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Vocabulary Builder Reference from...

Jason B. Rosenthal: The journey through loss and grief | TED Talk

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

Advanced Words Only

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Session 1: Word List

morphine

n. a powerful narcotic drug used to relieve pain and induce sleep

synonym: narcotic, painkiller, sedative

(1) **morphine** addiction, (2) synthetic **morphine**

Long-term use of **morphine** can lead to tolerance, physical dependence, and addiction.

hospice

n. a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support

synonym: palliative care, nursing home, care center

(1) **hospice** care, (2) home **hospice**

The **hospice** team includes nurses, social workers, chaplains, and volunteers who work together to provide comprehensive care.

unbearable

adj. not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable

synonym: intolerable, insufferable, unendurable

(1) **unbearable** heat, (2) **unbearable** pain

The loss of his wife was an **unbearable** sorrow that he found

hard to overcome.

prolific

adj. producing many works, results, or offspring

synonym : productive, fertile, abundant

(1) **prolific** apple tree, (2) **prolific** period

The **prolific** author had written over 20 books in just five years.

groundbreaking

adj. producing fresh findings; using novel techniques

synonym : innovative, revolutionary

(1) **groundbreaking** concept, (2) **groundbreaking** settlement

He has produced **groundbreaking** research on the subject.

memoir

n. a historical account or biography written from the writer's knowledge of famous people, places, or events

synonym : bio, biography

(1) family **memoir**, (2) publish a **memoir**

He wrote his **memoirs** while awaiting trial.

posthumous

adj. occurring or appearing after one's death, especially about the publication or release of works, awards, or honors

synonym : postmortem, post-obituary

(1) **posthumous** award, (2) **posthumous** work

The author's **posthumous** novel was finally released after his death.

filmmaker

n. a person who makes films, typically as a profession

synonym : director, producer, cinematographer

(1) non-fiction **filmmaker**, (2) a successful **filmmaker**

The renowned **filmmaker** won several awards for his latest film.

exemplify

v. to serve as a typical example of something

synonym : illustrate, show, demonstrate

(1) **exemplify** the importance, (2) **exemplify** the solution
The example of a successful startup serves to **exemplify** the potential of the industry.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died

synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news

She **grieved** the loss of her parents.

beep

v. to make a short, high-pitched sound, typically as a signal or warning

synonym: bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

synonym: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

liberate

v. to set free; to release or rescue from captivity or oppression

synonym: emancipate, release, set free

(1) **liberate** people from oppression, (2) **liberate** potential

The prisoners were **liberated** after the war ended.

synchronize

v. to happen or cause to happen at the same time or rate

synonym: coordinate, accompany, harmonize

(1) **synchronize** movements, (2) **synchronize** our watches

The ball speed will increase when the lower body movements are perfectly **synchronized**.

audacious

adj. showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

synonym : bold, daring, fearless

(1) **audacious** stunt, (2) **audacious** decision

The young entrepreneur had an **audacious** plan to start his own company.

sibling

n. a brother or sister; member of a family born to the same parents

synonym : brother, sister, relative

(1) have a **sibling** quarrel, (2) play with my **siblings**

Children often copy their parents or elder **siblings**.

haunt

v. to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent

synonym : stalk, spook, obsess

(1) **haunt** memories, (2) **haunt** my conscience

The crowd's boos and jeers continued to **haunt** the performer long after the show ended.

frail

adj. weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength

synonym : weak, delicate, fragile

(1) **frail** body, (2) **frail** condition

My grandfather's health has declined, and he is now quite **frail**.

ovary

n. either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

(1) **ovary** atrophy, (2) salted **ovary** of walleye pollack

They found **ovary** cancer in an early stage.

lifeless

adj. without life; dead

synonym : inanimate, inert, motionless

(1) fall **lifeless**, (2) a **lifeless** corpse

The plant had a **lifeless** appearance, indicating that it was not getting enough water.

gurney

n. a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings

synonym: stretcher, litter, bed

(1) transport **gurney**, (2) **gurney** pushing

The paramedics lifted the injured man onto the **gurney** and rushed him to the hospital.

cremate

v. to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual

synonym: burn, incinerate, immolate

(1) **cremate** a body, (2) **cremate** the remains

They plan to **cremate** their loved ones according to their cultural traditions.

outlive

v. to live longer than another person

synonym: continue, outlast, survive

(1) **outlive** its usefulness, (2) **outlive** our child

She **outlived** her husband for many years.

tequila

n. a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot

synonym: liquor, spirit

(1) **tequila** cocktail, (2) bottle of **tequila**

We ordered a round of **tequila** shots at the bar.

complication

n. something that makes a situation or condition that is complex or confused

synonym: confusion, complexity, difficulty

(1) **complication** of structure, (2) resolve without **complication**

He also continued to struggle with serious long-term **complications**.

persevere

v. to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement

synonym : persist, endure, continue

(1) **persevere** through hardships, (2) **persevere** in my goals
Even when faced with challenges, it's important to **persevere** and never give up.

edict

n. an official order or command issued by a ruler or government; a formal or authoritative proclamation

synonym : decree, order, command

(1) religious **edict**, (2) royal **edict**

The **edict** issued by the king had to be obeyed by all his subjects.

zen

n. a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

synonym : meditative, peaceful, tranquil

(1) **zen** garden, (2) **zen** meditation

Daily yoga helped her achieve a **zen** state of mind and calmness.

forearm

n. the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation

(1) **forearm** bone, (2) several veins of the **forearm**

The accident left him with numbness in his left **forearm**.

glisten

v. to shine or sparkle with reflected light; to appear bright and shiny

synonym : glitter, shimmer, sparkle

(1) **glisten** with dew, (2) **glisten** in the sunlight
The morning sun made the ocean **glisten** like diamonds.

haunting

adj. lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off

synonym: lingering, disturbing, unsettling

(1) **haunting** memory, (2) a **haunting** sense of fear
The song's **haunting** melody stayed with me long after I heard it.

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.

buildup

n. the accumulation or increase of something over time

synonym: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**
The **buildup** of stress over time can lead to health problems.

peek

n. a quick or furtive look; (verb) to take a quick and secret look at something

synonym: glimpse, look, glance

(1) sneak **peek**, (2) **peek** at others' misfortune
She took a quick **peek** inside the box before closing it again.

Session 2: Spelling

1. fr__l body *adj.* weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength
2. te____a cocktail *n.* a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot
3. ex_____fy the solution *v.* to serve as a typical example of something
4. li_____te people from oppression *v.* to set free; to release or rescue from captivity or oppression
5. ou_____e our child *v.* to live longer than another person
6. salted ov__y of walleye pollack *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
7. resolve without com_____ion *n.* something that makes a situation or condition that is complex or confused
8. pos_____us award *adj.* occurring or appearing after one's death, especially about the publication or release of works, awards, or honors
9. fr__l condition *adj.* weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength
10. di_____t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 1. frail, 2. tequila, 3. exemplify, 4. liberate, 5. outlive, 6. ovary, 7. complication, 8. posthumous, 9. frail, 10. disrupt

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|-----------------------------------|--|
| 11. home ho_____e | <i>n.</i> a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support |
| 12. several veins of the fo_____m | <i>n.</i> the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation |
| 13. royal ed__t | <i>n.</i> an official order or command issued by a ruler or government; a formal or authoritative proclamation |
| 14. gro_____ing settlement | <i>adj.</i> producing fresh findings; using novel techniques |
| 15. cr_____e the remains | <i>v.</i> to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual |
| 16. pr_____ic period | <i>adj.</i> producing many works, results, or offspring |
| 17. transport gu____y | <i>n.</i> a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings |
| 18. have a si_____g quarrel | <i>n.</i> a brother or sister; member of a family born to the same parents |
| 19. z_n meditation | <i>n.</i> a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements |

ANSWERS: 11. hospice, 12. forearm, 13. edict, 14. groundbreaking, 15. cremate, 16. prolific, 17. gurney, 18. sibling, 19. zen

20. b__p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
21. sneak p__k *n.* a quick or furtive look; (verb) to take a quick and secret look at something
22. gr___e for loss *v.* to feel or show great sadness or sorrow, especially for someone who has died
23. religious ed__t *n.* an official order or command issued by a ruler or government; a formal or authoritative proclamation
24. mo_____ne addiction *n.* a powerful narcotic drug used to relieve pain and induce sleep
25. ha_____ng memory *adj.* lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
26. a li_____ss corpse *adj.* without life; dead
27. a ha_____ng sense of fear *adj.* lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
28. com_____ion of structure *n.* something that makes a situation or condition that is complex or confused
29. pos_____us work *adj.* occurring or appearing after one's death, especially about the publication or release of works, awards, or honors
30. daily co_____e *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: 20. beep, 21. peek, 22. grieve, 23. edict, 24. morphine, 25. haunting, 26. lifeless, 27. haunting, 28. complication, 29. posthumous, 30. commute

31. gr___e at the sad news *v.* to feel or show great sadness or sorrow, especially for someone who has died
32. gu___y pushing *n.* a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings
33. 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
34. non-fiction fi_____er *n.* a person who makes films, typically as a profession
35. di_____t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
36. lactic acid bu_____p *n.* the accumulation or increase of something over time
37. huge military bu_____p *n.* the accumulation or increase of something over time
38. ex_____fy the importance *v.* to serve as a typical example of something
39. cr_____e a body *v.* to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual
40. a successful fi_____er *n.* a person who makes films, typically as a profession
41. z_n garden *n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

ANSWERS: 31. grieve, 32. gurney, 33. commute, 34. filmmaker, 35. disrupt, 36.

buildup, 37. buildup, 38. exemplify, 39. cremate, 40. filmmaker, 41. zen

42. gro_____ing concept *adj.* producing fresh findings; using novel techniques
43. ha__t memories *v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
44. pe_____re through hardships *v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
45. unb_____le pain *adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable
46. au_____us stunt *adj.* showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
47. fall li_____ss *adj.* without life; dead
48. fo_____m bone *n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
49. pr_____ic apple tree *adj.* producing many works, results, or offspring
50. publish a me____r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
51. au_____us decision *adj.* showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

ANSWERS: 42. groundbreaking, 43. haunt, 44. persevere, 45. unbearable, 46. audacious, 47. lifeless, 48. forearm, 49. prolific, 50. memoir, 51. audacious

52. unb_____le heat *adj.* not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable
53. ov__y atrophy *n.* either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower
54. ho_____e care *n.* a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support
55. gl_____n in the sunlight *v.* to shine or sparkle with reflected light; to appear bright and shiny
56. syn_____ze movements *v.* to happen or cause to happen at the same time or rate
57. synthetic mo_____ne *n.* a powerful narcotic drug used to relieve pain and induce sleep
58. ha__t my conscience *v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
59. li_____te potential *v.* to set free; to release or rescue from captivity or oppression
60. syn_____ze our watches *v.* to happen or cause to happen at the same time or rate
61. b__p the horn *v.* to make a short, high-pitched sound, typically as a signal or warning

ANSWERS: 52. unbearable, 53. ovary, 54. hospice, 55. glisten, 56. synchronize, 57. morphine, 58. haunt, 59. liberate, 60. synchronize, 61. beep

62. ou____e its usefulness *v.* to live longer than another person
63. family me____r *n.* a historical account or biography written from the writer's knowledge of famous people, places, or events
64. gl____n with dew *v.* to shine or sparkle with reflected light; to appear bright and shiny
65. p__k at others' misfortune *n.* a quick or furtive look; (verb) to take a quick and secret look at something
66. play with my si____gs *n.* a brother or sister; member of a family born to the same parents
67. bottle of te____a *n.* a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot
68. pe____re in my goals *v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement

ANSWERS: 62. outlive, 63. memoir, 64. glisten, 65. peek, 66. sibling, 67. tequila, 68. persevere

Session 3: Fill in the Blanks

1. My grandfather's health has declined, and he is now quite _____.
adj. weak, delicate, and easily broken or worn out; lacking physical, mental, or emotional strength
2. The _____ team includes nurses, social workers, chaplains, and volunteers who work together to provide comprehensive care.
n. a specialized care facility or service for terminally ill patients intended to provide comfort and support in the final stages of life; any program, organization, or approach focused on end-of-life care and support
3. The renowned _____ won several awards for his latest film.
n. a person who makes films, typically as a profession
4. The morning sun made the ocean _____ like diamonds.
v. to shine or sparkle with reflected light; to appear bright and shiny
5. The _____ author had written over 20 books in just five years.
adj. producing many works, results, or offspring
6. 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
7. They found _____ cancer in an early stage.
n. either of the pair of organs in the female reproductive system that produces eggs; (of a plant) the organ that bears the ovules of a flower

ANSWERS: 1. frail, 2. hospice, 3. filmmaker, 4. glisten, 5. prolific, 6. commute, 7. ovary

8. He also continued to struggle with serious long-term _____.
- n.* something that makes a situation or condition that is complex or confused
9. The crowd's boos and jeers continued to _____ the performer long after the show ended.
- v.* to frequent or visit repeatedly, often in a way that is disturbing or unsettling; to occupy or fill the mind, often in a way that is unpleasant or persistent
10. I'm so sorry to _____ you when you're pretty busy.
- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
11. Long-term use of _____ can lead to tolerance, physical dependence, and addiction.
- n.* a powerful narcotic drug used to relieve pain and induce sleep
12. The young entrepreneur had an _____ plan to start his own company.
- adj.* showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
13. Even when faced with challenges, it's important to _____ and never give up.
- v.* to persist in the course of action, despite opposition or difficulty; to continue with determination despite setbacks, obstacles, or discouragement
14. The song's _____ melody stayed with me long after I heard it.
- adj.* lingering in the mind or memory, often in a disturbing or unsettling way; (noun) something difficult to forget or shake off
15. Daily yoga helped her achieve a _____ state of mind and calmness.
- n.* a school of Mahayana Buddhism that originated in China and was later developed in Japan, emphasizing the practice of meditation as the way to achieve enlightenment or awakening; (adjective) characterized by a sense of peace and tranquility, often through the practice of meditation or the use of natural elements

ANSWERS: 8. complications, 9. haunt, 10. disrupt, 11. morphine, 12. audacious, 13. persevere, 14. haunting, 15. zen

16. The prisoners were _____ after the war ended.
v. to set free; to release or rescue from captivity or oppression
17. The ball speed will increase when the lower body movements are perfectly _____.
v. to happen or cause to happen at the same time or rate
18. He wrote his _____ while awaiting trial.
n. a historical account or biography written from the writer's knowledge of famous people, places, or events
19. The example of a successful startup serves to _____ the potential of the industry.
v. to serve as a typical example of something
20. The accident left him with numbness in his left _____.
n. the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
21. He has produced _____ research on the subject.
adj. producing fresh findings; using novel techniques
22. The timer _____ reminding me that the cake was ready to come out of the oven.
v. to make a short, high-pitched sound, typically as a signal or warning
23. The loss of his wife was an _____ sorrow that he found hard to overcome.
adj. not able to be tolerated or endured; too difficult, severe, or intense to be dealt with or suffered through; intolerable or insufferable

ANSWERS: 16. liberated, 17. synchronized, 18. memoirs, 19. exemplify, 20. forearm, 21. groundbreaking, 22. beeped, 23. unbearable

24. Children often copy their parents or elder _____.
- n.* a brother or sister; member of a family born to the same parents
25. The _____ issued by the king had to be obeyed by all his subjects.
- n.* an official order or command issued by a ruler or government; a formal or authoritative proclamation
26. The _____ of stress over time can lead to health problems.
- n.* the accumulation or increase of something over time
27. She took a quick _____ inside the box before closing it again.
- n.* a quick or furtive look; (verb) to take a quick and secret look at something
28. They plan to _____ their loved ones according to their cultural traditions.
- v.* to burn a dead body to reduce it to ash, often as part of a funeral or other death-related ritual
29. The paramedics lifted the injured man onto the _____ and rushed him to the hospital.
- n.* a wheeled stretcher used for transporting patients, particularly in hospitals and emergency settings
30. She _____ her husband for many years.
- v.* to live longer than another person
31. We ordered a round of _____ shots at the bar.
- n.* a distilled spirit made primarily from the blue agave plant, typically produced in Mexico, known for its distinctive taste and often consumed neat, in cocktails, or as a shot

ANSWERS: 24. siblings, 25. edict, 26. buildup, 27. peek, 28. cremate, 29. gurney, 30. outlived, 31. tequila

32. The plant had a _____ appearance, indicating that it was not getting enough water.

adj. without life; dead

33. The author's _____ novel was finally released after his death.

adj. occurring or appearing after one's death, especially about the publication or release of works, awards, or honors

34. She _____ the loss of her parents.

v. to feel or show great sadness or sorrow, especially for someone who has died

ANSWERS: 32. lifeless, 33. posthumous, 34. grieved