Englist.me

Vocabulary Builder Reference from...

Guy Winch: How to fix a broken heart | TED Talk https://www.ted.com/talks/guy_winch_how_to_fix_a_ broken heart



Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

eyebrow

n. the hair arc over each eye in humans

synonym: brow, supercilium

(1) raise her **eyebrows**, (2) **eyebrow** cosmetics

She raised an inquiring **eyebrow** towards me.

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

shatter

v. to break suddenly into many pieces

synonym: break, crash, destroy

(1) shatter the plate, (2) shatter a world record

Her husband's death **shattered** her life entirely.

breakup

 the end of a relationship between persons or nations;
the separation of something into several pieces or sections

synonym: breakdown, divorce, separation

(1) a breakup hug, (2) air breakup

He got over the big **breakup** with his wife.

determinant

 a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

marshal

n. a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

synonym: marshal, commander, organizer

(1) **marshal** the books into their proper places, (2) deputy **marshal**

The event organizer appointed a professional **marshal** to manage the flow of traffic.

flounder

v. to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation

synonym: struggle, stumble, falter

(1) **flounder** with decisions, (2) **flounder** in water I watched him **flounder** through the difficult math problem, unable to find a solution.

heartbreak

- n. a feeling of great sadness or disappointmentsynonym: grief, sorrow, bitterness
- (1) ease her **heartbreak**, (2) go through **heartbreak**They had experienced the **heartbreak** of losing two children due to premature births.

instinct

n. an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act

or believe that something is true synonym: intuition, aptitude, feeling

(1) **instinct** for self-preservation, (2) aggressive **instinct** When faced with a dangerous situation, his initial **instinct** was to flee.

obsess

 to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

compel

v. to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way

synonym: force, oblige, coerce

(1) **compel** a person to submission, (2) **compel** attention The strict deadlines will **compel** the team to work efficiently.

insidious

adj. tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

synonym: sly, cunning, subtle

(1) insidious plot, (2) insidious behavior

The disease has an **insidious** onset, making it difficult to diagnose.

addict

 a person who cannot stop using or doing something as a habit, especially something harmful

synonym: devotee, buff, freak

(1) a drug addict, (2) Internet addict

We have become TV **addicts** due to video streaming services.

opioid

 substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

(1) an **opioid** analgesic, (2) **opioid** receptor Treatment for **opioid** dependence may be a long-term process.

methadone

 a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases

synonym: methadon, fixer

(1) **methadone** program, (2) **methadone** treatment The **methadone** clinic provides daily doses of the medication to patients in recovery.

stalk

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

synonym: follow, creep up on, (noun) stem

(1) stalk of celery, (2) stalk from the room

The hunter quietly **stalked** the deer for hours before taking the shot

frown

v. to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration

synonym: scowl, glare, disapprove

(1) people with **frown** faces, (2) a worried **frown** Thinking always made him **frown**.

exhaustive

adj. comprehensive and thorough; totally complete; leaving no stone unturned

synonym: thorough, complete, comprehensive

(1) **exhaustive** study, (2) **exhaustive** review

The team conducted an exhaustive search for the missing

hiker, but unfortunately, she was never found.

peeve

v. to annoy or irritate someone; to be a source of annoyance or irritation to someone; (noun) something that irritates or annoys you; a source of annoyance or irritation

synonym: annoy, irritate, bother

(1) personal **peeve**, (2) **peeve** me off when people talk loudly

Nothing **peeves** me more than being lied to.

whiff

 a brief and faint odor that is detected; a slight gust or puff of air; a hint or a trace of something; (verb) to catch a brief, slight smell of something

synonym: aroma, scent, odor

(1) whiff of smoke, (2) catch a whiff

The **whiff** of freshly baked bread made my mouth water.

nostalgia

 a sentimental longing or wistful affection for a period in the past

synonym: longing, wistfulness, yearning

(1) a warm nostalgia, (2) nostalgia trip

The ice cream truck's sound brought back **nostalgia** for my childhood.

whirlwind

 a very strong wind that moves rapidly in circles and causes a lot of damage

synonym: tornado, waterspout, dust devil

(1) economic **whirlwind**, (2) **whirlwind** of events

We went on a **whirlwind** visit to the sightseeing spot.

ensue

v. to happen or follow as a result or consequence of something

synonym: follow, occur, result

(1) **ensue** within a few years, (2) predict what will **ensue** A power outage **ensued** after the storm knocked out the electricity.

furious

adj. extremely angry; full of rage synonym: angry, rageful, livid

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

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

blindside

 to surprise or attack someone unexpectedly and from a position they are not aware of, often to gain an advantage

synonym: surprise, ambush, catch off guard

(1) **blindside** the audience, (2) **blindside** opponent My boss's criticism of my work **blindsided** me during the meeting.

devastate

- v. to wreck a place or an area or cause significant damage synonym: demolish, destroy, crush
- (1) **devastate** an area, (2) **devastate** the economy Earthquakes can also trigger tsunamis, which **devastate** coastal areas.

impair

- v. to damage something or make it weaker or worse synonym: degrade, mar, deface
- (1) **impair** my health, (2) **impair** insulin sensitivity The accident made his vision **impaired**.

intellect

 n. the ability to think logically and comprehend information, especially at an advanced level

synonym: mind, brightness, cleverness

enrich my intellect, (2) human intellect
Your intellect is capable of distinguishing among similar objects.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks confused the debate.

embarrass

- v. to cause someone to feel awkward, worried, or ashamed synonym: disconcert, unsettle, agitate
- (1) **embarrass** political enemy, (2) **embarrass** my project He looked for an opportunity to **embarrass** that actor in public.

hallmark

 a distinctive characteristic or attribute of a person or thing

synonym: symbol, authentication, indication

(1) the **hallmark** of a good scientist, (2) the **hallmark** of modern life

A clear and simple expression is the **hallmark** of good writing.

insomnia

the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

intrude

v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

synonym: impose, obtrude, interlope

(1) **intrude** on his personal space, (2) **intrude** on other people's conversations

The loud music from the party next door **intruded** into my peaceful evening at home.

reestablish

v. to establish again or anew; to restore something that was lost or disrupted, often relating to an organization, relationship, or system

synonym: restore, reconstitute, rehabilitate

(1) reestablish ties, (2) reestablish trust

We need to **reestablish** our relationship after our argument.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym: pamper, gratify, entertain

- (1) **indulge** in debauchery, (2) **indulge** children She **indulged** in a warm bath after a long day at work.
- v. to cause someone to believe something that is not true synonym: misinform, delude, belie
- (1) **mislead** him into trusting her, (2) **mislead** the enemy Our troops pulled back to **mislead** the enemy.

adj. showing or characterized by care and effort in your work or duties

synonym: active, engaged, assiduous

(1) a **diligent** person, (2) a **diligent** search of the files The **diligent** detective investigated all clues.

mislead

diligent

Session 2: Spelling

1. st k of celery

2. go there af____rd

3. mi____d the enemy

4. a di___nt person

5. personal pe__e

6. co___e the listener

7. raise her ey___ws

8. exh____ve study

9. a fu___s sea

10. in e on his personal space

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

adv. after the time mentioned

 to cause someone to believe something that is not true

adj. showing or characterized by care and effort in your work or duties

v. to annoy or irritate someone; to be a source of annoyance or irritation to someone; (noun) something that irritates or annoys you; a source of annoyance or irritation

v. to mistake one thing for another; to make somebody hard to understand

n. the hair arc over each eye in humans

adj. comprehensive and thorough; totally complete; leaving no stone unturned

adj. extremely angry; full of rage

v. to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something

ANSWERS: 1. stalk, 2. afterward, 3. mislead, 4. diligent, 5. peeve, 6. confuse, 7. eyebrow, 8. exhaustive, 9. furious, 10. intrude

11.	exhve review	adj.	comprehensive and thorough; totally complete; leaving no stone unturned
12.	a worried frn	ν.	to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
13.	mid him into trusting her	<i>v</i> .	to cause someone to believe something that is not true
14.	shr the plate	v.	to break suddenly into many pieces
15.	reesh trust	<i>v</i> .	to establish again or anew; to restore something that was lost or disrupted, often relating to an organization, relationship, or system
16.	inus plot	adj.	tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
17.	eyw cosmetics	n.	the hair arc over each eye in humans
18.	a few years afrd	adv.	after the time mentioned
19.	economic whnd	n.	a very strong wind that moves rapidly in circles and causes a lot of damage
20.	imr my health	<i>v</i> .	to damage something or make it weaker or worse
21.	fler in water	v.	to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
22.	human inct	n.	the ability to think logically and comprehend information, especially at an advanced level

ANSWERS: 11. exhaustive, 12. frown, 13. mislead, 14. shatter, 15. reestablish, 16. insidious, 17. eyebrow, 18. afterward, 19. whirlwind, 20. impair, 21. flounder, 22. intellect

23.	coe fantasy with reality	<i>v</i> .	to mistake one thing for another; to make somebody hard to understand
24.	maI the books into their proper places	n.	a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner
25.	enrich my inct	n.	the ability to think logically and comprehend information, especially at an advanced level
26.	he is obsed with the fear	<i>v</i> .	to fill the mind of someone continually so that one can't think of anything else
27.	predict what will ene	<i>v</i> .	to happen or follow as a result or consequence of something
28.	emss political enemy	<i>v</i> .	to cause someone to feel awkward, worried, or ashamed
29.	blde the audience	<i>v</i> .	to surprise or attack someone unexpectedly and from a position they are not aware of, often to gain an advantage
30.	deputy maI	n.	a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

ANSWERS: 23. confuse, 24. marshal, 25. intellect, 26. obsess, 27. ensue, 28. embarrass, 29. blindside, 30. marshal

31. people with fr_n faces	<i>v</i> .	to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
32. fler with decisions	ν.	to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
33. fus anger	adj.	extremely angry; full of rage
34. pee me off when people talk loudly	ν.	to annoy or irritate someone; to be a source of annoyance or irritation to someone; (noun) something that irritates or annoys you; a source of annoyance or irritation
35. inct for self-preservation	n.	an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
36. ease her heaak	n.	a feeling of great sadness or disappointment
37. whf of smoke	n.	a brief and faint odor that is detected; a slight gust or puff of air; a hint or a trace of something; (verb) to catch a brief, slight smell of something
38. imr insulin sensitivity	<i>v</i> .	to damage something or make it weaker or worse
39. ene within a few years	<i>v</i> .	to happen or follow as a result or consequence of something
40. ine in debauchery	<i>v</i> .	to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

ANSWERS: 31. frown, 32. flounder, 33. furious, 34. peeve, 35. instinct, 36. heartbreak, 37. whiff, 38. impair, 39. ensue, 40. indulge

41.	inus behavior	adj.	tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
42.	emss my project	<i>v</i> .	to cause someone to feel awkward, worried, or ashamed
43.	a warm noia	n.	a sentimental longing or wistful affection for a period in the past
44.	obs over her weight	<i>v</i> .	to fill the mind of someone continually so that one can't think of anything else
45.	a drug adt	n.	a person who cannot stop using or doing something as a habit, especially something harmful
46.	a brp hug	n.	the end of a relationship between persons or nations; the separation of something into several pieces or sections
47.	the hark of modern life	n.	a distinctive characteristic or attribute of a person or thing
48.	stk from the room	ν.	to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
49.	go through heaak	n.	a feeling of great sadness or disappointment
50.	blde opponent	ν.	to surprise or attack someone unexpectedly and from a position they are not aware of, often to gain an advantage

ANSWERS: 41. insidious, 42. embarrass, 43. nostalgia, 44. obsess, 45. addict, 46. breakup, 47. hallmark, 48. stalk, 49. heartbreak, 50. blindside

51.	ine children	v.	to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
52.	mene treatment	n.	a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
53.	air brp	n.	the end of a relationship between persons or nations; the separation of something into several pieces or sections
54.	mene program	n.	a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
55.	environmental detnt	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
56.	medication for inia	n.	the condition of being unable to sleep, usually a chronic one
57.	dete an area	<i>v</i> .	to wreck a place or an area or cause significant damage
58.	alcohol-dependent inia	n.	the condition of being unable to sleep, usually a chronic one
59.	Internet adt	n.	a person who cannot stop using or doing something as a habit, especially something harmful

ANSWERS: 51. indulge, 52. methadone, 53. breakup, 54. methadone, 55. determinant, 56. insomnia, 57. devastate, 58. insomnia, 59. addict

60.	ine on other people's conversations	v.	to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
61.	noia trip	n.	a sentimental longing or wistful affection for a period in the past
62.	a detnt of crop yields	n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
63.	an opd analgesic	n.	substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
64.	opd receptor	n.	substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
65.	whnd of events	n.	a very strong wind that moves rapidly in circles and causes a lot of damage
66.	a dint search of the files	adj.	showing or characterized by care and effort in your work or duties
67.	reesh ties	ν.	to establish again or anew; to restore something that was lost or disrupted, often relating to an organization, relationship, or system
68.	coI a person to submission	v.	to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way

ANSWERS: 60. intrude, 61. nostalgia, 62. determinant, 63. opioid, 64. opioid, 65. whirlwind, 66. diligent, 67. reestablish, 68. compel

69.	dete the economy	<i>v</i> .	to wreck a place or an area or cause significant damage
70.	the hark of a good scientist	n.	a distinctive characteristic or attribute of a person or thing
71.	shr a world record	<i>v</i> .	to break suddenly into many pieces
72.	aggressive inct	n.	an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
73.	coI attention	v.	to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way
74.	catch a whf	n.	a brief and faint odor that is detected; a slight gust or puff of air; a hint or a trace of something; (verb) to catch a brief, slight smell of something

ANSWERS: 69. devastate, 70. hallmark, 71. shatter, 72. instinct, 73. compel, 74. whiff

Session 3: Fill in the Blanks

1.	He suffered and loss of appetite after he began taking that medication.
n.	the condition of being unable to sleep, usually a chronic one
2.	We will explain the countermeasure concerning this problem
adı	after the time mentioned
3.	Thinking always made him
<i>v</i> .	to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
4.	The strict deadlines will the team to work efficiently.
v.	to force or require someone to do something; to exert a strong, irresistible force or pressure that makes someone act in a certain way
5.	The hunter quietly the deer for hours before taking the shot
v.	to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
6.	The team conducted an search for the missing hiker, but unfortunately, she was never found.
adj	comprehensive and thorough; totally complete; leaving no stone unturned
7.	Her husband's death her life entirely.
<i>v</i> .	to break suddenly into many pieces
	SWERS: 1. insomnia, 2. afterward, 3. frown, 4. compel, 5. stalked, 6. exhaustive, shattered

8.	The event organizer appointed a professional to manage the flow of traffic.
n.	a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner
9.	The ice cream truck's sound brought back for my childhood.
n.	a sentimental longing or wistful affection for a period in the past
10.	The accident made his vision
v.	to damage something or make it weaker or worse
11.	The loud music from the party next door into my peaceful evening at home.
v.	to enter or to be present in a place or situation where one is not wanted or allowed; to interrupt or disturb someone or something
12.	Your is capable of distinguishing among similar objects.
n.	the ability to think logically and comprehend information, especially at an advanced level
13.	Our troops pulled back to the enemy.
<i>v</i> .	to cause someone to believe something that is not true
14.	Earthquakes can also trigger tsunamis, which coastal areas.
<i>v</i> .	to wreck a place or an area or cause significant damage
15.	The disease has an onset, making it difficult to diagnose.
adj	tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
	SWERS: 8. marshal, 9. nostalgia, 10. impaired, 11. intruded, 12. intellect, 13. slead, 14. devastate, 15. insidious

16.	The coach was with the players for their lack of effort during the game.
adj	extremely angry; full of rage
17.	When faced with a dangerous situation, his initial was to flee.
n.	an inborn behavioral pattern that is often responsive to specific stimuli; an innate feeling that causes you to act or believe that something is true
18.	We need to our relationship after our argument.
ν.	to establish again or anew; to restore something that was lost or disrupted, often relating to an organization, relationship, or system
19.	Nothing me more than being lied to.
v.	to annoy or irritate someone; to be a source of annoyance or irritation to someone; (noun) something that irritates or annoys you; a source of annoyance or irritation
20.	We went on a visit to the sightseeing spot.
n.	a very strong wind that moves rapidly in circles and causes a lot of damage
21.	I watched him through the difficult math problem, unable to find a solution.
ν.	to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
22.	Her remarks the debate.
ν.	to mistake one thing for another; to make somebody hard to understand
23.	The detective investigated all clues.
adj	showing or characterized by care and effort in your work or duties
	SWERS: 16. furious, 17. instinct, 18. reestablish, 19. peeves, 20. whirlwind, 21. inder, 22. confused, 23. diligent

24.	The clinic provides daily doses of the medication to patients in recovery.
n.	a synthetic opioid drug used to treat addiction to other opioid drugs, such as heroin, as well as to manage pain in some cases
25.	He's utterly with his promotion.
<i>v</i> .	to fill the mind of someone continually so that one can't think of anything else
26.	The of freshly baked bread made my mouth water.
n.	a brief and faint odor that is detected; a slight gust or puff of air; a hint or a trace of something; (verb) to catch a brief, slight smell of something
27.	He got over the big with his wife.
n.	the end of a relationship between persons or nations; the separation of something into several pieces or sections
28.	A clear and simple expression is the of good writing.
n.	a distinctive characteristic or attribute of a person or thing
29.	My boss's criticism of my work me during the meeting.
ν.	to surprise or attack someone unexpectedly and from a position they are not aware of, often to gain an advantage
30.	One of success is having a positive attitude and a strong work ethic.
n.	a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
31.	A power outage after the storm knocked out the electricity.
ν.	to happen or follow as a result or consequence of something
	SWERS: 24. methadone, 25. obsessed, 26. whiff, 27. breakup, 28. hallmark, 29. idsided, 30. determinant, 31. ensued

32.	He looked for an opportunity to that actor in public.
ν.	to cause someone to feel awkward, worried, or ashamed
33.	She in a warm bath after a long day at work.
v.	to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
34.	Treatment for dependence may be a long-term process.
n.	substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
35.	She raised an inquiring towards me.
n.	the hair arc over each eye in humans
36.	We have become TV due to video streaming services.
n.	a person who cannot stop using or doing something as a habit, especially something harmful
37.	They had experienced the of losing two children due to premature births.
n.	a feeling of great sadness or disappointment
	SWERS: 32. embarrass, 33. indulged, 34. opioid, 35. eyebrow, 36. addicts, 37. artbreak