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Tim Ferriss: Why you should define your fears instead of your goals | TED Talk

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

Advanced Words Only

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Session 1: Word List

precipice

n. a steep cliff, especially one that is high and has a vertical or nearly vertical face

synonym : cliff, drop, brink

(1) leap off a **precipice**, (2) mural **precipice**

The hiker stood at the edge of the **precipice**, taking in the breathtaking view.

depress

v. to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

synonym : sadden, discourage, deflate

(1) **depress** their spirits, (2) **depress** crop prices

The economic recession **depressed** the housing market.

bipolar

adj. of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

(1) **bipolar** depression, (2) a **bipolar** semiconductor

The physician prescribed medication to treat **bipolar** disorder.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym : immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg
Massive demonstrations lead to total **paralysis** of transportation.

stoicism

n. a philosophy that emphasizes the acceptance of the present moment and the natural course of events, and the rejection of excessive emotion

synonym: mental toughness, calmness, acceptance

(1) **stoicism** philosophy, (2) veneer of **stoicism**

He practiced **stoicism** in the face of adversity.

conjure

v. to call forth by magic; to create or bring about through the imagination

synonym: summon, evoke, call forth

(1) **conjure** evil spirits away, (2) **conjure** a vision

The magician **conjured** up a rabbit out of thin air.

impassive

adj. not showing emotion; calm and unemotional; without physical feeling or sensation

synonym: calm, stoic, indifferent

(1) **impassive** tone, (2) **impassive** behavior

His face remained **impassive** as I delivered the bad news.

wildfire

n. a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope

synonym: blaze, bonfire, flame

(1) **wildfire** spread, (2) arson-caused **wildfire**

The **wildfire** destroyed hundreds of homes and forced thousands of people to evacuate.

stoic

adj. calm and unemotional, especially in difficult situations;
(noun) a member of the ancient Greek school of philosophy founded by Zeno

synonym: unflappable, resigned, unemotional

(1) **stoic** courage, (2) do **stoic** strength training

He was known for his **stoic** demeanor, never showing

emotion or weakness.

troop

n. a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.

synonym: group, unit, band

(1) the members of a military **troop**, (2) a **troop** of deer
The **troop** of soldiers marched through the city in a parade.

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**
The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

stoa

n. a type of ancient greek building, typically a covered walkway or colonnade, used for public gatherings or commerce

synonym: walkway, colonnaded walkway

(1) ancient **Stoa**, (2) **stoa** building
The **Stoa** of Attalos is one of Athens' best-preserved examples of ancient Greek architecture.

superpower

n. a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities

synonym: great power, empire, hegemony

(1) **superpower** country, (2) **superpower** leader
The ability to fly like a bird is often considered a **superpower** in comic books and movies.

converse

v. to talk informally

synonym: discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who spoke her language.

quarterback

n. the player in American football who typically leads the offense and is responsible for calling plays, passing the ball, and directing the team's overall strategy on the field

synonym: signal caller, field general

(1) elite **quarterback**, (2) backup **quarterback**

The coach decided to bench the starting **quarterback** after multiple turnovers.

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.

infraction

n. a violation of a law or rule, especially a minor one

synonym: violation, breach, offense

(1) a doping **infraction**, (2) **infraction** of a rule

The driver was issued a citation for a minor **infraction** of the traffic laws.

helpless

adj. unable to take care of oneself or to do things without help

synonym: defenseless, powerless, susceptible

(1) **helpless** baby, (2) **helpless** victims

I feel so **helpless** without you.

hopeless

adj. having no hope; despairing; having no chance of success

synonym: despairing, helpless, futile

(1) **hopeless** situation, (2) **hopeless** at everything

After months of job searching, he felt **hopeless** and unsure of his future.

abate

v. to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time

synonym: decrease, diminish, reduce

(1) **abate** a storm, (2) **abate** a crisis

He tried to **abate** his anger by taking deep breaths and counting to ten.

toolkit

n. a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

synonym: tool set, equipment, utility kit

(1) handy **toolkit**, (2) digital **toolkit**

The DIY **toolkit** includes a variety of power and hand tools for home repair.

pancreas

n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

synonym: gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the secretion of hormones such as insulin.

stimulant

n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration

synonym: upper, energizer, booster

(1) memory **stimulant**, (2) prescription **stimulant**

Many athletes use **stimulants** like caffeine to boost their energy before a competition.

quote

v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

synonym: cite, reference, mention

(1) **quote** a source, (2) **quote** a price

In his speech, he **quoted** a famous philosopher to emphasize his point.

premeditate

v. to think about, plan, or consider an action or event beforehand; to carefully consider or contemplate an action or decision before carrying it out, often implying a deliberate or intentional act

synonym: plan, scheme, plot

(1) **premeditate** scheme, (2) **premeditate** revenge

The robber **premeditated** the theft of the jewelry store by casing it for weeks.

incessant

adj. continuing without interruption; constant, unceasing, or unremitting

synonym: constant, unending, ceaseless

(1) **incessant** chatter, (2) **incessant** rain

The **incessant** barking of the dog next door kept me up all night.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

bottleneck

n. a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry

synonym: blockage, obstacle, barrier

(1) performance **bottleneck**, (2) **bottleneck** in production

Memory bandwidth is a significant **bottleneck** in this computational simulation.

stave

n. a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening

synonym : stick, rod, staff

(1) **stave** off a conspiracy, (2) barrel **stave**

They used iron **staves** to hit the ships and prevent them from approaching the harbor.

chant

n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation

synonym : hymn, mantra, (verb) recite

(1) **chant** melodies, (2) **chant** in the chapel

The soccer game crowd broke into a **chant** of "Go, team, go!"

inaction

n. the lack of action or activity; the state of not doing anything; the failure to take action when action is needed

synonym : idleness, passivity, inertia

(1) excuse for **inaction**, (2) consequences of **inaction**

Inaction in response to climate change poses a dire threat to our future.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym : buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

atrocious

adj. shockingly bad or unpleasant; extremely cruel or brutal

synonym : terrible, heinous, abominable

(1) **atrocious** weather, (2) **atrocious** manners

The food at the restaurant was **atrocious** and lacked any flavor.

- quo** *n.* the existing state or condition of something, especially in relation to a particular situation or issue
synonym : status, condition, state
(1) status **quo** politician, (2) **quo** warranto
The company has been successful in maintaining the status **quo**.
- intangible** *n.* not having physical form or substance; difficult to touch or grasp
synonym : abstract, immaterial
(1) **intangible** asset, (2) **intangible** property rights
The **intangible** qualities of love and kindness are immeasurable.
- terrifying** *adj.* very frightening or intimidating
synonym : frightening, intimidating, alarming
(1) **terrifying** experience, (2) **terrifying** events
Large earthquakes often generate **terrifying** tsunamis.
- implode** *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
synonym : collapse, crumble, disintegrate
(1) **implode** building, (2) **implode** business
The banking industry feared the economy would **implode** due to risky investments.
- fray** *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
synonym : tangle, brawl, skirmish
(1) **fray** tempers, (2) **fray** our relationship
The edges of the old blanket had started to **fray**, so I decided to sew them up.
- reversible** *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

synonym : invertible, changeable, undoable

(1) **reversible** decision, (2) **reversible** fabrics

The jacket is **reversible** so that you can wear it with the fur lining on the outside or the inside.

impermanent

adj. not lasting or enduring; temporary, transitory, or fleeting

synonym : temporary, fleeting

(1) **impermanent** tattoo, (2) **impermanent** hair color

The **impermanent** nature of life should remind us to cherish every moment.

hiccup

n. an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"

synonym : hiccough

(1) stop my **hiccup**, (2) the cause of **hiccups**

The **hiccups** lasted for hours and were driving him crazy.

extricate

v. to free or release someone or something from something that is trapping, entangling, or confining them; to disentangle or disengage from a difficult or complicated situation

synonym : free, release, disembarass

(1) **extricate** me from a difficult situation, (2) **extricate** a company from financial troubles

She managed to **extricate** herself from the tangled web of lies with great effort.

avert

v. to prevent something dangerous or undesirable from happening

synonym : discourage, prevent, deter

(1) **avert** disaster, (2) **avert** a strike

The dam systematically releases large amounts of water to **avert** flooding during the rainy season

panacea

n. a remedy or solution that is believed to be a cure for all illnesses or problems; something that is seen as a

universal cure-all

synonym : cure-all, elixir, miracle cure

(1) **panacea** solution, (2) no **panacea** for economic woes

Many people believe that exercise is the **panacea** for all health problems.

nonviolence

n. the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change

synonym : pacifism, nonresistance, peacekeeping

(1) **nonviolence** movement, (2) **nonviolence** protest

Martin Luther King Jr. was a champion of **nonviolence** in the fight for civil rights.

firefighter

n. a person whose job is to extinguish fires

(1) forest **firefighter**, (2) decided to be a **firefighter**

The **firefighter** broke into the house bravely to rescue the children.

kidnapping

n. the act of taking somebody away illegally and holding them captive

synonym : abduction, snatch, kidnap

(1) **kidnapping** attempt, (2) mass **kidnapping**

She received a year's imprisonment for aggravated **kidnapping**.

punchline

n. the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax

synonym : joke, climax, comedic ending

(1) have no **punchline**, (2) the final **punchline**

The **punchline** of the joke was hilarious.

terse

adj. brief and to the point, often to the point of being curt or brusque; using very few words to express something

synonym :

concise, succinct, curt

(1) **terse** language, (2) **terse** instructions

His **terse** reply left everyone in the room speechless.

inflection

n. a change in the pitch or tone of one's voice; a change in the form of a word to indicate tense, mood, gender, or other grammatical categories

synonym: accent, intonation, modulation

(1) **inflection** in voice, (2) **inflection** pattern

The linguist studied the **inflection** of the language's inflection in speech.

akin

adj. similar or related in nature, character, or origin

synonym: similar, related, alike

(1) **akin** to anger, (2) **akin** to the prior experiences

Her interests are **akin** to mine.

mantra

n. a word or phrase, often repeated, that is used as a focus for the mind during meditation

synonym: hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

Session 2: Spelling

1. elite qua_____ck
n. the player in American football who typically leads the offense and is responsible for calling plays, passing the ball, and directing the team's overall strategy on the field
2. in_____nt chatter
adj. continuing without interruption; constant, unceasing, or unremitting
3. qu__e a price
v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
4. ab__e a storm
v. to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
5. ab__e a crisis
v. to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
6. pa_____is in the leg
n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
7. handy to_____t
n. a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

ANSWERS: 1. quarterback, 2. incessant, 3. quote, 4. abate, 5. abate, 6. paralysis, 7. toolkit

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|--------------------------------|---|
| 8. mural pr_____ce | <i>n.</i> a steep cliff, especially one that is high and has a vertical or nearly vertical face |
| 9. company mo__o | <i>n.</i> a phrase or slogan that expresses a guiding principle or goal |
| 10. non_____ce protest | <i>n.</i> the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change |
| 11. the mo__o for safe traffic | <i>n.</i> a phrase or slogan that expresses a guiding principle or goal |
| 12. sup_____er country | <i>n.</i> a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities |
| 13. de_____s their spirits | <i>v.</i> to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active |
| 14. ter_____ng events | <i>adj.</i> very frightening or intimidating |
| 15. hu_____g sound | <i>adj.</i> producing a continuous, low, vibrating sound like that of the bee |
| 16. arson-caused wi_____re | <i>n.</i> a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope |
| 17. consequences of in_____on | <i>n.</i> the lack of action or activity; the state of not doing anything; the failure to take action when action is needed |

ANSWERS: 8. precipice, 9. motto, 10. nonviolence, 11. motto, 12. superpower, 13. depress, 14. terrifying, 15. humming, 16. wildfire, 17. inaction

18. memory st_____nt
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
19. he_____ss baby
adj. unable to take care of oneself or to do things without help
20. a fu_____s sea
adj. extremely angry; full of rage
21. av__t a strike
v. to prevent something dangerous or undesirable from happening
22. easy qu_____r
n. a person who gives up easily or does not have the determination to finish what they have started
23. rev_____le decision
adj. capable of being turned or done in the opposite direction or way; capable of being reversed or undone
24. st__c courage
adj. calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
25. performance bot_____ck
n. a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry
26. bot_____ck in production
n. a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry

ANSWERS: 18. stimulant, 19. helpless, 20. furious, 21. avert, 22. quitter, 23. reversible, 24. stoic, 25. bottleneck, 26. bottleneck

27. int_____le asset *n.* not having physical form or substance; difficult to touch or grasp
28. the cause of hi____ps *n.* an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"
29. av__t disaster *v.* to prevent something dangerous or undesirable from happening
30. a bi____r semiconductor *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
31. ter_____ng experience *adj.* very frightening or intimidating
32. non_____ce movement *n.* the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change
33. pre_____te scheme *v.* to think about, plan, or consider an action or event beforehand; to carefully consider or contemplate an action or decision before carrying it out, often implying a deliberate or intentional act
34. im_____ve behavior *adj.* not showing emotion; calm and unemotional; without physical feeling or sensation
35. s__a building *n.* a type of ancient greek building, typically a covered walkway or colonnade, used for public gatherings or commerce

ANSWERS: 27. intangible, 28. hiccup, 29. avert, 30. bipolar, 31. terrifying, 32. nonviolence, 33. premeditate, 34. impassive, 35. stoa

36. prescription st_____nt *n.* a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
37. backup qua_____ck *n.* the player in American football who typically leads the offense and is responsible for calling plays, passing the ball, and directing the team's overall strategy on the field
38. f__y tempers *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
39. im_____e business *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
40. bi_____r depression *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
41. imp_____nt tattoo *adj.* not lasting or enduring; temporary, transitory, or fleeting
42. st_____sm philosophy *n.* a philosophy that emphasizes the acceptance of the present moment and the natural course of events, and the rejection of excessive emotion
43. the final pu_____ne *n.* the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax

ANSWERS: 36. stimulant, 37. quarterback, 38. fray, 39. implode, 40. bipolar, 41. impermanent, 42. stoicism, 43. punchline

44. in_____nt rain *adj.* continuing without interruption; constant, unceasing, or unremitting
45. the members of a military tr__p *n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.
46. have no pu_____ne *n.* the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
47. ch__t in the chapel *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
48. int_____le property rights *n.* not having physical form or substance; difficult to touch or grasp
49. inf_____on pattern *n.* a change in the pitch or tone of one's voice; a change in the form of a word to indicate tense, mood, gender, or other grammatical categories
50. a__n to the prior experiences *adj.* similar or related in nature, character, or origin
51. at_____us manners *adj.* shockingly bad or unpleasant; extremely cruel or brutal
52. imp_____nt hair color *adj.* not lasting or enduring; temporary, transitory, or fleeting
53. digital to_____t *n.* a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

ANSWERS: 44. incessant, 45. troop, 46. punchline, 47. chant, 48. intangible, 49. inflection, 50. akin, 51. atrocious, 52. impermanent, 53. toolkit

54. serial qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started
55. q_o warranto *n.* the existing state or condition of something, especially in relation to a particular situation or issue
56. a__n to anger *adj.* similar or related in nature, character, or origin
57. excuse for in____on *n.* the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
58. te__e instructions *adj.* brief and to the point, often to the point of being curt or brusque; using very few words to express something
59. ex____te a company from financial troubles *v.* to free or release someone or something from something that is trapping, entangling, or confining them; to disentangle or disengage from a difficult or complicated situation
60. inf____on of a rule *n.* a violation of a law or rule, especially a minor one
61. sup____er leader *n.* a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities
62. mass kid____ng *n.* the act of taking somebody away illegally and holding them captive

ANSWERS: 54. quitter, 55. quo, 56. akin, 57. inaction, 58. terse, 59. extricate, 60. infraction, 61. superpower, 62. kidnapping

63. barrel st__e *n.* a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening
64. de____s crop prices *v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active
65. pre_____te revenge *v.* to think about, plan, or consider an action or event beforehand; to carefully consider or contemplate an action or decision before carrying it out, often implying a deliberate or intentional act
66. forest fir_____er *n.* a person whose job is to extinguish fires
67. decided to be a fir_____er *n.* a person whose job is to extinguish fires
68. hu____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
69. pa____as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
70. im_____ve tone *adj.* not showing emotion; calm and unemotional; without physical feeling or sensation
71. co____e evil spirits away *v.* to call forth by magic; to create or bring about through the imagination

ANSWERS: 63. stave, 64. depress, 65. premeditate, 66. firefighter, 67. firefighter, 68. humming, 69. pancreas, 70. impassive, 71. conjure

72. st__e off a conspiracy *n.* a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening
73. leap off a pr_____ce *n.* a steep cliff, especially one that is high and has a vertical or nearly vertical face
74. fu_____s anger *adj.* extremely angry; full of rage
75. ch__t melodies *n.* a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
76. im_____e building *v.* to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
77. status q_o politician *n.* the existing state or condition of something, especially in relation to a particular situation or issue
78. he_____ss victims *adj.* unable to take care of oneself or to do things without help
79. f__y our relationship *v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
80. ask a co_____se question *v.* to talk informally
81. chant the ma___a of structural reform *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation

ANSWERS: 72. stave, 73. precipice, 74. furious, 75. chant, 76. implode, 77. quo, 78. helpless, 79. fray, 80. converse, 81. mantra

82. at_____us weather *adj.* shockingly bad or unpleasant; extremely cruel or brutal
83. co_____se with an acquaintance *v.* to talk informally
84. a doping inf_____on *n.* a violation of a law or rule, especially a minor one
85. ho_____ss at everything *adj.* having no hope; despairing; having no chance of success
86. stop my hi____p *n.* an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"
87. inf_____on in voice *n.* a change in the pitch or tone of one's voice; a change in the form of a word to indicate tense, mood, gender, or other grammatical categories
88. veneer of st_____sm *n.* a philosophy that emphasizes the acceptance of the present moment and the natural course of events, and the rejection of excessive emotion
89. campaign ma____a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
90. ho_____ss situation *adj.* having no hope; despairing; having no chance of success
91. wi_____re spread *n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
92. qu__e a source *v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

ANSWERS: 82. atrocious, 83. converse, 84. infraction, 85. hopeless, 86. hiccup, 87. inflection, 88. stoicism, 89. mantra, 90. hopeless, 91. wildfire, 92. quote

93. a tr__p of deer *n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.
94. co_____e a vision *v.* to call forth by magic; to create or bring about through the imagination
95. kid_____ng attempt *n.* the act of taking somebody away illegally and holding them captive
96. te__e language *adj.* brief and to the point, often to the point of being curt or brusque; using very few words to express something
97. ancient S__a *n.* a type of ancient greek building, typically a covered walkway or colonnade, used for public gatherings or commerce
98. do st__c strength training *adj.* calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
99. pa_____as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
100. rev_____le fabrics *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
101. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

ANSWERS: 93. troop, 94. conjure, 95. kidnapping, 96. terse, 97. stoa, 98. stoic, 99. pancreas, 100. reversible, 101. paralysis

102. no pa_____a for economic woes *n.* a remedy or solution that is believed to be a cure for all illnesses or problems; something that is seen as a universal cure-all
103. ex_____te me from a difficult situation *v.* to free or release someone or something from something that is trapping, entangling, or confining them; to disentangle or disengage from a difficult or complicated situation
104. pa_____a solution *n.* a remedy or solution that is believed to be a cure for all illnesses or problems; something that is seen as a universal cure-all

ANSWERS: 102. panacea, 103. extricate, 104. panacea

Session 3: Fill in the Blanks

1. The _____ of the bees filled the air as she walked through the garden.
adj. producing a continuous, low, vibrating sound like that of the bee
2. The endocrine function of the _____ involves the secretion of hormones such as insulin.
n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
3. I feel so _____ without you.
adj. unable to take care of oneself or to do things without help
4. His _____ reply left everyone in the room speechless.
adj. brief and to the point, often to the point of being curt or brusque; using very few words to express something
5. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
6. The coach decided to bench the starting _____ after multiple turnovers.
n. the player in American football who typically leads the offense and is responsible for calling plays, passing the ball, and directing the team's overall strategy on the field
7. The food at the restaurant was _____ and lacked any flavor.
adj. shockingly bad or unpleasant; extremely cruel or brutal

ANSWERS: 1. humming, 2. pancreas, 3. helpless, 4. terse, 5. quitter, 6. quarterback, 7. atrocious

8. In his speech, he _____ a famous philosopher to emphasize his point.
v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
9. Large earthquakes often generate _____ tsunamis.
adj. very frightening or intimidating
10. The _____ barking of the dog next door kept me up all night.
adj. continuing without interruption; constant, unceasing, or unremitting
11. The company has been successful in maintaining the status _____.
n. the existing state or condition of something, especially in relation to a particular situation or issue
12. He was known for his _____ demeanor, never showing emotion or weakness.
adj. calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
13. _____ in response to climate change poses a dire threat to our future.
n. the lack of action or activity; the state of not doing anything; the failure to take action when action is needed
14. The physician prescribed medication to treat _____ disorder.
adj. of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
15. His face remained _____ as I delivered the bad news.
adj. not showing emotion; calm and unemotional; without physical feeling or sensation

ANSWERS: 8. quoted, 9. terrifying, 10. incessant, 11. quo, 12. stoic, 13. Inaction, 14. bipolar, 15. impassive

16. The _____ broke into the house bravely to rescue the children.
n. a person whose job is to extinguish fires
17. She managed to _____ herself from the tangled web of lies with great effort.
v. to free or release someone or something from something that is trapping, entangling, or confining them; to disentangle or disengage from a difficult or complicated situation
18. She received a year's imprisonment for aggravated _____.
n. the act of taking somebody away illegally and holding them captive
19. Martin Luther King Jr. was a champion of _____ in the fight for civil rights.
n. the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change
20. The _____ qualities of love and kindness are immeasurable.
n. not having physical form or substance; difficult to touch or grasp
21. Many athletes use _____ like caffeine to boost their energy before a competition.
n. a substance or drug that increases or heightens physiological or nervous system activity typically used to improve alertness, attention, or concentration
22. The DIY _____ includes a variety of power and hand tools for home repair.
n. a set of tools, materials, or resources that are designed to be used together for a specific purpose or task; a collection of information or techniques that can be used to address a problem or achieve a goal

ANSWERS: 16. firefighter, 17. extricate, 18. kidnapping, 19. nonviolence, 20. intangible, 21. stimulants, 22. toolkit

23. The jacket is _____ so that you can wear it with the fur lining on the outside or the inside.

adj. capable of being turned or done in the opposite direction or way; capable of being reversed or undone

24. The robber _____ the theft of the jewelry store by casing it for weeks.

v. to think about, plan, or consider an action or event beforehand; to carefully consider or contemplate an action or decision before carrying it out, often implying a deliberate or intentional act

25. The linguist studied the _____ of the language's inflection in speech.

n. a change in the pitch or tone of one's voice; a change in the form of a word to indicate tense, mood, gender, or other grammatical categories

26. Her interests are _____ to mine.

adj. similar or related in nature, character, or origin

27. The driver was issued a citation for a minor _____ of the traffic laws.

n. a violation of a law or rule, especially a minor one

28. The ability to fly like a bird is often considered a _____ in comic books and movies.

n. a country or nation that has significant global influence or formidable military, economic, or technological strength; a supernatural ability or force capable of extraordinary feats or feats beyond normal human capabilities

29. He practiced _____ in the face of adversity.

n. a philosophy that emphasizes the acceptance of the present moment and the natural course of events, and the rejection of excessive emotion

ANSWERS: 23. reversible, 24. premeditated, 25. inflection, 26. akin, 27. infraction, 28. superpower, 29. stoicism

30. The _____ of Attalos is one of Athens' best-preserved examples of ancient Greek architecture.
- n.* a type of ancient greek building, typically a covered walkway or colonnade, used for public gatherings or commerce
31. The _____ of soldiers marched through the city in a parade.
- n.* a group of soldiers, especially a large one; a group of people, animals, or things considered as a unit.
32. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
33. The _____ lasted for hours and were driving him crazy.
- n.* an involuntary movement of the muscles of the diaphragm and chest that causes a sudden intake of breath with a sound similar to a "hiccup"
34. After months of job searching, he felt _____ and unsure of his future.
- adj.* having no hope; despairing; having no chance of success
35. He tried to _____ his anger by taking deep breaths and counting to ten.
- v.* to lessen, reduce, or diminish in intensity or severity; to decline or wane in amount or strength over time
36. The hiker stood at the edge of the _____ taking in the breathtaking view.
- n.* a steep cliff, especially one that is high and has a vertical or nearly vertical face
37. The _____ nature of life should remind us to cherish every moment.
- adj.* not lasting or enduring; temporary, transitory, or fleeting

ANSWERS: 30. Stoa, 31. troop, 32. motto, 33. hiccups, 34. hopeless, 35. abate, 36. precipice, 37. impermanent

38. The coach was _____ with the players for their lack of effort during the game.
adj. extremely angry; full of rage
39. The magician _____ up a rabbit out of thin air.
v. to call forth by magic; to create or bring about through the imagination
40. The banking industry feared the economy would _____ due to risky investments.
v. to collapse inward violently or burst inward with a sudden release of energy; to disintegrate or break down suddenly and completely
41. The dam systematically releases large amounts of water to _____ flooding during the rainy season
v. to prevent something dangerous or undesirable from happening
42. The _____ of the joke was hilarious.
n. the final sentence or phrase in a joke, which is intended to be funny or surprising and to bring the joke to a climax
43. The soccer game crowd broke into a _____ of "Go, team, go!"
n. a simple melody or tune, typically one that is repeated or sung in a monotonous way; (verb) recite with musical intonation
44. Memory bandwidth is a significant _____ in this computational simulation.
n. a narrow or busy section of road or a junction where the traffic often gets slower and stops; anything that slows down development or progress, especially in business or industry
45. She repeated her personal _____ to herself to stay motivated.
n. a word or phrase, often repeated, that is used as a focus for the mind during meditation

ANSWERS: 38. furious, 39. conjured, 40. implode, 41. avert, 42. punchline, 43. chant, 44. bottleneck, 45. mantra

46. They used iron _____ to hit the ships and prevent them from approaching the harbor.
- n.* a long, narrow piece of wood or similar material, often used as a structural element in construction or to make barrels, musical instruments, furniture, or other objects; (verb) to fend off, ward off or prevent something from happening
47. The edges of the old blanket had started to _____ so I decided to sew them up.
- v.* to become worn or damaged at the edges or with use; to become angry or upset, especially in a public or noisy way; to fight or engage in conflict
48. Massive demonstrations lead to total _____ of transportation.
- n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
49. The _____ destroyed hundreds of homes and forced thousands of people to evacuate.
- n.* a large, uncontrolled fire that spreads quickly through a natural area such as a forest, grassland, or mountain slope
50. Many people believe that exercise is the _____ for all health problems.
- n.* a remedy or solution that is believed to be a cure for all illnesses or problems; something that is seen as a universal cure-all
51. She enjoyed the opportunity to _____ with a person who spoke her language.
- v.* to talk informally
52. The economic recession _____ the housing market.
- v.* to make someone feel sad, low in spirits, or without hope; to make markets, businesses, etc., less active

ANSWERS: 46. staves, 47. fray, 48. paralysis, 49. wildfire, 50. panacea, 51. converse, 52. depressed

ANSWERS: