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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_simp

le_trick_to_improve_positive_thinking



All Words

IMPORTANT

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Session 1: Word List

fascinate

 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.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd She had a master's degree in **psychology**.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

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.

entirely

adv. completely

synonym: completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

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.

artistic

adj. of or relating to art or artist; satisfying aesthetic standards and sensibilities

synonym: beautiful, aesthetic, creative

(1) an **artistic** photograph, (2) cultural and **artistic** activity Promising entrepreneurs often have a high **artistic** sensibility.

stick

to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

baseline

 a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court

synonym: standard, criterion

(1) baseline budget, (2) establish a baseline

The products they sell are the **baseline** for performance in the industry.

blip

 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.

reject

 to refuse to accept, consider, or use something or someone

synonym: decline, turn down, repudiate

(1) **reject** the proposal, (2) **reject** all imperfect merchandise The company **rejected** the job candidate's application due to a lack of experience.

awful

adj. causing fear, dread, or terror; very bad or unpleasant synonym: terrible, appalling, horrible

(1) an **awful** error, (2) do **awful** damage

I regretted making an **awful** mistake in my final exam.

crazy

adj. stupid or not sensible; very angrysynonym: insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme The rain and thunder are **crazy** 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.

rejection

n. the act of refusing to accept, use, or consider someone or something; in medicine, an immunological response that refuses to accept substances or organisms that are recognized as foreign

synonym: refusal, denial, repudiation

(1) transplant **rejection**, (2) **rejection** by community His proposals were met with **rejection**.

colleague

 one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with colleagues ,	(2) former colleague
I decided to seek counseling on t	he advice of my colleague.

amber

n. a hard, translucent, yellow-orange or brownish-yellow fossil resin that is used in jewelry and ornamentation and often contains insects or other small organisms that were trapped inside when the resin was sticky; also used to describe the color that resembles this type of resin

synonym: resin, fossilized tree sap, golden stone

(1) amber resin, (2) amber ale

The bracelet was made of beautiful **amber** stones.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number The movie has received almost universally **negative** criticism.

intuitive

adj. obtained through feelings rather than facts or proof *synonym*: involuntary, instinctive, innate

(1) intuitive eating, (2) intuitive judgmentI had an intuitive feeling that I might be pregnant.

frame

- a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window synonym: body, skeleton, scaffolding
- (1) a picture **frame**, (2) the **frame** of the policy The detective looked for fingerprints on the window **frame**.

shift

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

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.

label

 a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name The **label** on the food package lists the ingredients and nutritional information.

investigate

v. to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

synonym: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak The committee **investigated** several apparent inconsistencies.

conduct

- v. to organize and carry out a particular activity synonym: behave, lead, carry on
- (1) **conduct** a background check, (2) **conduct** research Police will **conduct** random breath testing for drunk driving.

experiment

 the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

experiment design, (2) series of experiments
 experiments showed highly positive results.

participate

v. to take part in something

synonym: take part, partake, enter

(1) participate fully in conversation, (2) participate in the

program

The majority of students actively **participated** in the college's intramural sports program.

surgery

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

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery** He had undergone heart **surgery** years before.

procedure

 a way of doing something, especially the official or well-known way

synonym: action, approach, course

(1) undergo a surgical **procedure**, (2) standard **procedure**The pilot and flight attendant ran through the check-out **procedure**.

random

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

synonym: incidental, arbitrary, unanticipated

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

assign

- v. to give a specific job or piece of work to a someone synonym: entrust, delegate, designate
- (1) **assign** projects, (2) **assign** top priority

 Please **assign** a different color to each other kind of item.

unsurprising

adj. not surprising, and what was expected; able to be predicted

synonym: predictable, expected, foreseeable

unsurprising success, (2) unsurprising result
 the unsurprising outcome of the election was a victory for

the incumbent candidate.

twist

- v. to bend or turn something into a certain shape synonym: wrench, turn, twirl
- (1) **twist** around to the left, (2) **twist** a wet towel He **twisted** pieces of rope out of straw.

initial

adj. of or happening at the beginning; (noun) the first letter of a word, especially a person's name

synonym: basic, primary, beginning

(1) initial velocity, (2) an initial letter

They took the initial step toward reconciliation.

governor

 the person who holds the highest executive office in a state or province

synonym: administrator, executive, leader

(1) **governor** general, (2) a prefectural **governor**

The state **governor** visited the affected areas and promised to aid the victims.

elect

v. to choose someone for a specific position by voting for them; to decide or choose to do something

synonym: select, choose, prefer

(1) elect the school board, (2) elect death

Every five years, the provincial governors are **elected**.

opponent

n. a person against whom you are playing or fighting in a game, competition, debate, etc.

synonym: adversary, competitor, enemy

(1) computer **opponent**, (2) death-penalty **opponent** He was attempting to confuse his **opponent**.

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.

scenario

a description of possible actions or events in the future;
 a written outline of a play, film, or literary work

synonym: plan, scheme, procedure

(1) the worst case **scenario**, (2) number of different **scenarios**

The president prepared several possible **scenarios** for an enemy attack.

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.

convert

v. to have a talk with someone; (adjective) reversed in order, relation, or action

synonym: alter, remake, transform

(1) convert fat into energy, (2) convert base 10 to base 16I want to convert my sadness into strength.

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.

outbreak

 a sudden start of something, usually a disease or something dangerous or unpleasant

synonym: eruption, outburst, explosion

(1) infectious disease **outbreaks**, (2) the **outbreak** of hostilities

The government predicts an epidemic **outbreak** of multiple viruses, including coronaviruses and influenza.

disease

 a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) disease prevention, (2) disease control

The doctor diagnosed him with a rare **disease** that had no known cure.

stake

 a share or financial investment in something such as a business; a wooden or metal post set up to mark something

synonym: share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake**

The **stake** of the company is too high nowadays.

calculate

v. to judge or find out the amount or number of something by using mathematics

synonym: compute, figure, estimate

(1) **calculate** the distance, (2) **calculate** his credit score He couldn't **calculate** the actual value of the artwork.

minus

adj. subtracting or taking away; having a value less than zero

synonym: without, lacking, negative

(1) **minus** sign, (2) **minus** temperature

The recipe calls for four cups of flour **minus** one tablespoon.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for mathematics.

resist

v. to refuse to accept something and attempt to prevent it from happening

synonym: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed

I chose to **resist** cancer by trying every possible treatment.

attempt

 an act or effort of trying to do something, especially something difficult

synonym: endeavor, effort, try

(1) the **attempt** to rescue the hostages, (2) a reckless **attempt**

The third **attempt** was far more successful.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) relate a story, (2) relate a message

He tried to **relate** his experience to the group, but they couldn't understand.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym: basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights Human behavior has **fundamental** characteristics.

tilt

v. to incline or bend from a vertical position; (noun) the act of inclining or the state of being inclined or leaning to one side

synonym: incline, slant, lean

(1) on the tilt, (2) tilt a chair

She **tilted** her head to the side, indicating she was listening.

upside

 the positive aspect or potential of something; the upper side of something

synonym: advantage, benefit, top

(1) have no **upside**, (2) market **upside**

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Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

economy

n. the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym: finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

well-being

- n. the state of being happy and healthy and prosperoussynonym: 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.

recover

- v. to return to a former condition, health, mind, or strength synonym: come back, convalesce, heal
- recover a loss, (2) recover approval ratings
 still recovering from a shot to her shoulder.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity A smaller car will **consume** less fuel.

confidence

- the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
 synonym: self-trust, certainty, belief
- (1) **confidence** as a teacher, (2) boost my **confidence** Skill and **confidence** are an unconquered army.

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

 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.

oddly

adv. in a way that is unexpected, strange, or peculiarsynonym: strangely, peculiarly, weirdly

(1) behave **oddly**, (2) **oddly** familiar

He walked into the party with an **oddly** dressed companion, causing everyone to stare.

literally

adv. in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

synonym: actually, truly, verily

(1) translate literally, (2) bite his tongue literallyHe literally jumped out of his chair when he heard the news.

grateful

adj. feeling or showing an appreciation of kindness; thankful synonym: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression She was **grateful** for the help he provided.

dramatically

adv. in a very impressive mannersynonym: greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell

dramatically

Life expectancy has grown **dramatically** this century.

boost

- v. to improve, raise, or increase something synonym: raise, advance, promote
- (1) **boost** the economy, (2) **boost** flexibility

 The new service helped **boost** net income by 10%.

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.

misery

- n. a state of ill-being due to affliction or misfortunesynonym: affliction, despair, anguish
- (1) live in misery, (2) untold misery

Our company suffered misery from incurring a heavy loss.

vent

 a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion

synonym: duct, outlet, venthole

(1) volcanic vent, (2) vent tube

He gave **vent** to his anger by playing the guitar.

rid

 to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products We must **rid** ourselves of pollution.

emotion

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

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

disconcert

- v. to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertainsynonym: unsettle, perturb, discomfit
- (1) **disconcert** his plans, (2) **disconcert** the enthusiast His sudden departure **disconcerted** the team.

technique

n. a particular way or art of doing something that needs skill

synonym: approach, procedure, strategy

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

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

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.

complain

v. to say dissatisfaction or annoyance about something or somebody

synonym: gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently Our users are often **complaining** about the slow application.

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.

decent

adj. satisfactory, acceptable, or good in a general sense synonym: respectable, honorable, good

(1) yearn for the **decent** living, (2) a **decent** education He earned a **decent** salary at his job.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

propagate

 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

snap

v. to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands

synonym: break, crack, fracture

(1) snap a whip, (2) snap judgment

She **snapped** a quick picture of the beautiful sunset before it disappeared.

waitress

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.

tip

the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym: edge, advice, gratuity

- (1) the **tip** of a paintbrush, (2) give the waiter a **tip**. I will introduce some **tips** on learning English in this class.
- 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.

initially

adv. at the beginning; at first synonym: originally, primarily, firstly

(1) initially anticipated, (2) diagnosed initially as a tumor This train departed later than **initially** scheduled.

retrain

Session 2: Spelling

1.	cultural and aric activity	adj.	of or relating to art or artist; satisfying aesthetic standards and sensibilities
2.	psygy experiment	n.	the scientific study of mind and behavior
3.	coe electricity	<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
4.	coe a large of alcohol	<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
5.	invte a data leak	<i>v</i> .	to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
6.	asn projects	<i>v</i> .	to give a specific job or piece of work to a someone
7.	asn top priority	<i>v</i> .	to give a specific job or piece of work to a someone
8.	the teue applied to construction	n.	a particular way or art of doing something that needs skill
9.	goor general	n.	the person who holds the highest executive office in a state or province
10.	a teue in martial arts	n.	a particular way or art of doing something that needs skill
11.	ret being kissed	<i>v</i> .	to refuse to accept something and attempt to prevent it from happening
12.	cate the distance	<i>v</i> .	to judge or find out the amount or number of something by using

ANSWERS: 1. artistic, 2. psychology, 3. consume, 4. consume, 5. investigate, 6. assign, 7. assign, 8. technique, 9. governor, 10. technique, 11. resist, 12. calculate

mathematics

13.	tt a chair	<i>v</i> .	to incline or bend from a vertical position; (noun) the act of inclining or the state of being inclined or leaning to one side
14.	undergo a surgical prre	n.	a way of doing something, especially the official or well-known way
15.	get r_d of the rats	ν.	to make someone or something free of unwanted or unpleasant tasks, objects, or person
16.	a grul breeze	adj.	feeling or showing an appreciation of kindness; thankful
17.	enly satisfied with the meal	adv.	completely
18.	ret the proposal	<i>v</i> .	to refuse to accept, consider, or use something or someone
19.	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
20.	the professor of suy	n.	medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
21.	fairly tyI symptoms	adj.	having the usual characteristics or traits of a specific group of things
22.	cot a background check	<i>v</i> .	to organize and carry out a particular activity
23.	buy the company's ste	n.	a share or financial investment in something such as a business; a wooden or metal post set up to mark something

ANSWERS: 13. tilt, 14. procedure, 15. rid, 16. grateful, 17. entirely, 18. reject, 19. doe, 20. surgery, 21. typical, 22. conduct, 23. stake

a share or financial investment in 24. execution by burning at a st e n. something such as a business; a wooden or metal post set up to mark something 25. re____on period a period of economic decline, typically n. lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases 26. psy____gy of crowd the scientific study of mind and behavior n. 27. on the t t to incline or bend from a vertical ν. position; (noun) the act of inclining or the state of being inclined or leaning to one side a small piece of paper, fabric, or other 28. a mailing la__l n. material attached to an object and giving information about it; (verb) to assign to a category to force someone out of a position of 29. o_t him from his post ν. power, job, place, or competition 30. volcanic v t a small opening to escape or release n. gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion 31. series of exp nts the scientific test conducted to observe n. what happens and gain new knowledge

ANSWERS: 24. stake, 25. recession, 26. psychology, 27. tilt, 28. label, 29. oust, 30. vent, 31. experiment, 32. pesky, 33. snap

manner

32. dealing with pe y

33. s__p a whip

adj. causing annoyance, irritation, or trouble;

persistent in a vexing or troublesome

to record on photographic film; to make

a sudden, sharp sound; (noun) the act of catching an object with the hands

34.	ecy class	n.	the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
35.	the ouak of hostilities	n.	a sudden start of something, usually a disease or something dangerous or unpleasant
36.	infectious disease ouaks	n.	a sudden start of something, usually a disease or something dangerous or unpleasant
37.	an awl error	adj.	causing fear, dread, or terror; very bad or unpleasant
38.	a good grounding in matcs	n.	the science dealing with the logic of quantities, shapes, spaces, and arrangement
39.	major paradigm sht	n.	a slight transition in position, direction, or trend
40.	standard prre	n.	a way of doing something, especially the official or well-known way
41.	mis temperature	adj.	subtracting or taking away; having a value less than zero
42.	market upe	n.	the positive aspect or potential of something; the upper side of something
43.	a prefectural goor	n.	the person who holds the highest executive office in a state or province
44.	par te in the program	<i>v</i> .	to take part in something

ANSWERS: 34. economy, 35. outbreak, 36. outbreak, 37. awful, 38. mathematics, 39. shift, 40. procedure, 41. minus, 42. upside, 43. governor, 44. participate

45.	unsing result	adj.	not surprising, and what was expected; able to be predicted
46.	a neve number	adj.	having the quality of something bad or harmful; expressing refusal
47.	the cabin pressure fell drally	adv.	in a very impressive manner
48.	put a grul expression	adj.	feeling or showing an appreciation of kindness; thankful
49.	do awl damage	adj.	causing fear, dread, or terror; very bad or unpleasant
50.	a reckless att	n.	an act or effort of trying to do something, especially something difficult
51.	the att to rescue the hostages	n.	an act or effort of trying to do something, especially something difficult
52.	tip the wass	n.	a woman who serves food and drinks in a restaurant or cafe
53.	amr ale	n.	a hard, translucent, yellow-orange or brownish-yellow fossil resin that is used in jewelry and ornamentation and often contains insects or other small organisms that were trapped inside when the resin was sticky; also used to describe the color that resembles this type of resin
54.	have no upe	n.	the positive aspect or potential of something; the upper side of something
55.	funal education	adj.	forming an essential base or core from which everything else develops or is affected

ANSWERS: 45. unsurprising, 46. negative, 47. dramatically, 48. grateful, 49. awful, 50. attempt, 51. attempt, 52. waitress, 53. amber, 54. upside, 55. fundamental

56.	fate the young	<i>v</i> .	to attract and hold the attention of someone deeply and irresistibly
57.	number of different scios	n.	a description of possible actions or events in the future; a written outline of a play, film, or literary work
58.	cate his credit score	<i>v</i> .	to judge or find out the amount or number of something by using mathematics
59.	afraid to show emn	n.	a strong feeling such as love, anger, etc. deriving from one's situation, mood or relationships with others
60.	ren skills	ν.	to teach or learn a new or different set of skills or knowledge, usually to adapt to a new job, situation, or technology
61.	cot negotiations	adj.	kept secret or concealed; not openly practiced or engaged in
62.	give the waiter a t_p.	n.	the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
63.	pey problem	adj.	causing annoyance, irritation, or trouble persistent in a vexing or troublesome manner
64.	transplant reon	n.	the act of refusing to accept, use, or consider someone or something; in medicine, an immunological response that refuses to accept substances or organisms that are recognized as foreign

ANSWERS: 56. fascinate, 57. scenario, 58. calculate, 59. emotion, 60. retrain, 61. covert, 62. tip, 63. pesky, 64. rejection

65.	rese an opera	<i>v</i> .	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
66.	funal rights	adj.	forming an essential base or core from which everything else develops or is affected
67.	call and coin frequently	<i>v</i> .	to say dissatisfaction or annoyance about something or somebody
68.	ree at high speed	ν.	to rotate around a central point
69.	tyl leader	adj.	having the usual characteristics or traits of a specific group of things
70.	ree resource allocation	ν.	to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
71.	an aric photograph	adj.	of or relating to art or artist; satisfying aesthetic standards and sensibilities
72.	an inI letter	adj.	of or happening at the beginning; (noun) the first letter of a word, especially a person's name
73.	vt tube	n.	a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion
74.	wass at a restaurant	n.	a woman who serves food and drinks in a restaurant or cafe
75.	ody familiar	adv.	in a way that is unexpected, strange, or peculiar

ANSWERS: 65. rehearse, 66. fundamental, 67. complain, 68. revolve, 69. typical, 70. reframe, 71. artistic, 72. initial, 73. vent, 74. waitress, 75. oddly

76.	coin about a job	<i>v</i> .	to say dissatisfaction or annoyance about something or somebody
77.	mam limit	adj.	the largest or greatest amount or value attainable or attained
78.	amr resin	n.	a hard, translucent, yellow-orange or brownish-yellow fossil resin that is used in jewelry and ornamentation and often contains insects or other small organisms that were trapped inside when the resin was sticky; also used to describe the color that resembles this type of resin
79.	a sense of welng	n.	the state of being happy and healthy and prosperous
80.	mis sign	adj.	subtracting or taking away; having a value less than zero
81.	parte fully in conversation	<i>v</i> .	to take part in something
82.	conce as a teacher	n.	the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
83.	have a neve effect	adj.	having the quality of something bad or harmful; expressing refusal
84.	coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
85.	translate lily	adv.	in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
86.	the welng of a nation	n.	the state of being happy and healthy and prosperous

ANSWERS: 76. complain, 77. maximum, 78. amber, 79. well-being, 80. minus, 81. participate, 82. confidence, 83. negative, 84. communal, 85. literally, 86. well-being

- 94. recover from a re____on
- a period of economic decline, typically lasting for six months or more, during which trade and industrial activity decrease, and unemployment increases

disease or injury by operative

procedures

ANSWERS: 87. retrain, 88. economy, 89. initially, 90. disconcert, 91. colleague, 92. intuitive, 93. surgery, 94. recession

95. prte plants	ν.	to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
96. twt around to the left	v.	to bend or turn something into a certain shape
97. gry cat	adj.	easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
98. el_t death	v.	to choose someone for a specific position by voting for them; to decide or choose to do something
99. elt the school board	v.	to choose someone for a specific position by voting for them; to decide or choose to do something
100. behave ody	adv.	in a way that is unexpected, strange, or peculiar
101. live in miy	n.	a state of ill-being due to affliction or misfortune
102. prte a rumor	ν.	to spread or promote something widely, particularly beliefs, ideas, or plants and animals through reproduction
103. red from a setback	ν.	to spring back into a former shape or position after being compressed or stretched
104. death-penalty opnt	n.	a person against whom you are playing or fighting in a game, competition, debate, etc.
105. disrt the enthusiast	ν.	to cause confusion, uncertainty, or embarrassment in someone; to make someone feel uneasy or uncertain

ANSWERS: 95. propagate, 96. twist, 97. grumpy, 98. elect, 99. elect, 100. oddly, 101. misery, 102. propagate, 103. rebound, 104. opponent, 105. disconcert

106. tw ta wet towel to bend or turn something into a certain ν. shape 107. the fr__e of the policy a strong border or structure of the n. wood, metal, etc. that surrounds something such as a picture, door, or window to improve, raise, or increase something 108. bo t the economy ν. 109. bo t flexibility to improve, raise, or increase something ν. 110. in____ly anticipated adv. at the beginning; at first 111. a cr__y scheme adj. stupid or not sensible; very angry 112. untold mi y a state of ill-being due to affliction or n. misfortune one of a group of a coworker, especially 113. former co ue n. in a profession or a business 114. re se a speech 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 115. he was en ly to blame adv. completely 116. bite his tongue li adv. in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively 117. d e rabbit a mature female of mammals of which the male is called a buck, such as a deer or a rabbit to force someone out of a position of 118. o t the chairman ν. power, job, place, or competition

ANSWERS: 106. twist, 107. frame, 108. boost, 109. boost, 110. initially, 111. crazy, 112. misery, 113. colleague, 114. rehearse, 115. entirely, 116. literally, 117. doe, 118. oust

119. Doppler sht	n.	a slight transition in position, direction, or trend
120. rer approval ratings	<i>v</i> .	to return to a former condition, health, mind, or strength
121. computer opnt	n.	a person against whom you are playing or fighting in a game, competition, debate, etc.
122. stk a key in a lock	<i>v</i> .	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
123. bombs fell at ram	adj.	made, done, or happening without method, conscious decision, or any regular pattern
124. insul analysis	adj.	having or showing a deep understanding and perception of a situation or subject
125. he confessed drally	adv.	in a very impressive manner
126. invte the matter	ν.	to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
127. die prevention	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
128. cry about cars and racing	adj.	stupid or not sensible; very angry

ANSWERS: 119. shift, 120. recover, 121. opponent, 122. stick, 123. random, 124. insightful, 125. dramatically, 126. investigate, 127. disease, 128. crazy

129. fate the public	<i>v</i> .	to attract and hold the attention of someone deeply and irresistibly
130. the worst case scio	n.	a description of possible actions or events in the future; a written outline of a play, film, or literary work
131. inI velocity	adj.	of or happening at the beginning; (noun) the first letter of a word, especially a person's name
132. establish a bane	n.	a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court
133. inve judgment	adj.	obtained through feelings rather than facts or proof
134. coal swimming pool	adj.	belonging to or used by a group rather than individuals; for common use
135. sp judgment	<i>v</i> .	to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands
136. ree a story	ν.	to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
137. gry mood	adj.	easily annoyed or irritable; inclined to complain or show dissatisfaction, often in an ill-tempered way
138. acutely insul	adj.	having or showing a deep understanding and perception of a situation or subject

ANSWERS: 129. fascinate, 130. scenario, 131. initial, 132. baseline, 133. intuitive, 134. communal, 135. snap, 136. relate, 137. grumpy, 138. insightful

139. rer a loss	ν.	to return to a former condition, health, mind, or strength
140. minor bp	n.	a sudden and small, and typically temporary, change or deviation from a general trend
141. ret temptation	<i>v</i> .	to refuse to accept something and attempt to prevent it from happening
142. ree a message	ν.	to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
143. expnt design	n.	the scientific test conducted to observe what happens and gain new knowledge
144. the t_p of a paintbrush	n.	the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
145. ree around a central axis	ν.	to rotate around a central point
146. red back into positive growth	ν.	to spring back into a former shape or position after being compressed or stretched
147. control my emn	n.	a strong feeling such as love, anger, etc. deriving from one's situation, mood or relationships with others
148. temporary bp	n.	a sudden and small, and typically temporary, change or deviation from a general trend

ANSWERS: 139. recover, 140. blip, 141. resist, 142. relate, 143. experiment, 144. tip, 145. revolve, 146. rebound, 147. emotion, 148. blip

149. lal a bag with my name	n.	a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
150. cot research	v.	to organize and carry out a particular activity
151. bane budget	n.	a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court
152. a det education	adj.	satisfactory, acceptable, or good in a general sense
153. ret all imperfect merchandise	v.	to refuse to accept, consider, or use something or someone
154. cot mission	adj.	kept secret or concealed; not openly practiced or engaged in
155. fire stk	ν.	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
156. cot fat into energy	<i>v</i> .	to have a talk with someone; (adjective) reversed in order, relation, or action
157. a ram choice	adj.	made, done, or happening without method, conscious decision, or any regular pattern
158. ree problem	v.	to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
159. the mam speed	adj.	the largest or greatest amount or value attainable or attained

ANSWERS: 149. label, 150. conduct, 151. baseline, 152. decent, 153. reject, 154. covert, 155. stick, 156. convert, 157. random, 158. reframe, 159. maximum

160. cot base 10 to base 16	<i>v</i> .	to have a talk with someone; (adjective) reversed in order, relation, or action
161. boost my conce	n.	the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
162. a picture fre	n.	a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
163. reon by community	n.	the act of refusing to accept, use, or consider someone or something; in medicine, an immunological response that refuses to accept substances or organisms that are recognized as foreign
164. yearn for the det living	adj.	satisfactory, acceptable, or good in a general sense
165. matcs competition	n.	the science dealing with the logic of quantities, shapes, spaces, and arrangement
166. r_d the body of waste products	v.	to make someone or something free of unwanted or unpleasant tasks, objects, or person
167. unsing success	adj.	not surprising, and what was expected; able to be predicted
168. die control	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 160. convert, 161. confidence, 162. frame, 163. rejection, 164. decent, 165. mathematics, 166. rid, 167. unsurprising, 168. disease

Vocab-Builder Ref from	"Alison Ledgerwood: A	simple trick to impro	ve positive thinking	TED Talk" (84 words)
ANSWERS:				

Session 3: Fill in the Blanks

1.	The company the job candidate's application due to a lack of experience.
<i>v</i> .	to refuse to accept, consider, or use something or someone
2.	He had undergone heart years before.
n.	medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
3.	The bracelet was made of beautiful stones.
n.	a hard, translucent, yellow-orange or brownish-yellow fossil resin that is used in jewelry and ornamentation and often contains insects or other small organisms that were trapped inside when the resin was sticky; also used to describe the color that resembles this type of resin
4.	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
5.	elections were held in several European countries.
adj	belonging to or used by a group rather than individuals; for common use
6.	The government predicts an epidemic of multiple viruses, including coronaviruses and influenza.
n.	a sudden start of something, usually a disease or something dangerous or unpleasant
7.	The detective looked for fingerprints on the window
n.	a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
	SWERS: 1. rejected, 2. surgery, 3. amber, 4. waitress, 5. Communal, 6. outbreak,

Vocab-Builder Ref from "Alison Ledgerwood: A simple trick to improve positive thinking | TED Talk" (84 words)

Vocab-Builder Ref from "Alison Ledgerwood: A simple trick to improve positive thinking | TED Talk" (84 words)

ANSWERS: 24. economy, 25. disconcerted, 26. twisted, 27. oddly, 28. initial, 29. recession, 30. elected, 31. assign

ANSWERS: 32. disease, 33. blip, 34. opponent, 35. consume, 36. literally, 37. well-being, 38. recovering, 39. artistic, 40. convert

43. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

44. The rain and thunder are ____ today.

adj. stupid or not sensible; very angry

45. His _____ comments added a new perspective to the discussion.

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

46. The committee _____ several apparent inconsistencies.

v. to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

47. Life expectancy has grown _____ this century.

adv. in a very impressive manner

48. 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

49. The new service helped _____ net income by 10%.

v. to improve, raise, or increase something

ANSWERS: 41. maximum, 42. experiments, 43. shift, 44. crazy, 45. insightful, 46. investigated, 47. dramatically, 48. propagate, 49. boost

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ANSWERS: 59. mathematics, 60. unsurprising, 61. intuitive, 62. attempt, 63. relate, 64. rehearse, 65. covert, 66. governor

67. The movie has received almost universally _____ criticism. adj. having the quality of something bad or harmful; expressing refusal 68. To find drunk drivers, police conduct _____ tests. adj. made, done, or happening without method, conscious decision, or any regular pattern 69. He earned a _____ salary at his job. adj. satisfactory, acceptable, or good in a general sense 70. Higher capacity storage media have _____ floppy disks. to force someone out of a position of power, job, place, or competition 71. This artwork is _____ of her work. adj. having the usual characteristics or traits of a specific group of things 72. The products they sell are the _____ for performance in the industry. a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court 73. The president prepared several possible _____ for an enemy attack. a description of possible actions or events in the future; a written outline of a play, film, or literary work 74. Some _____ are common across cultures and backgrounds. a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others 75. She _____ her head to the side, indicating she was listening. to incline or bend from a vertical position; (noun) the act of inclining or the state of being inclined or leaning to one side ANSWERS: 67. negative, 68. random, 69. decent, 70. ousted, 71. typical, 72.

baseline, 73. scenarios, 74. emotions, 75. tilted

76. Hunters use a whistle that makes the sound to lure stags.
 a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
77. Our users are often about the slow application.
v. to say dissatisfaction or annoyance about something or somebody
78. I regretted making an mistake in my final exam.
adj. causing fear, dread, or terror; very bad or unpleasant
79. The magic tricks the children.
v. to attract and hold the attention of someone deeply and irresistibly
80. Jockey's superior brought him victory.
n. a particular way or art of doing something that needs skill
81. Skill and are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
82. The pilot and flight attendant ran through the check-out
n. a way of doing something, especially the official or well-known way
83. She was for the help he provided.
adj. feeling or showing an appreciation of kindness; thankful
84. 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
ANSWERS: 76. doe, 77. complaining, 78. awful, 79. fascinated, 80. technique, 81. confidence, 82. procedure, 83. grateful, 84. retrain

Vocab-Builder Ref from	"Alison Ledgerwood: A	simple trick to impro	ve positive thinking	TED Talk" (84 words)
ANSWERS:				