

Englist.me



Vocabulary Builder Reference from...

Nikki Webber Allen: Don't suffer from your depression in silence | TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge
She waited for her daughter with **anxiety**.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory
He has shown signs of uneasiness and **overwhelming** worry.

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.

lurk

v. to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

synonym: hide, creep, stalk

(1) **lurked** behind the words, (2) **lurk** in the darkness

In the city, the risk of traffic accidents **lurks** at every corner.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym: identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

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.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym : collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym : fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

flaw

n. a fault, mistake, or weakness that causes something not to be perfect

synonym : defect, fault, imperfection

(1) a minor **flaw**, (2) the **flaw** in the legislation

Even the slightest design **flaw** in an aircraft can lead to a fatal accident.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or

accomplish something that one has set out to do

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

string

n. long, thin material used for tying things together, composed of several twisted threads

synonym : line, wire, rope

(1) retie the **string** and make it strong, (2) tense piano **strings**

She wore a **string** of pearls around her neck.

high-profile

adj. attracting much attention and interest from the public and media

synonym : notable, prominent, distinguished

(1) **high-profile** lawyer, (2) become **high-profile**

Within six months, the research thesis became a **high-profile** scientific paper.

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.

award

n. a prize or other mark of recognition given in honor of an achievement

synonym : prize, honor, accolade

(1) **award** ceremony, (2) participation **award**

He won the **award** for best actor at the film festival.

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.

insomnia

n. the condition of being unable to sleep, usually a chronic one

synonym: sleeplessness, wakefulness, restlessness

(1) medication for **insomnia**, (2) alcohol-dependent **insomnia**

He suffered **insomnia** and loss of appetite after he began taking that medication.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

depressed

adj. sad and without any hope

synonym: despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

ashamed

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

synonym: regretful, repentant, mortified

(1) feel **ashamed** of him, (2) cast **ashamed** eyes

You don't have to be **ashamed**.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

synonym: benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership

In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

unspeakable

adj. too terrible, shocking, or distressing to speak about

synonym: unspeakably horrible, indescribable, unutterable

(1) **unspeakable** crime, (2) **unspeakable** pain

The survivors of the plane crash could only describe the **unspeakable** horror of the experience.

horror

n. intense fear or disgust, especially at something shocking or terrifying

synonym: fear, terror, dread

(1) **horror** movie, (2) **horror-struck** look

The stories of war crimes filled her with **horror**.

ancestor

n. a person from whom one is descended; a forefather

synonym: forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**

My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

nephew

n. a son of your brother or sister

(1) three-year-old **nephew**, (2) nieces and **nephews**

My **nephew** is eight months old and still being breastfed.

devastation

n. the act of causing great destruction or damage, often on a large scale

synonym : destruction, ruin, havoc

(1) financial **devastation**, (2) **devastation** to life

The economic recession caused **devastation** in the housing market, with many people losing their homes.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym : mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

silent

adj. without any or little sound

synonym : quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

adversity

n. difficulties or hardships that someone faces

synonym : hardship, difficulty, trial

(1) environmental **adversity**, (2) struggling with **adversity**

The team demonstrated great resilience in the face of **adversity** and won the game.

mind-blowing

adj. extremely impressive in a way that affects someone's mind or emotions

synonym : amazing, incredible, shocking

(1) **mind-blowing** discovery, (2) a **mind-blowing** horror story

The **mind-blowing** effects of the psychedelic drug were unlike anything he had ever experienced.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

disability

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

synonym: impairment, disadvantage, restriction

(1) a **disability** pension, (2) a learning **disability**

Listening to music at a high volume may lead to a hearing **disability**.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

chemical

adj. relating to or connected with chemistry;

synonym: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

imbalance

n. a situation in which two or more things are not equal or equally treated

synonym: inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance**

An **imbalance** in certain substances causes problems with brain function.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

underlying

adj. significant as a cause or basis of something but not immediately apparent or stated clearly

synonym: fundamental, latent, basic

(1) an **underlying** motive, (2) an **underlying** cause of an accident

The **underlying** principle of every business was identical.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

predisposition

n. a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

synonym: tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**

Smoking can increase a person's **predisposition** to lung cancer.

stressor

n. something that causes stress or emotional tension

synonym: pressure, strain, burden

(1) **stressor** event, (2) **stressor** management

The deadline for the project was a major **stressor** for the team.

racism

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

synonym: prejudice, discrimination, bias

(1) systemic **racism**, (2) research on anti- **racism**

The school's lack of diversity was a clear indication of the **racism** present in the community.

socioeconomic

adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class

synonym: social, economic, financial

(1) **socioeconomic** status, (2) **socioeconomic** issues

The **socioeconomic** conditions of a country can significantly affect its political stability.

disparity

n. a significant difference or inequality between two or more things

synonym: difference, inequality, gap

(1) the **disparity** between theory and reality, (2) income **disparity**

There is a significant **disparity** in pay between men and women in the company.

suicide

n. the act of killing yourself intentionally

synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym : cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym : choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

blessing

n. a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune

synonym : favor, benediction, boon

(1) count your **blessings**, (2) bestowed **blessings**

Receiving support from his friends was a great **blessing** in his time of need.

spark

v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

synonym : start, inspire, provoke

(1) **spark** his interest, (2) **spark** a chain reaction

The bankruptcy of the giant conglomerate **sparked** turmoil in the stock market.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym : country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

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.

retire

v. to withdraw from one's position or occupation, especially because of age

synonym : relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

narrative

n. a story or a description of a series of events or process of telling a story

synonym : the tale, chronology, annals

(1) **narrative** poetry, (2) personal **narrative**

The **narrative** handles multiple plot lines and has unpredictable ends.

masculine

adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men

synonym : male, mannish, manly

(1) wear **masculine** attire, (2) **masculine** beauty

Her allure lies in her **masculine** rather than feminine beauty.

deny

v. to state that one refuses to admit the existence or truth of something

synonym : refute, reject, repudiate

(1) adamantly **deny** killing, (2) **deny** the allegations
He is still **denying** stealing the money from the cash register.

void

n. an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force

synonym: emptiness, vacuity, (adjective) null

(1) **void** of expression, (2) **void** contract

The **void** in her heart was filled with the love of her family.

achievement

n. a thing that someone has accomplished, primarily through their effort and ability

synonym: accomplishment, attainment, triumph

(1) student **achievement**, (2) a remarkable **achievement**

This **achievement** has never been formally accepted.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

heal

v. to make a wound or injury to become well again

synonym: recover, bring around, mend

(1) **heal** a broken bone, (2) **heal** the hurt mind

It will take time for her mental scars to **heal**.

mediate

v. to try to bring about an agreement or understanding between people who are in conflict

synonym: arbitrate, reconcile, intervene

(1) **mediate** allergic reaction, (2) **mediate** a negotiation

The teacher had to **mediate** a disagreement between two students over a stolen pencil.

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.

relative

adj. considered and evaluated through comparison with something else

synonym: comparative, proximate, congeneric

(1) a remote **relative**, (2) **relative** factors

Most countries prohibit sexual activity between certain close **relatives**.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

spiral

n. a curve that coils around a central point and gets progressively farther away from it as it goes around

synonym: coil, helix, twist

(1) **spiral** staircase, (2) **spiral** design

The leaves of the fern were arranged in a **spiral** pattern.

appointment

n. a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility

synonym: assignment, selection, commission

(1) **appointment** calendar, (2) take up an **appointment**

We had to reschedule the dentist's **appointment**.

dynamic

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the

branch of physics and engineering concerned with the forces that cause motions of bodies)

synonym : energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person

The sprinter has a **dynamic** way of running.

dawn

n. the time of day when the sun's light starts to show in the sky

synonym : daybreak, sunrise, advent

(1) the wan light of **dawn**, (2) crack of **dawn**

Missile assaults on the capital continued around **dawn**.

humor

n. the quality of being amusing or funny; the liquid parts of the body

synonym : comedy, funniness, liquid substance

(1) sardonic **humor**, (2) vitreous **humor**

My wife seems to be in ill **humor**.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym : ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

regret

v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

synonym : apologize, deplore, lament

(1) **regret** a decision, (2) **regret** being so careless

I **regret** to say that you did not gain admission to the university.

sincere

adj. (of a person, feelings, or behavior) open and genuine; not deceitful

synonym : earnest, fervent, candid

(1) a **sincere** man, (2) express **sincere** regret

Please accept my **sincere** condolences on your friend's death.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

messy

adj. disorganized and untidy

synonym: cluttered, disorganized, untidy

(1) **messy** data, (2) **messy** handling

His **messy** bedroom is always a source of frustration for his mother.

unpredictable

adj. not capable of being foreseen or calculated; not regular or certain

synonym: uncertain, variable, random

(1) dangerously **unpredictable** person, (2) **unpredictable** outcome

The weather in this region is often **unpredictable**, with sudden rainstorms and strong winds.

burden

n. a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

synonym: obligation, duty, load

(1) carry a **burden**, (2) **burden** of disease

That car has a low environmental **burden**.

Session 2: Spelling

1. the f__w in the legislation *n.* a fault, mistake, or weakness that causes something not to be perfect
2. prophet of d__m *n.* death, destruction, or some other terrible situation that cannot be avoided
3. a si____e man *adj.* (of a person, feelings, or behavior) open and genuine; not deceitful
4. uns____le crime *adj.* too terrible, shocking, or distressing to speak about
5. re____ve factors *adj.* considered and evaluated through comparison with something else
6. hig____ile lawyer *adj.* attracting much attention and interest from the public and media
7. three-year-old ne___w *n.* a son of your brother or sister
8. uns____le pain *adj.* too terrible, shocking, or distressing to speak about
9. de____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
10. sp__k a chain reaction *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
11. st____le to get the job *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

ANSWERS: 1. flaw, 2. doom, 3. sincere, 4. unspeakable, 5. relative, 6. high-profile, 7. nephew, 8. unspeakable, 9. deplete, 10. spark, 11. struggle

12. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
13. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
14. the files are in complete di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
15. im_____e a process *v.* to make or become better
16. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
17. app_____nt calendar *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
18. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
19. min_____ing discovery *adj.* extremely impressive in a way that affects someone's mind or emotions
20. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
21. ind_____us student *adj.* hardworking, diligent, and persistent in effort
22. symptoms of hormonal im_____ce *n.* a situation in which two or more things are not equal or equally treated

ANSWERS: 12. resilient, 13. brain, 14. disorder, 15. improve, 16. retire, 17. appointment, 18. sham, 19. mind-blowing, 20. overwhelming, 21. industrious, 22. imbalance

23. become hig_____ile *adj.* attracting much attention and interest from the public and media
24. diagnosis of an_____y disorder *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
25. tense piano st_____gs *n.* long, thin material used for tying things together, composed of several twisted threads
26. dev_____on to life *n.* the act of causing great destruction or damage, often on a large scale
27. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
28. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
29. turn out to be all s___m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
30. ove_____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
31. a min_____ing horror story *adj.* extremely impressive in a way that affects someone's mind or emotions
32. sp___l staircase *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
33. a seafaring na_____n *n.* a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 23. high-profile, 24. anxiety, 25. string, 26. devastation, 27. conversation, 28. depression, 29. sham, 30. overwhelming, 31. mind-blowing, 32. spiral, 33. nation

34. a remote re____ve *adj.* considered and evaluated through comparison with something else
35. d__y the allegations *v.* to state that one refuses to admit the existence or truth of something
36. ext_____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
37. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
38. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
39. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
40. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
41. retie the st____g and make it strong *n.* long, thin material used for tying things together, composed of several twisted threads
42. si____t reading *adj.* without any or little sound
43. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
44. h__l a broken bone *v.* to make a wound or injury to become well again

ANSWERS: 34. relative, 35. deny, 36. extraordinary, 37. resilient, 38. develop, 39. privilege, 40. comfort, 41. string, 42. silent, 43. industrious, 44. heal

45. co____t level *n.* a state of physical ease and freedom from pain or constraint
46. the wan light of d__n *n.* the time of day when the sun's light starts to show in the sky
47. have ge____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
48. st____or management *n.* something that causes stress or emotional tension
49. su____e attack *n.* the act of killing yourself intentionally
50. im____e the test score *v.* to make or become better
51. a dy____c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
52. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
53. de____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
54. de____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
55. y__a 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: 45. comfort, 46. dawn, 47. genetic, 48. stressor, 49. suicide, 50. improve, 51. dynamic, 52. suffer, 53. deplete, 54. decision, 55. yoga

56. the di_____ty between theory and reality *n.* a significant difference or inequality between two or more things
57. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
58. dangerously unp_____ble person *adj.* not capable of being foreseen or calculated; not regular or certain
59. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
60. an und_____ng motive *adj.* significant as a cause or basis of something but not immediately apparent or stated clearly
61. st___a against obesity *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
62. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
63. na_____ve poetry *n.* a story or a description of a series of events or process of telling a story
64. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

ANSWERS: 56. disparity, 57. diet, 58. unpredictable, 59. achieve, 60. underlying, 61. stigma, 62. develop, 63. narrative, 64. medication

65. a dis_____ty pension *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do
66. abs_____ly against *adv.* without restriction or limitation; completely or utterly
67. I__k in the darkness *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
68. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
69. toxic ch_____als *adj.* relating to or connected with chemistry;
70. I__ked behind the words *v.* to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal
71. take up an app_____nt *n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
72. medication for in_____ia *n.* the condition of being unable to sleep, usually a chronic one
73. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
74. an_____or language *n.* a person from whom one is descended; a forefather
75. ma_____ne beauty *adj.* having characteristics or an appearance that are usually regarded as typical or appropriate for men

ANSWERS: 65. disability, 66. absolutely, 67. lurk, 68. absolutely, 69. chemical, 70. lurk, 71. appointment, 72. insomnia, 73. genetic, 74. ancestor, 75. masculine

76. an und_____ng cause of an accident
adj. significant as a cause or basis of something but not immediately apparent or stated clearly
77. su____r bad grades
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
78. environmental ad_____ty
n. difficulties or hardships that someone faces
79. research on anti-ra____m
n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
80. soc_____mic status
adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
81. D__t approval
n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
82. dy_____c person
adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
83. re____t a decision
v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do

ANSWERS: 76. underlying, 77. suffer, 78. adversity, 79. racism, 80. socioeconomic, 81. diet, 82. dynamic, 83. regret

84. ho___r movie *n.* intense fear or disgust, especially at something shocking or terrifying
85. student ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
86. bachelor's de___e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
87. economic d___m *n.* death, destruction, or some other terrible situation that cannot be avoided
88. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
89. v___d contract *n.* an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
90. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
91. agricultural org_____ion *n.* a group of people who work together for a shared purpose
92. a remarkable ach_____nt *n.* a thing that someone has accomplished, primarily through their effort and ability
93. me___y data *adj.* disorganized and untidy
94. a minor f___w *n.* a fault, mistake, or weakness that causes something not to be perfect

ANSWERS: 84. horror, 85. achievement, 86. degree, 87. doom, 88. therapy, 89. void, 90. depression, 91. organization, 92. achievement, 93. messy, 94. flaw

95. aw__d ceremony *n.* a prize or other mark of recognition given in honor of an achievement
96. financial dev_____on *n.* the act of causing great destruction or damage, often on a large scale
97. bestowed bl_____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
98. people with bipolar di_____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
99. vitreous hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
100. the market is de_____ed *adj.* sad and without any hope
101. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
102. income di_____ty *n.* a significant difference or inequality between two or more things
103. feel as_____d of him *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
104. earliest human an_____or *n.* a person from whom one is descended; a forefather
105. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 95. award, 96. devastation, 97. blessing, 98. disorder, 99. humor, 100. depressed, 101. narrative, 102. disparity, 103. ashamed, 104. ancestor, 105. decision

106. alcohol-dependent in_____ia *n.* the condition of being unable to sleep, usually a chronic one
107. st_____or event *n.* something that causes stress or emotional tension
108. sp__k his interest *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
109. genetic pre_____ion *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
110. systemic ra____m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
111. sp____l design *n.* a curve that coils around a central point and gets progressively farther away from it as it goes around
112. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
113. ext_____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
114. in_____e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
115. is_____e a patient *v.* to physically or socially separate someone or something from other people or things

ANSWERS: 106. insomnia, 107. stressor, 108. spark, 109. predisposition, 110. racism, 111. spiral, 112. conversation, 113. extraordinary, 114. inspire, 115. isolate

116. cast as____d eyes *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
117. di____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
118. me__y handling *adj.* disorganized and untidy
119. express si____e regret *adj.* (of a person, feelings, or behavior) open and genuine; not deceitful
120. carry a bu____n *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
121. ac____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
122. give si____t consent *adj.* without any or little sound
123. st____le against discrimination *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
124. dispel the mis____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
125. un____ble outcome *adj.* not capable of being foreseen or calculated; not regular or certain
126. de____ed feeling *adj.* sad and without any hope

ANSWERS: 116. ashamed, 117. diagnose, 118. messy, 119. sincere, 120. burden, 121. achieve, 122. silent, 123. struggle, 124. misconception, 125. unpredictable, 126. depressed

127. me_____e a negotiation *v.* to try to bring about an agreement or understanding between people who are in conflict
128. org_____ion chart *n.* a group of people who work together for a shared purpose
129. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
130. in_____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
131. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
132. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
133. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
134. nieces and ne___ws *n.* a son of your brother or sister
135. a ch_____al compound *adj.* relating to or connected with chemistry;
136. bu___n of disease *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
137. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 127. mediate, 128. organization, 129. isolate, 130. inspire, 131. medication, 132. brain, 133. nation, 134. nephew, 135. chemical, 136. burden, 137. communal

138. pre_____ion to anxiety *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
139. me_____e allergic reaction *v.* to try to bring about an agreement or understanding between people who are in conflict
140. crack of d__n *n.* the time of day when the sun's light starts to show in the sky
141. sardonic hu__r *n.* the quality of being amusing or funny; the liquid parts of the body
142. h__l the hurt mind *v.* to make a wound or injury to become well again
143. adamantly d__y killing *v.* to state that one refuses to admit the existence or truth of something
144. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
145. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
146. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
147. struggling with ad_____ty *n.* difficulties or hardships that someone faces
148. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
149. a learning dis_____ty *n.* a physical or mental condition that makes it difficult for someone to do some things that other people do

ANSWERS: 138. predisposition, 139. mediate, 140. dawn, 141. humor, 142. heal, 143. deny, 144. therapy, 145. misconception, 146. privilege, 147. adversity, 148. stigma, 149. disability

150. aerial y__a *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
151. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
152. count your bl_____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
153. commit su_____e *n.* the act of killing yourself intentionally
154. re___t being so careless *v.* to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
155. wear ma_____ne attire *adj.* having characteristics or an appearance that are usually regarded as typical or appropriate for men
156. trade im_____ce *n.* a situation in which two or more things are not equal or equally treated
157. soc_____mic issues *adj.* relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
158. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age

ANSWERS: 150. yoga, 151. degree, 152. blessing, 153. suicide, 154. regret, 155. masculine, 156. imbalance, 157. socioeconomic, 158. retire

159. ho___r-struck look *n.* intense fear or disgust, especially at something shocking or terrifying
160. v___d of expression *n.* an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force
161. participation aw___d *n.* a prize or other mark of recognition given in honor of an achievement
162. co____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
163. an____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
164. di____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

ANSWERS: 159. horror, 160. void, 161. award, 162. communal, 163. anxiety, 164. diagnose

Session 3: Fill in the Blanks

1. Everyone was aware of the impending _____ but was unable to prevent it.
n. death, destruction, or some other terrible situation that cannot be avoided
2. His _____ bedroom is always a source of frustration for his mother.
adj. disorganized and untidy
3. He found _____ in the warm embrace of his loved ones.
n. a state of physical ease and freedom from pain or constraint
4. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
5. The bankruptcy of the giant conglomerate _____ turmoil in the stock market.
v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
6. There is a significant _____ in pay between men and women in the company.
n. a significant difference or inequality between two or more things
7. Most countries prohibit sexual activity between certain close _____.
adj. considered and evaluated through comparison with something else
8. The teacher had to _____ a disagreement between two students over a stolen pencil.
v. to try to bring about an agreement or understanding between people who are in conflict

ANSWERS: 1. doom, 2. messy, 3. comfort, 4. therapy, 5. sparked, 6. disparity, 7. relatives, 8. mediate

9. The _____ principle of every business was identical.
adj. significant as a cause or basis of something but not immediately apparent or stated clearly
10. I _____ to say that you did not gain admission to the university.
v. to feel sad, repentant, or disappointed over something you have done or something you have not been able to do
11. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
12. She was struggling to make a _____ between two job offers.
n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options
13. He is still _____ stealing the money from the cash register.
v. to state that one refuses to admit the existence or truth of something
14. You should not _____ them from the community.
v. to physically or socially separate someone or something from other people or things
15. An _____ in certain substances causes problems with brain function.
n. a situation in which two or more things are not equal or equally treated
16. The unique style of this martial arts _____ many action film producers.
v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

ANSWERS: 9. underlying, 10. regret, 11. Communal, 12. decision, 13. denying, 14. isolate, 15. imbalance, 16. inspired

17. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

18. She is a _____ person and has always bounced back from setbacks.

adj. able to withstand or recover quickly from difficult conditions

19. The _____ in her heart was filled with the love of her family.

n. an empty space; a feeling of emptiness; (adjective) lacking any legal or binding force

20. The weather in this region is often _____ with sudden rainstorms and strong winds.

adj. not capable of being foreseen or calculated; not regular or certain

21. The _____ effects of the psychedelic drug were unlike anything he had ever experienced.

adj. extremely impressive in a way that affects someone's mind or emotions

22. 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

23. After his mother died, he got _____.

adj. sad and without any hope

24. The mental health _____ often prevents people from seeking treatment.

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 17. brain, 18. resilient, 19. void, 20. unpredictable, 21. mind-blowing, 22. yoga, 23. depressed, 24. stigma

25. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
26. There are numerous _____ about food and health.
- n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
27. We had to reschedule the dentist's _____.
- n.* a formal arrangement to meet someone at a particular time and place, especially for a reason connected with their work; the act of putting a person into a job or position of responsibility
28. The politician remained _____ despite intense media scrutiny.
- adj.* without any or little sound
29. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
30. He was known to be very _____ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort
31. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.
- n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
32. The older man _____ from arthritis and finds it difficult to move around.
- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 25. degree, 26. misconceptions, 27. appointment, 28. silent, 29. medication, 30. industrious, 31. privilege, 32. suffers

33. In an economically prosperous country, most male _____ is due to child support problems.
n. the act of killing yourself intentionally
34. It will take time for her mental scars to _____.
v. to make a wound or injury to become well again
35. She wore a _____ of pearls around her neck.
n. long, thin material used for tying things together, composed of several twisted threads
36. The _____ conditions of a country can significantly affect its political stability.
adj. relating to the social and economic factors that shape an individual, group, or community, particularly in terms of income, occupation, education, and social class
37. She waited for her daughter with _____.
n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
38. The doctor prescribed some medicine for the mental _____.
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
39. Her allure lies in her _____ rather than feminine beauty.
adj. having characteristics or an appearance that are usually regarded as typical or appropriate for men
40. He suffered _____ and loss of appetite after he began taking that medication.
n. the condition of being unable to sleep, usually a chronic one

ANSWERS: 33. suicide, 34. heal, 35. string, 36. socioeconomic, 37. anxiety, 38. disorder, 39. masculine, 40. insomnia

41. My wife seems to be in ill _____.
- n.* the quality of being amusing or funny; the liquid parts of the body
42. Within six months, the research thesis became a _____ scientific paper.
- adj.* attracting much attention and interest from the public and media
43. He won the _____ for best actor at the film festival.
- n.* a prize or other mark of recognition given in honor of an achievement
44. Receiving support from his friends was a great _____ in his time of need.
- n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
45. Smoking can increase a person's _____ to lung cancer.
- n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
46. Your _____ reflects your thoughts.
- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
47. After working for the company for 30 years, she decided to _____ from her job.
- v.* to withdraw from one's position or occupation, especially because of age
48. This device is used to _____ brain cancer and other tumors.
- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
49. The sprinter has a _____ way of running.
- adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

ANSWERS: 41. humor, 42. high-profile, 43. award, 44. blessing, 45. predisposition, 46. conversation, 47. retire, 48. diagnose, 49. dynamic

50. We want to _____ ties between our two countries.

v. to make or become better

51. She is the president of a large international _____.

n. a group of people who work together for a shared purpose

52. Please accept my _____ condolences on your friend's death.

adj. (of a person, feelings, or behavior) open and genuine; not deceitful

53. In the city, the risk of traffic accidents _____ at every corner.

v. to wait somewhere secretly, especially because you are about to attack someone or do something bad or illegal

54. He has shown signs of uneasiness and _____ worry.

adj. very great or intense; so powerful that you cannot fight or react against it

55. The _____ of Japan is known for its unique culture and advanced technology.

n. a large organized community of people living in a particular country or region and having a particular culture

56. The stories of war crimes filled her with _____.

n. intense fear or disgust, especially at something shocking or terrifying

57. We must _____ a new system to streamline our workflow and increase efficiency.

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 50. improve, 51. organization, 52. sincere, 53. lurks, 54. overwhelming, 55. nation, 56. horror, 57. develop

58. The survivors of the plane crash could only describe the _____ horror of the experience.

adj. too terrible, shocking, or distressing to speak about

59. My remote _____ immigrated to the United States from Ireland in the 1800s.

n. a person from whom one is descended; a forefather

60. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

61. Listening to music at a high volume may lead to a hearing _____.

n. a physical or mental condition that makes it difficult for someone to do some things that other people do

62. Understanding protein folding is a vital step in deciphering the _____ code.

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

63. Even the slightest design _____ in an aircraft can lead to a fatal accident.

n. a fault, mistake, or weakness that causes something not to be perfect

64. The data he prepared was completely _____.

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

65. Missile assaults on the capital continued around _____.

n. the time of day when the sun's light starts to show in the sky

ANSWERS: 58. unspeakable, 59. ancestor, 60. deplete, 61. disability, 62. genetic, 63. flaw, 64. sham, 65. dawn

66. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
67. _____ symptoms might include a decrease in appetite and weight loss.
n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
68. The economic recession caused _____ in the housing market, with many people losing their homes.
n. the act of causing great destruction or damage, often on a large scale
69. The deadline for the project was a major _____ for the team.
n. something that causes stress or emotional tension
70. He narrated the _____ story of his adventure.
adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual
71. The _____ handles multiple plot lines and has unpredictable ends.
n. a story or a description of a series of events or process of telling a story
72. This _____ has never been formally accepted.
n. a thing that someone has accomplished, primarily through their effort and ability
73. The leaves of the fern were arranged in a _____ pattern.
n. a curve that coils around a central point and gets progressively farther away from it as it goes around
74. The team demonstrated great resilience in the face of _____ and won the game.
n. difficulties or hardships that someone faces

ANSWERS: 66. chemical, 67. Depression, 68. devastation, 69. stressor, 70. extraordinary, 71. narrative, 72. achievement, 73. spiral, 74. adversity

75. My _____ is eight months old and still being breastfed.

n. a son of your brother or sister

76. You don't have to be _____.

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

77. A balanced _____ is more important for health than supplements.

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

78. That car has a low environmental _____.

n. a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

79. The school's lack of diversity was a clear indication of the _____ present in the community.

n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized

80. He could not _____ against temptation.

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

81. I am _____ opposed to his idea because of morality.

adv. without restriction or limitation; completely or utterly

82. I will work hard to _____ my goals and realize my dreams.

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 75. nephew, 76. ashamed, 77. diet, 78. burden, 79. racism, 80. struggle, 81. absolutely, 82. achieve

ANSWERS: