiar with; used to; in the habit of; having become habituated to something, often a behavior or situationsynonym: familiar, customary, habitual
- (1) **accustomed** routine, (2) **accustomed** to complaints I am **accustomed** to waking up early for work.

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.

largely

- adv. virtually entirely; to a large degree synonym: mainly, chiefly, broadly
- (1) **largely** accepted, (2) **largely** mitigate the issue Nevada is **largely** a desert state.

unexplored

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

(1) unexplored ideas, (2) unexplored cave There are many **unexplored** regions of the ocean that scientists hope to study soon.

modify

to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose

synonym: adjust, alter, revise

(1) genetically **modify** food, (2) **modify** my behavior We use adverbs to **modify** verbs and adjectives.

disrupt

to prevent or stop something, especially an event, ν. 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.

importance

- the quality of being important and worthy of note *synonym*: significance, primacy, matter
- (1) a man of **importance**, (2) high **importance** I stopped by the branch though I have no business of importance.

Session 2: Spelling

1.	develop ine itching	adj.	(especially of a feeling) very strong; extremely sharp or severe
2.	paer 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
3.	etal beauty	adj.	delicate, light, and airy; extremely refined or subtle; heavenly or spiritual
4.	in a figve sense	adj.	using figures of speech, especially metaphors, to create a special effect; not literal
5.	few cue words	n.	a rude or offensive word or an expression that is not polite and shows that you are very angry
6.	inct with one another	<i>v</i> .	to communicate or react with somebod
7.	mysus object	adj.	difficult to understand, explain, or identify; having an aura of secrecy, intrigue, or puzzlement
8.	trrm an education system	<i>v</i> .	to change in outward structure or looks
9.	acced routine	adj.	familiar with; used to; in the habit of; having become habituated to something, often a behavior or situation
10.	consult a det	n.	a person who is qualified and licensed to treat people's teeth

ANSWERS: 1. intense, 2. pacemaker, 3. ethereal, 4. figurative, 5. curse, 6. interact, 7. mysterious, 8. transform, 9. accustomed, 10. dentist

death or the end of something 11. meet their de e n. 12. f e abroad to leave by running away, especially out ν. of fear or danger 13. ma____e stars adj. enormous amount; very heavy and solid 14. im e with meaning to inspire or permeate something or ν. someone with a particular feeling or quality; to saturate or fill something with a specific color, taste, or smell an event or occurrence, often 15. security in____nt unexpected or unplanned; something that happens a strong feeling such as love, anger, 16. control my em____n n. etc. deriving from one's situation, mood, or relationships with others 17. a ge___c disorder adj. of or relating to genes (= parts of the DNA in cells) or the science of genes 18. wine rep____ry a place where things are stored in large n. quantities and can be found 19. arterial pl e a flat, often rectangular, piece of metal, n. wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay 20. take the ma___p off her face colored substances used on someone's n. face to improve or change their appearance 21. th en a healthy relationship to utter intentions of injury or ν. punishment against someone

ANSWERS: 11. demise, 12. flee, 13. massive, 14. imbue, 15. incident, 16. emotion, 17. genetic, 18. repository, 19. plaque, 20. makeup, 21. threaten

22.	moic orders	adj.	relating to monk or monasticism; ascetic or austere in lifestyle or habits
23.	reon between cause and effect	n.	the way two persons or groups of people feel and act toward one another
24.	meor for death	n.	a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity
25.	indal freedom	n.	a single person or thing, as distinct from a group
26.	did the veins	ν.	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
27.	negotiating court	n.	a person or thing that corresponds to or has the same function as another person or thing
28.	permanent rece	n.	the fact or condition of living in a particular place; a home
29.	disve ability	adj.	having a quality or characteristic that makes it stand out from others
30.	et air pollution	<i>v</i> .	to give off or send out something such as light, heat, sound, gas, etc.
31.	proon of disease	n.	the act or process of changing to the next stage or phase or moving forward
32.	a ram choice	adj.	made, done, or happening without method, conscious decision, or any regular pattern
33.	a dependent don	n.	a specific sphere of influence or control; a specific field of knowledge or expertise

ANSWERS: 22. monastic, 23. relation, 24. metaphor, 25. individual, 26. distend, 27. counterpart, 28. residence, 29. distinctive, 30. emit, 31. progression, 32. random, 33. domain

abstract idea or concept, often through the use of language or other symbolic representations

the process of forming or developing an

ANSWERS: 34. decline, 35. elderly, 36. heartbeat, 37. agitated, 38. romantic, 39. unmitigated, 40. clog, 41. plummet, 42. monastic, 43. conceptualization

43. con_____ion of a problem

44. ca____id polar response

 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

45. bachelor's de___e

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

46. p_t for breath

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

47. sy___l color

n. something visible that is used to represent something else

48. ov____p in many areas

 to partially cover something by going beyond its edge

49. D_t approval

 n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

50. sy___I for happiness

- n. something visible that is used to represent something else
- 51. risk of coronary ar__y disease
- n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

52. h__l bone

 the rounded back part of the foot below the ankle; someone who is morally reprehensible; (verb) to follow someone or something

ANSWERS: 44. cardioid, 45. degree, 46. pant, 47. symbol, 48. overlap, 49. diet, 50. symbol, 51. artery, 52. heel

ANSWERS: 53. plummet, 54. decline, 55. reduction, 56. cancer, 57. correlation, 58. interaction, 59. disorder, 60. indigenous, 61. cardiologist, 62. turmoil

63.	trant a heart	<i>v</i> .	to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
64.	path toward moty	n.	the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
65.	orte from the country	<i>v</i> .	to come into existence in a particular place or situation; to start something in a specific place
66.	com a transaction	ν.	to support or establish the truth or certainty of something previously believed or suspected to be the case
67.	adt a bill	<i>v</i> .	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
68.	exd 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
69.	furrowed bw	n.	the ridge over the eye sockets; the forehead
70.	coct blood vessels	ν.	to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
71.	dispel dots	n.	a feeling of being uncertain about something, especially about how good or accurate it is

ANSWERS: 63. transplant, 64. modernity, 65. originate, 66. confirm, 67. adopt, 68. exalted, 69. brow, 70. constrict, 71. doubt

72. reze talent	v.	to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
73. spirit of moty	n.	the quality or condition of being modern; the state or era of being up-to-date in technology, science, and culture
74. extary weather	adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
75. human phygy	n.	the branch of the biological sciences dealing with the functioning of organisms
76. cac arrest	adj.	of or relating to the heart or heart disease
77. complex vb	n.	a word or phrase that describes an action, state, or experience
78. wind pressure	v.	to resist the effect or impact of something
79. remove a stt	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
80. a st on his honor	n.	a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
81. voo 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.

ANSWERS: 72. recognize, 73. modernity, 74. extraordinary, 75. physiology, 76. cardiac, 77. verb, 78. withstand, 79. stent, 80. spot, 81. voodoo

inexplicable, or magical

ANSWERS: 82. indigenous, 83. capricious, 84. lancet, 85. regress, 86. dispute, 87. mystery, 88. sensitive, 89. damage

negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person,

thing, or entity

90.	carlar diseases	adj.	of or relating to the heart and blood vessels (= tubes that carry blood around the body)
91.	widad use	adj.	existing or happening in various places or among many people
92.	political sysm	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
93.	cac disease	adj.	of or relating to the heart or heart disease
94.	ultnd meter	n.	higher frequency sound than humans can hear
95.	comnt existing rules	v.	to improve or make something more appealing by adding or contributing extra features to it
96.	an upI road	adj.	sloping upward; difficult or challenging; (adverb) upward on a hill or slope
97.	s_n an audience	ν.	to make a person or an animal unconscious or dizzy, especially by hitting them on the head; to make someone surprised or shocked greatly
98.	acute syme	n.	a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
99.	high voe	n.	the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 90. cardiovascular, 91. widespread, 92. symbolism, 93. cardiac, 94. ultrasound, 95. complement, 96. uphill, 97. stun, 98. syndrome, 99. volume

ANSWERS: 100. cardiologist, 101. extraordinary, 102. corona, 103. profound, 104. turmoil, 105. cholesterol, 106. undoubtedly, 107. physiological, 108. relieve

109. an o_e to love
110. inve agriculture
111. reon of inclusion
112. an auxiliary vb
113. surgical lat
114. conal art
115. widad fear of nuclear war
116. eper magnitude
117. mont of troops
118. poss position
119. school inia

- 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
- adj. involving a lot of work or activity in a short time
- n. the way two persons or groups of people feel and act toward one another
- a word or phrase that describes an action, state, or experience
- a sharp, pointed surgical instrument used for making incisions or punctures, typically in medical procedures
- adj. related to or founded on ideas, principles
- adj. existing or happening in various places or among many people
- *n*. the point on the earth's surface directly above the focus of an earthquake
- n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
- adj. lacking power, strength, or authority; unable to act or affect change
- 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

ANSWERS: 109. ode, 110. intensive, 111. relation, 112. verb, 113. lancet, 114. conceptual, 115. widespread, 116. epicenter, 117. movement, 118. powerless, 119. insignia

the central part of something from which 120. s m from a belief n. other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in 121. ca____id curve a geometric curve resembling a heart n. shape, formed by tracing a point on a circle as it rotates around another circle that is tangent to it 122. urban di cts a part of a country or town, especially one with particular features 123. se___e heat adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous to possess and exercise power, 124. wi d her authority authority, etc adj. relating to people's feelings 125. em____al health 126. Bengal pr ce the territory occupied by one of the n. constituent administrative districts of a nation 127. di e the cake into two pieces to separate or cause to separate into parts or groups 128. fr nt absence adj. happening constantly

129. direct ca____on

130. re e his thirst

- the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
- ν. to make something burdensome, unpleasant, or painful less severe

ANSWERS: 120. stem, 121. cardioid, 122. district, 123. severe, 124. wield, 125. emotional, 126. province, 127. divide, 128. frequent, 129. causation, 130. relieve

131. lack of oxn	n.	the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
132. 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
133. a scholarship asson	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
134. heart arria	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
135. avoid climate cathe	n.	a sudden event that causes extreme ruin and misfortune
136. dep a skill	ν.	to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
137. undly talented	adv.	without a doubt; certainly; definitely
138. beauty st	n.	a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 131. oxygen, 132. ode, 133. association, 134. arrhythmia, 135. catastrophe, 136. develop, 137. undoubtedly, 138. spot

139. swt bath	n.	the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
140. ace triangle	adj.	extremely sharp or severe
141. chaotic envnt	n.	the natural world such as air, water, and land in which humans, animals, and plants live
142. abdominal aoa	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
143. dep a strategy	ν.	to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
144. a legal die over the title	n.	a disagreement, argument, or controversy between two people, groups, or countries, especially a formal one
145. mote growth	adj.	being within reasonable limits; not excessive or extreme
146. cultural pagm	n.	a standard or typical example of something; a pattern or model
147. adve technology	adj.	capable of adjusting to new situations or changing conditions
148. traffic innt	n.	an event or occurrence, often unexpected or unplanned; something that happens

ANSWERS: 139. sweat, 140. acute, 141. environment, 142. aorta, 143. develop, 144. dispute, 145. moderate, 146. paradigm, 147. adaptive, 148. incident

149. peve a threat	<i>v</i> .	to become aware or conscious of something through the senses
150. a signal of diss	n.	a feeling of great worry, sadness, pain, or discomfort
151. aec 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
152. without iny	n.	harm done to a person's or an animal's body caused by an accident or an attack
153. a tao word	adj.	prohibited or restricted by social custom
154. get nes	adj.	worried and anxious about something; relating to the nerves
155. mysus stranger	adj.	difficult to understand, explain, or identify; having an aura of secrecy, intrigue, or puzzlement
156. carlar tissue	adj.	of or relating to the heart and blood vessels (= tubes that carry blood around the body)
157. coa 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
158. a trr of delight	n.	a small earthquake or shaking or vibrating

ANSWERS: 149. perceive, 150. distress, 151. aerobic, 152. injury, 153. taboo, 154. nervous, 155. mysterious, 156. cardiovascular, 157. corona, 158. tremor

159. Doppler sht	n.	a slight transition in position, direction, or trend
160. capus mood	adj.	given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
161. reze achievement	v.	to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
162. access to public trrt	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
163. ree the computer error	<i>v</i> .	to find a suitable answer to the problems or difficulty
164. trrm heat into power	v.	to change in outward structure or looks;
165. have surgly little effect	adv.	in a way that causes amazement or wonder
166. ree after four terms	<i>v</i> .	to withdraw from one's position or occupation, especially because of age
167. play with my sigs	n.	a brother or sister; member of a family born to the same parents
168. spider vn	n.	a blood vessel that carries blood from various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation
169. spe tax deduction	n.	a person's husband, wife, or partner in marriage

ANSWERS: 159. shift, 160. capricious, 161. recognize, 162. transport, 163. resolve, 164. transform, 165. surprisingly, 166. retire, 167. sibling, 168. vein, 169. spouse

170. ree a story	ν.	to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
171. repry of useful knowledge	n.	a place where things are stored in large quantities and can be found
172. gre for loss	ν.	to feel or show great sadness or sorrow, especially for someone who has died
173. caic 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
174. baby with seve skin	adj.	able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
175. a disce caused by a terrorist	n.	something that interrupts a settled and peaceful condition or that makes someone feel nervous or worried
176. the teue applied to construction	n.	a particular way or art of doing something that needs skill
177. an abte must	adj.	perfect or complete or to the most considerable degree possible
178. the main rece	n.	the fact or condition of living in a particular place; a home
179. an upl task	adj.	sloping upward; difficult or challenging; (adverb) upward on a hill or slope
180. evolutionary biy	n.	the scientific study of life and the natural processes of living things

ANSWERS: 170. relate, 171. repository, 172. grieve, 173. Catholic, 174. sensitive, 175. disturbance, 176. technique, 177. absolute, 178. residence, 179. uphill, 180. biology

- 181. afraid to show em____n
- 182. do l g transplantation
- 183. da___e assessment

- 184. a br___p hug
- 185. ac__e pain
- 186. the hydrogen binds the ox___n
- 187. tr___r inflation
- 188. hold your br h
- 189. a private ind al

- a strong feeling such as love, anger,
 etc. deriving from one's situation, mood,
 or relationships with others
- either of the two organs in the chest that people and some animals use for breathing
- 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
- the end of a relationship between persons or nations; the separation of something into several pieces or sections
- adj. extremely sharp or severe
- n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
- v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
- the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
- *n.* a single person or thing, as distinct from a group

ANSWERS: 181. emotion, 182. lung, 183. damage, 184. breakup, 185. acute, 186. oxygen, 187. trigger, 188. breath, 189. individual

ANSWERS: 190. unhealthy, 191. grieve, 192. dwell, 193. autopsy, 194. patient, 195. disturbance, 196. mechanism, 197. dementia, 198. fascinating

adj. extremely interesting

199. commemorative ple	n.	a flat, often rectangular, piece of metal, wood, or other material, inscribed or carved with commemorative text or designs and used as a decoration or award; a soft, sticky film of bacteria that coats teeth and can cause tooth decay
200. code that he is healthy	<i>v</i> .	to come to an end or close; to reach a judgment or opinion by reasoning
201. trant my family to America	ν.	to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
202. emotional diss	n.	a feeling of great worry, sadness, pain, or discomfort
203. design to be disve	adj.	having a quality or characteristic that makes it stand out from others
204. exal commerce	adj.	belonging to or situated outside of someone or something
205. roic movies	adj.	of or relating to love or a sexual relationship
206. shiver in frt	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
207. acced to complaints	adj.	familiar with; used to; in the habit of; having become habituated to something, often a behavior or situation
208. the big upal of my life	n.	great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 199. plaque, 200. conclude, 201. transplant, 202. distress, 203. distinctive, 204. external, 205. romantic, 206. fright, 207. accustomed, 208. upheaval

ANSWERS: 209. province, 210. cannon, 211. manipulate, 212. tremor, 213. originate, 214. domain, 215. psychosocial, 216. philosophy, 217. church

217. small ch___h

mind

denomination

questions, such as those about

religious worship or activities; a Christian religious organization or

existence, reason, knowledge, values,

a building or institution dedicated to

218. inct at a point	<i>v</i> .	to meet or cross one another
219. fasng story	adj.	extremely interesting
220. air brp	n.	the end of a relationship between persons or nations; the separation of something into several pieces or sections
221. unintended conces	n.	the outcome of a particular action or event, especially relative to an individual
222. ree a dispute	<i>v</i> .	to find a suitable answer to the problems or difficulty
223. wind temptation	<i>v</i> .	to resist the effect or impact of something
224. idiopathic carthy	n.	a disease of the heart muscle that often leads to heart failure, irregular heartbeats, and other serious cardiovascular issues
225. a strict vegan	n.	a person who does not eat meat or fish, or often any animal products, for health or religious reasons
226. the degree of puy	n.	the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
227. cote to the size	<i>v</i> .	to have a connection or relationship in which one thing affects or depends on another
228. cell and molecular biy	n.	the scientific study of life and the natura processes of living things

ANSWERS: 218. intersect, 219. fascinating, 220. breakup, 221. consequence, 222. resolve, 223. withstand, 224. cardiomyopathy, 225. vegetarian, 226. purity, 227. correlate, 228. biology

to give off or send out something such 229. e t a gamma ray ν. as light, heat, sound, gas, etc. 230. car____thy with arrhythmia a disease of the heart muscle that often n. leads to heart failure, irregular heartbeats, and other serious cardiovascular issues 231. sup____ral intuition adj. of or relating to existence outside the natural world; not able to be explained by natural laws 232. wi__h trial a person, typically a woman, who is believed to have magic powers and practices witchcraft adv. virtually entirely; to a large degree 233. la____y accepted 234. phy gy research the branch of the biological sciences dealing with the functioning of organisms adj. of or belonging to the present time or 235. mo___n poetry recent times the main and largest artery (= thick tube 236. repair of an ao a that carries blood from the heart to the body) in the human body originating from the heart 237. man____te figures to influence or control something or someone to your advantage, often in an unfair or dishonest way 238. a man of imp ce the quality of being important and worthy of note the central part of something from which 239. the s__m of a matchstick n. other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

ANSWERS: 229. emit, 230. cardiomyopathy, 231. supernatural, 232. witch, 233. largely, 234. physiology, 235. modern, 236. aorta, 237. manipulate, 238. importance, 239. stem

- 240. fr___t response
- 241. as___n top priority
- 242. ag____ed state
- 243. the Ca____ic Church
- 244. de___e centigrade
- 245. the professor of su y

- 246. in te relationship
- 247. ca___r research

- 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
- v. to give a specific job or piece of work to a someone
- adj. characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
- 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
- a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
- medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
- adj. having a very close friendship, personal
- n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 240. fright, 241. assign, 242. agitated, 243. Catholic, 244. degree, 245. surgery, 246. intimate, 247. cancer

248.	ban into a severe political problem	n.	a small bag made of thin rubber or other light material that can be inflated with air or gas, used as a toy or as a decoration; (verb) to become inflated
249.	cg artery	ν.	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
250.	genetically moy food	ν.	to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
251.	have grf and sorrow	n.	a very great sadness, especially when somebody dies
252.	envnt affairs	n.	the natural world such as air, water, and land in which humans, animals, and plants live
253.	facte the process	<i>v</i> .	to make something easier or more likely to happen
254.	uneed ideas	adj.	not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
255.	code a meeting	<i>v</i> .	to come to an end or close; to reach a judgment or opinion by reasoning
256.	prve society	adj.	of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
257.	frnt use	adj.	happening constantly

ANSWERS: 248. balloon, 249. clog, 250. modify, 251. grief, 252. environment, 253. facilitate, 254. unexplored, 255. conclude, 256. primitive, 257. frequent

258. jol articles	n.	a newspaper or magazine specialized in a specific topic or profession
259. phycal activity	adj.	relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
260. a see case of pneumonia	adj.	extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
261. dee of bureaucracy	n.	death or the end of something
262. figve painting	adj.	using figures of speech, especially metaphors, to create a special effect; not literal
263. the adve coloring	adj.	capable of adjusting to new situations or changing conditions
264. die money equally	ν.	to separate or cause to separate into parts or groups
265. ree the order	v.	to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
266. lower infant moty	n.	the quality or state of being subject to death
267. unsolved myy	n.	something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

ANSWERS: 258. journal, 259. physiological, 260. severe, 261. demise, 262. figurative, 263. adaptive, 264. divide, 265. reverse, 266. mortality, 267. mystery

268. aec 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
269. lay mitigate the issue	adv.	virtually entirely; to a large degree
270. cal chain	adj.	relating to or indicating a cause or the relationship between causes and effects; resulting from a cause
271. poss in the organization	adj.	lacking power, strength, or authority; unable to act or affect change
272. meal chemistry	adj.	of or relating to the treatment or cure of disease
273. emal distress	adj.	relating to people's feelings
274. trrt facilities	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
275. ant stories	adj.	relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
276. dit sleep	<i>v</i> .	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
277. the inon of new techniques	n.	the creation of a new device or process resulting from study and experimentation; the act of inventing
278. have a sig quarrel	n.	a brother or sister; member of a family born to the same parents

ANSWERS: 268. aerobic, 269. largely, 270. causal, 271. powerless, 272. medicinal, 273. emotional, 274. transport, 275. ancient, 276. disrupt, 277. invention, 278. sibling

279. mote risk	adj.	being within reasonable limits; not excessive or extreme
280. gap a horse	<i>v</i> .	(of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly
281. ree a message	v.	to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
282. high impce	n.	the quality of being important and worthy of note
283. the conion 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
284. speze in market research	ν.	to become an expert in a specific career field, study, or business
285. blood vels	n.	a ship or large boat
286. moty due to cancer	n.	the quality or state of being subject to death
287. literature of pent value	adj.	lasting for a long time without essential change
288. phihy of education	n.	the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
289. naval inia	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

ANSWERS: 279. moderate, 280. gallop, 281. relate, 282. importance, 283. conceptualization, 284. specialize, 285. vessel, 286. mortality, 287. permanent, 288. philosophy, 289. insignia

290. railways in ct the country to meet or cross one another ν. 291. an ear____ke-proof a sudden and violent shaking of the n. ground caused by the movement of rock beneath the earth's surface the salty liquid that is produced by the 292. all in a sw t n. glands in the skin, especially when the body is hot or under stress 293. ma____e amounts adj. enormous amount; very heavy and solid 294. su____t a plot to consider anything to be actual or probable a medical examination performed on a 295. perform an au____y dead body to determine the cause of death or identify any underlying medical conditions or injuries; a postmortem examination or necropsy (in animals) 296. ab___te loyalty adj. perfect or complete or to the most considerable degree possible 297. as___n projects to give a specific job or piece of work to ν. a someone 298. implanted pa____er a small electronic device that is n. 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 299. sy____me of dementia a group of signs and symptoms that n. occur together and are characteristic of a particular condition or disorder a blood vessel that carries blood from 300. collapsed v n n. various parts of the body back to the heart; a mineral deposit or layer of rock that is contained within another rock formation

ANSWERS: 290. intersect, 291. earthquake, 292. sweat, 293. massive, 294. suspect, 295. autopsy, 296. absolute, 297. assign, 298. pacemaker, 299. syndrome, 300. vein

301. adt a child	v.	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
302. incgly become common	adv.	more and more
303. unmed failure	adj.	absolute or unqualified, often used to describe something unpleasant, undesirable, or extreme; not moderated or softened in any way
304. cote closely with the quality	ν.	to have a connection or relationship in which one thing affects or depends on another
305. sn 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
306. something is ams	adj.	not quite right, not suitable, or not as expected
307. the conce of an argument	n.	the outcome of a particular action or event, especially relative to an individual
308. proon of civilization	n.	the act or process of changing to the next stage or phase or moving forward
309. etal light	adj.	delicate, light, and airy; extremely refined or subtle; heavenly or spiritual
310. voe of work	n.	the amount of space occupied by an object or substance; the magnitude of sound
311. coron coefficient	n.	a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.

ANSWERS: 301. adopt, 302. increasingly, 303. unmitigated, 304. correlate, 305. stun, 306. amiss, 307. consequence, 308. progression, 309. ethereal, 310. volume, 311. correlation

312. gae away my fortune	<i>v</i> .	to take risky action in the hope of being successful; to play or game for money or other stakes
313. unhy habit	adj.	not conducive to good health; detrimental to physical or mental well-being
314. thn 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
315. die control	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
316. prent reaction	adj.	acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome
317. chemical prent	adj.	acting or occurring suddenly or with great speed; tending to cause or bring about a rapid change or outcome
318. bys circuit	n.	an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
319. spe visa	n.	a person's husband, wife, or partner in marriage
320. upal of society	n.	great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 312. gamble, 313. unhealthy, 314. thorn, 315. disease, 316. precipitant, 317. precipitant, 318. bypass, 319. spouse, 320. upheaval

ANSWERS: 321. association, 322. ancient, 323. pet, 324. metaphor, 325. reduction, 326. domestic, 327. unconscious, 328. complement, 329. exalted, 330. technique

n.

a particular way or art of doing

something that needs skill

330. a te ue in martial arts

331. as te alcohol with gambling to mentally connect someone or ν. something with someone or something 332. probably have de ia a severe decline in cognitive function, n. especially memory, as a result of disease or injury 333. h I wrestler the rounded back part of the foot below n. the ankle; someone who is morally reprehensible; (verb) to follow someone or something a small tube or wire mesh device that is 334. cardiac st t n. used to keep an artery or other body opening open after surgery or other medical procedures 335. co____m the diagnosis to support or establish the truth or certainty of something previously believed or suspected to be the case 336. vi m support a person who has been harmed, n. injured, or otherwise negatively affected by a particular action, circumstance, or event 337. spe____ze in child care to become an expert in a specific career ν . field, study, or business 338. cardiac su____y medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the

ANSWERS: 331. associate, 332. dementia, 333. heel, 334. stent, 335. confirm, 336. victim, 337. specialize, 338. surgery

branch of medical science that treats

disease or injury by operative

procedures

339. major paradigm sht	n.	a slight transition in position, direction, or trend
340. caon analysis	n.	the action or relationship between an event or action and its effect or consequence; the explanation for why something happens
341. school dicts	n.	a part of a country or town, especially one with particular features
342. portable deftor	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
343. high puy	n.	the state of being undiluted or unmixed with anything else; the state of being free from immorality, especially of a sexual nature
344. my inte affairs	adj.	having a very close friendship, personal
345. trr a biochemical response	v.	to make something happen suddenly; to cause something such as a device, machine, etc. to function
346. inct directly with customers	<i>v</i> .	to communicate or react with somebody
347. no dot about the news	n.	a feeling of being uncertain about something, especially about how good or accurate it is
348. ret against his way of thinking	<i>v</i> .	to take action in response to something
349. pre-mon agricultural society	adj.	of or belonging to the present time or recent times
350. the inton between man and his environment	n.	the act of connecting with someone, mainly when working, playing, or spending time with them

ANSWERS: 339. shift, 340. causation, 341. district, 342. defibrillator, 343. purity, 344. intimate, 345. trigger, 346. interact, 347. doubt, 348. react, 349. modern, 350. interaction

351. eat a vegetarian dt	n.	the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
352. large pon	n.	one component of a larger entity
353. wid a bad influence	v.	to possess and exercise power, authority, etc
354. major pagm shift	n.	a standard or typical example of something; a pattern or model
355. res to childhood	ν.	to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
356. take her words ams	adj.	not quite right, not suitable, or not as expected
357. caI effect	adj.	relating to or indicating a cause or the relationship between causes and effects; resulting from a cause
358. dit a well-ordered condition	<i>v</i> .	to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
359. dete the economy	<i>v</i> .	to wreck a place or an area or cause significant damage
360. uneed cave	adj.	not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
361. brh of wind	n.	the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

ANSWERS: 351. diet, 352. portion, 353. wield, 354. paradigm, 355. regress, 356. amiss, 357. causal, 358. disrupt, 359. devastate, 360. unexplored, 361. breath

362. do____ic airline adj. relating to or inside a particular country, not foreign or international 363. scientific jo____I a newspaper or magazine specialized in a specific topic or profession 364. vi___m compensation a person who has been harmed, n. injured, or otherwise negatively affected by a particular action, circumstance, or event 365. development of the ne s system adj. worried and anxious about something; relating to the nerves 366. wi__h hunt a person, typically a woman, who is n. believed to have magic powers and practices witchcraft 367. ch___h bell a building or institution dedicated to n. religious worship or activities; a Christian religious organization or denomination 368. th___en national security to utter intentions of injury or ν. punishment against someone 369. ar___y blockage one of the thick tubes in humans and n. most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc. 370. ult____nd scan higher frequency sound than humans can hear an animal that you have at home as a 371. a p t bird companion and treated kindly to state that one refuses to admit the 372. adamantly d y killing ν. existence or truth of something

ANSWERS: 362. domestic, 363. journal, 364. victim, 365. nervous, 366. witch, 367. church, 368. threaten, 369. artery, 370. ultrasound, 371. pet, 372. deny

to make something narrow or tight, 373. co____ct freedom ν. often restricting movement or flow; to become narrow or tighter adj. of or relating to genes (= parts of the 374. have ge___c testing DNA in cells) or the science of genes 375. people with bipolar di er an untidy state or a lack of organization; n. a physical condition or illness that causes problems with how a section of the body or brain functions 376. th__n bush a sharp, pointed projection or spine on a plant or animal; something that causes discomfort or irritation. especially in a difficult or unpleasant situation to mix a liquid or substance by using a 377. s__r up controversy spoon or something similar; to cause to be agitated, excited, or roused 378. new con al framework adj. related to or founded on ideas, principles to take risky action in the hope of being 379. ga e \$100 on the race ν. successful; to play or game for money or other stakes to change something's direction, order, 380. re___e the trend position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear adj. prohibited or restricted by social custom 381. academic ta o 382. bombs fell at ra m adj. made, done, or happening without method, conscious decision, or any regular pattern

ANSWERS: 373. constrict, 374. genetic, 375. disorder, 376. thorn, 377. stir, 378. conceptual, 379. gamble, 380. reverse, 381. taboo, 382. random

ANSWERS: 383. associate, 384. dentist, 385. arrhythmia, 386. facilitate, 387. external, 388. medicinal, 389. devastate, 390. earthquake, 391. stir, 392. psychosocial

health, personality development, and

social behavior

- 393. mo y my behavior 394. in fy a good relationship 395. a fatal in___y 396. f__e their homes 397. eat a veg____an diet 398. sup ral beings 399. a bird in a c__e 400. a pr nd book 401. a x predator 402. di er recovery 403. re t at a high temperature 404. a lot of gr f
- v. to change something slightly, such as a plan, option, law, etc., especially to make it more suitable for a particular purpose
- v. to increase or make something increase in extent or strength
- n. harm done to a person's or an animal's body caused by an accident or an attack
- v. to leave by running away, especially out of fear or danger
- a person who does not eat meat or fish, or often any animal products, for health or religious reasons
- adj. of or relating to existence outside the natural world; not able to be explained by natural laws
- a structure made of metal bars or wire in which birds or animals can be kept
- adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
- n. the highest point or tip of something
- an unexpected event or series of events that cause widespread damage, destruction, or loss of life
- v. to take action in response to something
- *n.* a very great sadness, especially when somebody dies

ANSWERS: 393. modify, 394. intensify, 395. injury, 396. flee, 397. vegetarian, 398. supernatural, 399. cage, 400. profound, 401. apex, 402. disaster, 403. react, 404. grief

405. dwI on the past	ν.	to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave
406. court agreement	n.	a person or thing that corresponds to or has the same function as another person or thing
407. can ball	n.	a large, heavy gun fired from a fixed position or mounted on a vehicle, used in warfare or hunting
408. sut that he is sick	v.	to consider anything to be actual or probable
409. ree voluntarily	ν.	to withdraw from one's position or occupation, especially because of age
410. infy diplomatic efforts	<i>v</i> .	to increase or make something increase in extent or strength
411. chool levels	n.	a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
412. the sysm 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
413. map artist	n.	colored substances used on someone's face to improve or change their appearance

ANSWERS: 405. dwell, 406. counterpart, 407. cannon, 408. suspect, 409. retire, 410. intensify, 411. cholesterol, 412. symbolism, 413. makeup

- 414. gastric by___s operation
- 415. im__e with confidence
- 416. vo___o curse

- 417. the b_w of a hill
- 418. cultural n_m
- 419. naval ve ls
- 420. global di____er
- 421. in e heat
- 422. in____ve care
- 423. the inner po n of the body

- an alternative road, channel, pipe, or connection that allows flow while the main one is closed or obstructed; (verb) to go past or round
- 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
- 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
- n. the ridge over the eye sockets; the forehead
- n. something that is regarded as usual, typical, or standard
- n. a ship or large boat
- an unexpected event or series of events that cause widespread damage, destruction, or loss of life
- adj. (especially of a feeling) very strong; extremely sharp or severe
- adj. involving a lot of work or activity in a short time
- n. one component of a larger entity

ANSWERS: 414. bypass, 415. imbue, 416. voodoo, 417. brow, 418. norm, 419. vessel, 420. disaster, 421. intense, 422. intensive, 423. portion

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
n.	the creation of a new device or process resulting from study and experimentation; the act of inventing
n.	a small bag made of thin rubber or other light material that can be inflated with air or gas, used as a toy or as a decoration; (verb) to become inflated
<i>v</i> .	to state that one refuses to admit the existence or truth of something
n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
n.	a structure made of metal bars or wire in which birds or animals can be kept
ν.	(of a horse) to run very quickly so that all four feet come off the ground together; to proceed very quickly
n.	either of the two organs in the chest that people and some animals use for breathing
n.	the point on the earth's surface directly above the focus of an earthquake
n.	a rude or offensive word or an expression that is not polite and shows that you are very angry
	n. n. v. n. n. n.

ANSWERS: 424. defibrillator, 425. invention, 426. balloon, 427. deny, 428. disease, 429. cage, 430. gallop, 431. lung, 432. epicenter, 433. curse

ANSWERS: 434. sacred, 435. patient, 436. movement, 437. norm, 438. mechanism, 439. permanent, 440. heartbeat, 441. sacred

a god

adj. connected with religion or religious purposes; worthy of respect or

dedication because of a connection with

441. sa___d music

ANSWERS: 442. process, 443. surprisingly, 444. pant, 445. primitive, 446. elderly, 447. apex, 448. increasingly, 449. perceive, 450. process

suitable for consumption or use in other

dairy products

or illness

Vocab-Builder Ref from "Sandeep Jauhar: How your emotions change the shape of your heart | TED Talk" (227 words)

ANSWERS: 451. overlap, 452. catastrophe, 453. distend, 454. unconscious

Session 3: Fill in the Blanks

1.	The restaurant has chefs who in beef.
ν.	to become an expert in a specific career field, study, or business
2.	The company implemented a new software system to employee communication and collaboration.
<i>v</i> .	to make something easier or more likely to happen
3. n.	The patient was diagnosed with an causing irregular heartbeats. 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
4.	That statement by the prime minister drew international criticism.
adj	(especially of a feeling) very strong; extremely sharp or severe
5.	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
6.	The cops him of being the killer.
ν.	to consider anything to be actual or probable
7.	They enormous power and influence.
ν.	to possess and exercise power, authority, etc
8.	I am to waking up early for work.
adj	familiar with; used to; in the habit of; having become habituated to something, often a behavior or situation
	SWERS: 1. specialize, 2. facilitate, 3. arrhythmia, 4. intense, 5. heartbeat, 6. spected, 7. wielded, 8. accustomed

13. He h	nad a	understanding of	f the topic but ne	eded further research.
adj. be	ing within reaso	onable limits; not e	excessive or extre	eme
n. SOI	mething that int	uction causes ser errupts a settled a vous or worried		to residents. dition or that makes

- v. to live or reside in a particular place; to think, speak, or write at length on a particular subject; to linger or remain as if unwilling to leave
- 16. She expressed her thought in an artful choice of _____.

15. I love to _____ in nature and feel its calming effects on me.

n. a figure of speech in which an expression is used to refer to something that it does not denote to suggest a similarity

ANSWERS: 9. unhealthy, 10. medicinal, 11. stem, 12. degree, 13. moderate, 14. disturbance, 15. dwell, 16. metaphors

Some are common across cultures and backgrounds.
a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
Her beauty resulted from a good night's sleep rather than
colored substances used on someone's face to improve or change their appearance
The arrived in port the following day.
a ship or large boat
My grandfather is seeing a to monitor his heart condition.
a medical doctor who specializes in the study and treatment of the heart and the circulatory system
The microphone is great for live performances on stage.
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
My father's death my life completely.
to change in outward structure or looks;
The team's failure to win games has caused them to in confidence.
to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
The patient will undergo bypass surgery of the today.
the main and largest artery (= thick tube that carries blood from the heart to the body) in the human body originating from the heart
SWERS: 66. emotions, 67. makeup, 68. vessel, 69. cardiologist, 70. cardioid, 71. sformed, 72. regress, 73. aorta

ANSWERS: 154. technique, 155. repository, 156. movement, 157. grief, 158. unmitigated, 159. undoubtedly, 160. random, 161. develop

Vocab-Builder Ref from	"Sandeep Jauhar: How you	r emotions change th	e shape of your heart	TED Talk" (227 words)
ANSWERS:				