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Pico Iyer: What ping-pong taught me about life | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

studio

n. a room or building where creative or artistic work is produced; a television or radio production company

synonym: workshop, atelier, room

(1) a photo **studio**, (2) music **studio**

She works at a recording **studio** in Los Angeles.

forehand

n. (in sports such as tennis and squash) a stroke or shot made with the palm facing forward is used to hit the ball on the dominant side of the body

(1) **forehand** volley, (2) **forehand** grip

He had a powerful **forehand** shot in tennis that his opponent couldn't return.

backhand

n. (in sports such as tennis and squash) a stroke or shot made with the back of the hand facing forward is used to hit the ball on the non-dominant side of the body

(1) **backhand** shot, (2) **backhand** grip

She hit a perfect **backhand** winner down the line to win the match.

collide

v. to hit something violently when moving

synonym: clash, slam, contradict

(1) **collide** head-on, (2) **collide** in midair

The interests of the two countries **collide**.

midair

n. some point in the air; above ground level

(1) a **midair** collision, (2) thrown out into **midair**

She flawlessly performed a **midair** somersault.

furious

adj. extremely angry; full of rage

synonym: angry, rageful, livid

(1) **furious** anger, (2) a **furious** sea

The coach was **furious** with the players for their lack of effort during the game.

exertion

n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result

synonym: exercise, effort, struggle

(1) physical **exertion**, (2) **exertion** of energy

The intense **exertion** required to climb the mountain left him feeling exhausted.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

victory

n. success in a game, competition, election, or battle, or the knowledge that you have won

synonym: win, triumph, success

(1) **victory** in the law court, (2) **victory** over terrorism

We are optimistic about our final **victory**.

competitive

adj. involving competition or competitiveness

synonym: aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

synonym: soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**

Despite their tragic loss, the family is showing great **spirit**.

competition

n. a situation in which someone is attempting to beat or outperform another

synonym: contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

geopolitical

adj. of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area

(1) the **geopolitical** situations, (2) reduce **geopolitical** risk

The country holds dominant **geopolitical** power over its neighbors.

fierce

adj. severe and violent in a way that is frightening

synonym: ferocious, convulsive, forceful

(1) **fierce** competition, (2) a **fierce** animal

The **fierce** thunders echoed across the plain.

communist

adj. relating to or supporting the political ideology of communism (= a form of socialism that abolishes private ownership)

synonym: socialist, marxist, leninist

(1) **communist** party, (2) **communist** activist

During the Cold War, many countries feared the spread of **communist** ideology.

adversary

n. a person, group, or force that opposes or fights against another; an enemy or opponent

synonym : opponent, enemy, foe

(1) **adversary** team, (2) political **adversary**

The boxer's toughest **adversary** was his fear of losing.

claim

v. to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

synonym : assert, declare, maintain

(1) **claim** responsibility, (2) false **claim**

He wants to **claim** ownership of the abandoned property.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym : otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

nuclear

adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

synonym : atomic

(1) **nuclear** fusion, (2) use of **nuclear** power

Many countries have now agreed to a treaty banning the use of **nuclear** weapons.

honor

n. high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone

synonym : integrity, virtue, acclaim

(1) womanly **honor**, (2) **honor** our ancestors

I claim on my **honor** that it is true.

lifelong

adj. lasting for the whole of someone's life

synonym : enduring, eternal, permanent

(1) **lifelong** career, (2) **lifelong** commitment

He had a **lifelong** love of reading and spent hours daily with a book.

association

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

synonym : affiliation, collaboration, society

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

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

president

n. the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

synonym : leader, CEO, chairperson

(1) **president** emeritus, (2) vice- **president** for finance

The club **president** does not have absolute power.

engineer

n. a person whose job is designing, building, or maintaining something such as machines, structures, or software

synonym : architect, creator, builder

(1) a civil **engineer**, (2) **engineer** shortage

The **engineer** will repair my telephone tomorrow morning.

diplomacy

n. the art and practice of conducting negotiations between nations, organizations, or people; the fine art of dealing with people in a sensitive and effective way

synonym : tact, negotiation, delicacy

(1) the language of **diplomacy**, (2) the art of **diplomacy**

Effective **diplomacy** is necessary to resolve conflicts and maintain relationships between countries.

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.

bounce

v. to cause to move up or away after hitting a surface; to spring back

synonym: bound, leap, spring

(1) **bounce** across the floor, (2) **bounce** back from failure
They will **bounce** between various emotional states.

cousin

n. the child of your aunt or uncle

synonym: relative

(1) cross- **cousin** marriage, (2) **cousin's** family
I used to play with my younger male **cousins** when I was a little girl.

invention

n. 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**.

cork

n. a type of light and buoyant material that comes from the bark of the cork oak tree often used as a stopper for bottles or as a material for insulation or flooring; (verb) to close or seal something with a cork or similar stopper

synonym: stopper, bung, plug

(1) **cork** a bottle, (2) **cork** flooring
She used a **cork** board to display her favorite photographs.

exaggeration

n. an overstatement of facts or description; the act of making something seem larger, more important, or more significant than it is

synonym: hyperbole, overstatement, embellishment

(1) sensational **exaggeration**, (2) minimal **exaggeration**
His story was filled with obvious **exaggerations**.

dominate

v. to have or control a lot of power and influence over somebody or something

synonym: govern, rule, prevail

(1) **dominate** possession, (2) **dominate** over the weak

The perspective of his right brain **dominates** his consciousness.

empire

n. a group of countries ruled by one leader or government

synonym : imperium, conglomerate, kingdom

(1) **empire** building, (2) **empire** of the Maya

He has built a thriving e-commerce **empire**.

championship

n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

synonym : crown, title, contest

(1) a world **championship**, (2) **championship** flag

His team won the **championship** for three years running.

adept

adj. having or showing knowledge and skill and aptitude to do something quite difficult

synonym : proficient, masterful, experienced

(1) **adept** at fishing, (2) **adept** in handicrafts

She is highly **adept** with medical equipment.

standstill

n. a complete halt in movement or activity, especially due to an obstruction or lack of resources

synonym : halt, deadlock, impasse

(1) transportation **standstill**, (2) economic **standstill**

The traffic accident caused a **standstill** on the highway for several hours.

mad

adj. insane, especially due to a mental illness; very angry

synonym : crazy, insane, furious

(1) a **mad** person, (2) gets **mad** easily

He was **mad** with joy to see the results.

maximum

adj. the largest or greatest amount or value attainable or attained

synonym : peak, top, highest

(1) **maximum** limit, (2) the **maximum** speed

The **maximum** temperature recorded this summer was higher than average.

umpire

n. a person, particularly in sports, who arbitrates or referee's a game, match, or competition; an impartial mediator or judge in a dispute or conflict

synonym : arbiter, referee, judge

(1) **umpire** decision, (2) fair **umpire**

The cricket **umpire** signaled a boundary by raising his arms.

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.

sore

adj. painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret

synonym : aching, tender, angered

(1) **sore** throat, (2) **sore** back

After the workout, my muscles were **sore** and achy.

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.

dictate

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

synonym : read out, prescribe, order

(1) **dictate** a letter to secretary, (2) **dictate** to the associate

The allies **dictated** the terms of surrender to the country.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

emergency

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

synonym : crisis, trouble, difficulty

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

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

spectacle

n. something or someone seen, especially a notable or unusual sight; an optical device consisting of a frame that houses a pair of lenses for correcting defective vision

synonym : marvel, sensation, phenomenon

(1) pretty **spectacle**, (2) **spectacle** lens

She could not help watching the sad **spectacle**.

paddle

n. a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance

synonym : oar, oarlock, scull

(1) **paddle** strokes, (2) canoe **paddle**

The **paddle** boarders glided across the crystal-clear waters of the cove.

pimple

n. a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish

synonym : blemish, zit, spot

(1) **pimple** treatment, (2) get rid of a **pimple**

The **pimple** outbreak on his face made him feel self-conscious.

sponge

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

rub

v. to move one's hand or an object over the surface of something with pressure

synonym: scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

foam

n. a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water

synonym: froth, lather, bubble

(1) the **foam** on a beer, (2) plastics **foam** material

The waves crashed against the rocks, creating white **foam**.

silent

adj. without any or little sound

synonym: quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

medal

n. a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor

synonym: award, decoration, badge

(1) gold **medal**, (2) a prize **medal**

She was proud to receive a **medal** for her hard work and dedication to the sport.

greet

v. to say hello to someone; to express welcome on meeting someone

synonym: welcome, salute, acknowledge

(1) **greet** a customer, (2) **greet** an idea

He **greeted** his friends with a warm smile and a hug.

postwar

adj. relating to the period following a war, particularly World War II; characterized by the rebuilding and recovery of countries and societies

synonym : subsequent, aftermath

(1) **postwar** years, (2) **postwar** society

The **postwar** period was marked by economic growth and rebuilding efforts.

resurgence

n. the return or growth of something after a period of decline or disappearance

synonym : revival, recovery, rejuvenation

(1) **resurgence** in popularity, (2) **resurgence** of exports

After years of decline, the city is experiencing a **resurgence** in economic growth.

domination

n. the act of having control or power over someone or something

synonym : control, power, rule

(1) fall under foreign **domination**, (2) **domination** power

The **domination** of the Roman Empire over the Mediterranean region lasted for centuries.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym : facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

careen

v. to move swiftly and in an uncontrolled way in a particular direction

synonym : lurch, sway, stagger

(1) **careen** in rough seas, (2) **careens** downhill
The car **careened** off the road and crashed into a tree.

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.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym: stable, solid, secure

(1) **steady** increase, (2) take a **steady** job
The patient's vital signs are **steady**, indicating a stable condition.

chorus

n. a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers

synonym: ensemble, choir, group of singers

(1) a mixed **chorus**, (2) a quintet **chorus**
The **chorus** of the song was catchy and easily memorized.

deploy

v. to move troops or weapons into a position or military action; to bring into something in an effective way

synonym: set up, expand, launch

(1) **deploy** troops for battle, (2) **deploy** safety measures
This country **deployed** its weapons in the east region.

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.

involve

v. to include or affect someone or something as a necessary part of something else

synonym: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym: circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

lob

v. to throw or hit a ball or object high into the air in a high, slow arc; to propel an object in a high, arcing trajectory

synonym: toss, throw, heave

(1) **lob** the bait into the water, (2) **lob** a grenade

I learned how to **lob** a tennis ball over the net during my first lesson.

flail

v. to wave or swing something wildly or uncontrollably; to thrash or beat something with a flail (= a type of farm tool used for threshing, which is the process of separating grains from their husks)

synonym: thrash, beat, whip

(1) **flail** in the strong winds, (2) **flail** at the air

The dancer's arms would **flail** gracefully as she moved to the music.

confess

v. to admit to having done something wrong or to reveal something personal or private

synonym: admit, acknowledge, own up

(1) **confess** sin, (2) **confess** truth

He **confessed** to his crime and turned himself into the police.

exult

v. to feel and express extreme happiness or great joy because something, especially someone's defeat or failure, has happened

synonym : rejoice, delight, jubilate

(1) **exult** over our rival, (2) **exult** at the victory

I **exulted** and wept for joy.

tremendous

adj. very great in degree or extent or amount or impact; extremely good

synonym : enormous, giant, immense

(1) **tremendous** amount, (2) **tremendous** popularity

We had a **tremendous** time yesterday.

upset

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

synonym : disturbed, bothered, resentful

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

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

disconsolate

adj. deeply unhappy or dejected; without hope or comfort; unable to be consoled

synonym : unhappy, dejected, forlorn

(1) **disconsolate** mood, (2) look **disconsolate**

The widow remained **disconsolate** for months after her husband's death.

archrival

n. a principal rival that is especially fierce and long-standing, often in sports or business

synonym : nemesis, opponent, rival

(1) business **archrival**, (2) long-time **archrival**

The tennis match between the **archrivals** was highly anticipated and very intense.

defeat

v. to win against somebody in a fight, war, or attempt

synonym : conquer, beat, overpower

(1) **defeat** a global power, (2) **defeat** body odor

Despite his best efforts, he was unable to **defeat** the enemy.

broken-hearted

adj. deeply upset, distressed, or emotionally hurt, especially as a result of a failed relationship, betrayal, or loss of a loved one

synonym : heartbroken, dejected, desolate

(1) **broken-hearted** tears, (2) a **broken-hearted** goodbye
She was left **broken-hearted** after her long-term partner ended their relationship.

endless

adj. having no end or conclusion; infinitely very large in size or amount

synonym : infinite, ceaseless, boundless

(1) **endless** possibilities, (2) **endless** hours
He looked out the window at the **endless** stream of people.

frustration

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

synonym : disappointment, discouragement, dissatisfaction

(1) **frustration** level, (2) express **frustration**
He felt a deep **frustration** as he realized the project would not be completed on time.

league

n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

synonym : association, organization, alliance

(1) **league** championship, (2) a baseball **league**
He was recruited to play in the professional **league**.

percentage

n. the number, amount, or rate of something, which is usually the amount per hundred

synonym : rate, ratio, portion

(1) the **percentage** of the gold content, (2) a high **percentage**
What is the **percentage** of the consumption tax in the United States?

mediocre

adj. of only average quality; not very good

synonym: average, ordinary, unimpressive

(1) **mediocre** performance, (2) a **mediocre** talent

He was considered a **mediocre** artist compared to others in his field.

squad

n. a small group of people organized for a particular purpose, especially a military one or a sports team

synonym: team, unit, group

(1) a bomb-disposal **squad**, (2) antiriot **squad**

The police department assembled a special **squad** to handle the situation.

stunning

adj. causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence

synonym: beautiful, breathtaking, magnificent

(1) **stunning** beauty, (2) **stunning** disclosure

The **stunning** sunset took everyone's breath away.

instantly

adv. immediately

synonym: immediately, right away, directly

(1) **instantly** cope with, (2) be killed **instantly**

I remembered that person **instantly** and never forgot.

spokesperson

n. a person who represents or speaks on behalf of an organization, group, or individual to the media or the public

synonym: representative, interpreter, mouthpiece

(1) company **spokesperson**, (2) official **spokesperson**

The celebrity **spokesperson** made an appearance at the product launch event.

emphasis

n. particular importance or significance that is given to something

synonym: priority, stress, focus

(1) **emphasis** on color, (2) lay great **emphasis** on policy

The spotlight gave the central figure increased **emphasis**.

imaginary

adj. existing only in someone's mind

synonym: fictional, ideal, fantastical

(1) **imaginary** number, (2) **imaginary** pregnancy

Little children tend to have **imaginary** friends.

daring

adj. brave and taking risks

synonym: audacious, bold, venturesome

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

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

excitement

n. a feeling of great enthusiasm and eagerness

synonym: thrill, exhilaration, incitement

(1) the **excitement** in the business world, (2) aesthetic

excitement

The **excitement** of the upcoming concert was palpable among the crowd.

choir

n. a group of singers, especially one that sings in a church or cathedral

synonym: chorus, ensemble, club

(1) quintet **choir**, (2) **choir** performance

The gospel **choir** sang beautifully at the church service.

regularly

adv. at regular intervals or times

synonym: repeatedly, routinely, usually

(1) **regularly** arranged, (2) post **regularly** to a blog

This site **regularly** shares high-quality academic materials.

soloist

n. a person who performs a solo, especially a solo musician or singer

synonym: solo performer, solo artist

(1) a vocal **soloist**, (2) **soloist** musician

The **soloist's** performance was the highlight of the concert.

harmony

n. the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

synonym: balance, accord, congruence

(1) a **harmony** of colors, (2) break a **harmony**

We worked in perfect **harmony**.

conductor

n. someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.

synonym: director, manager

(1) **conductor** directing a symphony, (2) oxide **conductor**

Diamonds are employed as thermal **conductors** as well.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO₂ into the air

The animal rights group worked to **release** the dolphins back into the wild.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

startle

v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event

synonym: frighten, shock, surprise

(1) **startle** for a moment, (2) **startle** the world

The loud bang outside the window caused him to **startle** and spill his coffee.

prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

synonym: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

assess

v. to judge or decide the nature or quality of someone or something

synonym: estimate, evaluate, consider

(1) **assess** a tax of 10 pounds, (2) **assess** the quality

Our company needs to **assess** the business impact of climate change.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

wildfire

n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

synonym: blaze, bonfire, flame

(1) **wildfire** spread, (2) arson-caused **wildfire**

The **wildfire** destroyed hundreds of homes and forced thousands of people to evacuate.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym: mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

converse

v. to talk informally

synonym: discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who spoke her language.

stumble

v. to miss a step and fall or nearly fall; to walk unsteadily

synonym: bumble, struggle, misstep

(1) **stumble** financially, (2) **stumble** through life

She **stumbled** over the tree root.

misery

n. a state of ill-being due to affliction or misfortune

synonym: affliction, despair, anguish

(1) live in **misery**, (2) untold **misery**

Our company suffered **misery** from incurring a heavy loss.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

delight

n. a feeling of great pleasure or happiness

synonym: pleasure, joy, satisfaction

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

The **delight** on the child's faces when they received the toy was priceless.

degree

n. 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.

disorder

n. 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**.

autism

n. a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication

(1) high-functioning **autism**, (2) **autism** spectrum disorder

There is no cure for **autism**, but early intervention and therapy can improve outcomes for individuals with the condition.

keen

adj. having or showing quick and eager intelligence or interest

synonym : eager, enthusiastic, ardent

(1) **keen** interest, (2) **keen** observation

He was **keen** to learn more about the subject and attended every lecture.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

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

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

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

chamber

n. a large room used for a formal, public, or particular purpose; one of the parts of a parliament

synonym: association, cabin, legislature

(1) a gas **chamber**, (2) the lower **chamber**

The surgeon made an incision in the **chambers** of the patient's heart.

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.

epic

n. a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive

synonym: legendary, mythical, classical

(1) heroic **epic**, (2) **epic** battle

The military **epic** between the two armies was one for the history books.

recall

v. to remember something

synonym: remember, retrieve, recollect

(1) **recall** the incident, (2) **recall** his name

She vividly **recalls** getting laid off several years ago.

Session 2: Spelling

- | | |
|-------------------------------------|--|
| 1. sp___t and the letter of the law | <i>n.</i> the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people |
| 2. fu____s anger | <i>adj.</i> extremely angry; full of rage |
| 3. word ass_____ons | <i>n.</i> 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 |
| 4. fall under foreign dom_____on | <i>n.</i> the act of having control or power over someone or something |
| 5. arson-caused wi____re | <i>n.</i> a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope |
| 6. minimal exa_____ion | <i>n.</i> an overstatement of facts or description; the act of making something seem larger, more important, or more significant than it is |
| 7. me____re performance | <i>adj.</i> of only average quality; not very good |
| 8. do____te over the weak | <i>v.</i> to have or control a lot of power and influence over somebody or something |
| 9. a scholarship ass_____on | <i>n.</i> 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 |

ANSWERS: 1. spirit, 2. furious, 3. association, 4. domination, 5. wildfire, 6. exaggeration, 7. mediocre, 8. dominate, 9. association

10. look dis_____ate *adj.* deeply unhappy or dejected; without hope or comfort; unable to be consoled
11. ex__t over our rival *v.* to feel and express extreme happiness or great joy because something, especially someone's defeat or failure, has happened
12. pa___e strokes *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
13. sea sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
14. gold me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
15. ex__t at the victory *v.* to feel and express extreme happiness or great joy because something, especially someone's defeat or failure, has happened
16. a tremor of de_____t *n.* a feeling of great pleasure or happiness
17. womanly ho__r *n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone
18. false cl__m *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

ANSWERS: 10. disconsolate, 11. exult, 12. paddle, 13. sponge, 14. medal, 15. exult, 16. delight, 17. honor, 18. claim

19. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
20. pre-mo____n agricultural society *adj.* of or belonging to the present time or recent times
21. the exc_____nt in the business world *n.* a feeling of great enthusiasm and eagerness
22. sp_____le lens *n.* something or someone seen, especially a notable or unusual sight; an optical device consisting of a frame that houses a pair of lenses for correcting defective vision
23. economic sta_____ll *n.* a complete halt in movement or activity, especially due to an obstruction or lack of resources
24. a com_____ve price *adj.* involving competition or competitiveness
25. long-time ar_____al *n.* a principal rival that is especially fierce and long-standing, often in sports or business
26. en_____s possibilities *adj.* having no end or conclusion; infinitely very large in size or amount
27. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
28. ch__r performance *n.* a group of singers, especially one that sings in a church or cathedral

ANSWERS: 19. encourage, 20. modern, 21. excitement, 22. spectacle, 23. standstill, 24. competitive, 25. archrival, 26. endless, 27. recognize, 28. choir

29. co___n's family *n.* the child of your aunt or uncle
30. im_____ry pregnancy *adj.* existing only in someone's mind
31. live in mi___y *n.* a state of ill-being due to affliction or misfortune
32. a me_____re talent *adj.* of only average quality; not very good
33. ad_____ry team *n.* a person, group, or force that opposes or fights against another; an enemy or opponent
34. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
35. fru_____on level *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
36. sigh of re___f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
37. emotional p__p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
38. k__n observation *adj.* having or showing quick and eager intelligence or interest
39. plastics f__m material *n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water

ANSWERS: 29. cousin, 30. imaginary, 31. misery, 32. mediocre, 33. adversary, 34. degree, 35. frustration, 36. relief, 37. prop, 38. keen, 39. foam

40. pretty sp_____le *n.* something or someone seen, especially a notable or unusual sight; an optical device consisting of a frame that houses a pair of lenses for correcting defective vision
41. co_____se with an acquaintance *v.* to talk informally
42. in a ge_____e voice *adj.* having or showing a kindly or tender nature; soft and mild
43. give si_____t consent *adj.* without any or little sound
44. au_____m spectrum disorder *n.* a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication
45. the per_____ge of the gold content *n.* the number, amount, or rate of something, which is usually the amount per hundred
46. dom_____on power *n.* the act of having control or power over someone or something
47. make a da_____g face *adj.* brave and taking risks
48. physical ex_____on *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
49. co_____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
50. di_____e a letter to secretary *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded
51. bo_____e across the floor *v.* to cause to move up or away after hitting a surface; to spring back

ANSWERS: 40. spectacle, 41. converse, 42. gentle, 43. silent, 44. autism, 45. percentage, 46. domination, 47. daring, 48. exertion, 49. conclude, 50. dictate, 51. bounce

52. positive feedback l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
53. st____ng disclosure *adj.* causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence
54. ca____n in rough seas *v.* to move swiftly and in an uncontrolled way in a particular direction
55. a photo st____o *n.* a room or building where creative or artistic work is produced; a television or radio production company
56. the ul____te luxury *adj.* furthest or highest in degree or order
57. mo____n poetry *adj.* of or belonging to the present time or recent times
58. an indomitable sp____t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
59. e__c battle *n.* a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive
60. vi____y over terrorism *n.* success in a game, competition, election, or battle, or the knowledge that you have won
61. re____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 52. loop, 53. stunning, 54. careen, 55. studio, 56. ultimate, 57. modern, 58. spirit, 59. epic, 60. victory, 61. recognize

62. co_____e head-on *v.* to hit something violently when moving
63. post re_____ly to a blog *adv.* at regular intervals or times
64. ma_____m limit *adj.* the largest or greatest amount or value attainable or attained
65. de___y troops for battle *v.* to move troops or weapons into a position or military action; to bring into something in an effective way
66. en_____s hours *adj.* having no end or conclusion; infinitely very large in size or amount
67. c__k a bottle *n.* a type of light and buoyant material that comes from the bark of the cork oak tree often used as a stopper for bottles or as a material for insulation or flooring; (verb) to close or seal something with a cork or similar stopper
68. a private ind_____al *n.* a single person or thing, as distinct from a group
69. cl___m responsibility *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
70. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
71. his research area of
con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 62. collide, 63. regularly, 64. maximum, 65. deploy, 66. endless, 67. cork, 68. individual, 69. claim, 70. anxiety, 71. concentration

72. com_____ve position *adj.* involving competition or competitiveness
73. express fru_____on *n.* the feeling of being upset or annoyed as a result of being unable to change or achieve something
74. the files are in complete di_____er *n.* 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
75. tre_____us popularity *adj.* very great in degree or extent or amount or impact; extremely good
76. de____y safety measures *v.* to move troops or weapons into a position or military action; to bring into something in an effective way
77. me_____n name *v.* to speak or write about something or someone briefly
78. si____t reading *adj.* without any or little sound
79. bachelor's de____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
80. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
81. di_____e to the associate *v.* to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

ANSWERS: 72. competitive, 73. frustration, 74. disorder, 75. tremendous, 76. deploy, 77. mention, 78. silent, 79. degree, 80. encourage, 81. dictate

82. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
83. a mi___r collision *n.* some point in the air; above ground level
84. the geo_____cal situations *adj.* of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area
85. canoe pa___e *n.* a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance
86. co_____or directing a symphony *n.* someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.
87. thrown out into mi___r *n.* some point in the air; above ground level
88. a world cha_____hip *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
89. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
90. gets m_d easily *adj.* insane, especially due to a mental illness; very angry
91. ad__t at fishing *adj.* having or showing knowledge and skill and aptitude to do something quite difficult

ANSWERS: 82. opposition, 83. midair, 84. geopolitical, 85. paddle, 86. conductor, 87. midair, 88. championship, 89. stroke, 90. mad, 91. adept

92. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
93. pr_____nt emeritus *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
94. p__p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
95. antiriot sq__d *n.* a small group of people organized for a particular purpose, especially a military one or a sports team
96. re_____e a prisoner *v.* to set free or allow to escape from confinement
97. oxide co_____or *n.* someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.
98. em_____is on color *n.* particular importance or significance that is given to something
99. a ha_____y of colors *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
100. heroic e__c *n.* a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive

ANSWERS: 92. intense, 93. president, 94. prop, 95. squad, 96. release, 97. conductor, 98. emphasis, 99. harmony, 100. epic

101. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
102. em____e building *n.* a group of countries ruled by one leader or government
103. a prize me__l *n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
104. so_____t musician *n.* a person who performs a solo, especially a solo musician or singer
105. re____e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
106. nu_____r fusion *adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy
107. get rid of a pi____e *n.* a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish
108. co_____s truth *v.* to admit to having done something wrong or to reveal something personal or private
109. st_____ng beauty *adj.* causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence
110. s__e throat *adj.* painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret

ANSWERS: 101. anxiety, 102. empire, 103. medal, 104. soloist, 105. retire, 106. nuclear, 107. pimple, 108. confess, 109. stunning, 110. sore

111. st____e the world *v.* to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
112. res_____ce in popularity *n.* the return or growth of something after a period of decline or disappearance
113. quintet ch__r *n.* a group of singers, especially one that sings in a church or cathedral
114. in_____ly cope with *adv.* immediately
115. k__n interest *adj.* having or showing quick and eager intelligence or interest
116. a mixed ch___s *n.* a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
117. co_____s sin *v.* to admit to having done something wrong or to reveal something personal or private
118. sensational exa_____ion *n.* an overstatement of facts or description; the act of making something seem larger, more important, or more significant than it is
119. metallic sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
120. fo_____nd volley *n.* (in sports such as tennis and squash) a stroke or shot made with the palm facing forward is used to hit the ball on the dominant side of the body

ANSWERS: 111. startle, 112. resurgence, 113. choir, 114. instantly, 115. keen, 116. chorus, 117. confess, 118. exaggeration, 119. sponge, 120. forehand

129. da___g escape *adj.* brave and taking risks
130. as___s the quality *v.* to judge or decide the nature or quality of someone or something
131. fl__l at the air *v.* to wave or swing something wildly or uncontrollably; to thrash or beat something with a flail (= a type of farm tool used for threshing, which is the process of separating grains from their husks)
132. po____r society *adj.* relating to the period following a war, particularly World War II; characterized by the rebuilding and recovery of countries and societies
133. the f__m on a beer *n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water
134. l_b the bait into the water *v.* to throw or hit a ball or object high into the air in a high, slow arc; to propel an object in a high, arcing trajectory
135. lay great em____is on policy *n.* particular importance or significance that is given to something
136. vi____y in the law court *n.* success in a game, competition, election, or battle, or the knowledge that you have won
137. in____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
138. a vocal so____t *n.* a person who performs a solo, especially a solo musician or singer

ANSWERS: 129. daring, 130. assess, 131. flail, 132. postwar, 133. foam, 134. lob, 135. emphasis, 136. victory, 137. involve, 138. soloist

139. the ma____m speed *adj.* the largest or greatest amount or value attainable or attained
140. le___e championship *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
141. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
142. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
143. re___l his name *v.* to remember something
144. transportation sta_____ll *n.* a complete halt in movement or activity, especially due to an obstruction or lack of resources
145. intraspecific com_____on *n.* a situation in which someone is attempting to beat or outperform another
146. st_____e for a moment *v.* to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
147. get up__t *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

ANSWERS: 139. maximum, 140. league, 141. concentration, 142. unfold, 143. recall, 144. standstill, 145. competition, 146. startle, 147. upset

148. a fi___e animal *adj.* severe and violent in a way that is frightening
149. a quintet ch___s *n.* a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
150. in___e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
151. be killed in_____ly *adv.* immediately
152. reduce geo_____cal risk *adj.* of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area
153. fi___e competition *adj.* severe and violent in a way that is frightening
154. a high per_____ge *n.* the number, amount, or rate of something, which is usually the amount per hundred
155. a civil en_____er *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
156. high-functioning au___m *n.* a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication
157. as___s a tax of 10 pounds *v.* to judge or decide the nature or quality of someone or something
158. fair um___e *n.* a person, particularly in sports, who arbitrates or referee's a game, match, or competition; an impartial mediator or judge in a dispute or conflict

ANSWERS: 148. fierce, 149. chorus, 150. involve, 151. instantly, 152. geopolitical, 153. fierce, 154. percentage, 155. engineer, 156. autism, 157. assess, 158. umpire

159. pi___e treatment *n.* a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish
160. ad__t in handicrafts *adj.* having or showing knowledge and skill and aptitude to do something quite difficult
161. break a ha_____y *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
162. po_____r years *adj.* relating to the period following a war, particularly World War II; characterized by the rebuilding and recovery of countries and societies
163. cross-co___n marriage *n.* the child of your aunt or uncle
164. do_____te possession *v.* to have or control a lot of power and influence over somebody or something
165. company spo_____son *n.* a person who represents or speaks on behalf of an organization, group, or individual to the media or the public
166. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
167. gr__t a customer *v.* to say hello to someone; to express welcome on meeting someone
168. the in_____on of new techniques *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
169. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 159. pimple, 160. adept, 161. harmony, 162. postwar, 163. cousin, 164. dominate, 165. spokesperson, 166. retire, 167. greet, 168. invention, 169. stroke

170. im_____ry number *adj.* existing only in someone's mind
171. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
172. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
173. aesthetic exc_____nt *n.* a feeling of great enthusiasm and eagerness
174. people with bipolar di_____er *n.* 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
175. co_____e in midair *v.* to hit something violently when moving
176. ge___e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
177. co_____st activist *adj.* relating to or supporting the political ideology of communism (= a form of socialism that abolishes private ownership)
178. re___l the incident *v.* to remember something
179. co_____st party *adj.* relating to or supporting the political ideology of communism (= a form of socialism that abolishes private ownership)
180. the ul_____te goal in life *adj.* furthest or highest in degree or order

ANSWERS: 170. imaginary, 171. loop, 172. emergency, 173. excitement, 174. disorder, 175. collide, 176. gentle, 177. communist, 178. recall, 179. communist, 180. ultimate

181. en_____er shortage *n.* a person whose job is designing, building, or maintaining something such as machines, structures, or software
182. common in _____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
183. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
184. wi_____re spread *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
185. untold mi____y *n.* a state of ill-being due to affliction or misfortune
186. ex_____on of energy *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
187. use of nu_____r power *adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy
188. acute em_____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
189. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
190. a bomb-disposal sq__d *n.* a small group of people organized for a particular purpose, especially a military one or a sports team

ANSWERS: 181. engineer, 182. invention, 183. spiritual, 184. wildfire, 185. misery, 186. exertion, 187. nuclear, 188. emergency, 189. conclude, 190. squad

191. the first round of the com_____on *n.* a situation in which someone is attempting to beat or outperform another
192. c__k flooring *n.* a type of light and buoyant material that comes from the bark of the cork oak tree often used as a stopper for bottles or as a material for insulation or flooring; (verb) to close or seal something with a cork or similar stopper
193. res_____ce of exports *n.* the return or growth of something after a period of decline or disappearance
194. re_____ly arranged *adv.* at regular intervals or times
195. bro_____ted tears *adj.* deeply upset, distressed, or emotionally hurt, especially as a result of a failed relationship, betrayal, or loss of a loved one
196. gr__t an idea *v.* to say hello to someone; to express welcome on meeting someone
197. em___e of the Maya *n.* a group of countries ruled by one leader or government
198. the language of di_____cy *n.* the art and practice of conducting negotiations between nations, organizations, or people; the fine art of dealing with people in a sensitive and effective way
199. the lower ch_____r *n.* a large room used for a formal, public, or particular purpose; one of the parts of a parliament
200. a m_d person *adj.* insane, especially due to a mental illness; very angry

ANSWERS: 191. competition, 192. cork, 193. resurgence, 194. regularly, 195. broken-hearted, 196. greet, 197. empire, 198. diplomacy, 199. chamber, 200. mad

201. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
202. fo____nd grip *n.* (in sports such as tennis and squash) a stroke or shot made with the palm facing forward is used to hit the ball on the dominant side of the body
203. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
204. tax re____f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
205. ba____nd grip *n.* (in sports such as tennis and squash) a stroke or shot made with the back of the hand facing forward is used to hit the ball on the non-dominant side of the body
206. st____e financially *v.* to miss a step and fall or nearly fall; to walk unsteadily
207. de____t body odor *v.* to win against somebody in a fight, war, or attempt
208. cha____hip flag *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
209. a gas ch____r *n.* a large room used for a formal, public, or particular purpose; one of the parts of a parliament
210. have an up__t stomach *adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry

ANSWERS: 201. rub, 202. forehand, 203. rub, 204. relief, 205. backhand, 206. stumble, 207. defeat, 208. championship, 209. chamber, 210. upset

211. st___y increase *adj.* firmly fixed, supported, or balanced; not shaking or moving
212. un___d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
213. re____e CO2 into the air *v.* to set free or allow to escape from confinement
214. tre_____us amount *adj.* very great in degree or extent or amount or impact; extremely good
215. de___t a global power *v.* to win against somebody in a fight, war, or attempt
216. li_____ng career *adj.* lasting for the whole of someone's life
217. with de____t *n.* a feeling of great pleasure or happiness
218. ask a co____se question *v.* to talk informally
219. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
220. st____e through life *v.* to miss a step and fall or nearly fall; to walk unsteadily
221. fl__l in the strong winds *v.* to wave or swing something wildly or uncontrollably; to thrash or beat something with a flail (= a type of farm tool used for threshing, which is the process of separating grains from their husks)
222. bo___e back from failure *v.* to cause to move up or away after hitting a surface; to spring back

ANSWERS: 211. steady, 212. unfold, 213. release, 214. tremendous, 215. defeat, 216. lifelong, 217. delight, 218. converse, 219. intense, 220. stumble, 221. flail, 222. bounce

223. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
224. me_____n in a report *v.* to speak or write about something or someone briefly
225. music st____o *n.* a room or building where creative or artistic work is produced; a television or radio production company
226. dis_____ate mood *adj.* deeply unhappy or dejected; without hope or comfort; unable to be consoled
227. ba_____nd shot *n.* (in sports such as tennis and squash) a stroke or shot made with the back of the hand facing forward is used to hit the ball on the non-dominant side of the body
228. ind_____al freedom *n.* a single person or thing, as distinct from a group
229. a fu_____s sea *adj.* extremely angry; full of rage
230. l_b a grenade *v.* to throw or hit a ball or object high into the air in a high, slow arc; to propel an object in a high, arcing trajectory
231. ca_____ns downhill *v.* to move swiftly and in an uncontrolled way in a particular direction
232. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
233. vice-pr_____nt for finance *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

ANSWERS: 223. opposition, 224. mention, 225. studio, 226. disconsolate, 227. backhand, 228. individual, 229. furious, 230. lob, 231. careen, 232. spiritual, 233. president

234. s__e back

adj. painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret

235. li____ng commitment

adj. lasting for the whole of someone's life

236. a bro_____ted goodbye

adj. deeply upset, distressed, or emotionally hurt, especially as a result of a failed relationship, betrayal, or loss of a loved one

ANSWERS: 234. sore, 235. lifelong, 236. broken-hearted

Session 3: Fill in the Blanks

1. The _____ sunset took everyone's breath away.
adj. causing a strong emotional reaction of admiration, surprise, or shock due to its beauty, rarity, or excellence
2. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
3. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
4. The _____ will repair my telephone tomorrow morning.
n. a person whose job is designing, building, or maintaining something such as machines, structures, or software
5. The tiny marine _____ has existed for more than 500 million years.
n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
6. The _____ of the upcoming concert was palpable among the crowd.
n. a feeling of great enthusiasm and eagerness
7. The _____ temperature recorded this summer was higher than average.
adj. the largest or greatest amount or value attainable or attained
8. The dancer's arms would _____ gracefully as she moved to the music.
v. to wave or swing something wildly or uncontrollably; to thrash or beat something with a flail (= a type of farm tool used for threshing, which is the process of separating grains from their husks)

ANSWERS: 1. stunning, 2. release, 3. mentioned, 4. engineer, 5. sponge, 6. excitement, 7. maximum, 8. flail

9. She works at a recording _____ in Los Angeles.
n. a room or building where creative or artistic work is produced; a television or radio production company
10. He had a powerful _____ shot in tennis that his opponent couldn't return.
n. (in sports such as tennis and squash) a stroke or shot made with the palm facing forward is used to hit the ball on the dominant side of the body
11. The loud bang outside the window caused him to _____ and spill his coffee.
v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
12. This year's extreme heat has resulted in many heat _____ cases.
n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
13. The _____ of the Roman Empire over the Mediterranean region lasted for centuries.
n. the act of having control or power over someone or something
14. The widow remained _____ for months after her husband's death.
adj. deeply unhappy or dejected; without hope or comfort; unable to be consoled
15. She hit a perfect _____ winner down the line to win the match.
n. (in sports such as tennis and squash) a stroke or shot made with the back of the hand facing forward is used to hit the ball on the non-dominant side of the body
16. I learned how to ____ a tennis ball over the net during my first lesson.
v. to throw or hit a ball or object high into the air in a high, slow arc; to propel an object in a high, arcing trajectory

ANSWERS: 9. studio, 10. forehand, 11. startle, 12. stroke, 13. domination, 14. disconsolate, 15. backhand, 16. lob

17. There is no cure for _____ but early intervention and therapy can improve outcomes for individuals with the condition.
- n.* a developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication
18. We _____ a cease-fire.
- v.* to come to an end or close; to reach a judgment or opinion by reasoning
19. We have finally lost our last _____.
- n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
20. Despite his best efforts, he was unable to _____ the enemy.
- v.* to win against somebody in a fight, war, or attempt
21. He looked out the window at the _____ stream of people.
- adj.* having no end or conclusion; infinitely very large in size or amount
22. She _____ over the tree root.
- v.* to miss a step and fall or nearly fall; to walk unsteadily
23. Their headquarters are in a _____ skyscraper.
- adj.* of or belonging to the present time or recent times
24. His team won the _____ for three years running.
- n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

ANSWERS: 17. autism, 18. concluded, 19. prop, 20. defeat, 21. endless, 22. stumbled, 23. modern, 24. championship

25. I claim on my _____ that it is true.

- n.* high regard or great respect for someone; the quality of having and doing based on a keen sense of morality; (verb) to show respect towards someone

26. The _____ on the child's faces when they received the toy was priceless.

- n.* a feeling of great pleasure or happiness

27. The _____ period was marked by economic growth and rebuilding efforts.

- adj.* relating to the period following a war, particularly World War II; characterized by the rebuilding and recovery of countries and societies

28. The celebrity _____ made an appearance at the product launch event.

- n.* a person who represents or speaks on behalf of an organization, group, or individual to the media or the public

29. He was _____ to learn more about the subject and attended every lecture.

- adj.* having or showing quick and eager intelligence or interest

30. This exam requires excellent _____ to pass.

- n.* the ability to focus all your time and energy on one thing without thinking about anything else.

31. He was recruited to play in the professional _____.

- n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

32. We are optimistic about our final _____.

- n.* success in a game, competition, election, or battle, or the knowledge that you have won

ANSWERS: 25. honor, 26. delight, 27. postwar, 28. spokesperson, 29. keen, 30. concentration, 31. league, 32. victory

33. The cricket _____ signaled a boundary by raising his arms.
n. a person, particularly in sports, who arbitrates or referee's a game, match, or competition; an impartial mediator or judge in a dispute or conflict
34. It's important to _____ your strengths and weaknesses.
v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
35. During the Cold War, many countries feared the spread of _____ ideology.
adj. relating to or supporting the political ideology of communism (= a form of socialism that abolishes private ownership)
36. The _____ of the song was catchy and easily memorized.
n. a group of singers or speakers who perform together, typically in a musical or dramatic production; the part of a song where a soloist is joined by a group of singers
37. Little children tend to have _____ friends.
adj. existing only in someone's mind
38. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group
39. The _____ thunders echoed across the plain.
adj. severe and violent in a way that is frightening
40. The gospel _____ sang beautifully at the church service.
n. a group of singers, especially one that sings in a church or cathedral

ANSWERS: 33. umpire, 34. recognize, 35. communist, 36. chorus, 37. imaginary, 38. individual, 39. fierce, 40. choir

41. Our company suffered _____ from incurring a heavy loss.
n. a state of ill-being due to affliction or misfortune
42. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
43. Many countries have now agreed to a treaty banning the use of _____ weapons.
adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy
44. He was ___ with joy to see the results.
adj. insane, especially due to a mental illness; very angry
45. He devoted his life to establishing a humanitarian _____ fund.
n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
46. I _____ and wept for joy.
v. to feel and express extreme happiness or great joy because something, especially someone's defeat or failure, has happened
47. What is the _____ of the consumption tax in the United States?
n. the number, amount, or rate of something, which is usually the amount per hundred
48. His story was filled with obvious _____.
n. an overstatement of facts or description; the act of making something seem larger, more important, or more significant than it is

ANSWERS: 41. misery, 42. opposition, 43. nuclear, 44. mad, 45. relief, 46. exulted, 47. percentage, 48. exaggerations

49. He _____ his friends with a warm smile and a hug.

v. to say hello to someone; to express welcome on meeting someone

50. The interests of the two countries _____.

v. to hit something violently when moving

51. The president declared a state of _____.

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

52. She vividly _____ getting laid off several years ago.

v. to remember something

53. Many people in this city use the _____ railway for transportation.

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

54. The _____ outbreak on his face made him feel self-conscious.

n. a small, inflamed spot or swelling on the surface of the skin, typically caused by clogged pores or sebaceous glands; a colloquial term for an acne blemish

55. The military _____ between the two armies was one for the history books.

n. a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive

56. The _____ boarders glided across the crystal-clear waters of the cove.

n. a flat, usually wooden implement with a handle used for stirring, mixing, or beating a liquid or substance

ANSWERS: 49. greeted, 50. collide, 51. emergency, 52. recalls, 53. loop, 54. pimple, 55. epic, 56. paddle

57. The intense _____ required to climb the mountain left him feeling exhausted.
- n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
58. He was awfully _____ by the news.
- adj.* causing or marked by anxiety, uneasiness, trouble, or grief; (verb) to make someone anxious, unhappy, or angry
59. The waves crashed against the rocks, creating white _____.
- n.* a mass of small air bubbles formed on the surface of a liquid; a substance that forms a lather when mixed with water
60. The boxer's toughest _____ was his fear of losing.
- n.* a person, group, or force that opposes or fights against another; an enemy or opponent
61. The politician remained _____ despite intense media scrutiny.
- adj.* without any or little sound
62. He wants to _____ ownership of the abandoned property.
- v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
63. She enjoyed the opportunity to _____ with a person who spoke her language.
- v.* to talk informally
64. Global _____ is rising in virtually every industry.
- n.* a situation in which someone is attempting to beat or outperform another

ANSWERS: 57. exertion, 58. upset, 59. foam, 60. adversary, 61. silent, 62. claim, 63. converse, 64. competition

65. Her _____ manner relaxed everyone there.

adj. having or showing a kindly or tender nature; soft and mild

66. Diamonds are employed as thermal _____ as well.

n. someone who leads the performance of musicians or a piece of music; (in physics) an object, substance, or material that readily allows the flow of electricity, heat, etc.

67. He felt a deep _____ as he realized the project would not be completed on time.

n. the feeling of being upset or annoyed as a result of being unable to change or achieve something

68. I used to play with my younger male _____ when I was a little girl.

n. the child of your aunt or uncle

69. She was left _____ after her long-term partner ended their relationship.

adj. deeply upset, distressed, or emotionally hurt, especially as a result of a failed relationship, betrayal, or loss of a loved one

70. He was considered a _____ artist compared to others in his field.

adj. of only average quality; not very good

71. That statement by the prime minister drew _____ international criticism.

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

72. The coach was _____ with the players for their lack of effort during the game.

adj. extremely angry; full of rage

ANSWERS: 65. gentle, 66. conductors, 67. frustration, 68. cousins, 69. broken-hearted, 70. mediocre, 71. intense, 72. furious

73. His membership in the _____ provided him with numerous benefits.
n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
74. The doctor prescribed some medicine for the mental _____.
n. 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
75. The mobile application industry is a _____ one.
adj. involving competition or competitiveness
76. The traffic accident caused a _____ on the highway for several hours.
n. a complete halt in movement or activity, especially due to an obstruction or lack of resources
77. Effective _____ is necessary to resolve conflicts and maintain relationships between countries.
n. the art and practice of conducting negotiations between nations, organizations, or people; the fine art of dealing with people in a sensitive and effective way
78. This site _____ shares high-quality academic materials.
adv. at regular intervals or times
79. The car _____ off the road and crashed into a tree.
v. to move swiftly and in an uncontrolled way in a particular direction
80. The club _____ does not have absolute power.
n. the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

ANSWERS: 73. association, 74. disorder, 75. competitive, 76. standstill, 77. diplomacy, 78. regularly, 79. careened, 80. president

81. The police department assembled a special _____ to handle the situation.
n. a small group of people organized for a particular purpose, especially a military one or a sports team
82. She _____ the sore spot on her leg to ease the pain.
v. to move one's hand or an object over the surface of something with pressure
83. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
84. After working for the company for 30 years, she decided to _____ from her job.
v. to withdraw from one's position or occupation, especially because of age
85. The spotlight gave the central figure increased _____.
n. particular importance or significance that is given to something
86. Necessity is the mother of _____.
n. the creation of a new device or process resulting from study and experimentation; the act of inventing
87. The _____ destroyed hundreds of homes and forced thousands of people to evacuate.
n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
88. This country _____ its weapons in the east region.
v. to move troops or weapons into a position or military action; to bring into something in an effective way

ANSWERS: 81. squad, 82. rubbed, 83. ultimate, 84. retire, 85. emphasis, 86. invention, 87. wildfire, 88. deployed

89. She is highly _____ with medical equipment.

adj. having or showing knowledge and skill and aptitude to do something quite difficult

90. He had a _____ love of reading and spent hours daily with a book.

adj. lasting for the whole of someone's life

91. The country holds dominant _____ power over its neighbors.

adj. of or relating to political activity or relations between countries and groups of countries, as influenced by the physical features of a country or area

92. After the workout, my muscles were _____ and achy.

adj. painful or sensitive to the touch; inflamed or irritated; feeling deep distress, grief, or regret

93. She flawlessly performed a _____ somersault.

n. some point in the air; above ground level

94. We had a _____ time yesterday.

adj. very great in degree or extent or amount or impact; extremely good

95. We worked in perfect _____.

n. the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

96. The allies _____ the terms of surrender to the country.

v. to state or give order with total authority; to say or read aloud for somebody else to write down or to be recorded

ANSWERS: 89. adept, 90. lifelong, 91. geopolitical, 92. sore, 93. midair, 94. tremendous, 95. harmony, 96. dictated

97. She used a _____ board to display her favorite photographs.

- n.* a type of light and buoyant material that comes from the bark of the cork oak tree often used as a stopper for bottles or as a material for insulation or flooring; (verb) to close or seal something with a cork or similar stopper

98. Despite their tragic loss, the family is showing great _____.

- n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

99. They will _____ between various emotional states.

- v.* to cause to move up or away after hitting a surface; to spring back

100. They _____ customers with a premium for loyal patronage.

- v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

101. The surgeon made an incision in the _____ of the patient's heart.

- n.* a large room used for a formal, public, or particular purpose; one of the parts of a parliament

102. She could not help watching the sad _____.

- n.* something or someone seen, especially a notable or unusual sight; an optical device consisting of a frame that houses a pair of lenses for correcting defective vision

103. After years of decline, the city is experiencing a _____ in economic growth.

- n.* the return or growth of something after a period of decline or disappearance

ANSWERS: 97. cork, 98. spirit, 99. bounce, 100. encouraged, 101. chambers, 102. spectacle, 103. resurgence

104. The _____ performance was the highlight of the concert.

n. a person who performs a solo, especially a solo musician or singer

105. He _____ to his crime and turned himself into the police.

v. to admit to having done something wrong or to reveal something personal or private

106. The investigation _____ several government agencies and is expected to take several months.

v. to include or affect someone or something as a necessary part of something else

107. Our company needs to _____ the business impact of climate change.

v. to judge or decide the nature or quality of someone or something

108. The perspective of his right brain _____ his consciousness.

v. to have or control a lot of power and influence over somebody or something

109. I remembered that person _____ and never forgot.

adv. immediately

110. Her choices become increasingly _____ and creative.

adj. brave and taking risks

111. The mystery _____ as the detectives gathered more clues.

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

112. He has built a thriving e-commerce _____.

n. a group of countries ruled by one leader or government

ANSWERS: 104. soloist's, 105. confessed, 106. involves, 107. assess, 108. dominates, 109. instantly, 110. daring, 111. unfolded, 112. empire

113. The tennis match between the _____ was highly anticipated and very intense.
- n.* a principal rival that is especially fierce and long-standing, often in sports or business
114. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
115. The patient's vital signs are _____ indicating a stable condition.
- adj.* firmly fixed, supported, or balanced; not shaking or moving
116. She was proud to receive a _____ for her hard work and dedication to the sport.
- n.* a flat, usually circular piece of metal or other material that is often given as an award or commemoration for an achievement, victory, or honor
117. She waited for her daughter with _____.
- n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
118. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.
- adj.* relating to or affecting the human spirit or soul as opposed to material or physical things

ANSWERS: 113. archrivals, 114. degree, 115. steady, 116. medal, 117. anxiety, 118. spiritual