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Vocabulary Builder Reference from...

Adam Alter: Why our screens make us less happy |

TED Talk

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

ens_make_us_less_happy



All Words

IMPORTANT

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Session 1: Word List

rumor

 a piece of unverified information of uncertain origin that is spread by word of mouth

synonym: gossip, whisper, talk

(1) a false rumor, (2) rumor mill

There was a baseless **rumor** that the company was going bankrupt.

apparently

adv. based on what you have heard or read synonym: evidently, obviously, supposedly

(1) **apparently** simple, (2) **apparently** unrelated The police **apparently** believed this explanation was plausible.

pet

- an animal that you have at home as a companion and treated kindly
- (1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

shareholder

 a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company

synonym: stockholder, shareowner, investor

(1) the shareholder's meeting, (2) gain shareholder

approval

Our company is committed to increasing **shareholder** value.

convincing

adj. able to make someone believe that something is true synonym: clear, compelling, believable

(1) a **convincing** victory, (2) **convincing** biochemical explanation

I found her assertion pretty convincing.

strategy

 a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military strategy, (2) develop a strategy

Our plan includes a comprehensive marketing **strategy**.

businessperson

a person who is engaged in business, typically as an owner or executive

synonym: entrepreneur, executive

(1) a young **businessperson**, (2) **businessperson** network He was a successful **businessperson** and had much experience in the field.

demonstrate

v. to display something or give an exhibition to an interested audience

synonym: show, illustrate, display

(1) **demonstrate** a difference, (2) **demonstrate** mastery How can you **demonstrate** that the earth is a sphere?

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym: certain, sure, convinced

(1) feel confident, (2) a confident remark

I'm not **confident** in our victory.

widespread

adj. existing or happening in various places or among many people

synonym:

across-the-board, overall, general

(1) **widespread** use, (2) **widespread** fear of nuclear war In medieval times, death punishment was **widespread** and socially accepted.

industrious

adj. hardworking, diligent, and persistent in effort synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student He was known to be very **industrious** and would often work late into the night.

technological

adj. based on scientific and industrial progress *synonym*: specialized, technical

(1) **technological** advancement, (2) **technological** policy **Technological** advances have disrupted many industries.

release

- v. to set free or allow to escape from confinement synonym: free, let go, discharge
- (1) **release** a prisoner, (2) **release** CO2 into the air

 The animal rights group worked to **release** the dolphins back into the wild

device

 a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

synonym: gadget, instrument, tool

(1) electronic **device**, (2) tracking **device**I always carry a backup **device** in case my phone runs out of battery.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym: exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather He narrated the **extraordinary** story of his adventure.

browse

v. to shop around in a leisurely and casual way; to look through a book, magazine, Internet, etc., casually and randomly, without seeking anything in particular; (of an animal) to feed on plants

synonym: look around, look through, scan

(1) **browse** a website, (2) **browse** through the text We **browsed** in a souvenir shop.

laptop

- a portable computer that is small enough to be carried around easily and used on your lap
- (1) bring my **laptop**, (2) thin-and-light **laptop**I need to finish this report by tonight, so I'll be working on my **laptop** all day.

smartphone

- a mobile phone that functions as a computer and connects to the Internet
- (1) **smartphone** app developer, (2) **smartphone** addict Internet traffic volumes have increased significantly with the advent of **smartphones**.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed Her response revealed **incredible** idiocy.

journalist

 a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

synonym: reporter, newsperson, press

(1) a China-based **journalist**, (2) **journalist** on a magazine Foreign TV crews and **journalists** can go as they please in various locations during the Olympics.

obvious

adj. easy to see, discover or understandsynonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**There are **obvious** differences between the two

wine-producing regions.

silicon

- a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
- silicon wafer, (2) crystalline silicon
 Silicon is the second most abundant element on earth after oxygen.

valley

 a long depression on the surface of the land, which typically contains a river

synonym: canyon, gorge, dale

(1) valley bottom, (2) basin-shaped valley

The valley had received a mild snowfall the previous week.

peninsula

 a long piece of land that is almost surrounded by water but is linked to a larger part of the land

synonym: cape, foreland

(1) the tip of the **peninsula**, (2) the Arab **peninsula** That **peninsula** was an essential base for the country's defense.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym: initiation, preamble, prologue

introduction education, (2) self- introduction
 The introduction to the new class was informative and engaging.

grade

- n. a particular level of quality, size, importance, etc.synonym: score, rate, degree
- (1) boys in the twelfth **grade**, (2) students at all **grade** levels Departments may set requirements for a higher **grade** point average.

executive

n. a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

synonym: administrator, manager, director

(1) **executive** editor at the publishing house, (2) **executive** vice president

As the **executive** director of the non-profit, it's her responsibility to make sure they're meeting their mission goals.

psychology

- n. the scientific study of mind and behavior
- (1) **psychology** experiment, (2) **psychology** of crowd She had a master's degree in **psychology**.

roughly

adv. approximately but not precisely; with a violent manner synonym: approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking Five miles is **roughly** similar to eight kilometers.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality
As people age, their digestive capacity also gradually **declines**.

slightly

adv. in a small degree or extent; a little synonym: barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils He moved his body **slightly** to the left.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) engage in environmental protection activities,

(2) engage a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

survival

 the state of continuing to exist or live, frequently in the face of difficulty or danger

synonym: endurance, continuity

(1) survival ability, (2) survival food

He evaluated his chances for **survival** rather pessimistically.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

individual

- n. a single person or thing, as distinct from a group synonym: person, being, self
- (1) a private **individual**, (2) **individual** freedom
 As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

relation

 the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

zoom

v. to move along very quickly; (noun) the act of rising upward into the air

synonym: move quickly, dive, buzz

(1) **zoom** in on a photo, (2) **zoom** lens

He **zoomed** back in time to the soccer game.

sacred

 adj. connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god

synonym: holy, inviolable, hallowed

(1) **sacred** music, (2) the halo of a **sacred** image
This space is a private office **sacred** to the President

sliver

n. a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something

synonym: splinter, shard, fragment

(1) sliver of wood, (2) sliver of metal

I had to be careful not to step on a **sliver** of glass on the floor.

magic

 beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

synonym: fascination, illusion, wizardry

(1) a magic spell, (2) she is magic

He performed **magic** tricks with sophisticated moves.

miraculous

adj. very effective or lucky, or completely unexpected synonym: amazing, astonishing, awesome

(1) a **miraculous** encounter, (2) go through a **miraculous** change

He made a **miraculous** recovery.

enrich

v. to make better or improve in quality by adding something else

synonym: enhance, improve, augment

- (1) **enrich** a gas with a balloon, (2) **enrich** public services Reading not only increases knowledge but also **enriches** life.
- (abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC

synonym: application, software

(1) killer app, (2) cannot log in to the app

The discovery of a critical bug caused the company to delay the **app's** release.

relaxation

 a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym: rest, repose, ease

(1) relaxation techniques, (2) relaxation music

Yoga is a great way to promote **relaxation** and reduce stress.

interrupt

v. to say or do something that causes someone to stop in their speech or action

synonym: disturb, hinder, break in

(1) interrupt a call, (2) abruptly interrupt

Her sleep was interrupted by recurring pain.

entertainment

 public shows, films, television, or other performances or activities of enjoying people

synonym: amusement, recreation, enjoyment

(1) an elegant **entertainment**, (2) hour of **entertainment**The hotel is famous for its **entertainment**, including the casino.

app

cue

 a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something

synonym: signal, sign, hint

(1) cue card, (2) visual cue

The director gave the actor a **cue** to begin the scene.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed The corporation **eventually** dominated the entire tobacco business.

chapter

 a separate section of a written work usually numbered and titled

synonym: section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party The final **chapter** provides a summary of the discussion.

prompt

v. to make someone decide to or try to do something, or to make something happen

synonym: actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity A smaller car will **consume** less fuel.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) roll a ball, (2) roll down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

twit

a silly or foolish person; someone regarded as annoying or irritating

synonym: fool, idiot, imbecile

(1) celebrity twit, (2) neighborhood twit

Please ignore that **twit** on social media; their opinions are irrelevant.

firm

adj. resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

synonym: stable, secure, steadfast

(1) firm grip, (2) accounting firm

The **firm** deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.

rig

v. to prepare or set up something in a certain way, typically in a carefully planned or fraudulent manner; to equip with sails or masts

synonym: set up, prepare, arrange

(1) **rig** an election, (2) **rig** a ship with new sails He **rigged** the game so he could win the prize.

ceiling

- n. a room's top interior surfacesynonym: canopy, awning, shelter
- (1) ceiling board, (2) ceiling light

There was a crack in the ceiling that I found.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial yoga, (2) yoga teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

studio

 a room or building where creative or artistic work is produced; a television or radio production company

synonym: workshop, atelier, room

(1) a photo studio, (2) music studio

She works at a recording **studio** in Los Angeles.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

germ

 a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym: bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment The **germ** of his idea came from watching birds flying in flocks.

vacation

 a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure

synonym: leave, recess, break

(1) a short vacation, (2) summer vacationDo you have a plan for a long vacation?

delete

v. to remove something, especially that has been written; to wipe out digitally or magnetically recorded information

synonym: erase, wipe out, remove

(1) **delete** a file, (2) **delete** this modification

Highlight the sentences that you want to **delete**.

occasion

 a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym: event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands She wore her best dress for the special **occasion**.

adopt

to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym: accept, assume, take on

(1) adopt a child, (2) adopt a bill

The national assembly has adopted the budget.

resist

 to refuse to accept something and attempt to prevent it from happening

synonym: fight, defy, revolt

(1) **resist** temptation, (2) **resist** being kissed

I chose to **resist** cancer by trying every possible treatment.

temptation

n. the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire

synonym: allure, attraction, enticement

(1) withstand **temptation**, (2) many **temptations**Researchers often succumb to the **temptation** of accolades and commit research misconduct.

massive

adj. enormous amount; very heavy and solid *synonym*: enormous, giant, immense

(1) massive amounts, (2) massive stars

The recent economic downturn has resulted in **massive** layoffs.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties He tried to **overcome** a bad reputation and win the election.

- withdrawal
- n. the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back

synonym: retreat, pullback, escape

(1) deposits and **withdrawals**, (2) **withdrawal** from membership

NATO's allied forces made a strategic withdrawal.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation** Your **conversation** reflects your thoughts.

fantastic

adj. extremely good; excellent

synonym: incredible, unbelievable, marvelous

(1) a **fantastic** dress, (2) absolutely **fantastic** event The new amusement park ride was **fantastic**, with twists, turns, and drops that left riders screaming with excitement.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output They hope to **expand** their business worldwide.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car The government tried to **accelerate** the commercialization of this development.

mash

to crush or grind something into a soft, wet, pulpy mass;
 to talk or behave amorously, without serious intentions;
 (noun) a mixture of crushed malt grains and hot water

synonym: crush, grind, pulverize

(1) mash his words, (2) potato mash

She **mashed** the potatoes with a fork until they were smooth and creamy.

brake

 a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

synonym: damper, restraint, check

(1) apply the **brake**, (2) **brake** pedal

The results of that election put a **brake** on political reform.

pedal

 a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument

synonym: treadle, accelerator

(1) clutch **pedal**, (2) piano **pedal**

He pressed the **pedal** with all his might, but the car still wouldn't start.

glide

v. to move smoothly and effortlessly

synonym: slide, skim, coast

(1) **glide** through the water, (2) **glide** down the mountain The eagle gracefully **glided** on the thermals, soaring above

the mountains.

snap

v. to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands

synonym: break, crack, fracture

(1) **snap** a whip, (2) **snap** judgment

She **snapped** a quick picture of the beautiful sunset before it disappeared.

sand

n. finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action

synonym: grit, dust, powder

(1) sand dunes, (2) sand castle

The **sand** on the beach was warm and golden.

ankle

- n. the part or joint connecting the foot to the leg synonym: mortise joint
- (1) **ankle** injury, (2) pair of **ankle** boots He accidentally sprained his **ankle** playing squash.

Session 2: Spelling

1.	feel cont	adj.	feeling sure about your abilities or qualities or having trust in people, plans, or the future
2.	wital from membership	n.	the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
3.	ceg light	n.	a room's top interior surface
4.	mae stars	adj.	enormous amount; very heavy and solid
5.	busson network	n.	a person who is engaged in business, typically as an owner or executive
6.	rI down his cheeks	<i>v</i> .	to move in a particular direction by turning over and over or from side to side
7.	evely become obsolete	adv.	finally, particularly after a long time or a lot of struggle, complications, and so on
8.	enh public services	<i>v</i> .	to make better or improve in quality by adding something else
9.	ree CO2 into the air	<i>v</i> .	to set free or allow to escape from confinement
10.	his conclusion was obs	adj.	easy to see, discover or understand
11.	bre pedal	n.	a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
12.	exd agricultural output	v.	to increase or to make something

ANSWERS: 1. confident, 2. withdrawal, 3. ceiling, 4. massive, 5. businessperson, 6. roll, 7. eventually, 8. enrich, 9. release, 10. obvious, 11. brake, 12. expand

greater in size, number, or importance

13.	a glad ocon	n.	a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
14.	incly cheerful character	adv.	in a way that is very difficult to believe; exceedingly or extremely
15.	stle against discrimination	<i>v</i> .	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
16.	a mirus encounter	adj.	very effective or lucky, or completely unexpected
17.	sd dunes	n.	finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action
18.	a China-based joust	n.	a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
19.	extary ability	adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
20.	ree a prisoner	<i>v</i> .	to set free or allow to escape from confinement
21.	sual ability	n.	the state of continuing to exist or live, frequently in the face of difficulty or danger

ANSWERS: 13. occasion, 14. incredibly, 15. struggle, 16. miraculous, 17. sand, 18. journalist, 19. extraordinary, 20. release, 21. survival

22.	killer a_p	n.	(abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
23. :	a cont remark	adj.	feeling sure about your abilities or qualities or having trust in people, plans, or the future
24.	music sto	n.	a room or building where creative or artistic work is produced; a television or radio production company
25.	a friendly conion	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
26.	indus worker	adj.	hardworking, diligent, and persistent in effort
27.	barren of crve spirit	adj.	relating to or involving the use of skill and original and unusual ideas to create something
28.	stle to get the job	ν.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
29. :	adt a bill	ν.	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
30. :	a false rur	n.	a piece of unverified information of uncertain origin that is spread by word of mouth
31.	celebrity tt	n.	a silly or foolish person; someone regarded as annoying or irritating

ANSWERS: 22. app, 23. confident, 24. studio, 25. conversation, 26. industrious, 27. creative, 28. struggle, 29. adopt, 30. rumor, 31. twit

32.	fm grip	adj.	resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
33.	basin-shaped vay	n.	a long depression on the surface of the land, which typically contains a river
34.	cannot log in to the a_p	n.	(abbreviation for application) software designed to run on smartphones and other mobile devices or inside a web browser on a PC
35.	reon of inclusion	n.	the way two persons or groups of people feel and act toward one another
36.	psygy of crowd	n.	the scientific study of mind and behavior
37.	a teacher's p_t	n.	an animal that you have at home as a companion and treated kindly
38.	dee in quality	<i>v</i> .	to become gradually smaller, fewer, worse, etc.; to refuse to accept
39.	a p_t bird	n.	an animal that you have at home as a companion and treated kindly
40.	ovme opponents	ν.	to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
41.	go through a mirus change	adj.	very effective or lucky, or completely unexpected
42.	accte a chemical reaction	<i>v</i> .	to make something faster or earlier; to cause to develop or progress more quickly

ANSWERS: 32. firm, 33. valley, 34. app, 35. relation, 36. psychology, 37. pet, 38. decline, 39. pet, 40. overcome, 41. miraculous, 42. accelerate

44. ex ve editor at the publishing house

45. con____ng biochemical explanation

46. jou st on a magazine

47. the Arab pe____la

48. pr t a feeling of hunger

49. a ma c spell

50. inc____le amount

51. hour of ent____ent

adv. in a way that is very difficult to believe; exceedingly or extremely

a person or group of people with n. top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

adj. able to make someone believe that something is true

a person who collects and writes news n. stories or articles for newspapers, magazines, radio, television, or other online media

a long piece of land that is almost surrounded by water but is linked to a larger part of the land

to make someone decide to or try to do ν. something, or to make something happen

beliefs and actions employed to n. influence supernatural beings and forces; any art or performance that invokes supernatural powers

adj. unbelievable; enormous

public shows, films, television, or other n. performances or activities of enjoying people

ANSWERS: 43. incredibly, 44. executive, 45. convincing, 46. journalist, 47. peninsula, 48. prompt, 49. magic, 50. incredible, 51. entertainment

52.	zm lens	<i>v</i> .	to move along very quickly; (noun) the act of rising upward into the air
53.	ret temptation	<i>v</i> .	to refuse to accept something and attempt to prevent it from happening
54.	crve writing	adj.	relating to or involving the use of skill and original and unusual ideas to create something
55.	exve vice president	n.	a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations
56.	as ocon demands	n.	a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
57.	evely succeed	adv.	finally, particularly after a long time or a lot of struggle, complications, and so on
58.	tracking dee	n.	a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
59.	bring my lap	n.	a portable computer that is small enough to be carried around easily and used on your lap
60.	the halo of a sad image	adj.	connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god

ANSWERS: 52. zoom, 53. resist, 54. creative, 55. executive, 56. occasion, 57. eventually, 58. device, 59. laptop, 60. sacred

61. aerial	ya	n.	a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
62. studen	nts at all gre levels	n.	a particular level of quality, size, importance, etc.
63. a phot	o sto	n.	a room or building where creative or artistic work is produced; a television or radio production company
64. ind	us student	adj.	hardworking, diligent, and persistent in effort
65. abrupt	ly inpt	v.	to say or do something that causes someone to stop in their speech or action
66. bre	e a website	v.	to shop around in a leisurely and casual way; to look through a book, magazine, Internet, etc., casually and randomly, without seeking anything in particular; (of an animal) to feed on plants
67. bre	e through the text	v.	to shop around in a leisurely and casual way; to look through a book, magazine, Internet, etc., casually and randomly, without seeking anything in particular; (of an animal) to feed on plants
68. en	e a new employee	v.	to attract and keep someone's attention and interest; to participate in or obtain services of something
69. accou	nting fm	adj.	resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company

ANSWERS: 61. yoga, 62. grade, 63. studio, 64. industrious, 65. interrupt, 66. browse, 67. browse, 68. engage, 69. firm

70.	coe a large of alcohol	<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
71.	demte a difference	<i>v</i> .	to display something or give an exhibition to an interested audience
72.	potato mh	ν.	to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water
73.	c_e card	n.	a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
74.	smane app developer	n.	a mobile phone that functions as a computer and connects to the Internet
75.	conion in English	n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
76.	slly alkaline soils	adv.	in a small degree or extent; a little
77.	military stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.
78.	inpt a call	v.	to say or do something that causes someone to stop in their speech or action
79.	piano peI	n.	a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
80.	indal freedom	n.	a single person or thing, as distinct from a group

ANSWERS: 70. consume, 71. demonstrate, 72. mash, 73. cue, 74. smartphone, 75. conversation, 76. slightly, 77. strategy, 78. interrupt, 79. pedal, 80. individual

81.	increase slly	adv.	in a small degree or extent; a little
82.	neighborhood tt	n.	a silly or foolish person; someone regarded as annoying or irritating
83.	an introductory chr	n.	a separate section of a written work usually numbered and titled
84.	ceg board	n.	a room's top interior surface
85.	a conng victory	adj.	able to make someone believe that something is true
86.	teccal advancement	adj.	based on scientific and industrial progress
87.	antibiotic-resistant gm	n.	a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
88.	crystalline sin	n.	a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
89.	sp a whip	ν.	to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands
90.	sual food	n.	the state of continuing to exist or live, frequently in the face of difficulty or danger
91.	boys in the twelfth gre	n.	a particular level of quality, size, importance, etc.
92.	roy explain my idea	adv.	approximately but not precisely; with a violent manner

ANSWERS: 81. slightly, 82. twit, 83. chapter, 84. ceiling, 85. convincing, 86. technological, 87. germ, 88. silicon, 89. snap, 90. survival, 91. grade, 92. roughly

93. summer vaon	n.	a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
94. the tip of the pela	n.	a long piece of land that is almost surrounded by water but is linked to a larger part of the land
95. intion education	n.	a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
96. visual c_e	n.	a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
97. an elegant entent	n.	public shows, films, television, or other performances or activities of enjoying people
98. dee a file	<i>v</i> .	to remove something, especially that has been written; to wipe out digitally or magnetically recorded information
99. mae amounts	adj.	enormous amount; very heavy and solid
100. apply the bre	n.	a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
101. roy speaking	adv.	approximately but not precisely; with a violent manner

ANSWERS: 93. vacation, 94. peninsula, 95. introduction, 96. cue, 97. entertainment, 98. delete, 99. massive, 100. brake, 101. roughly

v.	to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water
n.	a portable computer that is small enough to be carried around easily and used on your lap
v.	to attract and keep someone's attention and interest; to participate in or obtain services of something
n.	a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
n.	a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
n.	a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
n.	the part or joint connecting the foot to the leg
ν.	to spend something, especially fuel, energy, or time, in a large amount
v.	to prepare or set up something in a certain way, typically in a carefully planned or fraudulent manner; to equip with sails or masts
	n. v. n. v.

ANSWERS: 102. mash, 103. laptop, 104. engage, 105. device, 106. shareholder, 107. relaxation, 108. ankle, 109. consume, 110. rig

111. gain shaer approval	n.	a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
112. apply simple	adv.	based on what you have heard or read
113. rur mill	n.	a piece of unverified information of uncertain origin that is spread by word of mouth
114. ovme all difficulties	<i>v</i> .	to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
115. smane addict	n.	a mobile phone that functions as a computer and connects to the Internet
116. she is mac	n.	beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
117. widad fear of nuclear war	adj.	existing or happening in various places or among many people
118. gle through the water	v.	to move smoothly and effortlessly
119. zm in on a photo	<i>v</i> .	to move along very quickly; (noun) the act of rising upward into the air
120. sad music	adj.	connected with religion or religious purposes; worthy of respect or dedication because of a connection with a god
121. absolutely faic event	adj.	extremely good; excellent

ANSWERS: 111. shareholder, 112. apparently, 113. rumor, 114. overcome, 115. smartphone, 116. magic, 117. widespread, 118. glide, 119. zoom, 120. sacred, 121. fantastic

122. a gm-free environment	n.	a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
123. relon techniques	n.	a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
124. reon between cause and effect	n.	the way two persons or groups of people feel and act toward one another
125. teccal policy	adj.	based on scientific and industrial progress
126. ane injury	n.	the part or joint connecting the foot to the leg
127. slr of metal	n.	a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something
128. a short vaon	n.	a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
129. obs reasons	adj.	easy to see, discover or understand
130. slr of wood	n.	a small, thin, narrow piece or fragment of something, often characterized by its length or its sharpness or thinness; a small portion or amount of something, often used in a metaphorical sense to describe a trace or a hint of something

ANSWERS: 122. germ, 123. relaxation, 124. relation, 125. technological, 126. ankle, 127. sliver, 128. vacation, 129. obvious, 130. sliver

131. self-intion	n.	a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
132. gle down the mountain	<i>v</i> .	to move smoothly and effortlessly
133. widad use	adj.	existing or happening in various places or among many people
134. a faic dress	adj.	extremely good; excellent
135. develop a stgy	n.	a detailed plan of action designed to achieve a long-term or overall goal.
136. many temons	n.	the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
137. dee this modification	v.	to remove something, especially that has been written; to wipe out digitally or magnetically recorded information
138. extary weather	adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
139. accte the car	v.	to make something faster or earlier; to cause to develop or progress more quickly
140. enh a gas with a balloon	ν.	to make better or improve in quality by adding something else
141. fire stk	ν.	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 131. introduction, 132. glide, 133. widespread, 134. fantastic, 135. strategy, 136. temptation, 137. delete, 138. extraordinary, 139. accelerate, 140. enrich, 141. stick

142. dee a job offer	<i>v</i> .	to become gradually smaller, fewer, worse, etc.; to refuse to accept
143. apply unrelated	adv.	based on what you have heard or read
144. a young busson	n.	a person who is engaged in business, typically as an owner or executive
145. deposits and witals	n.	the act of taking money out of an account; the act of ceasing to participate in an activity and moving or taking something away or back
146. demte mastery	<i>v</i> .	to display something or give an exhibition to an interested audience
147. sin wafer	n.	a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
148. sd castle	n.	finely granulated particles of rock or mineral material typically found along beaches, deserts, or riverbeds; used in construction, landscaping, and other applications requiring drainage or abrasive action
149. exd a lineup	<i>v</i> .	to increase or to make something greater in size, number, or importance
150. withstand temon	n.	the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
151. r_g a ship with new sails	<i>v</i> .	to prepare or set up something in a certain way, typically in a carefully planned or fraudulent manner; to equip with sails or masts

ANSWERS: 142. decline, 143. apparently, 144. businessperson, 145. withdrawal, 146. demonstrate, 147. silicon, 148. sand, 149. expand, 150. temptation, 151. rig

152. prt a debate	ν.	to make someone decide to or try to do something, or to make something happen
153. at incle speed	adj.	unbelievable; enormous
154. rl a ball	<i>v</i> .	to move in a particular direction by turning over and over or from side to side
155. adt a child	<i>v</i> .	to choose to follow something; to legally take a child from another family and care for them as if they were one's own
156. chr of a political party	n.	a separate section of a written work usually numbered and titled
157. vay bottom	n.	a long depression on the surface of the land, which typically contains a river
158. a private indal	n.	a single person or thing, as distinct from a group
159. stk a key in a lock	v.	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
160. ret being kissed	ν.	to refuse to accept something and attempt to prevent it from happening
161. clutch pel	n.	a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
162. psygy experiment	n.	the scientific study of mind and behavior
163. ya teacher	n.	a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

ANSWERS: 152. prompt, 153. incredible, 154. roll, 155. adopt, 156. chapter, 157. valley, 158. individual, 159. stick, 160. resist, 161. pedal, 162. psychology, 163. yoga

164. s__p judgment

v. to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands

ANSWERS: 164. snap

Session 3: Fill in the Blanks

	The police believed this explanation was plausible.	
aa	v. based on what you have heard or read	
2.	Yoga is a great way to promote and reduce stress.	
n.	a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure	
3.	He the game so he could win the prize.	
<i>v</i> .	to prepare or set up something in a certain way, typically in a carefully planne or fraudulent manner; to equip with sails or masts	ec
4.	Internet traffic volumes have increased significantly with the advent of	
n.	a mobile phone that functions as a computer and connects to the Internet	
5.	He tried to a bad reputation and win the election.	
<i>v</i> .	to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone	
6.	Several cities are experiencing high unemployment rates.	
ad	v. in a way that is very difficult to believe; exceedingly or extremely	
7.	The recent economic downturn has resulted in layoffs.	
ad	j. enormous amount; very heavy and solid	
8.	I need to finish this report by tonight, so I'll be working on my all day.	
n.	a portable computer that is small enough to be carried around easily and use on your lap	∍d
	SWERS: 1. apparently, 2. relaxation, 3. rigged, 4. smartphones, 5. overcome, 6 redibly, 7. massive, 8. laptop	3.

9.	There was a baseless that the company was going bankrupt.
n.	a piece of unverified information of uncertain origin that is spread by word of mouth
10.	is the second most abundant element on earth after oxygen.
n.	a chemical element with the symbol Si that is a hard, brittle crystalline solid with a blue-grey metallic luster and used for the transistors and integrated circuit chips in computers
11.	The government tried to the commercialization of this development.
<i>v</i> .	to make something faster or earlier; to cause to develop or progress more quickly
12.	He made a recovery.
adj	very effective or lucky, or completely unexpected
13.	Our plan includes a comprehensive marketing
n.	a detailed plan of action designed to achieve a long-term or overall goal.
14.	NATO's allied forces made a strategic
n.	the act of taking money out of an account; the act of ceasing to participate in ar activity and moving or taking something away or back
15.	Reading not only increases knowledge but also life.
v.	to make better or improve in quality by adding something else
16.	The of his idea came from watching birds flying in flocks.
n.	a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
	SWERS: 9. rumor, 10. Silicon, 11. accelerate, 12. miraculous, 13. strategy, 14. ndrawal, 15. enriches, 16. germ

17.	The corporation dominated the entire tobacco business.
adv	finally, particularly after a long time or a lot of struggle, complications, and so on
18.	She works at a recording in Los Angeles.
n.	a room or building where creative or artistic work is produced; a television or radio production company
19.	I always carry a backup in case my phone runs out of battery.
n.	a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
20.	How can you that the earth is a sphere?
<i>v</i> .	to display something or give an exhibition to an interested audience
21.	The had received a mild snowfall the previous week.
n.	a long depression on the surface of the land, which typically contains a river
22.	He narrated the story of his adventure.
adj.	exceptional, unexpected, very unusual; surpassing the ordinary or usual
23.	She a quick picture of the beautiful sunset before it disappeared.
v.	to record on photographic film; to make a sudden, sharp sound; (noun) the act of catching an object with the hands
24.	The animal rights group worked to the dolphins back into the wild.
<i>v</i> .	to set free or allow to escape from confinement
25.	Many multinational companies are in the reconstruction of that country.
<i>v</i> .	to attract and keep someone's attention and interest; to participate in or obtain services of something
	SWERS: 17. eventually, 18. studio, 19. device, 20. demonstrate, 21. valley, 22. aordinary, 23. snapped, 24. release, 25. engaged

26.	The deadline for submitting the project is tomorrow, so we need to work efficiently to finish on time.
adj	resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
27.	A smaller car will less fuel.
<i>v</i> .	to spend something, especially fuel, energy, or time, in a large amount
28.	Foreign TV crews and can go as they please in various locations during the Olympics.
n.	a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
29.	The to the new class was informative and engaging.
n.	a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
30.	He could not against temptation.
ν.	to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
31.	Her sleep was by recurring pain.
<i>v</i> .	to say or do something that causes someone to stop in their speech or action
32.	Highlight the sentences that you want to
<i>v</i> .	to remove something, especially that has been written; to wipe out digitally or magnetically recorded information
	SWERS: 26. firm, 27. consume, 28. journalists, 29. introduction, 30. struggle, 31. errupted, 32. delete

 a person or group of people with top-level management responsibility in a business or other organization; the branch that is responsible for implementing, administering, and enforcing laws, as well as running the day-to-day operations

they're meeting their mission goals.

ANSWERS: 33. entertainment, 34. browsed, 35. grade, 36. brake, 37. confident, 38. pet, 39. industrious, 40. executive

ANSWERS: 41. rolled, 42. obvious, 43. sand, 44. slightly, 45. declines, 46. magic, 47. occasion, 48. ceiling

49.	Many people find that regular practice can help reduce stress and anxiety.
n.	a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
50.	I chose to cancer by trying every possible treatment.
v.	to refuse to accept something and attempt to prevent it from happening
51.	He was a successful and had much experience in the field.
n.	a person who is engaged in business, typically as an owner or executive
52.	He pressed the with all his might, but the car still wouldn't start.
n.	a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
53.	Our company is committed to increasing value.
n.	a person who owns shares of stock in a company or business and therefore gets the company's profit and has the right to control the company
54.	The director gave the actor a to begin the scene.
n.	a signal, gesture, or action that provides information or direction for someone else to act or respond; a reminder or prompt for someone to do something
55.	Do you have a plan for a long
n.	a period in which someone does not have to attend work or school and is free to do whatever they choose, such as travel or leisure
56.	Researchers often succumb to the of accolades and commit research misconduct.
n.	the desire to do or have something that you know you should not do or have; the act of influencing by exciting hope or desire
	SWERS: 49. yoga, 50. resist, 51. businessperson, 52. pedal, 53. shareholder, 54 e, 55. vacation?, 56. temptation

57.	The eagle gracefully on the thermals, soaring above the mountains.
v.	to move smoothly and effortlessly
58.	The new amusement park ride was with twists, turns, and drops that left riders screaming with excitement.
adj	extremely good; excellent
59.	Please ignore that on social media; their opinions are irrelevant.
n.	a silly or foolish person; someone regarded as annoying or irritating
60.	The industrial laws were passed with little to no alteration.
n.	the way two persons or groups of people feel and act toward one another
61.	As an he had the right to make his own decisions and live his life as he saw fit.
n.	a single person or thing, as distinct from a group
62.	Your reflects your thoughts.
n.	an informal talk between two or more people to exchange their views, ideas, information, etc.
63.	You a bill in the change machine, and the coins pop out.
<i>v</i> .	to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
64.	That was an essential base for the country's defense.
n.	a long piece of land that is almost surrounded by water but is linked to a larger part of the land
	SWERS: 57. glided, 58. fantastic, 59. twit, 60. relations, 61. individual, 62. oversation, 63. stick, 64. peninsula

65. She had a master's degree in
n. the scientific study of mind and behavior
66. Her response revealed idiocy.
adj. unbelievable; enormous
67. He evaluated his chances for rather pessimistically.
n. the state of continuing to exist or live, frequently in the face of difficulty or danger
68. They hope to their business worldwide.
v. to increase or to make something greater in size, number, or importance
69. In medieval times, death punishment was and socially accepted.
adj. existing or happening in various places or among many people
70. She the potatoes with a fork until they were smooth and creamy.
v. to crush or grind something into a soft, wet, pulpy mass; to talk or behave amorously, without serious intentions; (noun) a mixture of crushed malt grains and hot water
71. The national assembly has the budget.
v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own
72. That incident a nationwide chain reaction regarding the crackdown on illegal groups.
v. to make someone decide to or try to do something, or to make something happen
ANSWERS: 65. psychology, 66. incredible, 67. survival, 68. expand, 69. widespread 70. mashed, 71. adopted, 72. prompted

73. This space is a private office _	to the President
adj. connected with religion or rebecause of a connection with	ligious purposes; worthy of respect or dedication a god
74 advances ha	ve disrupted many industries.
adj. based on scientific and indus	strial progress
75. I found her assertion pretty	·
adj. able to make someone believe	ve that something is true
76. I had to be careful not to step	on a of glass on the floor.
length or its sharpness or thi	r fragment of something, often characterized by its nness; a small portion or amount of something, sense to describe a trace or a hint of something
77. He back in time to the	soccer game.
v. to move along very quickly; (noun) the act of rising upward into the air
78. Five miles is similar t	o eight kilometers.
adv. approximately but not precise	ely; with a violent manner
79. All the supervisor has to do is	assign tasks that make his subordinates more
adj. relating to or involving the us	e of skill and original and unusual ideas to create
80. The discovery of a critical bug	caused the company to delay the release.
 n. (abbreviation for application) other mobile devices or insid 	software designed to run on smartphones and e a web browser on a PC
ANSWERS: 73. sacred, 74. Techr roughly, 79. creative, 80. app's	nological, 75. convincing, 76. sliver, 77. zoomed, 78

- 81. The final _____ provides a summary of the discussion.
 - n. a separate section of a written work usually numbered and titled
- 82. He accidentally sprained his _____ playing squash.
 - n. the part or joint connecting the foot to the leg

ANSWERS: 81. chapter, 82. ankle