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Vocabulary Builder Reference from...

Lisa Feldman Barrett: You aren't at the mercy of your emotions -- your brain creates them | TED Talk

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

Advanced Words Only

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Session 1: Word List

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

convict

v. to prove or declare someone to be guilty of a crime;
(noun) a person serving a sentence in a jail or prison

synonym: condemn, sentence, judge

(1) **convict** him of manslaughter, (2) **convict** in a jail

He was **convicted** on fraud charges and sentenced to five years in prison.

remorse

n. a feeling of deep regret and sorry, usually for something you have done

synonym: guilt, anguish, regret

(1) **remorse** of conscience, (2) sincere **remorse**

I always remember that event with bitter **remorse**.

juror

n. a member of a jury, a group of individuals selected to hear evidence and make a decision in a trial

synonym: jurist, arbiter, assessor

(1) **juror** selection, (2) **juror** anonymity

A **juror's** question during deliberations led to the discovery of new evidence in the case.

maim

v. to injure or wound someone seriously, particularly by permanently disabling or disfiguring a body part

synonym: injure, incapacitate, wound

(1) **maim** a victim, (2) **maim** his hand

The reckless driver **maimed** several pedestrians after losing control of the vehicle.

hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

synonym: innate, ingrained, automatic

(1) **hardwired** behavior, (2) **hardwired** connection

The instinct to protect one's offspring is **hardwired** into many animal species.

controllable

adj. able to be controlled or directed

synonym: manageable, governable, submissive

(1) computer- **controllable**, (2) **controllable** aircraft

The new software is much more **controllable** and user-friendly.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

scrutinize

v. to examine carefully and critically; to inspect closely

synonym: examine, inspect, audit

(1) **scrutinize** her belongings, (2) **scrutinize** a suspect

The detective **scrutinized** the evidence for any clues.

preposterous

adj. absurd, ridiculous, or contrary to reason or common sense

synonym: ridiculous, absurd, nonsensical

(1) **preposterous** claim, (2) **preposterous** price

The idea that aliens built the pyramids is **preposterous**.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

blob

n. a small amount or drop of a thick liquid or sticky substance

synonym: chunk, lump, hunk

(1) a big **blob** of yellow, (2) a **blob** of jelly

A **blob** of ink fell on the floor.

sift

v. to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

synonym: filter, go through, sieve

(1) **sift** the candidates, (2) **sift** sand

The search engine helps **sift** information.

hallucinate

v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

(1) start to **hallucinate**, (2) **hallucinate** with drug

Sleep-deprived people gradually lose their concentration and may **hallucinate**.

neuroscience

n. the scientific study of the function, structure, and disorder of the brain and the nervous system

(1) the branch of **neuroscience**, (2) a theoretical concept in **neuroscience**

Our university is famous for its professors, who are well-versed in behavioral **neuroscience**.

primal

adj. of or relating to the earliest stage of development; fundamental; primitive

synonym: original, fundamental, basic

(1) **primal** eras, (2) **primal** fear

The **primal** instincts of the animal kicked in when it was threatened.

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.

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.

courtroom

n. a room in which a court of law is held

synonym: law court, tribunal

(1) **courtroom** drama, (2) **courtroom** trial

The eyewitness took the stand in the **courtroom** and gave testimony crucial to the case.

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.

nameless

adj. without a name or unknown; not named or identified
synonym: anonymous, unknown, unidentified

(1) **nameless** fear, (2) **nameless** child

The victim could only describe their attacker as a **nameless** figure in the darkness.

physic

n. a medicine or drug used to treat or alleviate illnesses; the practice of medicine or healing

synonym: medicine, remedy, treatment

(1) herbal **physic**, (2) **physic** garden

The doctor suggested a dose of **physic** to help with his digestive issues.

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.

demise

n. death or the end of something

synonym: death, passing, end

(1) **demise** of bureaucracy, (2) meet their **demise**

The sudden **demise** of the king was a shock to everyone and threw the kingdom into chaos.

agitation

n. a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner

synonym: excitement, restlessness, turmoil

(1) **agitation** levels, (2) political **agitation**

The crowd's **agitation** grew as the politician failed to answer their questions.

barometer

n. an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

synonym: indicator, gauge, measure

(1) economic **barometer**, (2) air pressure **barometer**

The number of patients in the hospital is a useful **barometer** of regional health trends.

bakery

n. a place where bread and other baked goods are made and sold

synonym: bakeshop, bakehouse

(1) run a **bakery**, (2) **bakery** industry

He worked at the **bakery** as a baker.

aroma

n. a distinctive, usually pleasant smell, often of a specific food, plant, or object

synonym: fragrance, scent, smell

(1) **aroma** therapy, (2) coffee **aroma**

The **aroma** of freshly baked bread filled the kitchen.

churn

v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

synonym: stir, agitate, whirl

(1) **churn** out manufactured goods, (2) **churn** in my stomach

The cream needs to be **churned** for several minutes before it becomes butter.

munch

v. to chew or eat something noisily, often with the sound of crunching or crunching

synonym: chew, nibble, gnaw

(1) **munch** on an apple, (2) **munch** away on crisps

I love to **munch** on popcorn while I watch a movie.

churning

n. the process of mixing or stirring something vigorously, often to create a frothy or creamy texture; a state of upheaval or turbulence, often referring to the stock market or economy

synonym: agitation, turmoil, commotion

(1) butter **churning**, (2) **churning** emotions

The **churning** of the waves on the beach made it difficult to swim.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

wring

v. to twist, squeeze, or compress something, especially to extract liquid or force out excess; to cause emotional or mental distress; to extract information by force or pressure

synonym: squeeze, twist, compress

(1) **wring** out a towel, (2) **wring** a secret

I had to **wring** out my wet clothes before putting them in the dryer.

mythical

adj. based on or related to myths, legends, or folklore; existing only in tales or in the imagination

synonym: mythological, fictitious, legendary

(1) **mythical** heroes, (2) **mythical** world

Many cultures have their **mythical** creatures and legends.

bury

v. to place a dead body in the ground, grave, or tomb

synonym: entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

crippling

adj. causing someone to become unable to walk or move; causing severe damage or harm

synonym : harmful, damaging, catastrophic

(1) **crippling** debt, (2) a **crippling** strike

He is still struggling with a **crippling** disease.

heartbeat

n. the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

synonym : beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym : invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

cultivate

v. to prepare and foster land for growing crops or plants

synonym : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

wretchedness

n. the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

synonym : misery, unhappiness, distress

(1) emotional **wretchedness**, (2) economic **wretchedness**

The book delves into the **wretchedness** and misery of life in a war-torn country.

dehydrated

adj. to remove the water or moisture from something by a natural or artificial process

synonym : dried, desiccated, parched

(1) **dehydrated** skin, (2) **dehydrated** skimmed milk

I need to drink more water because I'm feeling **dehydrated**.

empower

v. to give someone the power or authority to do something
synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

culpable

adj. deserving blame or censure; responsible for an offense, mistake, or wrongdoing

synonym: guilty, blameworthy, accountable

(1) **culpable** negligence, (2) partially **culpable**

The CEO was held **culpable** for the company's financial losses.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

Session 2: Spelling

1. ar__a therapy *n.* a distinctive, usually pleasant smell, often of a specific food, plant, or object
2. ch__n out manufactured goods *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
3. 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
4. pre_____ous price *adj.* absurd, ridiculous, or contrary to reason or common sense
5. ju__r selection *n.* a member of a jury, a group of individuals selected to hear evidence and make a decision in a trial
6. con_____ble aircraft *adj.* able to be controlled or directed
7. de___e of bureaucracy *n.* death or the end of something
8. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
9. pr___l fear *adj.* of or relating to the earliest stage of development; fundamental; primitive
10. economic ba_____er *n.* an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

ANSWERS: 1. aroma, 2. churn, 3. stoicism, 4. preposterous, 5. juror, 6. controllable, 7. demise, 8. choke, 9. primal, 10. barometer

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|------------------------------------|--|
| 11. ha_____ed behavior | <i>adj.</i> built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics |
| 12. coffee ar__a | <i>n.</i> a distinctive, usually pleasant smell, often of a specific food, plant, or object |
| 13. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way |
| 14. a b__b of jelly | <i>n.</i> a small amount or drop of a thick liquid or sticky substance |
| 15. run a ba___y | <i>n.</i> a place where bread and other baked goods are made and sold |
| 16. scr_____ze her belongings | <i>v.</i> to examine carefully and critically; to inspect closely |
| 17. ex_____e in popularity | <i>v.</i> to burst or break open violently and noisily; to cause something to burst or break open |
| 18. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 19. en_____ze a team | <i>v.</i> to give energy or vitality to someone or something; to invigorate |
| 20. pre_____ous claim | <i>adj.</i> absurd, ridiculous, or contrary to reason or common sense |
| 21. ph___c garden | <i>n.</i> a medicine or drug used to treat or alleviate illnesses; the practice of medicine or healing |
| 22. co_____om trial | <i>n.</i> a room in which a court of law is held |
| 23. do st__c strength training | <i>adj.</i> calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno |

ANSWERS: 11. hardwired, 12. aroma, 13. misunderstand, 14. blob, 15. bakery, 16. scrutinize, 17. explode, 18. misunderstand, 19. energize, 20. preposterous, 21. physic, 22. courtroom, 23. stoic

24. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
25. butter ch_____ng *n.* the process of mixing or stirring something vigorously, often to create a frothy or creamy texture; a state of upheaval or turbulence, often referring to the stock market or economy
26. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
27. ba___y industry *n.* a place where bread and other baked goods are made and sold
28. em_____r my life *v.* to give someone the power or authority to do something
29. my_____al heroes *adj.* based on or related to myths, legends, or folklore; existing only in tales or in the imagination
30. herbal ph___c *n.* a medicine or drug used to treat or alleviate illnesses; the practice of medicine or healing
31. s__t sand *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
32. mu__h away on crisps *v.* to chew or eat something noisily, often with the sound of crunching or crunching
33. deh_____ed skimmed milk *adj.* to remove the water or moisture from something by a natural or artificial process

ANSWERS: 24. dread, 25. churning, 26. explode, 27. bakery, 28. empower, 29. mythical, 30. physic, 31. sift, 32. munch, 33. dehydrated

34. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
35. cu_____le negligence *adj.* deserving blame or censure; responsible for an offense, mistake, or wrongdoing
36. bo_____om decision *n.* a room where the board of directors of a company or organization meets
37. ch_____ng emotions *n.* the process of mixing or stirring something vigorously, often to create a frothy or creamy texture; a state of upheaval or turbulence, often referring to the stock market or economy
38. a cr_____ng strike *adj.* causing someone to become unable to walk or move; causing severe damage or harm
39. start to hal_____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
40. mu__h on an apple *v.* to chew or eat something noisily, often with the sound of crunching or crunching
41. ag_____on levels *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
42. air pressure ba_____er *n.* an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment

ANSWERS: 34. choke, 35. culpable, 36. boardroom, 37. churning, 38. crippling, 39. hallucinate, 40. munch, 41. agitation, 42. barometer

43. co____t in a jail *v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison
44. co_____om drama *n.* a room in which a court of law is held
45. hal_____te with drug *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
46. ha_____ed connection *adj.* built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
47. political ag_____on *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
48. m__m a victim *v.* to injure or wound someone seriously, particularly by permanently disabling or disfiguring a body part
49. deh_____ed skin *adj.* to remove the water or moisture from something by a natural or artificial process
50. a big b__b of yellow *n.* a small amount or drop of a thick liquid or sticky substance
51. bo_____om meeting *n.* a room where the board of directors of a company or organization meets
52. emotional wre_____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

ANSWERS: 43. convict, 44. courtroom, 45. hallucinate, 46. hardwired, 47. agitation, 48. maim, 49. dehydrated, 50. blob, 51. boardroom, 52. wretchedness

53. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
54. ey____w cosmetics *n.* the hair arc over each eye in humans
55. wr__g a secret *v.* to twist, squeeze, or compress something, especially to extract liquid or force out excess; to cause emotional or mental distress; to extract information by force or pressure
56. a theoretical concept in neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
57. my____al world *adj.* based on or related to myths, legends, or folklore; existing only in tales or in the imagination
58. re_____e of conscience *n.* a feeling of deep regret and sorry, usually for something you have done
59. ju__r anonymity *n.* a member of a jury, a group of individuals selected to hear evidence and make a decision in a trial
60. cu_____te a field *v.* to prepare and foster land for growing crops or plants
61. m__m his hand *v.* to injure or wound someone seriously, particularly by permanently disabling or disfiguring a body part
62. en_____ze the body *v.* to give energy or vitality to someone or something; to invigorate
63. economic wre_____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

ANSWERS: 53. dread, 54. eyebrow, 55. wring, 56. neuroscience, 57. mythical, 58. remorse, 59. juror, 60. cultivate, 61. maim, 62. energize, 63. wretchedness

64. co____t him of manslaughter *v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison
65. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb
66. b__y emotion *v.* to place a dead body in the ground, grave, or tomb
67. 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
68. sincere re____e *n.* a feeling of deep regret and sorry, usually for something you have done
69. pr___l eras *adj.* of or relating to the earliest stage of development; fundamental; primitive
70. he_____at abnormality *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
71. raise her ey_____ws *n.* the hair arc over each eye in humans
72. wr__g out a towel *v.* to twist, squeeze, or compress something, especially to extract liquid or force out excess; to cause emotional or mental distress; to extract information by force or pressure
73. s__t the candidates *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

ANSWERS: 64. convict, 65. bury, 66. bury, 67. stoicism, 68. remorse, 69. primal, 70. heartbeat, 71. eyebrow, 72. wring, 73. sift

74. na____ss fear *adj.* without a name or unknown; not named or identified
75. na____ss child *adj.* without a name or unknown; not named or identified
76. st__c courage *adj.* calm and unemotional, especially in difficult situations; (noun) a member of the ancient Greek school of philosophy founded by Zeno
77. meet their de___e *n.* death or the end of something
78. scr_____ze a suspect *v.* to examine carefully and critically; to inspect closely
79. ch__n in my stomach *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
80. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
81. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
82. computer-con_____ble *adj.* able to be controlled or directed
83. partially cu_____le *adj.* deserving blame or censure; responsible for an offense, mistake, or wrongdoing

ANSWERS: 74. nameless, 75. nameless, 76. stoic, 77. demise, 78. scrutinize, 79. churn, 80. neuron, 81. neuron, 82. controllable, 83. culpable

84. a pounding he_____at *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
85. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
86. the branch of neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
87. cr_____ng debt *adj.* causing someone to become unable to walk or move; causing severe damage or harm
88. em_____r the secretary to do the same *v.* to give someone the power or authority to do something

ANSWERS: 84. heartbeat, 85. cultivate, 86. neuroscience, 87. crippling, 88. empower

Session 3: Fill in the Blanks

1. The old building _____ in a fiery inferno.
 - v. to burst or break open violently and noisily; to cause something to burst or break open

2. The cream needs to be _____ for several minutes before it becomes butter.
 - v. to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

3. We all _____ to think about what will happen if the company goes bankrupt.
 - v. to be very afraid of or worried about something that is going to happen or that might happen

4. Our body transfers information along each _____ using an electrical impulse.
 - n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

5. A _____ of ink fell on the floor.
 - n. a small amount or drop of a thick liquid or sticky substance

6. She raised an inquiring _____ towards me.
 - n. the hair arc over each eye in humans

7. The new software is much more _____ and user-friendly.
 - adj. able to be controlled or directed

ANSWERS: 1. exploded, 2. churned, 3. dread, 4. neuron, 5. blob, 6. eyebrow, 7. controllable

8. A _____ question during deliberations led to the discovery of new evidence in the case.
- n.* a member of a jury, a group of individuals selected to hear evidence and make a decision in a trial
9. The number of patients in the hospital is a useful _____ of regional health trends.
- n.* an instrument that measures atmospheric pressure and is used to predict changes in weather; a measure of the prevailing conditions or trends within a particular situation or environment
10. Our university is famous for its professors, who are well-versed in behavioral _____.
- n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
11. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
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. The idea that aliens built the pyramids is _____.
- adj.* absurd, ridiculous, or contrary to reason or common sense
14. The search engine helps _____ information.
- v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

ANSWERS: 8. juror's, 9. barometer, 10. neuroscience, 11. cultivate, 12. stoic, 13. preposterous, 14. sift

15. 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

16. He is still struggling with a _____ disease.

adj. causing someone to become unable to walk or move; causing severe damage or harm

17. The motivational speaker _____ the crowd with their words.

v. to give energy or vitality to someone or something; to invigorate

18. The eyewitness took the stand in the _____ and gave testimony crucial to the case.

n. a room in which a court of law is held

19. The _____ of the waves on the beach made it difficult to swim.

n. the process of mixing or stirring something vigorously, often to create a frothy or creamy texture; a state of upheaval or turbulence, often referring to the stock market or economy

20. The book delves into the _____ and misery of life in a war-torn country.

n. the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

21. You should not _____ the meaning of freedom.

v. to interpret or understand something in the wrong way

22. The _____ of freshly baked bread filled the kitchen.

n. a distinctive, usually pleasant smell, often of a specific food, plant, or object

ANSWERS: 15. boardroom, 16. crippling, 17. energized, 18. courtroom, 19. churning, 20. wretchedness, 21. misunderstand, 22. aroma

23. He was _____ on fraud charges and sentenced to five years in prison.
- v.* to prove or declare someone to be guilty of a crime; (noun) a person serving a sentence in a jail or prison
24. I always remember that event with bitter _____.
- n.* a feeling of deep regret and sorry, usually for something you have done
25. I had to _____ out my wet clothes before putting them in the dryer.
- v.* to twist, squeeze, or compress something, especially to extract liquid or force out excess; to cause emotional or mental distress; to extract information by force or pressure
26. The doctor suggested a dose of _____ to help with his digestive issues.
- n.* a medicine or drug used to treat or alleviate illnesses; the practice of medicine or healing
27. 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
28. I love to _____ on popcorn while I watch a movie.
- v.* to chew or eat something noisily, often with the sound of crunching or crunching
29. Sleep-deprived people gradually lose their concentration and may _____.
- v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
30. New York is the commercial _____ of America.
- n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

ANSWERS: 23. convicted, 24. remorse, 25. wring, 26. physic, 27. stoicism, 28. munch, 29. hallucinate, 30. heartbeat

31. The CEO was held _____ for the company's financial losses.

adj. deserving blame or censure; responsible for an offense, mistake, or wrongdoing

32. The _____ instincts of the animal kicked in when it was threatened.

adj. of or relating to the earliest stage of development; fundamental; primitive

33. The victim could only describe their attacker as a _____ figure in the darkness.

adj. without a name or unknown; not named or identified

34. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

35. I need to drink more water because I'm feeling _____.

adj. to remove the water or moisture from something by a natural or artificial process

36. The crowd's _____ grew as the politician failed to answer their questions.

n. a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner

37. The baby started to _____ on a piece of apple.

v. to prevent or obstruct the normal breathing or swallowing of someone or something

38. Many cultures have their _____ creatures and legends.

adj. based on or related to myths, legends, or folklore; existing only in tales or in the imagination

ANSWERS: 31. culpable, 32. primal, 33. nameless, 34. empowered, 35. dehydrated, 36. agitation, 37. choke, 38. mythical

39. He worked at the _____ as a baker.

n. a place where bread and other baked goods are made and sold

40. There is plenty of space to _____ everyone.

v. to place a dead body in the ground, grave, or tomb

41. The sudden _____ of the king was a shock to everyone and threw the kingdom into chaos.

n. death or the end of something

42. The detective _____ the evidence for any clues.

v. to examine carefully and critically; to inspect closely

43. The reckless driver _____ several pedestrians after losing control of the vehicle.

v. to injure or wound someone seriously, particularly by permanently disabling or disfiguring a body part

44. The instinct to protect one's offspring is _____ into many animal species.

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

ANSWERS: 39. bakery, 40. bury, 41. demise, 42. scrutinized, 43. maimed, 44. hardwired