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Vocabulary Builder Reference from...

Alison Ledgerwood: A simple trick to improve positive thinking | TED Talk

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

Advanced Words Only

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Session 1: Word List

fascinate

v. to attract and hold the attention of someone deeply and irresistibly

synonym : captivate, intrigue, mesmerize

(1) **fascinate** the public, (2) **fascinate** the young

The magic tricks **fascinated** the children.

revolve

v. to rotate around a central point

synonym : rotate, spin, orbit

(1) **revolve** at high speed, (2) **revolve** around a central axis

The Earth **revolves** around the Sun in an elliptical orbit.

blip

n. a sudden and small, and typically temporary, change or deviation from a general trend

(1) temporary **blip**, (2) minor **blip**

The stock market had one bad **blip** today.

pesky

adj. causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

synonym : annoying, irritating, bothersome

(1) dealing with **pesky**, (2) **pesky** problem

The **pesky** fly kept buzzing around my head.

- doe** *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
synonym : rabbit, bunny, hare
(1) **doe** rabbit, (2) buck and **doe**
Hunters use a whistle that makes the **doe** sound to lure stags.
- unsurprising** *adj.* not surprising, and what was expected; able to be predicted
synonym : predictable, expected, foreseeable
(1) **unsurprising** success, (2) **unsurprising** result
The **unsurprising** outcome of the election was a victory for the incumbent candidate.
- reframe** *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
synonym : redefine, restructure, reposition
(1) **reframe** resource allocation, (2) **reframe** problem
The therapist tried to **reframe** his negative thoughts.
- oust** *v.* to force someone out of a position of power, job, place, or competition
synonym : expel, depose, drive out
(1) **oust** the chairman, (2) **oust** him from his post
Higher capacity storage media have **ousted** floppy disks.
- covert** *adj.* kept secret or concealed; not openly practiced or engaged in
synonym : secretive, hidden, disguised
(1) **covert** negotiations, (2) **covert** mission
The government was conducting a **covert** operation to gather information on the enemy.
- well-being** *n.* the state of being happy and healthy and prosperous
synonym : health, welfare, happiness
(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

rebound

v. to spring back into a former shape or position after being compressed or stretched

synonym : spring back, resile, recover

(1) **rebound** from a setback, (2) **rebound** back into positive growth

The basketball bounced off the rim and **rebounded** to the player.

recession

n. a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases

synonym : downturn, slump, contraction

(1) **recession** period, (2) recover from a **recession**

The country is facing a **recession**, with high unemployment and low GDP.

rehearse

v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

synonym : practice, recite, drill

(1) **rehearse** an opera, (2) **rehearse** a speech

The actors needed to **rehearse** their lines before the performance.

disconcert

v. to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertain

synonym : unsettle, perturb, discomfit

(1) **disconcert** his plans, (2) **disconcert** the enthusiast

His sudden departure **disconcerted** the team.

grumpy

adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

synonym : crabby, grouchy, irritable

(1) **grumpy** cat, (2) **grumpy** mood

The **grumpy** older man snapped at the children for playing too loudly.

insightful

adj. having or showing a deep understanding and perception of a situation or subject

synonym: perceptive, astute, perspicacious

(1) acutely **insightful**, (2) **insightful** analysis

His **insightful** comments added a new perspective to the discussion.

propagate

v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction

synonym: propagate, multiply, reproduce

(1) **propagate** a rumor, (2) **propagate** plants

The company is working hard to **propagate** their brand message to as many people as possible

waitress

n. a woman who serves food and drinks in a restaurant or cafe

synonym: server, attendant, waitperson

(1) **waitress** at a restaurant, (2) tip the **waitress**

The friendly **waitress** brought the food to the table and asked if they needed anything else.

retrain

v. to teach or learn a new or different set of skills or knowledge, usually to adapt to a new job, situation, or technology

synonym: educate, instruct

(1) **retrain** employees, (2) **retrain** skills

She plans to **retrain** in a new field after retiring from her current career.

Session 2: Spelling

1. co___t negotiations *adj.* kept secret or concealed; not openly practiced or engaged in
2. pe__y problem *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
3. temporary b__p *n.* a sudden and small, and typically temporary, change or deviation from a general trend
4. re____e around a central axis *v.* to rotate around a central point
5. minor b__p *n.* a sudden and small, and typically temporary, change or deviation from a general trend
6. re____e problem *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
7. re____n employees *v.* to teach or learn a new or different set of skills or knowledge, usually to adapt to a new job, situation, or technology
8. fa_____te the young *v.* to attract and hold the attention of someone deeply and irresistibly
9. o__t him from his post *v.* to force someone out of a position of power, job, place, or competition
10. pr_____te plants *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
11. gr___y mood *adj.* easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

ANSWERS: 1. covert, 2. pesky, 3. blip, 4. revolve, 5. blip, 6. reframe, 7. retrain, 8. fascinate, 9. oust, 10. propagate, 11. grumpy

12. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
13. re_____on period *n.* a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases
14. re_____n skills *v.* to teach or learn a new or different set of skills or knowledge, usually to adapt to a new job, situation, or technology
15. re_____d back into positive growth *v.* to spring back into a former shape or position after being compressed or stretched
16. re_____d from a setback *v.* to spring back into a former shape or position after being compressed or stretched
17. recover from a re_____on *n.* a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases
18. pr_____te a rumor *v.* to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
19. dis_____rt his plans *v.* to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertain
20. dis_____rt the enthusiast *v.* to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertain

ANSWERS: 12. reframe, 13. recession, 14. retrain, 15. rebound, 16. rebound, 17. recession, 18. propagate, 19. disconcert, 20. disconcert

21. co___t mission *adj.* kept secret or concealed; not openly practiced or engaged in
22. acutely ins_____ul *adj.* having or showing a deep understanding and perception of a situation or subject
23. re_____e at high speed *v.* to rotate around a central point
24. re_____se a speech *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
25. ins_____ul analysis *adj.* having or showing a deep understanding and perception of a situation or subject
26. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
27. o__t the chairman *v.* to force someone out of a position of power, job, place, or competition
28. uns_____ing result *adj.* not surprising, and what was expected; able to be predicted
29. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
30. tip the wa_____ss *n.* a woman who serves food and drinks in a restaurant or cafe
31. gr___y cat *adj.* easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
32. uns_____ing success *adj.* not surprising, and what was expected; able to be predicted

ANSWERS: 21. covert, 22. insightful, 23. revolve, 24. rehearse, 25. insightful, 26. well-being, 27. oust, 28. unsurprising, 29. well-being, 30. waitress, 31. grumpy, 32. unsurprising

33. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
34. fa_____te the public *v.* to attract and hold the attention of someone deeply and irresistibly
35. buck and d_e *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
36. wa_____ss at a restaurant *n.* a woman who serves food and drinks in a restaurant or cafe
37. dealing with pe__y *adj.* causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner
38. re_____se an opera *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

ANSWERS: 33. doe, 34. fascinate, 35. doe, 36. waitress, 37. pesky, 38. rehearse

Session 3: Fill in the Blanks

1. The stock market had one bad _____ today.
n. a sudden and small, and typically temporary, change or deviation from a general trend

2. The therapist tried to _____ his negative thoughts.
v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

3. The government was conducting a _____ operation to gather information on the enemy.
adj. kept secret or concealed; not openly practiced or engaged in

4. The actors needed to _____ their lines before the performance.
v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

5. The _____ outcome of the election was a victory for the incumbent candidate.
adj. not surprising, and what was expected; able to be predicted

6. The company is working hard to _____ their brand message to as many people as possible
v. to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction

7. Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

ANSWERS: 1. blip, 2. reframe, 3. covert, 4. rehearse, 5. unsurprising, 6. propagate, 7. doe

8. The country is facing a _____ with high unemployment and low GDP.
n. a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases
9. His sudden departure _____ the team.
v. to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertain
10. The Earth _____ around the Sun in an elliptical orbit.
v. to rotate around a central point
11. The basketball bounced off the rim and _____ to the player.
v. to spring back into a former shape or position after being compressed or stretched
12. His _____ comments added a new perspective to the discussion.
adj. having or showing a deep understanding and perception of a situation or subject
13. The friendly _____ brought the food to the table and asked if they needed anything else.
n. a woman who serves food and drinks in a restaurant or cafe
14. She plans to _____ in a new field after retiring from her current career.
v. to teach or learn a new or different set of skills or knowledge, usually to adapt to a new job, situation, or technology
15. The _____ older man snapped at the children for playing too loudly.
adj. easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way

ANSWERS: 8. recession, 9. disconcerted, 10. revolves, 11. rebounded, 12. insightful, 13. waitress, 14. retrain, 15. grumpy

16. Higher capacity storage media have _____ floppy disks.

v. to force someone out of a position of power, job, place, or competition

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

n. the state of being happy and healthy and prosperous

18. The _____ fly kept buzzing around my head.

adj. causing annoyance, irritation, or trouble; persistent in a vexing or troublesome manner

19. The magic tricks _____ the children.

v. to attract and hold the attention of someone deeply and irresistibly

ANSWERS: 16. ousted, 17. well-being, 18. pesky, 19. fascinated