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Anne Lamott: 12 truths I learned from life and writing |

TED Talk

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Advanced Words Only

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Session 1: Word List

grandchild

n. a child of someone's son or daughter

synonym: offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

tremulous

adj. tending to shake or quiver; timid

synonym: shaky, timid, nervous

(1) **tremulous** handwriting, (2) **tremulous** hand

Her voice was **tremulous** as she spoke in front of a large audience.

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.

bask

v. to expose oneself to warmth, sunlight, or enjoyment with a pleasant feeling of relaxation and contentment

synonym: sunbathe, lounge, relax

(1) **bask** in the sun, (2) **bask** in the attention
The lizard **basked** on the warm rock for hours.

tinfoil

n. metal made into very thin sheets that is used mainly for wrapping something such as food

synonym : aluminum foil

(1) **tinfoil** hat, (2) a sheet of **tinfoil**

To make roast beef, you need to wrap it in **tinfoil** and roast the meat in the oven for several minutes.

liberate

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

synonym : emancipate, release, set free

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

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

throe

n. a severe or intense spasm of pain, such as a pang of childbirth or the spasms of a dying person; a period of intense stress or difficulty

synonym : spasm, pang, throb

(1) the **throes** of a financial crisis, (2) **throes** of death

She writhed in the **throes** of pain during labor.

doom

n. death, destruction, or some other terrible situation that cannot be avoided

synonym : judgment, destiny, fate

(1) economic **doom**, (2) prophet of **doom**

Everyone was aware of the impending **doom** but was unable to prevent it.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

beleaguer

v. to surround, harass, or besiege with difficulties or problems; to subject to constant or repeated trouble or suffering

synonym : besiege, surround, harass

(1) **beleaguer** the project, (2) **beleaguer** her every day
The company has been **beleaguered** with financial difficulties since the market downturn.

paradox

n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

synonym : incongruity, dichotomy, contradiction

(1) French **paradox**, (2) the **paradox** of the heap
There are many theories to explain this **paradox**.

fathomable

adj. able to be understood or comprehended; able to be measured or explored to a certain depth

synonym : understandable, comprehensible, intelligible

(1) **fathomable** explanation, (2) **fathomable** solution
The scientific theories presented in the book were **fathomable** even to non-experts.

incarnation

n. the embodiment of a concept or idea in a physical form; a person or thing that personifies something

synonym : embodiment, personification, avatar

(1) former **incarnation**, (2) **incarnation** of stupidity
The novel is an **incarnation** of the author's experiences and imagination.

heartbreak

n. a feeling of great sadness or disappointment

synonym : grief, sorrow, bitterness

(1) ease her **heartbreak**, (2) go through **heartbreak**
They had experienced the **heartbreak** of losing two children due to premature births.

swirl

v. to move in a circular or spiral pattern

synonym : spin, whirl, turn

(1) **swirl** the wine, (2) **swirl** up dirt and dust
The chef expertly **swirled** the sauce onto the plate.

unplug

v. to disconnect the plug of electrical equipment from the electricity supply

synonym : disconnect, clear, open

(1) **unplug** the power cord, (2) **unplug** a USB stick
Please **unplug** the heater before you go to bed.

serenity

n. the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness

synonym : calmness, tranquility, peacefulness

(1) fall into **serenity**, (2) **serenity** prayer
Meditation and yoga are great ways to achieve **serenity** and peace of mind.

resent

v. to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something

synonym : dislike, begrudge, envy

(1) **resent** being called a fool, (2) **resent** their success
He couldn't help but **resent** his friend for always taking credit for his ideas.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym : sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**
Wearing **sunscreen** to protect your skin from harmful UV rays is important.

disrespect

n. an expression of lack of regard or contempt for someone or something

synonym : impoliteness, rudeness, insult

(1) mean no **disrespect**, (2) **disrespect** for a customer

His **disrespectful** behavior towards his elders earned him a stern warning from his parents.

cling

v. to hold onto something tightly; to be closely attached to someone or something

synonym: stick, adhere, attach

(1) **cling** onto power, (2) **cling** tightly to the skin

He **clings** to the hope that he will find a job soon.

sober

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

synonym: calm, lucid, temperate

(1) **sober** discussion, (2) as **sober** as a judge

He led a **sober** life.

catastrophe

n. a sudden event that causes extreme ruin and misfortune

synonym: disaster, calamity, cataclysm

(1) **catastrophe** risk management, (2) avoid climate

catastrophe

The lack of funds has resulted in a **catastrophe** for our university system.

acronym

n. a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)

synonym: abbreviation, initialism, shortcut

(1) **acronym** definition, (2) use an **acronym**

RADAR is an **acronym** for radio detection and ranging.

deteriorate

v. to become worse in quality; to decline or degenerate

synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

futile

adj. incapable of producing any useful result; pointless

synonym : useless, worthless, ineffective

(1) **futile** talk, (2) make a **futile** protest

It was **futile** to try and fix the broken vase, as it was too badly damaged.

radiate

v. to spread out or emit something, such as light or heat, in all directions

synonym : give off, scatter, beam

(1) **radiate** an aura, (2) **radiate** in all directions

Roads **radiate** from the famous building in the center of the city.

oblique

adj. not straightforward or direct in action or speech; having a slanting or sloping direction or position

synonym : slanted, angled, tilted

(1) **oblique** angle, (2) **oblique** reference

The painter used **oblique** lines to create a sense of depth in the artwork.

goofy

adj. silly or foolish

synonym : silly, crazy, dopey

(1) wore a **goofy** hat, (2) with a **goofy** expression

He made a **goofy** face as he recalled this morning's events.

cranky

adj. easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness

synonym : crabby, irritable, grumpy

(1) **cranky** mood, (2) **cranky** toddler

I feel **cranky** today; please forgive me if I seem irritable.

cacao

n. a small tropical tree that produces cocoa beans, which are used to make chocolate; the dried seeds of this tree used in the production of chocolate

synonym : chocolate bean

(1) dark chocolate **cacao**, (2) raw **cacao**

The recipe calls for high-quality **cacao** powder to make the perfect chocolate cake.

wobble

v. to move or shake unsteadily from side to side or up and down

synonym: sway, rock, totter

(1) **wobble** a few steps, (2) **wobble** chair

The table **wobbled** a little when I put my drink on it.

edible

adj. fit or safe to be eaten; able to be consumed as food

synonym: esculent, comestible, digestible

(1) non-**edible** ingredients, (2) **edible** vegetables

I made sure to pick only **edible** mushrooms for our dinner.

brad

n. a small, thin wire nail with a slight projection at the top, used for fixing or fastening materials together

synonym: nail, pin, tack

(1) **brad** nail, (2) **brad** fastener

I picked up a box of **brads** from the hardware store for my weekend project.

pelican

n. a large long-winged seabird having a bag of skin under its long beak for storing food

(1) the bag of a **pelican**, (2) a **pelican** colony

The great white **pelican** is the national bird of Romania.

chickadee

n. a small North American bird known for its distinctive call and playful behavior and known to be curious and easily approachable by humans

(1) **chickadee** song, (2) perched **chickadee**

The adorable **chickadee** chirped happily in the tree outside my window.

tug

v. to pull something quickly and hard, often several times

synonym: draw, jerk, pull

(1) **tug** a rope, (2) **tug** at his hand

This movie **tugs** at everyone's heartstrings.

degrade

v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

synonym: demean, disgrace, impair

(1) **degrade** his public image, (2) **degrade** environmental quality

You should not **degrade** yourself by allowing them to use you.

bluegrass

n. a genre of American traditional music originating from the Appalachian region, typically characterized by lively tempo, acoustic instruments such as banjo, fiddle, and guitar, and close-harmony singing

(1) **bluegrass** music, (2) **bluegrass** festival

The band played a lively **bluegrass** tune that got everyone dancing.

mural

adj. a large painting or other artwork that is applied directly to a wall or other surface

synonym: wall painting, fresco, wall art

(1) **mural** painting, (2) a **mural** decoration

The **mural** on the wall depicted the history of the city.

cherish

v. to hold someone or something dear; to feel or show affection for someone or something

synonym: treasure, value, hold dear

(1) **cherish** a stuffed animal, (2) **cherish** relationships

She **cherished** the memories of her childhood.

astonishing

adj. surprising or shocking; difficult to believe

synonym: surprising, shocking, astounding

(1) **astonishing** achievement, (2) make **astonishing** gains

The news of her sudden death was **astonishing** to everyone who knew her.

homicide

n. the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings

synonym: murder, killing, manslaughter

(1) mass **homicide**, (2) serial **homicide**

The detective was called to investigate a **homicide** in the city.

conceive

v. to have or develop an idea, a plan, etc. in mind; to become pregnant

synonym: imagine, envision, concoct

(1) **conceive** of an idea, (2) **conceive** a child

I can't **conceive** he'd want to harm us.

amaze

v. to fill with wonder, surprise, or admiration

synonym: astound, surprise, stagger

(1) **amaze** and entertain visitors, (2) **amaze** everyone

The magician's tricks **amazed** the audience.

summon

v. to order someone to come to or be present at a specific place such as a court, or to arrange a meeting formally

synonym: call for, muster, assemble

(1) **summon** a lawyer, (2) **summon** a city council

The chairperson was responsible for **summoning** committees.

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym: bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

animate

v. to make something full of interest and energy

synonym: invigorate, energize, enliven

(1) **animate** the body, (2) **animate** his soul

The positive attitude of the supervisor **animated** the

discussion.

mason

n. a skilled worker who builds structures with stone, brick, or concrete

synonym: bricklayer, stonemason, masonry worker

(1) **mason** jar, (2) the craft of a **mason**

The accomplished **mason** expertly crafted the stone walls of the castle.

Christ

n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

synonym: Savior, Jesus Christ, Jesus

(1) teaching of **Christ**, (2) before **Christ**

Christmas is the day to celebrate the birth of Christ.

inconvenient

adj. causing trouble or difficulty; not convenient or suitable

synonym: troublesome, difficult, awkward

(1) face an **inconvenient** truth, (2) **inconvenient** for shopping

It was **inconvenient** for her to go out of her way to pick up the package.

homesick

adj. feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time

synonym: nostalgic, longing, yearning

(1) suffer from **homesick**, (2) **homesick** for home

The military personnel stationed overseas often feel **homesick** for their loved ones.

baptize

v. to make someone officially a member of the Christian Church by baptism (= a form of Christian ritual purification)

synonym: purify, immerse

(1) **baptize** a baby, (2) **baptize** with water

The priest **baptized** my father on his deathbed.

hydrate

v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

synonym: moisturize, water, rehydrate

(1) **hydrate** my skin, (2) acid **hydrate**

She drank water to **hydrate** her body.

ram

v. to strike or push forcefully, often to cause damage; to batter or break open a door or barrier using brute force

synonym: crash, collide, slam

(1) **ram** the door open, (2) **ram** into the ice

The car **rammed** into the wall, causing significant damage.

lurch

v. to make a sudden, abrupt movement; to stagger or sway unsteadily; to experience a sudden change or reversal; (noun) a sudden, unsteady, or awkward movement or motion, often to one side or another

synonym: stumble, reel, stagger

(1) a **lurch** in the stock market, (2) **lurch** back and forth

The car suddenly **lurched** forward as we hit a pothole.

frightening

adj. causing fear or alarm, or very surprising and alarming

synonym: scary, terrifying, alarming

(1) cast **frightening** eyes, (2) **frightening** experience

The news of the pandemic was a **frightening** reminder of the fragility of human health.

Session 2: Spelling

1. co____ve a child *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
2. an____e his soul *v.* to make something full of interest and energy
3. mass ho____de *n.* the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings
4. mean no dis____ct *n.* an expression of lack of regard or contempt for someone or something
5. wo____e chair *v.* to move or shake unsteadily from side to side or up and down
6. as so__r as a judge *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
7. co____ve of an idea *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
8. fall into se____ty *n.* the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness
9. ast____ng achievement *adj.* surprising or shocking; difficult to believe
10. teaching of Ch____t *n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
11. b__d nail *n.* a small, thin wire nail with a slight projection at the top, used for fixing or fastening materials together

ANSWERS: 1. conceive, 2. animate, 3. homicide, 4. disrespect, 5. wobble, 6. sober, 7. conceive, 8. serenity, 9. astonishing, 10. Christ, 11. brad

12. be_____er the project *v.* to surround, harass, or besiege with difficulties or problems; to subject to constant or repeated trouble or suffering
13. face an inc_____ent truth *adj.* causing trouble or difficulty; not convenient or suitable
14. hy_____e my skin *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
15. t_g a rope *v.* to pull something quickly and hard, often several times
16. be_____er her every day *v.* to surround, harass, or besiege with difficulties or problems; to subject to constant or repeated trouble or suffering
17. mu__l painting *adj.* a large painting or other artwork that is applied directly to a wall or other surface
18. bl_____ss festival *n.* a genre of American traditional music originating from the Appalachian region, typically characterized by lively tempo, acoustic instruments such as banjo, fiddle, and guitar, and close-harmony singing
19. cr___y toddler *adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
20. make a fu___e protest *adj.* incapable of producing any useful result; pointless

ANSWERS: 12. beleaguer, 13. inconvenient, 14. hydrate, 15. tug, 16. beleaguer, 17. mural, 18. bluegrass, 19. cranky, 20. futile

21. det_____te condition *v.* to become worse in quality; to decline or degenerate
22. ba_____e a baby *v.* to make someone officially a member of the Christian Church by baptism (= a form of Christian ritual purification)
23. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
24. ob_____e reference *adj.* not straightforward or direct in action or speech; having a slanting or sloping direction or position
25. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
26. ra_____e in all directions *v.* to spread out or emit something, such as light or heat, in all directions
27. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
28. b__d fastener *n.* a small, thin wire nail with a slight projection at the top, used for fixing or fastening materials together
29. a mu__l decoration *adj.* a large painting or other artwork that is applied directly to a wall or other surface
30. r_m the door open *v.* to strike or push forcefully, often to cause damage; to batter or break open a door or barrier using brute force
31. b__k in the sun *v.* to expose oneself to warmth, sunlight, or enjoyment with a pleasant feeling of relaxation and contentment

ANSWERS: 21. deteriorate, 22. baptize, 23. grandchild, 24. oblique, 25. overwhelm, 26. radiate, 27. frightening, 28. brad, 29. mural, 30. ram, 31. bask

32. wo___e a few steps *v.* to move or shake unsteadily from side to side or up and down
33. acid hy____e *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
34. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
35. so__r discussion *adj.* not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises
36. avoid climate cat_____he *n.* a sudden event that causes extreme ruin and misfortune
37. raw ca__o *n.* a small tropical tree that produces cocoa beans, which are used to make chocolate; the dried seeds of this tree used in the production of chocolate
38. use an ac_____m *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
39. tr_____us handwriting *adj.* tending to shake or quiver; timid
40. am__e everyone *v.* to fill with wonder, surprise, or admiration
41. cl__g onto power *v.* to hold onto something tightly; to be closely attached to someone or something
42. li_____te potential *v.* to set free; to release or rescue from captivity or oppression

ANSWERS: 32. wobble, 33. hydrate, 34. frightening, 35. sober, 36. catastrophe, 37. cacao, 38. acronym, 39. tremulous, 40. amaze, 41. cling, 42. liberate

43. a lu__h in the stock market *v.* to make a sudden, abrupt movement; to stagger or sway unsteadily; to experience a sudden change or reversal; (noun) a sudden, unsteady, or awkward movement or motion, often to one side or another
44. ob____e angle *adj.* not straightforward or direct in action or speech; having a slanting or sloping direction or position
45. cat_____he risk management *n.* a sudden event that causes extreme ruin and misfortune
46. the th__es of a financial crisis *n.* a severe or intense spasm of pain, such as a pang of childbirth or the spasms of a dying person; a period of intense stress or difficulty
47. an____e the body *v.* to make something full of interest and energy
48. sw__l up dirt and dust *v.* to move in a circular or spiral pattern
49. perched ch_____ee *n.* a small North American bird known for its distinctive call and playful behavior and known to be curious and easily approachable by humans
50. de____e environmental quality *v.* to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
51. make ast_____ng gains *adj.* surprising or shocking; difficult to believe

ANSWERS: 43. lurch, 44. oblique, 45. catastrophe, 46. throe, 47. animate, 48. swirl, 49. chickadee, 50. degrade, 51. astonishing

52. de____e his public image *v.* to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
53. inc_____ent for shopping *adj.* causing trouble or difficulty; not convenient or suitable
54. ch____h a stuffed animal *v.* to hold someone or something dear; to feel or show affection for someone or something
55. natural su_____en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
56. inc_____on of stupidity *n.* the embodiment of a concept or idea in a physical form; a person or thing that personifies something
57. fu___e talk *adj.* incapable of producing any useful result; pointless
58. ease her hea_____ak *n.* a feeling of great sadness or disappointment
59. ra_____e an aura *v.* to spread out or emit something, such as light or heat, in all directions
60. a pe_____n colony *n.* a large long-winged seabird having a bag of skin under its long beak for storing food
61. se_____ty prayer *n.* the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness

ANSWERS: 52. degrade, 53. inconvenient, 54. cherish, 55. sunscreen, 56. incarnation, 57. futile, 58. heartbreak, 59. radiate, 60. pelican, 61. serenity

62. lu__h back and forth *v.* to make a sudden, abrupt movement; to stagger or sway unsteadily; to experience a sudden change or reversal; (noun) a sudden, unsteady, or awkward movement or motion, often to one side or another
63. dark chocolate ca__o *n.* a small tropical tree that produces cocoa beans, which are used to make chocolate; the dried seeds of this tree used in the production of chocolate
64. un___g the power cord *v.* to disconnect the plug of electrical equipment from the electricity supply
65. th__es of death *n.* a severe or intense spasm of pain, such as a pang of childbirth or the spasms of a dying person; a period of intense stress or difficulty
66. cr___y mood *adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
67. the bag of a pe____n *n.* a large long-winged seabird having a bag of skin under its long beak for storing food
68. with a go__y expression *adj.* silly or foolish
69. tr_____us hand *adj.* tending to shake or quiver; timid
70. sw__l the wine *v.* to move in a circular or spiral pattern
71. ba_____e with water *v.* to make someone officially a member of the Christian Church by baptism (= a form of Christian ritual purification)

ANSWERS: 62. lurch, 63. cacao, 64. unplug, 65. throe, 66. cranky, 67. pelican, 68. goofy, 69. tremulous, 70. swirl, 71. baptize

72. ed___e vegetables *adj.* fit or safe to be eaten; able to be consumed as food
73. the pa____x of the heap *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
74. French pa____x *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
75. am___e and entertain visitors *v.* to fill with wonder, surprise, or admiration
76. un___g a USB stick *v.* to disconnect the plug of electrical equipment from the electricity supply
77. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
78. ho____ck for home *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
79. re___t being called a fool *v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
80. re___t their success *v.* to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something

ANSWERS: 72. edible, 73. paradox, 74. paradox, 75. amaze, 76. unplug, 77. overwhelm, 78. homesick, 79. resent, 80. resent

81. fat_____le explanation *adj.* able to be understood or comprehended; able to be measured or explored to a certain depth
82. su_____en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
83. fat_____le solution *adj.* able to be understood or comprehended; able to be measured or explored to a certain depth
84. ac_____m definition *n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
85. ti_____l hat *n.* metal made into very thin sheets that is used mainly for wrapping something such as food
86. bu___e shoe *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
87. t_g at his hand *v.* to pull something quickly and hard, often several times
88. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
89. the craft of a ma__n *n.* a skilled worker who builds structures with stone, brick, or concrete

ANSWERS: 81. fathomable, 82. sunscreen, 83. fathomable, 84. acronym, 85. tinfoil, 86. buckle, 87. tug, 88. dread, 89. mason

90. a sheet of ti____l *n.* metal made into very thin sheets that is used mainly for wrapping something such as food
91. prophet of d__m *n.* death, destruction, or some other terrible situation that cannot be avoided
92. b__k in the attention *v.* to expose oneself to warmth, sunlight, or enjoyment with a pleasant feeling of relaxation and contentment
93. economic d__m *n.* death, destruction, or some other terrible situation that cannot be avoided
94. ch____h relationships *v.* to hold someone or something dear; to feel or show affection for someone or something
95. bu___e down to study *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
96. go through hea_____ak *n.* a feeling of great sadness or disappointment
97. suffer from ho_____ck *adj.* feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
98. su___n a city council *v.* to order someone to come to or be present at a specific place such as a court, or to arrange a meeting formally
99. su___n a lawyer *v.* to order someone to come to or be present at a specific place such as a court, or to arrange a meeting formally

ANSWERS: 90. tinfoil, 91. doom, 92. bask, 93. doom, 94. cherish, 95. buckle, 96. heartbreak, 97. homesick, 98. summon, 99. summon

100. cl__g tightly to the skin *v.* to hold onto something tightly; to be closely attached to someone or something
101. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
102. ma__n jar *n.* a skilled worker who builds structures with stone, brick, or concrete
103. ch_____ee song *n.* a small North American bird known for its distinctive call and playful behavior and known to be curious and easily approachable by humans
104. before Ch___t *n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
105. former inc_____on *n.* the embodiment of a concept or idea in a physical form; a person or thing that personifies something
106. bl_____ss music *n.* a genre of American traditional music originating from the Appalachian region, typically characterized by lively tempo, acoustic instruments such as banjo, fiddle, and guitar, and close-harmony singing
107. non-ed___e ingredients *adj.* fit or safe to be eaten; able to be consumed as food
108. gra_____ld development *n.* a child of someone's son or daughter
109. det_____te at a slow pace *v.* to become worse in quality; to decline or degenerate

ANSWERS: 100. cling, 101. dread, 102. mason, 103. chickadee, 104. Christ, 105. incarnation, 106. bluegrass, 107. edible, 108. grandchild, 109. deteriorate

110. serial ho____de *n.* the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings
111. r_m into the ice *v.* to strike or push forcefully, often to cause damage; to batter or break open a door or barrier using brute force
112. dis_____ct for a customer *n.* an expression of lack of regard or contempt for someone or something
113. ware a go__y hat *adj.* silly or foolish
114. li_____te people from oppression *v.* to set free; to release or rescue from captivity or oppression

ANSWERS: 110. homicide, 111. ram, 112. disrespect, 113. goofy, 114. liberate

Session 3: Fill in the Blanks

1. Meditation and yoga are great ways to achieve _____ and peace of mind.
n. the state of being calm, peaceful, and untroubled; a feeling of tranquility or peacefulness
2. The grandparents take care of their _____ while the parents are at work.
n. a child of someone's son or daughter
3. The magician's tricks _____ the audience.
v. to fill with wonder, surprise, or admiration
4. It was _____ for her to go out of her way to pick up the package.
adj. causing trouble or difficulty; not convenient or suitable
5. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming
6. His _____ behavior towards his elders earned him a stern warning from his parents.
n. an expression of lack of regard or contempt for someone or something
7. I picked up a box of _____ from the hardware store for my weekend project.
n. a small, thin wire nail with a slight projection at the top, used for fixing or fastening materials together
8. The adorable _____ chirped happily in the tree outside my window.
n. a small North American bird known for its distinctive call and playful behavior and known to be curious and easily approachable by humans

ANSWERS: 1. serenity, 2. grandchild, 3. amazed, 4. inconvenient, 5. frightening, 6. disrespectful, 7. brads, 8. chickadee

9. Please _____ the heater before you go to bed.
- v. to disconnect the plug of electrical equipment from the electricity supply
10. Too much variety may _____ and confuse viewers.
- v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
11. I feel _____ today; please forgive me if I seem irritable.
- adj.* easily irritated or annoyed; bad-tempered; in a state of discomfort or pain, often resulting in irritability or moodiness
12. The car _____ into the wall, causing significant damage.
- v. to strike or push forcefully, often to cause damage; to batter or break open a door or barrier using brute force
13. The company has been _____ with financial difficulties since the market downturn.
- v. to surround, harass, or besiege with difficulties or problems; to subject to constant or repeated trouble or suffering
14. RADAR is an _____ for radio detection and ranging.
- n.* a word formed from the first letter of each word in a phrase, such as NASA (National Aeronautics and Space Administration) or AIDS (Acquired Immune Deficiency Syndrome)
15. The patient's health _____ rapidly after being diagnosed with the disease.
- v. to become worse in quality; to decline or degenerate
16. The chairperson was responsible for _____ committees.
- v. to order someone to come to or be present at a specific place such as a court, or to arrange a meeting formally

ANSWERS: 9. unplug, 10. overwhelm, 11. cranky, 12. rammed, 13. beleaguered, 14. acronym, 15. deteriorated, 16. summoning

17. The military personnel stationed overseas often feel _____ for their loved ones.
adj. feeling sad or nostalgic for one's home, family, or familiar surroundings, especially when away from them for a significant length of time
18. Roads _____ from the famous building in the center of the city.
v. to spread out or emit something, such as light or heat, in all directions
19. He couldn't help but _____ his friend for always taking credit for his ideas.
v. to feel anger, bitterness, or indignation towards someone or something as a result of unfair treatment or perceived injustice; to harbor negative feelings towards someone or something
20. The table _____ a little when I put my drink on it.
v. to move or shake unsteadily from side to side or up and down
21. The novel is an _____ of the author's experiences and imagination.
n. the embodiment of a concept or idea in a physical form; a person or thing that personifies something
22. They had experienced the _____ of losing two children due to premature births.
n. a feeling of great sadness or disappointment
23. Her voice was _____ as she spoke in front of a large audience.
adj. tending to shake or quiver; timid
24. She writhed in the _____ of pain during labor.
n. a severe or intense spasm of pain, such as a pang of childbirth or the spasms of a dying person; a period of intense stress or difficulty

ANSWERS: 17. homesick, 18. radiate, 19. resent, 20. wobbled, 21. incarnation, 22. heartbreak, 23. tremulous, 24. throes

25. The _____ on the wall depicted the history of the city.

adj. a large painting or other artwork that is applied directly to a wall or other surface

26. It was _____ to try and fix the broken vase, as it was too badly damaged.

adj. incapable of producing any useful result; pointless

27. The positive attitude of the supervisor _____ the discussion.

v. to make something full of interest and energy

28. The band played a lively _____ tune that got everyone dancing.

n. a genre of American traditional music originating from the Appalachian region, typically characterized by lively tempo, acoustic instruments such as banjo, fiddle, and guitar, and close-harmony singing

29. The accomplished _____ expertly crafted the stone walls of the castle.

n. a skilled worker who builds structures with stone, brick, or concrete

30. There are many theories to explain this _____.

n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

31. The great white _____ is the national bird of Romania.

n. a large long-winged seabird having a bag of skin under its long beak for storing food

32. Wearing _____ to protect your skin from harmful UV rays is important.

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

ANSWERS: 25. mural, 26. futile, 27. animated, 28. bluegrass, 29. mason, 30. paradox, 31. pelican, 32. sunscreen

33. He _____ to the hope that he will find a job soon.
v. to hold onto something tightly; to be closely attached to someone or something
34. The priest _____ my father on his deathbed.
v. to make someone officially a member of the Christian Church by baptism (= a form of Christian ritual purification)
35. The recipe calls for high-quality _____ powder to make the perfect chocolate cake.
n. a small tropical tree that produces cocoa beans, which are used to make chocolate; the dried seeds of this tree used in the production of chocolate
36. The detective was called to investigate a _____ in the city.
n. the act or instance of killing another person; murder, manslaughter, or other unlawful violent killings
37. This movie _____ at everyone's heartstrings.
v. to pull something quickly and hard, often several times
38. The news of her sudden death was _____ to everyone who knew her.
adj. surprising or shocking; difficult to believe
39. To make roast beef, you need to wrap it in _____ and roast the meat in the oven for several minutes.
n. metal made into very thin sheets that is used mainly for wrapping something such as food
40. The painter used _____ lines to create a sense of depth in the artwork.
adj. not straightforward or direct in action or speech; having a slanting or sloping direction or position

ANSWERS: 33. clings, 34. baptized, 35. cacao, 36. homicide, 37. tugs, 38. astonishing, 39. tinfoil, 40. oblique

41. I can't _____ he'd want to harm us.
v. to have or develop an idea, a plan, etc. in mind; to become pregnant
42. The severe heat wave _____ railway tracks.
v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
43. She drank water to _____ her body.
v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
44. 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
45. She _____ the memories of her childhood.
v. to hold someone or something dear; to feel or show affection for someone or something
46. The lack of funds has resulted in a _____ for our university system.
n. a sudden event that causes extreme ruin and misfortune
47. The scientific theories presented in the book were _____ even to non-experts.
adj. able to be understood or comprehended; able to be measured or explored to a certain depth
48. _____ is the day to celebrate the birth of Christ.
n. the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

ANSWERS: 41. conceive, 42. buckled, 43. hydrate, 44. dread, 45. cherished, 46. catastrophe, 47. fathomable, 48. Christmas

49. The prisoners were _____ after the war ended.

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

50. He made a _____ face as he recalled this morning's events.

adj. silly or foolish

51. I made sure to pick only _____ mushrooms for our dinner.

adj. fit or safe to be eaten; able to be consumed as food

52. The car suddenly _____ forward as we hit a pothole.

v. to make a sudden, abrupt movement; to stagger or sway unsteadily; to experience a sudden change or reversal; (noun) a sudden, unsteady, or awkward movement or motion, often to one side or another

53. Everyone was aware of the impending _____ but was unable to prevent it.

n. death, destruction, or some other terrible situation that cannot be avoided

54. The chef expertly _____ the sauce onto the plate.

v. to move in a circular or spiral pattern

55. The lizard _____ on the warm rock for hours.

v. to expose oneself to warmth, sunlight, or enjoyment with a pleasant feeling of relaxation and contentment

56. He led a _____ life.

adj. not drunk or affected by alcohol; dignified in manner or character and committed to keeping promises

57. You should not _____ yourself by allowing them to use you.

v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

ANSWERS: 49. liberated, 50. goofy, 51. edible, 52. lurched, 53. doom, 54. swirled, 55. basked, 56. sober, 57. degrade

ANSWERS: