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Vocabulary Builder Reference from...

Emily Esfahani Smith: There's more to life than being happy | TED Talk

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

All Words

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Session 1: Word List

pursue

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

synonym: seek, hunt, chase

(1) **pursue** a goal, (2) **pursue** freedoms

She intends to **pursue** a political career.

fulfill

v. to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

anxious

adj. worried and nervous

synonym: nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

adrift

adj. without purpose or direction; floating with no clear destination or goal; lacking a stable or secure position or status

synonym: afloat, aimless, unanchored

(1) **adrift** boat, (2) **adrift** at sea

After their boat engine failed, they were left **adrift** in the middle of the ocean.

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.

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.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

chase

v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

synonym : pursue, hunt, track

(1) **chase** a dream, (2) wild goose **chase**

The police officer **chased** the suspect through the crowded streets until they finally caught him.

strike

v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon

synonym : hit, impact, influence

(1) **strike** up a conversation, (2) **strike** a blow

We **strike** to achieve more wages and safer working conditions.

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.

conceivable

adj. imaginable or possible to understand or believe in the mind

synonym : believable, imaginable, probable

(1) **conceivable** way, (2) **conceivable** emergency

It is challenging to defend every **conceivable** target.

hopeless

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

synonym: despairing, helpless, futile

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

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

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**.

gnaw

v. to bite or chew on something persistently or nervously; to wear away at something gradually

synonym: chew, bite, annoy

(1) **gnaw** a hole in a wall, (2) **gnaw** at the national sentiment

She couldn't stop **gnawing** on her nails.

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

predict

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

synonym: forecast, anticipate, foresee

(1) **predict** the future, (2) **predict** when she will arrive

It's notoriously challenging to **predict** birth rates.

despair

n. the feeling that there is no hope and you cannot do anything to improve a difficult situation

synonym: dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**

His friend's death drove him to **despair**.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

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.

renowned

adj. famous and respected for great achievements, qualities, etc.

synonym: noted, prominent, acclaimed

(1) a **renowned** artist, (2) **renowned** as a novelist

This area is **renowned** for its hot springs.

belong

v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place

synonym: fit, be appropriate, be suitable

(1) **belong** to different species, (2) **belong** to a group

All the books in this section **belong** to the library's rare collection and must be handled carefully.

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.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

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.

neuroscience

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

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

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

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

relation

n. 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.

intrinsically

adv. from the inherent nature or quality of something or arising from within

synonym : inherently, essentially, fundamentally

(1) **intrinsically** motivated, (2) **intrinsically** valuable

The kindness of strangers is **intrinsically** rewarding, even when no reward is expected.

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.

cultivate

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

synonym : boost, foster, nurture

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

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

vendor

n. a person or company that sells goods or services

synonym : seller, merchant, peddler

(1) street **vendor**, (2) food **vendor**

The **vendor** at the market sold the freshest produce I have ever tasted.

conduct

v. to organize and carry out a particular activity

synonym : behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

transaction

n. an instance of buying or selling something; the act or process of doing something

synonym : trade, dealing, commerce

(1) card with no foreign **transaction** fees, (2) **transaction** balance

Electronic **transactions** remain incomplete due to system errors.

insist

v. to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say

synonym : demand, assert, claim

(1) **insist** on a clear answer, (2) **insist** over and over
He **insisted** that she pay her debt to the last penny.

reject

v. to refuse to accept, consider, or use something or someone

synonym : decline, turn down, repudiate

(1) **reject** the proposal, (2) **reject** all imperfect merchandise
The company **rejected** the job candidate's application due to a lack of experience.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help
He never **acknowledged** his fault.

devalue

v. to reduce the value or worth of something

synonym : diminish, depreciate, reduce

(1) **devalue** the pound, (2) **devalue** a brand
Her negative comments about the project only **devalued** the team's efforts.

invisible

adj. impossible or nearly impossible to see

synonym : hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars
The phenomenon is **invisible** at optical wavelengths.

bond

n. a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

synonym : bind, adhesion, attachment

(1) **bond** as a family, (2) global **bond** market

They had formed a friendship **bond**.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

custodian

n. a person who is responsible for the care and maintenance of a building, institution, or collection; a guardian or keeper of something valuable or important

synonym : caretaker, keeper, guardian

(1) **custodian** bank, (2) **custodian** of the records

The school **custodian** worked tirelessly to keep the building clean and maintained for the students and faculty.

healing

n. the process of becoming or making somebody or something well again

synonym : recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process

Each ancient tribe has its **healing** traditions.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

disengage

v. to withdraw or separate oneself from a situation or relationship

synonym: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

unemployed

adj. not having a job, although able to work

synonym: idle, inactive, jobless

(1) assignment for the **unemployed** youth, (2) people who are **unemployed**

My father was **unemployed** for so long.

labor

n. productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

synonym: toil, toil, donkeywork

(1) seasonal **labor**, (2) manual **labor**

In several countries, child **labor** is a serious social problem.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including

the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

worthwhile

adj. having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration

synonym : valuable, rewarding, significant

(1) **worthwhile** investment, (2) **worthwhile** endeavor

Volunteering for a **worthwhile** cause is important for building a sense of community.

flounder

v. to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation

synonym : struggle, stumble, falter

(1) **flounder** with decisions, (2) **flounder** in water

I watched him **flounder** through the difficult math problem, unable to find a solution.

transcendent

adj. going beyond the limits of ordinary experience or knowledge; surpassing the usual or expected; exalted or sublime

synonym : beyond human experience, divine, spiritual

(1) **transcendent** wisdom, (2) **transcendent** joy

The **transcendent** beauty of the Grand Canyon took his breath away.

hustle

v. to cause someone to move quickly by pushing them in a rough, aggressive way

synonym : bustle, rush, haste

(1) **hustle** on business, (2) **hustle** up money

You must **hustle** and struggle on the court to win an acquittal.

bustle

v. to move or act energetically and noisily; (noun) a rapid active commotion

synonym: hurry, rush, flurry

(1) **bustle** around a kitchen, (2) hustle- **bustle** lifestyle

The city **bustled** with activity as people rushed to work.

fade

v. to vanish; to fade away; to lose color; to lose freshness

synonym: languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

church

n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

synonym: chapel, cathedral, synagogue

(1) **church** bell, (2) small **church**

The **church** on the corner is hosting a free community meal tonight.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

eucalyptus

n. a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties

synonym: gum tree, Australian tree

(1) **eucalyptus** oil, (2) **eucalyptus** leaves

The scent of **eucalyptus** is often used in aromatherapy to promote relaxation.

afterward

adv. after the time mentioned

synonym : later, thereafter, following

(1) a few years **afterward**, (2) go there **afterward**

We will explain the countermeasure concerning this problem **afterward**.

storytelling

n. the act or art of narrating or writing stories

synonym : narrating, relating, recounting

(1) **storytelling** performance, (2) courtroom **storytelling**

She was skilled in **storytelling** techniques, such as using different voices for other characters.

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.

clarity

n. the quality of being coherent and understandable; the quality of transparency or purity

synonym : clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

edit

v. to prepare written material for publication by correcting, condensing, or otherwise modifying it

synonym : revise, modify, adjust

(1) **edit** a history book, (2) **edit** a video

I need to **edit** this document before submitting it to my boss.

interpret

v. to explain or assign the meaning of information, actions, etc.

synonym : decode, decipher, analyze

(1) **interpret** a graph, (2) **interpret** the question

Different people might **interpret** this news differently.

retell

v. to tell someone about something again or differently
synonym : reiterate, repeat, restate

(1) **retell** a story, (2) **retell** an old tale

He **retells** the truth to plead not guilty.

constrain

v. to restrict or limit someone or something's freedom or ability to do something

synonym : restrict, limit, confine

(1) **constrain** his freedom, (2) **constrain** information flow

The political situation **constrained** the country's economic growth and foreign relations.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym : immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym : wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

weave

v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

synonym : braid, unite, contrive

(1) **weave** on a loom, (2) **weave** a story

The girl **weaves** a garland for her friend.

purposeful

adj. having a specific aim or purpose; determined

synonym : determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace

She had a **purposeful** look and was determined to complete the task.

mentor

n. a person who helps and advises a younger or less experienced person over time, usually at work or school
synonym: adviser, coach, tutor

(1) **mentor** for life, (2) fashion **mentor**

As a **mentor**, he helped me realize my career.

redeem

v. to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation

synonym: rescue, save, recover

(1) **redeem** a coupon, (2) **redeem** a government bond

He tried to **redeem** himself by volunteering at the local charity after his mistakes.

redemption

n. the act of saving or being saved from sin, error, or evil, or the process of regaining or earning something of value

synonym: rescue, salvation, liberation

(1) **redemption** of a loan, (2) a **redemption** bill

He saw his time in prison as an opportunity for **redemption**.

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.

overnight

adj. lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

synonym: all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

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.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

insight

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**

We gained various **insights** by analyzing the vast amount of data owned by the company.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym: sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

surround

v. to be all around something or somebody

synonym : encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace
On three sides, mountains **surround** the settlement.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym : otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

whirl

v. to spin or turn rapidly; to move or be moved quickly in a circular manner; (noun) a spinning or rotating movement, often rapid or chaotic in nature

synonym : spin, rotate, swirl

(1) **whirl** in the washing machine, (2) **whirl** around the dance floor

The leaves began to **whirl** around in the windy weather.

dervish

n. a Muslim ascetic who belongs to a Sufi order, known for their ecstatic dancing and other forms of physical and spiritual discipline

synonym : Sufi dancer, mystic

(1) whirling **dervish**, (2) the Sufi **dervish**

The sound of the **dervish's** tambourine and flute filled the air with a haunting melody.

poet

n. a person who writes poetry
synonym : versifier, rhymer, writer

(1) a court **poet**, (2) a **poet** of sorts

She is a talented **poet** who has been recognized for her work.

Sufi

n. a follower or practitioner of Islam's mystical or ascetic branch, known as Sufism. Sufis emphasize the personal experience of God and spiritual growth through contemplation, prayer, and devotion

synonym : mystic, dervish

(1) **Sufi** music, (2) **Sufi** philosophy

The **Sufi** mystic preached a message of love and tolerance to his followers.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym : contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

involve

v. to include or affect someone or something as a necessary part of something else

synonym : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

rein

n. a long, narrow strap attached to a horse's bit, used to control the animal while riding; a means of controlling or limiting something or someone's actions and behavior; (verb) to control or restrain something, especially something that is becoming excessive or out of control

synonym : strap, harness, headstall

(1) tight **rein**, (2) **rein** in costs

The new driver struggled to keep a firm grip on the **rein** as the horse bolted.

ego *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
synonym: self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

moor *n.* a large area of open country, typically on high ground, covered with rough grass or heath, especially in Britain
synonym: heath, upland, bog

(1) low- **moor** bog, (2) **moor** the ship

The rolling **moor** was a large, open area of high ground covered with heather.

architecture *n.* the art and science of designing and constructing buildings
synonym: design, structure, layout

(1) **architecture** design, (2) classic **architecture**

The city is known for its impressive **architecture** and beautiful old buildings.

presence *n.* the fact or state that someone or something exists, occurs, or is present
synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

principle *n.* a fundamental law or truth that explains or controls how something happens or works
synonym: rule, creed, code

(1) **principle** of treatment, (2) **principle** in business

Efficiency isn't an essential **principle** here; fairness is.

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.

cult

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

synonym: sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

alternative

n. one of two or more available possibilities or choice

synonym: choice, option

(1) an **alternative** plan, (2) there is no other **alternative**

Doctors are gradually coming around to the idea of using **alternative** medicines.

institutionalize

v. to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

synonym: formalize, establish, regularize

(1) **institutionalize** a system, (2) **institutionalize** customary laws

The new policy aims to **institutionalize** the use of renewable energy sources.

ongoing

adj. continuing to exist or develop, or currently happening

synonym: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

sever

v. to break or separate something by cutting, especially suddenly and forcibly

synonym : cut apart, separate, detach

(1) **sever** a rope, (2) **sever** a positive relationship

He **severed** a branch from a tree quickly.

graduated

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

synonym : completed, finished, earned

(1) **graduated** taxation, (2) **graduated** flask

She was a **graduated** student of a prestigious university.

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.

survive

v. to live or exist despite a dangerous event or period
synonym: endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

anesthesia

n. a state of controlled, temporary loss of bodily sensation or awareness that is induced for medical purposes

(1) **anesthesia** for surgery, (2) local **anesthesia**

He is in general **anesthesia** under the surgeon.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym: crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**

He had undergone heart **surgery** years before.

backward

adv. at, to, or toward the direction or place that is behind or rear

synonym: back, rearward, in reverse

(1) walk **backward**, (2) **backward** angle

She falls over **backward** when she sees her mother-in-law.

mantra

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

synonym: hymn, chant, phrase

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

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

motivated.

carpenter

n. a woodworker whose job is to make or repair wooden objects

synonym: woodworker, artisan

(1) a short **carpenter** nail, (2) an apprentice **carpenter**
Carpenter bees are boring holes into the wall.

humble

adj. having or showing a modest or low estimate of one's quality or importance

synonym: modest, unpretentious, abject

(1) a **humble** cottage, (2) **humble** opinion

The nobler, the more **humble**.

lye

n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance

synonym: caustic soda, sodium hydroxide, alkaline solution

(1) **lye** soap, (2) **lye** water

The drain cleaner contains caustic **lye**, and should be handled with care.

Session 2: Spelling

1. courtroom sto_____ing
n. the act or art of narrating or writing stories
2. con_____le emergency
adj. imaginable or possible to understand or believe in the mind
3. ack_____ge his help
v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
4. sake of cl_____y
n. the quality of being coherent and understandable; the quality of transparency or purity
5. de_____e the pound
v. to reduce the value or worth of something
6. di_____ge socially
v. to withdraw or separate oneself from a situation or relationship
7. a few years af_____rd
adv. after the time mentioned
8. f__e away almost completely
v. to vanish; to fade away; to lose color; to lose freshness
9. muscular st_____th
n. the quality or state of being physically, or sometimes mentally, strong
10. the branch of neu_____nce
n. the scientific study of the function, structure, and disorder of the brain and the nervous system
11. int_____lly motivated
adv. from the inherent nature or quality of something or arising from within

ANSWERS: 1. storytelling, 2. conceivable, 3. acknowledge, 4. clarity, 5. devalue, 6. disengage, 7. afterward, 8. fade, 9. strength, 10. neuroscience, 11. intrinsically

12. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
13. classic arc_____ure *n.* the art and science of designing and constructing buildings
14. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
15. national e_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
16. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
17. an an_____s look *adj.* worried and nervous
18. pr_____t when she will arrive *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
19. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
20. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
21. he is ob____sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 12. process, 13. architecture, 14. spiritual, 15. ego, 16. relation, 17. anxious, 18. predict, 19. suffer, 20. communal, 21. obsess

22. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
23. western phi_____hy *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
24. g__w at the national sentiment *v.* to bite or chew on something persistently or nervously; to wear away at something gradually
25. ins_____ize a system *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
26. global b__d market *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
27. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
28. hu___e opinion *adj.* having or showing a modest or low estimate of one's quality or importance
29. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
30. we__e on a loom *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
31. tra_____on balance *n.* an instance of buying or selling something; the act or process of doing something

ANSWERS: 22. zone, 23. philosophy, 24. gnaw, 25. institutionalize, 26. bond, 27. eventually, 28. humble, 29. eventually, 30. weave, 31. transaction

38. di_____ge the clutch *v.* to withdraw or separate oneself from a situation or relationship
39. manual la__r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
40. ad___t at sea *adj.* without purpose or direction; floating with no clear destination or goal; lacking a stable or secure position or status
41. a court p__t *n.* a person who writes poetry
42. st___e a blow *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
43. na_____ve poetry *n.* a story or a description of a series of events or process of telling a story
44. fu_____l a contract *v.* to meet the requirements or expectations; to achieve or realize
45. c__t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
46. untold de_____r *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
47. re___m a government bond *v.* to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation

ANSWERS: 38. disengage, 39. labor, 40. adrift, 41. poet, 42. strike, 43. narrative, 44. fulfill, 45. cult, 46. despair, 47. redeem

48. we__e a story *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
49. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
50. ack_____ge the deed *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
51. re___l a story *v.* to tell someone about something again or differently
52. re_____ed as a novelist *adj.* famous and respected for great achievements, qualities, etc.
53. gr_____ed flask *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
54. an apprentice ca_____er *n.* a woodworker whose job is to make or repair wooden objects
55. a private ind_____al *n.* a single person or thing, as distinct from a group
56. sto_____ing performance *n.* the act or art of narrating or writing stories
57. ch___h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 48. weave, 49. wisdom, 50. acknowledge, 51. retell, 52. renowned, 53. graduated, 54. carpenter, 55. individual, 56. storytelling, 57. church

58. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
59. a stone wall su_____nds the palace *v.* to be all around something or somebody
60. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
61. de_____ed feeling *adj.* sad and without any hope
62. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
63. wor_____le investment *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
64. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
65. local ane_____ia *n.* a state of controlled, temporary loss of bodily sensation or awareness that is induced for medical purposes
66. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
67. the Sufi de_____h *n.* a Muslim ascetic who belongs to a Sufi order, known for their ecstatic dancing and other forms of physical and spiritual discipline

ANSWERS: 58. decide, 59. surround, 60. associate, 61. depressed, 62. contribute, 63. worthwhile, 64. contribute, 65. anesthesia, 66. discovery, 67. dervish

68. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
69. share my in_____ts *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
70. int_____lly valuable *adv.* from the inherent nature or quality of something or arising from within
71. wild goose ch__e *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
72. cu_____an bank *n.* a person who is responsible for the care and maintenance of a building, institution, or collection; a guardian or keeper of something valuable or important
73. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
74. ad____t boat *adj.* without purpose or direction; floating with no clear destination or goal; lacking a stable or secure position or status
75. co_____t a background check *v.* to organize and carry out a particular activity
76. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position

ANSWERS: 68. discovery, 69. insight, 70. intrinsically, 71. chase, 72. custodian, 73. therapy, 74. adrift, 75. conduct, 76. lift

77. tra_____ent wisdom *adj.* going beyond the limits of ordinary experience or knowledge; surpassing the usual or expected; exalted or sublime
78. m__r the ship *n.* a large area of open country, typically on high ground, covered with rough grass or heath, especially in Britain
79. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
80. ba_____rd angle *adv.* at, to, or toward the direction or place that is behind or rear
81. psy_____gy of crowd *n.* the scientific study of mind and behavior
82. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
83. pu___e a goal *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them
84. hu___e up money *v.* to cause someone to move quickly by pushing them in a rough, aggressive way
85. arc_____ure design *n.* the art and science of designing and constructing buildings
86. em_____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
87. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present

ANSWERS: 77. transcendent, 78. moor, 79. communal, 80. backward, 81. psychology, 82. decide, 83. pursue, 84. hustle, 85. architecture, 86. embrace, 87. presence

88. on_____g support *adj.* continuing to exist or develop, or currently happening
89. a short ca_____er nail *n.* a woodworker whose job is to make or repair wooden objects
90. fashion me____r *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
91. seasonal la____r *n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal
92. a hu____e cottage *adj.* having or showing a modest or low estimate of one's quality or importance
93. re____t the proposal *v.* to refuse to accept, consider, or use something or someone
94. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
95. wi____m literature *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
96. es_____al amino acid *adj.* indispensable; fundamental
97. wor_____le endeavor *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
98. in_____le stars *adj.* impossible or nearly impossible to see

ANSWERS: 88. ongoing, 89. carpenter, 90. mentor, 91. labor, 92. humble, 93. reject, 94. emergency, 95. wisdom, 96. essential, 97. worthwhile, 98. invisible

99. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
100. commit su_____e *n.* the act of killing yourself intentionally
101. assignment for the une_____ed youth *adj.* not having a job, although able to work
102. l_e water *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
103. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
104. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
105. su_____nd a town *v.* to be all around something or somebody
106. street ve___r *n.* a person or company that sells goods or services
107. in___t on a clear answer *v.* to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say
108. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
109. co_____t research *v.* to organize and carry out a particular activity

ANSWERS: 99. spiritual, 100. suicide, 101. unemployed, 102. lye, 103. fade, 104. suffer, 105. surround, 106. vendor, 107. insist, 108. relation, 109. conduct

110. pr_____le of treatment *n.* a fundamental law or truth that explains or controls how something happens or works
111. ane_____ia for surgery *n.* a state of controlled, temporary loss of bodily sensation or awareness that is induced for medical purposes
112. pr_____le in business *n.* a fundamental law or truth that explains or controls how something happens or works
113. wh__l in the washing machine *v.* to spin or turn rapidly; to move or be moved quickly in a circular manner; (noun) a spinning or rotating movement, often rapid or chaotic in nature
114. con_____le way *adj.* imaginable or possible to understand or believe in the mind
115. 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
116. ma_____e amounts *adj.* enormous amount; very heavy and solid
117. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
118. pur_____ul series of actions *adj.* having a specific aim or purpose; determined
119. people who are une_____ed *adj.* not having a job, although able to work
120. red_____on of a loan *n.* the act of saving or being saved from sin, error, or evil, or the process of regaining or earning something of value

ANSWERS: 110. principle, 111. anesthesia, 112. principle, 113. whirl, 114. conceivable, 115. develop, 116. massive, 117. survive, 118. purposeful, 119. unemployed, 120. redemption

121. me___r for life *n.* a person who helps and advises a younger or less experienced person over time, usually at work or school
122. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something
123. ov_____ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
124. the market is de_____ed *adj.* sad and without any hope
125. an_____s about his health *adj.* worried and nervous
126. food ve___r *n.* a person or company that sells goods or services
127. 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
128. tight r__n *n.* a long, narrow strap attached to a horse's bit, used to control the animal while riding; a means of controlling or limiting something or someone's actions and behavior; (verb) to control or restrain something, especially something that is becoming excessive or out of control
129. g__w a hole in a wall *v.* to bite or chew on something persistently or nervously; to wear away at something gradually
130. par_____te in the program *v.* to take part in something

ANSWERS: 121. mentor, 122. define, 123. overnight, 124. depressed, 125. anxious, 126. vendor, 127. struggle, 128. rein, 129. gnaw, 130. participate

131. cu_____te a field *v.* to prepare and foster land for growing crops or plants
132. campaign ma____a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
133. still on_____g *adj.* continuing to exist or develop, or currently happening
134. l_e soap *n.* a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance
135. euc_____us oil *n.* a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties
136. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
137. es_____al commodities of life *adj.* indispensable; fundamental
138. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
139. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel
140. co_____in his freedom *v.* to restrict or limit someone or something's freedom or ability to do something
141. ho_____ss at everything *adj.* having no hope; despairing; having no chance of success

ANSWERS: 131. cultivate, 132. mantra, 133. ongoing, 134. lye, 135. eucalyptus, 136. therapy, 137. essential, 138. philosophy, 139. paralyze, 140. constrain, 141. hopeless

142. euc_____us leaves *n.* a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties
143. a re_____ed artist *adj.* famous and respected for great achievements, qualities, etc.
144. a red_____on bill *n.* the act of saving or being saved from sin, error, or evil, or the process of regaining or earning something of value
145. par_____te fully in conversation *v.* to take part in something
146. ec_____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
147. r____n in costs *n.* a long, narrow strap attached to a horse's bit, used to control the animal while riding; a means of controlling or limiting something or someone's actions and behavior; (verb) to control or restrain something, especially something that is becoming excessive or out of control
148. re____l an old tale *v.* to tell someone about something again or differently
149. a con_____ly varying mind *adv.* all the time
150. pu____e freedoms *v.* to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 142. eucalyptus, 143. renowned, 144. redemption, 145. participate, 146. economy, 147. rein, 148. retell, 149. constantly, 150. pursue

151. a p__t of sorts *n.* a person who writes poetry
152. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
153. su_____e a blizzard *v.* to live or exist despite a dangerous event or period
154. fl_____er in water *v.* to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
155. walk ba_____rd *adv.* at, to, or toward the direction or place that is behind or rear
156. ma_____e stars *adj.* enormous amount; very heavy and solid
157. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
158. acute em_____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
159. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
160. tra_____ent joy *adj.* going beyond the limits of ordinary experience or knowledge; surpassing the usual or expected; exalted or sublime

ANSWERS: 151. poet, 152. injury, 153. survive, 154. flounder, 155. backward, 156. massive, 157. narrative, 158. emergency, 159. surgery, 160. transcendent

161. se__r a rope *v.* to break or separate something by cutting, especially suddenly and forcibly
162. go there af_____rd *adv.* after the time mentioned
163. S__i philosophy *n.* a follower or practitioner of Islam's mystical or ascetic branch, known as Sufism. Sufis emphasize the personal experience of God and spiritual growth through contemplation, prayer, and devotion
164. ins_____ize customary laws *v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)
165. lack of cl_____y *n.* the quality of being coherent and understandable; the quality of transparency or purity
166. c__t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
167. an alt_____ve plan *n.* one of two or more available possibilities or choice
168. gr_____ed taxation *adj.* having received a degree from a school, college, or university; marked with or divided into levels or degrees
169. there is no other alt_____ve *n.* one of two or more available possibilities or choice
170. pa_____ze a city *v.* to cause a person or part of the body to become unable to move or feel

ANSWERS: 161. sever, 162. afterward, 163. Sufi, 164. institutionalize, 165. clarity, 166. cult, 167. alternative, 168. graduated, 169. alternative, 170. paralyze

171. ind_____al freedom *n.* a single person or thing, as distinct from a group
172. fl_____er with decisions *v.* to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
173. su_____e attack *n.* the act of killing yourself intentionally
174. gr_____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
175. e__t a history book *v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it
176. be___g to different species *v.* to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
177. e__t a video *v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it
178. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
179. 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
180. small ch___h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 171. individual, 172. flounder, 173. suicide, 174. graduate, 175. edit, 176. belong, 177. edit, 178. comfort, 179. develop, 180. church

181. wh__l around the dance floor *v.* to spin or turn rapidly; to move or be moved quickly in a circular manner; (noun) a spinning or rotating movement, often rapid or chaotic in nature
182. 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
183. a profound in____t *n.* the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like
184. an in____le asset *adj.* impossible or nearly impossible to see
185. low-m__r bog *n.* a large area of open country, typically on high ground, covered with rough grass or heath, especially in Britain
186. su____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
187. cl____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
188. natural he____g ability *n.* the process of becoming or making somebody or something well again
189. med____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

ANSWERS: 181. whirl, 182. struggle, 183. insight, 184. invisible, 185. moor, 186. sustain, 187. clinical, 188. healing, 189. meditation

190. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
191. hu___e on business *v.* to cause someone to move quickly by pushing them in a rough, aggressive way
192. ov_____ht success *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
193. part of the he_____g process *n.* the process of becoming or making somebody or something well again
194. a theoretical concept in
neu_____nce *n.* the scientific study of the function, structure, and disorder of the brain and the nervous system
195. the evidence of the pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
196. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
197. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
198. pr_____t the future *v.* to state beforehand that something will happen in the future, mainly based on knowledge or experience
199. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else

ANSWERS: 190. cultivate, 191. hustle, 192. overnight, 193. healing, 194. neuroscience, 195. presence, 196. meditation, 197. obsess, 198. predict, 199. involve

200. z__e defense	<i>n.</i>	a specific area, region, or section that is marked off or defined in some way
201. whirling de____h	<i>n.</i>	a Muslim ascetic who belongs to a Sufi order, known for their ecstatic dancing and other forms of physical and spiritual discipline
202. a con____ly innovative enterprise	<i>adv.</i>	all the time
203. in____et a graph	<i>v.</i>	to explain or assign the meaning of information, actions, etc.
204. chant the ma____a of structural reform	<i>n.</i>	a word or phrase, often repeated, that is used as a focus for the mind during meditation
205. hustle-bu____e lifestyle	<i>v.</i>	to move or act energetically and noisily; (noun) a rapid active commotion
206. de____e a word	<i>v.</i>	to state or explain precisely the nature, scope, or meaning of something
207. l__t a ban on alcohol	<i>v.</i>	to raise something to a higher position or level; to pick up something or somebody and move them to a different position
208. honor gr____te	<i>n.</i>	a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
209. in____et the question	<i>v.</i>	to explain or assign the meaning of information, actions, etc.
210. st____th of the economy	<i>n.</i>	the quality or state of being physically, or sometimes mentally, strong

ANSWERS: 200. zone, 201. dervish, 202. constantly, 203. interpret, 204. mantra, 205. bustle, 206. define, 207. lift, 208. graduate, 209. interpret, 210. strength

211. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
212. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
213. participate in cl_____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
214. fu_____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
215. card with no foreign tra_____on fees *n.* an instance of buying or selling something; the act or process of doing something
216. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
217. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
218. st_____e up a conversation *v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
219. b__d as a family *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

ANSWERS: 211. associate, 212. economy, 213. clinical, 214. fulfill, 215. transaction, 216. involve, 217. resilient, 218. strike, 219. bond

220. the professor of su____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
221. bu___e around a kitchen *v.* to move or act energetically and noisily; (noun) a rapid active commotion
222. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
223. co_____in information flow *v.* to restrict or limit someone or something's freedom or ability to do something
224. a warm em_____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
225. a fatal in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
226. co_____t level *n.* a state of physical ease and freedom from pain or constraint
227. de_____e a brand *v.* to reduce the value or worth of something
228. re___t all imperfect merchandise *v.* to refuse to accept, consider, or use something or someone
229. psy_____gy experiment *n.* the scientific study of mind and behavior
230. ch___e a dream *v.* to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes

ANSWERS: 220. surgery, 221. bustle, 222. resilient, 223. constrain, 224. embrace,

225. injury, 226. comfort, 227. devalue, 228. reject, 229. psychology, 230. chase

231. ho____ss situation *adj.* having no hope; despairing; having no chance of success
232. S__i music *n.* a follower or practitioner of Islam's mystical or ascetic branch, known as Sufism. Sufis emphasize the personal experience of God and spiritual growth through contemplation, prayer, and devotion
233. de____r at the future *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
234. su____n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
235. se__r a positive relationship *v.* to break or separate something by cutting, especially suddenly and forcibly
236. e_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 231. hopeless, 232. Sufi, 233. despair, 234. sustain, 235. sever, 236. ego

Session 3: Fill in the Blanks

1. He was reluctant to leave his comfort _____ and try something new.
n. a specific area, region, or section that is marked off or defined in some way
2. He _____ from the conversation and walked away.
v. to withdraw or separate oneself from a situation or relationship
3. The scent of _____ is often used in aromatherapy to promote relaxation.
n. a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties
4. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
5. She had a _____ look and was determined to complete the task.
adj. having a specific aim or purpose; determined
6. The president declared a state of _____.
n. a sudden unforeseen crisis usually involving danger that requires immediate action
7. 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: 1. zone, 2. disengaged, 3. eucalyptus, 4. process, 5. purposeful, 6. emergency, 7. develop

8. He found _____ in the warm embrace of his loved ones.
n. a state of physical ease and freedom from pain or constraint
9. Efficiency isn't an essential _____ here; fairness is.
n. a fundamental law or truth that explains or controls how something happens or works
10. After their boat engine failed, they were left _____ in the middle of the ocean.
adj. without purpose or direction; floating with no clear destination or goal; lacking a stable or secure position or status
11. The sound of the _____ tambourine and flute filled the air with a haunting melody.
n. a Muslim ascetic who belongs to a Sufi order, known for their ecstatic dancing and other forms of physical and spiritual discipline
12. My father was _____ for so long.
adj. not having a job, although able to work
13. All the books in this section _____ to the library's rare collection and must be handled carefully.
v. to be the property of someone or something; to be a member or part of a group; to be in the proper or appropriate place
14. My accidental _____ got better right away.
n. harm done to a person's or an animal's body caused by an accident or an attack
15. Ethics is a branch of _____.
n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 8. comfort, 9. principle, 10. adrift, 11. dervish's, 12. unemployed, 13. belong, 14. injury, 15. philosophy

16. The political situation _____ the country's economic growth and foreign relations.
- v. to restrict or limit someone or something's freedom or ability to do something
17. The woods _____ the house.
- v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
18. The kindness of strangers is _____ rewarding, even when no reward is expected.
- adv. from the inherent nature or quality of something or arising from within
19. The _____ on the corner is hosting a free community meal tonight.
- n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
20. The police officer _____ the suspect through the crowded streets until they finally caught him.
- v. to pursue something or someone to catch or capture them; to go after something vigorously or with determination; (noun) a pursuit or a hunt; a narrow groove or channel cut into a surface, often used for decorative purposes
21. His friend's death drove him to _____.
- n. the feeling that there is no hope and you cannot do anything to improve a difficult situation
22. The city _____ with activity as people rushed to work.
- v. to move or act energetically and noisily; (noun) a rapid active commotion
23. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 16. constrained, 17. embrace, 18. intrinsically, 19. church, 20. chased, 21. despair, 22. bustled, 23. decide

24. The new prime minister has vowed to take measures against the _____ economic crisis.

adj. continuing to exist or develop, or currently happening

25. He had undergone heart _____ years before.

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

26. _____ bees are boring holes into the wall.

n. a woodworker whose job is to make or repair wooden objects

27. She had a master's degree in _____.

n. the scientific study of mind and behavior

28. Her negative comments about the project only _____ the team's efforts.

v. to reduce the value or worth of something

29. The majority of students actively _____ in the college's intramural sports program.

v. to take part in something

30. The _____ package delivery arrived at my door this morning.

adj. lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

31. She was constantly trying to boost her ____ by talking about her accomplishments.

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 24. ongoing, 25. surgery, 26. Carpenter, 27. psychology, 28. devalued, 29. participated, 30. overnight, 31. ego

32. Each ancient tribe has its _____ traditions.

n. the process of becoming or making somebody or something well again

33. He tried to _____ himself by volunteering at the local charity after his mistakes.

v. to compensate for the faults or bad aspects of something; to regain possession or assume ownership of something by paying a sum of money or fulfilling a condition; to rescue or save someone from a difficult or hopeless situation

34. Different people might _____ this news differently.

v. to explain or assign the meaning of information, actions, etc.

35. Electronic _____ remain incomplete due to system errors.

n. an instance of buying or selling something; the act or process of doing something

36. University is a great place to _____ our minds and expertise.

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

37. They had formed a friendship _____.

n. a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

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

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

39. Police will _____ random breath testing for drunk driving.

v. to organize and carry out a particular activity

ANSWERS: 32. healing, 33. redeem, 34. interpret, 35. transactions, 36. cultivate, 37. bond, 38. neuroscience, 39. conduct

40. This area is _____ for its hot springs.

adj. famous and respected for great achievements, qualities, etc.

41. Trial and error is an _____ part of education.

adj. indispensable; fundamental

42. The drain cleaner contains caustic _____ and should be handled with care.

n. a highly alkaline solution made by soaking hardwood ashes in the water, used in the production of soap, detergents, and other cleaning agents; a caustic substance

43. 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

44. 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

45. To advance this discussion, we must _____ "success" rigorously.

v. to state or explain precisely the nature, scope, or meaning of something

46. The corporation _____ dominated the entire tobacco business.

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

47. She intends to _____ a political career.

v. to do something or attempt to attain something over time; to follow or seek someone or something, especially in trying to catch them

ANSWERS: 40. renowned, 41. essential, 42. lye, 43. individual, 44. struggle, 45. define, 46. eventually, 47. pursue

48. He _____ that she pay her debt to the last penny.

- v.* to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say

49. The path to a solid online _____ necessitates a high technical ability.

- n.* the fact or state that someone or something exists, occurs, or is present

50. As a _____ he helped me realize my career.

- n.* a person who helps and advises a younger or less experienced person over time, usually at work or school

51. I need to _____ this document before submitting it to my boss.

- v.* to prepare written material for publication by correcting, condensing, or otherwise modifying it

52. The _____ of the country is struggling due to the recent political instability.

- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

53. In an economically prosperous country, most male _____ is due to child support problems.

- n.* the act of killing yourself intentionally

54. Doctors are gradually coming around to the idea of using _____ medicines.

- n.* one of two or more available possibilities or choice

55. After his mother died, he got _____.

- adj.* sad and without any hope

ANSWERS: 48. insisted, 49. presence, 50. mentor, 51. edit, 52. economy, 53. suicide, 54. alternative, 55. depressed

56. The _____ beauty of the Grand Canyon took his breath away.

adj. going beyond the limits of ordinary experience or knowledge; surpassing the usual or expected; exalted or sublime

57. We gained various _____ by analyzing the vast amount of data owned by the company.

n. the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

58. It's notoriously challenging to _____ birth rates.

v. to state beforehand that something will happen in the future, mainly based on knowledge or experience

59. She struggled to _____ the children's reading habits.

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

60. After months of job searching, he felt _____ and unsure of his future.

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

61. 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

62. The _____ mystic preached a message of love and tolerance to his followers.

n. a follower or practitioner of Islam's mystical or ascetic branch, known as Sufism. Sufis emphasize the personal experience of God and spiritual growth through contemplation, prayer, and devotion

63. The phenomenon is _____ at optical wavelengths.

adj. impossible or nearly impossible to see

ANSWERS: 56. transcendent, 57. insights, 58. predict, 59. sustain, 60. hopeless, 61. narrative, 62. Sufi, 63. invisible

64. Health and _____ are, above all, gold.

n. the quality or state of being physically, or sometimes mentally, strong

65. 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

66. The company _____ the job candidate's application due to a lack of experience.

v. to refuse to accept, consider, or use something or someone

67. He is in general _____ under the surgeon.

n. a state of controlled, temporary loss of bodily sensation or awareness that is induced for medical purposes

68. He _____ the truth to plead not guilty.

v. to tell someone about something again or differently

69. The _____ leader promised his followers that they would achieve enlightenment if they followed his teachings.

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

70. The city is known for its impressive _____ and beautiful old buildings.

n. the art and science of designing and constructing buildings

71. She received special _____ training at the hospital.

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

ANSWERS: 64. strength, 65. relations, 66. rejected, 67. anesthesia, 68. retells, 69. cult, 70. architecture, 71. clinical

72. The rolling _____ was a large, open area of high ground covered with heather.
n. a large area of open country, typically on high ground, covered with rough grass or heath, especially in Britain
73. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
74. The girl _____ a garland for her friend.
v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
75. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
76. The _____ at the market sold the freshest produce I have ever tasted.
n. a person or company that sells goods or services
77. You must _____ and struggle on the court to win an acquittal.
v. to cause someone to move quickly by pushing them in a rough, aggressive way
78. I watched him _____ through the difficult math problem, unable to find a solution.
v. to struggle or stumble awkwardly; to move or act clumsily or in confusion; to be in a difficult or uncertain situation
79. He cast _____ glances behind her.
adj. worried and nervous
80. The drought _____ the prices of grain globally.
v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

ANSWERS: 72. moor, 73. obsessed, 74. weaves, 75. therapy, 76. vendor, 77. hustle, 78. flounder, 79. anxious, 80. lifted

81. We _____ to achieve more wages and safer working conditions.
- v.* to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
82. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
83. The mobile application industry is _____ changing.
- adv.* all the time
84. It was the first time for her, but she _____ the role of Priest.
- v.* to meet the requirements or expectations; to achieve or realize
85. He never _____ his fault.
- v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
86. She falls over _____ when she sees her mother-in-law.
- adv.* at, to, or toward the direction or place that is behind or rear
87. The school _____ worked tirelessly to keep the building clean and maintained for the students and faculty.
- n.* a person who is responsible for the care and maintenance of a building, institution, or collection; a guardian or keeper of something valuable or important
88. These birds can only _____ in temperate climates.
- v.* to live or exist despite a dangerous event or period

ANSWERS: 81. strike, 82. wisdom, 83. constantly, 84. fulfilled, 85. acknowledged, 86. backward, 87. custodian, 88. survive

89. He saw his time in prison as an opportunity for _____.
- n.* the act of saving or being saved from sin, error, or evil, or the process of regaining or earning something of value
90. Many employers hire _____ trainees to train as managers.
- n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
91. On three sides, mountains _____ the settlement.
- v.* to be all around something or somebody
92. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
93. She is a talented _____ who has been recognized for her work.
- n.* a person who writes poetry
94. The recent economic downturn has resulted in _____ layoffs.
- adj.* enormous amount; very heavy and solid
95. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
96. The venom from the snake bite _____ his arm.
- v.* to cause a person or part of the body to become unable to move or feel

ANSWERS: 89. redemption, 90. graduate, 91. surround, 92. contribute, 93. poet, 94. massive, 95. meditation, 96. paralyzed

97. She was skilled in _____ techniques, such as using different voices for other characters.

n. the act or art of narrating or writing stories

98. Her research team made an important _____.

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

99. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

100. The nobler, the more _____.

adj. having or showing a modest or low estimate of one's quality or importance

101. He _____ a branch from a tree quickly.

v. to break or separate something by cutting, especially suddenly and forcibly

102. It is challenging to defend every _____ target.

adj. imaginable or possible to understand or believe in the mind

103. She was a _____ student of a prestigious university.

adj. having received a degree from a school, college, or university; marked with or divided into levels or degrees

104. We will explain the countermeasure concerning this problem _____.

adv. after the time mentioned

ANSWERS: 97. storytelling, 98. discovery, 99. spiritual, 100. humble, 101. severed, 102. conceivable, 103. graduated, 104. afterward

105. In several countries, child _____ is a serious social problem.

- n.* productive work, especially physical work done for wages; the people who do manual or physical work in a country or company for wage; (verb) to work hard or to strive and make an effort to reach a goal

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

- adj.* able to withstand or recover quickly from difficult conditions

107. The investigation _____ several government agencies and is expected to take several months.

- v.* to include or affect someone or something as a necessary part of something else

108. The publisher will proofread most of this manuscript for _____.

- n.* the quality of being coherent and understandable; the quality of transparency or purity

109. The new policy aims to _____ the use of renewable energy sources.

- v.* to establish or make something a part of an institution (= a place such as a university, hospital, etc.)

110. Volunteering for a _____ cause is important for building a sense of community.

- adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration

111. She couldn't stop _____ on her nails.

- v.* to bite or chew on something persistently or nervously; to wear away at something gradually

ANSWERS: 105. labor, 106. resilient, 107. involves, 108. clarity, 109. institutionalize, 110. worthwhile, 111. gnawing

112. The new driver struggled to keep a firm grip on the _____ as the horse bolted.
- n.* a long, narrow strap attached to a horse's bit, used to control the animal while riding; a means of controlling or limiting something or someone's actions and behavior; (verb) to control or restrain something, especially something that is becoming excessive or out of control
113. The leaves began to _____ around in the windy weather.
- v.* to spin or turn rapidly; to move or be moved quickly in a circular manner; (noun) a spinning or rotating movement, often rapid or chaotic in nature
114. She repeated her personal _____ to herself to stay motivated.
- n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
115. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
116. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use
117. My memory will _____ but my heart will live on.
- v.* to vanish; to fade away; to lose color; to lose freshness
118. 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: 112. rein, 113. whirl, 114. mantra, 115. associate, 116. Communal, 117. fade, 118. suffers