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Vocabulary Builder Reference from...

Elizabeth Dunn: Helping others makes us happier -- but it matters how we do it | TED Talk

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

Advanced Words Only

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Session 1: Word List

frivolous

adj. not serious or sensible; silly or unimportant

synonym: silly, foolish, unimportant

(1) **frivolous** lawsuits, (2) engage in **frivolous** conversation

He was accused of being **frivolous** and not taking his responsibilities seriously.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym: sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

entitle

v. to give someone the right to have or do something; to give a title to someone or something

synonym: allow, permit, enable

(1) **entitle** him to a pension, (2) **entitle** the company to use the logo

The employee was **entitled** to a week of vacation time.

lackluster

adj. lacking in luster or sheen; dull, uninspired, or lacking in energy or vitality; lacking brightness or sparkle

synonym: dull, uninspiring, lackadaisical

(1) **lackluster** economy, (2) **lackluster** appearance
The **lackluster** performance left the audience feeling disappointed and underwhelmed.

puzzling

adj. confusing or difficult to understand; mysterious
synonym: baffling, confusing, enigmatic

(1) **puzzling** behavior, (2) **puzzling** questions

The detective found the clues **puzzling** and couldn't solve the case immediately.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

goldfish

n. a small, freshwater fish with bright scales and a round body, often kept as a pet or used as a decorative element in ponds or aquariums

(1) **goldfish** pond, (2) breeding **goldfish**

I enjoy watching the **goldfish** swim around in their tank.

cracker

n. a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited

synonym: biscuit, hacker, banger

(1) cannon **cracker**, (2) computer **cracker**

I love having a cheese and **cracker** platter while watching a movie.

windfall

n. an unexpected benefit or advantage, especially a large profit or gain

synonym : bonus, unexpected gain

(1) **windfall** profit, (2) reap a **windfall**

Winning the lottery was an unexpected **windfall** for him.

puppet

n. a doll or figure that is manipulated by strings, wires, or hands to represent a person or animal; a person who is controlled or manipulated by someone else

synonym : marionette, dummy, mannequin

(1) **puppet** theater, (2) corporate **puppet**

The politician was merely a **puppet** for the wealthy elite.

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.

perpetuate

v. to make something continue or prevail for a long time

synonym : eternalize, preserve, maintain

(1) **perpetuate** a myth, (2) **perpetuate** chronic pain

That work **perpetuates** his fame.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym : thrill, exhilarate, animate

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

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

conceal

v. to prevent something from being seen, found, observed, or discovered

synonym : hide, keep secret, camouflage

(1) **conceal** my identity, (2) **conceal** a close relationship

Despite the intense verbal abuse, she **concealed** her anger well.

disapproval

n. the act of not liking or agreeing with something; an inclination to withhold approval from some person or

group

synonym : condemnation, reproach, censure

(1) showing **disapproval**, (2) **disapproval** rate

Her **disapproval** of his actions was evident in her cold demeanor.

creditor

n. a person, company, etc. to whom a debtor owes money

(1) the **creditor's** claims, (2) bankrupt **creditor**

I asked the lawyer to initiate **creditor** negotiations for voluntary liquidation.

reunite

v. to bring two or more people together again after a period of separation

synonym : reconcile, reunify, reconvene

(1) **reunite** after five years, (2) **reunite** with my friend

The band will **reunite** only for this show.

comprehend

v. to understand the nature or meaning of something fully

synonym : understand, grasp, apprehend

(1) **comprehend** English, (2) **comprehend** instructions

She struggled to **comprehend** complex math problems.

envision

v. to imagine or expect what a situation will be like in the future

synonym : anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success

We cannot **envision** her as President.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

afterward

adv. after the time mentioned

synonym : later, thereafter, following

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

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

plethora

n. an overabundance or excess of something; a state of having too much of something

synonym: abundance, excess, surplus

(1) **plethora** of information, (2) **plethora** of opportunities

The restaurant's menu offered a **plethora** of options for vegetarians.

revert

v. to return to a previous state or condition; to reply

synonym: return, go back, restore

(1) **revert** to a heavy smoker, (2) **revert** to the original subject

After trying the new software, I **reverted** to the old version.

scrabble

v. to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game

synonym: scramble, jumble, mix

(1) **scrabble** through her purse, (2) **scrabble** words

The kids eagerly **scrabbled** to find the hidden Easter eggs in the garden.

squeal

v. to make a high-pitched, shrill sound, usually as a result of pain, excitement, or surprise; to reveal something secret or incriminating to an authority figure

synonym: scream, shriek, yelp

(1) **squeal** with delight, (2) **squeal** in agony

The children were playing and **squealing** with excitement in the park.

leftover

adj. not consumed or used at the end of something

synonym: extra, residual, unused

(1) **leftover** from a party, (2) **leftover** goods
The chef will make soup with the **leftover** ham bone.

commute

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

(1) **commute** to work, (2) daily **commute**
He had to **commute** two hours each way to get to work.

subvert

v. to undermine, overthrow, or weaken the established order, system, or authority; to bring about fundamental change or revolution from within
synonym: overthrow, undermine, sabotage

(1) **subvert** power, (2) **subvert** expectations
The rebels could **subvert** the government's plans by leaking classified information.

generosity

n. the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
synonym: goodness, hospitality, unselfishness

(1) act of **generosity**, (2) boundless **generosity**
He is remembered for his **generosity** and civilization.

Session 2: Spelling

1. sq___l with delight v. to make a high-pitched, shrill sound, usually as a result of pain, excitement, or surprise; to reveal something secret or incriminating to an authority figure
2. pu_____ng questions *adj.* confusing or difficult to understand; mysterious
3. de_____s crop prices v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
4. per_____te chronic pain v. to make something continue or prevail for a long time
5. go there af_____rd *adv.* after the time mentioned
6. re_____e after five years v. to bring two or more people together again after a period of separation
7. ex___e rebellion v. to make someone feel suddenly enthusiastic or eager
8. en_____on the project's success v. to imagine or expect what a situation will be like in the future
9. su_____t power v. to undermine, overthrow, or weaken the established order, system, or authority; to bring about fundamental change or revolution from within
10. cannon cr_____r *n.* a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited

ANSWERS: 1. squeal, 2. puzzling, 3. depress, 4. perpetuate, 5. afterward, 6. reunite, 7. excite, 8. envision, 9. subvert, 10. cracker

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|--------------------------------|---|
| 11. corporate pu___t | <i>n.</i> a doll or figure that is manipulated by strings, wires, or hands to represent a person or animal; a person who is controlled or manipulated by someone else |
| 12. reap a wi_____ll | <i>n.</i> an unexpected benefit or advantage, especially a large profit or gain |
| 13. pl_____ra of opportunities | <i>n.</i> an overabundance or excess of something; a state of having too much of something |
| 14. le_____er from a party | <i>adj.</i> not consumed or used at the end of something |
| 15. fr_____us lawsuits | <i>adj.</i> not serious or sensible; silly or unimportant |
| 16. ex___e the crowd | <i>v.</i> to make someone feel suddenly enthusiastic or eager |
| 17. showing dis_____al | <i>n.</i> the act of not liking or agreeing with something; an inclination to withhold approval from some person or group |
| 18. per_____te a myth | <i>v.</i> to make something continue or prevail for a long time |
| 19. daily co_____e | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 20. pl_____ra of information | <i>n.</i> an overabundance or excess of something; a state of having too much of something |

ANSWERS: 11. puppet, 12. windfall, 13. plethora, 14. leftover, 15. frivolous, 16. excite, 17. disapproval, 18. perpetuate, 19. commute, 20. plethora

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|--------------------------------------|---|
| 21. pu_____ng behavior | <i>adj.</i> confusing or difficult to understand; mysterious |
| 22. breeding go_____sh | <i>n.</i> a small, freshwater fish with bright scales and a round body, often kept as a pet or used as a decorative element in ponds or aquariums |
| 23. wi_____ll profit | <i>n.</i> an unexpected benefit or advantage, especially a large profit or gain |
| 24. the cr_____or's claims | <i>n.</i> a person, company, etc. to whom a debtor owes money |
| 25. sc_____le through her purse | <i>v.</i> to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game |
| 26. engage in fr_____us conversation | <i>adj.</i> not serious or sensible; silly or unimportant |
| 27. act of gen_____ty | <i>n.</i> the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely |
| 28. boundless gen_____ty | <i>n.</i> the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely |
| 29. st_____e through life | <i>v.</i> to miss a step and fall or nearly fall; to walk unsteadily |
| 30. re____t to the original subject | <i>v.</i> to return to a previous state or condition; to reply |

ANSWERS: 21. puzzling, 22. goldfish, 23. windfall, 24. creditor, 25. scrabble, 26. frivolous, 27. generosity, 28. generosity, 29. stumble, 30. revert

31. sc_____le words
v. to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game
32. a few years af_____rd
adv. after the time mentioned
33. le_____er goods
adj. not consumed or used at the end of something
34. en_____on the future
v. to imagine or expect what a situation will be like in the future
35. lac_____er appearance
adj. lacking in luster or sheen; dull, uninspired, or lacking in energy or vitality; lacking brightness or sparkle
36. re_____e with my friend
v. to bring two or more people together again after a period of separation
37. com_____nd English
v. to understand the nature or meaning of something fully
38. computer cr_____r
n. a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited
39. pu____t theater
n. a doll or figure that is manipulated by strings, wires, or hands to represent a person or animal; a person who is controlled or manipulated by someone else

ANSWERS: 31. scrabble, 32. afterward, 33. leftover, 34. envision, 35. lackluster, 36. reunite, 37. comprehend, 38. cracker, 39. puppet

40. com_____nd instructions *v.* to understand the nature or meaning of something fully
41. go_____sh pond *n.* a small, freshwater fish with bright scales and a round body, often kept as a pet or used as a decorative element in ponds or aquariums
42. lac_____er economy *adj.* lacking in luster or sheen; dull, uninspired, or lacking in energy or vitality; lacking brightness or sparkle
43. sq____l in agony *v.* to make a high-pitched, shrill sound, usually as a result of pain, excitement, or surprise; to reveal something secret or incriminating to an authority figure
44. st_____e financially *v.* to miss a step and fall or nearly fall; to walk unsteadily
45. co_____l a close relationship *v.* to prevent something from being seen, found, observed, or discovered
46. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
47. re____t to a heavy smoker *v.* to return to a previous state or condition; to reply
48. dis_____al rate *n.* the act of not liking or agreeing with something; an inclination to withhold approval from some person or group
49. co_____l my identity *v.* to prevent something from being seen, found, observed, or discovered

ANSWERS: 40. comprehend, 41. goldfish, 42. lackluster, 43. squeal, 44. stumble, 45. conceal, 46. rev, 47. revert, 48. disapproval, 49. conceal

50. bankrupt cr____or
n. a person, company, etc. to whom a debtor owes money
51. an op_____ne remark
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
52. op_____ne occasion
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
53. r_v up the crowd
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
54. su_____t expectations
v. to undermine, overthrow, or weaken the established order, system, or authority; to bring about fundamental change or revolution from within
55. en_____e the company to use the logo
v. to give someone the right to have or do something; to give a title to someone or something
56. co_____e to work
v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
57. en_____e him to a pension
v. to give someone the right to have or do something; to give a title to someone or something
58. de_____s their spirits
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

ANSWERS: 50. creditor, 51. opportune, 52. opportune, 53. rev, 54. subvert, 55. entitle, 56. commute, 57. entitle, 58. depress

ANSWERS:

Session 3: Fill in the Blanks

1. The rebels could _____ the government's plans by leaking classified information.
 - v. to undermine, overthrow, or weaken the established order, system, or authority; to bring about fundamental change or revolution from within
2. She struggled to _____ complex math problems.
 - v. to understand the nature or meaning of something fully
3. Despite the intense verbal abuse, she _____ her anger well.
 - v. to prevent something from being seen, found, observed, or discovered
4. I enjoy watching the _____ swim around in their tank.
 - n. a small, freshwater fish with bright scales and a round body, often kept as a pet or used as a decorative element in ponds or aquariums
5. The phone rang at the most _____ time.
 - adj. suitable or happening at a time that is suitable or convenient for a particular purpose
6. He was accused of being _____ and not taking his responsibilities seriously.
 - adj. not serious or sensible; silly or unimportant
7. We cannot _____ her as President.
 - v. to imagine or expect what a situation will be like in the future
8. He had to _____ two hours each way to get to work.
 - v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

ANSWERS: 1. subvert, 2. comprehend, 3. concealed, 4. goldfish, 5. opportune, 6. frivolous, 7. envision, 8. commute

9. The kids eagerly _____ to find the hidden Easter eggs in the garden.
- v. to scratch or scrape at something with one's hands or claws frantically or desperately; to arrange or rearrange letter tiles to form words in a game of Scrabble (= a popular word game using a 15x15 square board and letter tiles) or a similar word game
10. The employee was _____ to a week of vacation time.
- v. to give someone the right to have or do something; to give a title to someone or something
11. The _____ performance left the audience feeling disappointed and underwhelmed.
- adj. lacking in luster or sheen; dull, uninspired, or lacking in energy or vitality; lacking brightness or sparkle
12. We will explain the countermeasure concerning this problem _____.
- adv. after the time mentioned
13. The chef will make soup with the _____ ham bone.
- adj. not consumed or used at the end of something
14. Her _____ of his actions was evident in her cold demeanor.
- n. the act of not liking or agreeing with something; an inclination to withhold approval from some person or group
15. That work _____ his fame.
- v. to make something continue or prevail for a long time
16. She _____ over the tree root.
- v. to miss a step and fall or nearly fall; to walk unsteadily

ANSWERS: 9. scrabbled, 10. entitled, 11. lackluster, 12. afterward, 13. leftover, 14. disapproval, 15. perpetuates, 16. stumbled

17. The band will _____ only for this show.
v. to bring two or more people together again after a period of separation
18. I asked the lawyer to initiate _____ negotiations for voluntary liquidation.
n. a person, company, etc. to whom a debtor owes money
19. He is remembered for his _____ and civilization.
n. the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
20. The restaurant's menu offered a _____ of options for vegetarians.
n. an overabundance or excess of something; a state of having too much of something
21. The politician was merely a _____ for the wealthy elite.
n. a doll or figure that is manipulated by strings, wires, or hands to represent a person or animal; a person who is controlled or manipulated by someone else
22. The economic recession _____ the housing market.
v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
23. The children were playing and _____ with excitement in the park.
v. to make a high-pitched, shrill sound, usually as a result of pain, excitement, or surprise; to reveal something secret or incriminating to an authority figure
24. The detective found the clues _____ and couldn't solve the case immediately.
adj. confusing or difficult to understand; mysterious

ANSWERS: 17. reunite, 18. creditor, 19. generosity, 20. plethora, 21. puppet, 22. depressed, 23. squealing, 24. puzzling

25. Winning the lottery was an unexpected _____ for him.
- n.* an unexpected benefit or advantage, especially a large profit or gain
26. I love having a cheese and _____ platter while watching a movie.
- n.* a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited
27. He stepped on the gas pedal, and the engine released a loud ____.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
28. After trying the new software, I _____ to the old version.
- v.* to return to a previous state or condition; to reply
29. The news of her promotion _____ her.
- v.* to make someone feel suddenly enthusiastic or eager

ANSWERS: 25. windfall, 26. cracker, 27. rev, 28. reverted, 29. excited