

Englist.me



Vocabulary Builder Reference from...

Ari Wallach: 3 ways to plan for the (very) long term |

TED Talk

https://www.ted.com/talks/ari_wallach_3_ways_to_pla

[n_for_the_very_long_term](https://www.ted.com/talks/ari_wallach_3_ways_to_pla)

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

pervade

v. to spread throughout something; to permeate

synonym: permeate, penetrate, suffuse

(1) **pervade** society, (2) **pervade** an atmosphere

The smell of baking bread **pervaded** the kitchen.

nook

n. a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

synonym: niche, corner, alcove

(1) every **nook** and cranny, (2) breakfast **nook**

The kitchen **nook** was perfect for coffee and chatting with friends.

cranny

n. a small, narrow opening or crack, especially in a wall or rock

synonym: crevice, nook, niche

(1) a **cranny** in the corner, (2) look in every nook and **cranny**

The mouse squeezed into the tiniest **cranny** of the wall to avoid being caught by the cat.

eradicate

v. to get rid of or destroy something completely, especially something bad

synonym: destroy, eliminate, exterminate

(1) **eradicate** the deficit, (2) **eradicate** racial discrimination
We are trying to **eradicate** this disease from the world.

polio

n. an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

synonym : poliomyelitis, infantile paralysis

(1) **polio** epidemic, (2) **polio** eradication

The **polio** vaccine development is regarded as one of the greatest medical achievements of the 20th century.

transcontinental

adj. spanning or crossing an entire continent or continents

synonym : cross-country, continental, spanning the nation

(1) **transcontinental** pipeline, (2) **transcontinental** flight

The **transcontinental** railway was a major engineering feat that helped connect the East and West coasts of the United States.

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.

suffrage

n. the right to vote in political elections; the exercise of voting rights or the process of obtaining them

synonym : franchise, vote, enfranchisement

(1) **suffrage** movement, (2) female **suffrage**

The **suffrage** march was a peaceful protest demanding voting rights for women.

tweet

n. a short, high sound made by a small bird; a message sent using Twitter, the social media application

synonym: peep, chirp, post (on Twitter)

(1) a chick's **tweet**, (2) his latest **tweets**

We could hear the **tweet** of baby birds.

reactionary

adj. relating to or advocating a return to a previous state of affairs or method of doing things, typically one that is seen as outdated or regressive

synonym: conservative, backward, regressive

(1) **reactionary** forces, (2) **reactionary** attitudes

The school's administration has a **reactionary** stance on student protests and free speech.

offend

v. to cause someone to feel upset, angry, or annoyed

synonym: insult, hurt, anger

(1) **offend** his sensibilities, (2) **offend** a customer

His rude comments **offended** many people at the party.

levee

n. an artificial embankment or wall built to prevent a river or low-lying land from flooding

synonym: dike, embankment, floodwall

(1) **levee** protection, (2) **levee** breach

The concrete **levee** protects from the rising river during floods.

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.

whiteboard

n. a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased

(1) **whiteboard** marker, (2) **whiteboard** animation

Let's brainstorm ideas on the **whiteboard** for the new project.

revisit

v. to go to a place again, especially after a long period
synonym: reexplore, review, reexamine

(1) **revisit** a place, (2) **revisit** an old friend

We need to **revisit** this proposal as soon as the budget is more apparent than before.

platonic

adj. (of relationship or emotion) friendly or affectionate but not sexual

synonym: nonphysical, nonsexual, spiritual

(1) **platonic** relationship, (2) **platonic** love

His relationship with her was completely **platonic**.

lifespan

n. the length of time for which a person, animal lives, or thing exists

synonym: duration, lifetime, continuance

(1) **lifespan** extension, (2) **lifespan** retrieval curve

Generally speaking, men have a shorter **lifespan** than women.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym: group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

crux

n. the most important or fundamental part of a matter or situation; the key point or central issue

synonym : heart, core, essence

(1) main **crux**, (2) the **crux** of the argument

The **crux** of the matter was that the company was not financially stable.

utopia

n. an ideal and perfect society in which all social and political problems have been solved, and all members live in harmony and prosperity

synonym : paradise, heaven, Arcadia

(1) perfect **utopia**, (2) a **utopia** for an engineer

The concept of **utopia** is often viewed as an impossible or unrealistic goal, as it goes beyond what is currently possible.

abdicate

v. to give up, renounce, or relinquish a throne, right, or responsibility

synonym : relinquish, renounce, abandon

(1) **abdicate** his duties, (2) **abdicate** from the crown

The king **abdicated** his throne in favor of his son.

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym : reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

telos

n. a philosophical term derived from ancient Greek, referring to the ultimate purpose, goal, or objective of something; the intrinsic or inherent meaning or intention behind an action, process, or system

synonym : purpose, goal, aim

(1) philosophical **telos**, (2) ultimate **telos**

The **telos** of a democracy is to ensure equal representation and protect the rights of its citizens.

odyssey

n. a long wandering and eventful journey; a Greek epic poem attributed to Homer, describing the journey of Odysseus after the fall of Troy

(1) go on a serious **odyssey**, (2) cross-country **odyssey**

He continued the extraordinary **odyssey** with his brother.

hamster

n. a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling

synonym: gerbil, guinea pig, mouse

(1) **hamster** wheel, (2) pet **hamster**

It's important to clean your **hamster's** cage frequently to ensure their health and comfort.

embody

v. to represent or exemplify something; to give tangible form to an abstract idea

synonym: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

steer

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

synonym: guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

boardroom

n. a room where the board of directors of a company or organization meets

synonym: meeting room, conference room, executive room

(1) **boardroom** meeting, (2) **boardroom** decision

The corporate **boardroom** was filled with tense silence as the CEO presented the new plan.

Session 2: Spelling

1. em___y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
2. tra_____tal flight *adj.* spanning or crossing an entire continent or continents
3. of___d his sensibilities *v.* to cause someone to feel upset, angry, or annoyed
4. pe_____e an atmosphere *v.* to spread throughout something; to permeate
5. ha_____r wheel *n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling
6. ultimate te__s *n.* a philosophical term derived from ancient Greek, referring to the ultimate purpose, goal, or objective of something; the intrinsic or inherent meaning or intention behind an action, process, or system
7. sma_____ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
8. female su_____ge *n.* the right to vote in political elections; the exercise of voting rights or the process of obtaining them
9. re_____t a place *v.* to go to a place again, especially after a long period
10. secret s__t *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 1. embody, 2. transcontinental, 3. offend, 4. pervade, 5. hamster, 6. telos, 7. smartphone, 8. suffrage, 9. revisit, 10. sect

11. bo_____om meeting *n.* a room where the board of directors of a company or organization meets
12. whi_____rd marker *n.* a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased
13. perfect ut____a *n.* an ideal and perfect society in which all social and political problems have been solved, and all members live in harmony and prosperity
14. li_____an extension *n.* the length of time for which a person, animal lives, or thing exists
15. po__o eradication *n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
16. rea_____ry attitudes *adj.* relating to or advocating a return to a previous state of affairs or method of doing things, typically one that is seen as outdated or regressive
17. cross-country od_____y *n.* a long wandering and eventful journey; a Greek epic poem attributed to Homer, describing the journey of Odysseus after the fall of Troy
18. em____y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
19. pl_____ic love *adj.* (of relationship or emotion) friendly or affectionate but not sexual
20. whi_____rd animation *n.* a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased

ANSWERS: 11. boardroom, 12. whiteboard, 13. utopia, 14. lifespan, 15. polio, 16. reactionary, 17. odyssey, 18. embody, 19. platonic, 20. whiteboard

21. er_____te the deficit *v.* to get rid of or destroy something completely, especially something bad
22. pe_____e society *v.* to spread throughout something; to permeate
23. st__r a conversation *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
24. in_____us plot *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
25. re_____t an old friend *v.* to go to a place again, especially after a long period
26. deputy ma_____l *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
27. le__e protection *n.* an artificial embankment or wall built to prevent a river or low-lying land from flooding
28. ma_____l 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

ANSWERS: 21. eradicate, 22. pervade, 23. steer, 24. insidious, 25. revisit, 26. marshal, 27. levee, 28. marshal

29. his latest tw__ts *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
30. bo_____om decision *n.* a room where the board of directors of a company or organization meets
31. the c__x of the argument *n.* the most important or fundamental part of a matter or situation; the key point or central issue
32. breakfast n__k *n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet
33. rea_____ry forces *adj.* relating to or advocating a return to a previous state of affairs or method of doing things, typically one that is seen as outdated or regressive
34. tra_____tal pipeline *adj.* spanning or crossing an entire continent or continents
35. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
36. ab_____te his duties *v.* to give up, renounce, or relinquish a throne, right, or responsibility
37. ab_____te from the crown *v.* to give up, renounce, or relinquish a throne, right, or responsibility
38. st__r a steady course *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
39. li_____an retrieval curve *n.* the length of time for which a person, animal lives, or thing exists
40. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 29. tweet, 30. boardroom, 31. crux, 32. nook, 33. reactionary, 34. transcontinental, 35. smartphone, 36. abdicate, 37. abdicate, 38. steer, 39. lifespan, 40. sect

41. su____ge movement *n.* the right to vote in political elections; the exercise of voting rights or the process of obtaining them
42. a chick's tw__t *n.* a short, high sound made by a small bird; a message sent using Twitter, the social media application
43. po__o epidemic *n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability
44. philosophical te__s *n.* a philosophical term derived from ancient Greek, referring to the ultimate purpose, goal, or objective of something; the intrinsic or inherent meaning or intention behind an action, process, or system
45. go on a serious od____y *n.* a long wandering and eventful journey; a Greek epic poem attributed to Homer, describing the journey of Odysseus after the fall of Troy
46. a cr____y in the corner *n.* a small, narrow opening or crack, especially in a wall or rock
47. in____us behavior *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
48. le__e breach *n.* an artificial embankment or wall built to prevent a river or low-lying land from flooding
49. pet ha____r *n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling

ANSWERS: 41. suffrage, 42. tweet, 43. polio, 44. telos, 45. odyssey, 46. cranny, 47. insidious, 48. levee, 49. hamster

50. re____k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
51. a ut___a for an engineer *n.* an ideal and perfect society in which all social and political problems have been solved, and all members live in harmony and prosperity
52. look in every nook and cr___y *n.* a small, narrow opening or crack, especially in a wall or rock
53. er_____te racial discrimination *v.* to get rid of or destroy something completely, especially something bad
54. main c__x *n.* the most important or fundamental part of a matter or situation; the key point or central issue
55. of___d a customer *v.* to cause someone to feel upset, angry, or annoyed
56. every n__k and cranny *n.* a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet
57. pl_____ic relationship *adj.* (of relationship or emotion) friendly or affectionate but not sexual
58. re____k a marketing plan *v.* to consider again a plan, idea, etc., especially to change it

ANSWERS: 50. rethink, 51. utopia, 52. cranny, 53. eradicate, 54. crux, 55. offend, 56. nook, 57. platonic, 58. rethink

Session 3: Fill in the Blanks

1. The concrete _____ protects from the rising river during floods.
n. an artificial embankment or wall built to prevent a river or low-lying land from flooding

2. 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

3. The concept of _____ is often viewed as an impossible or unrealistic goal, as it goes beyond what is currently possible.
n. an ideal and perfect society in which all social and political problems have been solved, and all members live in harmony and prosperity

4. The school's administration has a _____ stance on student protests and free speech.
adj. relating to or advocating a return to a previous state of affairs or method of doing things, typically one that is seen as outdated or regressive

5. The _____ railway was a major engineering feat that helped connect the East and West coasts of the United States.
adj. spanning or crossing an entire continent or continents

6. We could hear the _____ of baby birds.
n. a short, high sound made by a small bird; a message sent using Twitter, the social media application

7. The _____ march was a peaceful protest demanding voting rights for women.
n. the right to vote in political elections; the exercise of voting rights or the process of obtaining them

ANSWERS: 1. levee, 2. insidious, 3. utopia, 4. reactionary, 5. transcontinental, 6. tweet, 7. suffrage

8. It's important to clean your _____ cage frequently to ensure their health and comfort.
- n.* a small, furry rodent commonly kept as a pet; often used in research laboratories due to their small size and ease of handling
9. The _____ of the matter was that the company was not financially stable.
- n.* the most important or fundamental part of a matter or situation; the key point or central issue
10. We need to _____ this proposal as soon as the budget is more apparent than before.
- v.* to go to a place again, especially after a long period
11. His rude comments _____ many people at the party.
- v.* to cause someone to feel upset, angry, or annoyed
12. The _____ of a democracy is to ensure equal representation and protect the rights of its citizens.
- n.* a philosophical term derived from ancient Greek, referring to the ultimate purpose, goal, or objective of something; the intrinsic or inherent meaning or intention behind an action, process, or system
13. Generally speaking, men have a shorter _____ than women.
- n.* the length of time for which a person, animal lives, or thing exists
14. The _____ vaccine development is regarded as one of the greatest medical achievements of the 20th century.
- n.* an acute infectious disease caused by a virus that attacks nerve cells in the spinal cord and brain, leading to paralysis, muscle weakness, and potentially lifelong disability

ANSWERS: 8. hamster's, 9. crux, 10. revisit, 11. offended, 12. telos, 13. lifespan, 14. polio

15. Let's brainstorm ideas on the _____ for the new project.
- n.* a smooth, hard writing surface, typically white, that can be written on with dry-erase markers and easily erased
16. He continued the extraordinary _____ with his brother.
- n.* a long wandering and eventful journey; a Greek epic poem attributed to Homer, describing the journey of Odysseus after the fall of Troy
17. The corporate _____ was filled with tense silence as the CEO presented the new plan.
- n.* a room where the board of directors of a company or organization meets
18. The smell of baking bread _____ the kitchen.
- v.* to spread throughout something; to permeate
19. Internet traffic volumes have increased significantly with the advent of _____.
- n.* a mobile phone that functions as a computer and connects to the Internet
20. The mouse squeezed into the tiniest _____ of the wall to avoid being caught by the cat.
- n.* a small, narrow opening or crack, especially in a wall or rock
21. The king _____ his throne in favor of his son.
- v.* to give up, renounce, or relinquish a throne, right, or responsibility
22. The minority _____ believed in a set of unconventional religious practices.
- n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 15. whiteboard, 16. odyssey, 17. boardroom, 18. pervaded, 19. smartphones, 20. cranny, 21. abdicated, 22. sect

23. His relationship with her was completely _____.

adj. (of relationship or emotion) friendly or affectionate but not sexual

24. The captain told him to _____ the ship north.

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

25. The company's new products _____ the values of innovation and sustainability.

v. to represent or exemplify something; to give tangible form to an abstract idea

26. We have to _____ our company's product lineup for further growth.

v. to consider again a plan, idea, etc., especially to change it

27. The kitchen _____ was perfect for coffee and chatting with friends.

n. a small corner, alcove, or recess, especially one in a room or garden providing a seat or space for quiet

28. 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

29. We are trying to _____ this disease from the world.

v. to get rid of or destroy something completely, especially something bad

ANSWERS: 23. platonic, 24. steer, 25. embody, 26. rethink, 27. nook, 28. marshal, 29. eradicate