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Martin Pistorius: How my mind came back to life - and no one knew | TED Talk

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

Advanced Words Only

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Session 1: Word List

entomb

v. to place or bury a person or object in a tomb or grave; to trap or enclose someone or something within a confined space

synonym : bury, tomb, inter

(1) **entomb** a body, (2) **entomb** the pharaoh

The ancient burial site **entombs** the remains of long-lost civilizations.

chrysalis

n. the pupa or the hardened protective case that encloses and shelters a transforming insect, such as a butterfly or moth, during its metamorphosis from larva to adult

synonym : cocoon, pupa, metamorphosis

(1) **chrysalis** stage, (2) emerge from **chrysalis**

The caterpillar spun a protective **chrysalis** around itself before transforming into a butterfly.

stark

adj. empty, simple, or apparent; devoid of any qualifications

synonym : crude, blunt, desolate

(1) **stark** landscape, (2) **stark** truth

The scenery of the battlefield was **stark** and grey.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym : squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

stifle

v. to suppress or restrain something, particularly a feeling, emotion, or action; to suffocate or prevent proper breathing or ventilation

synonym : smother, suppress, suffocate

(1) **stifle** a laugh, (2) **stifle** creativity

The oppressive regime tried to **stifle** free speech and dissent.

muted

adj. having a subdued or softened sound, color, or tone; restrained or understated in expression or style

synonym : dull, hushed, muffled

(1) **muted** light, (2) **muted** sound

The toned-down, **muted** colors in the living room gave it a cozy and relaxed feeling.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym : helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization

During the hurricane, we felt **powerless** against the winds and rain.

rerun

n. the act of repeating or replaying a previously aired episode of a television show or a past event or performance; (verb) to broadcast or play again an item, especially a television or radio program; to run a race or other sporting event again

synonym : repeat, replay, re-airing

(1) **rerun** episode, (2) **rerun** of a TV show

I missed the episode of my favorite show, so I hope they will air a **rerun** soon.

jolly

adj. happy and lively

synonym : cheerful, happy, merry

(1) a **jolly** laugh, (2) **jolly** evening
He was in a **jolly** mood and sang a happy tune.

devoid

adj. completely lacking or free from something
synonym: empty, lacking, void

(1) **devoid** of life, (2) air **devoid** of pollution
The room was **devoid** of any furniture or decorations.

disbelief

n. the feeling of not being able to believe or accept that something is true or real
synonym: doubt, mistrust, incredulity

(1) **disbelief** in the authority, (2) ask in **disbelief**
His reaction was one of complete **disbelief**.

confuse

v. to mistake one thing for another; to make somebody hard to understand
synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality
Her remarks **confused** the debate.

worthless

adj. having no value or usefulness; not worth considering
synonym: valueless, useless, pointless

(1) **worthless** stock, (2) **worthless** coin
The product was found to be **worthless** as it failed to meet the customer's expectations.

caretaker

n. a person employed to take care of a large building such as a school and who deals with the cleaning, repairs, etc.; a person employed to look after a house or land while the owner is away
synonym: custodian, caregiver

(1) welfare **caretaker**, (2) the role of **caretaker**
He acted as a **caretaker** until a new president was elected.

grieve

v. to feel or show great sadness or sorrow, especially for someone who has died
synonym: mourn, lament, sorrow

(1) **grieve** for loss, (2) **grieve** at the sad news
She **grieved** the loss of her parents.

abyss

n. a deep, dark, or seemingly bottomless chasm or void
synonym: chasm, cavity, gulf

(1) the **abyss** of time, (2) an **abyss** of hopelessness
The deep sea is an **abyss** of mystery and discovery.

fleeting

adj. brief or temporary, lasting only a short time
synonym: temporary, brief, transitory

(1) for a **fleeting** moment, (2) **fleeting** opportunity
She savored the **fleeting** happiness she felt during the vacation.

monotony

n. a situation in which something unchanging and boring
synonym: boredom, tedium, sameness

(1) the **monotony** of the daily routine, (2) break the **monotony**

The **monotony** of the assembly line work made the days feel very long.

intricate

adj. having many different parts and small details that all work together

synonym: complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

aroma

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

synonym: fragrance, scent, smell

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

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

intuition

n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

synonym:

instinct, gut feeling, sixth sense

(1) creative **intuition**, (2) **intuition** research

Some studies suggest that people's **intuitions** can be influenced by their experiences and biases.

augment

v. to increase the size, extent, quantity, etc. of something by adding something to it

synonym: boost, increase, expand

(1) **augment** the reality, (2) **augment** immunity

Economic factors and monetary policy **augmented** inflation.

exhilarating

adj. making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill

synonym: thrilling, exciting, stimulating

(1) an **exhilarating** drink, (2) **exhilarating** view

Bungee jumping was an **exhilarating** experience that left me shaking with adrenaline.

photocopy

n. a duplicate of a document or image made by a process involving the use of light and photosensitive material; a copy made by a photocopier

synonym: duplicate, reproduction

(1) **photocopy** machine, (2) color **photocopy**

I need to make a **photocopy** of this document before I send it out.

frightening

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

synonym: scary, terrifying, alarming

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

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

resigned

adj. having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances

synonym: submissive, acquiescent, passive

(1) with a **resigned** voice, (2) **resigned** to their fate
She had a **resigned** look on her face when she realized that she had lost the race.

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.

comprehend

v. to understand the nature or meaning of something fully
synonym: understand, grasp, apprehend

(1) **comprehend** English, (2) **comprehend** instructions
She struggled to **comprehend** complex math problems.

reshape

v. to change the form or structure of something
synonym: alter, adjust, modify

(1) **reshape** education policy, (2) **reshape** my thoughts
The advent of the Internet completely **reshaped** the manufacturing industry.

preconceived

adj. (of an idea or opinion) formed beforehand, especially without evidence for its truth or usefulness

(1) a **preconceived** notion, (2) **preconceived** opinions
We should start a discussion from scratch with no **preconceived** ideas.

compassionate

adj. feeling or showing sympathy and concern for the suffering or bad luck of others

synonym: empathetic, sympathetic, merciful

(1) a **compassionate** heart, (2) **compassionate** leave
My father has a serious and **compassionate** personality.

inanimate

adj. not having life or spirit; not animate

synonym: lifeless, inert, passive

(1) **inanimate** nature, (2) **inanimate** matter

The **inanimate** object was not capable of movement or feeling.

mindless

adj. lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed

synonym: senseless, thoughtless, irresponsible

(1) **mindless** task, (2) **mindless** entertainment

Mindless scrolling on social media can be a time waster.

phantom

n. a ghost or a spirit of a dead person; something existing only in your imagination or perception

synonym: ghost, spirit, apparition

(1) a **phantom** company, (2) **phantom** limb pain

The police frantically searched for clues to the **phantom** killer.

nonverbal

adj. not involving or using spoken or written language; communicated through body language, facial expression, or other means besides language

synonym: silent, mute, unspoken

(1) **nonverbal** communication, (2) **nonverbal** signal

Many communication skills rely on **nonverbal** cues such as body language and facial expressions.

whisper

v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you

synonym: murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves

He took me aside and **whispered** in my ear.

Session 2: Spelling

- | | |
|----------------------------------|--|
| 1. po_____ss in the organization | <i>adj.</i> lacking power, strength, or authority; unable to act or affect change |
| 2. ph_____py machine | <i>n.</i> a duplicate of a document or image made by a process involving the use of light and photosensitive material; a copy made by a photocopier |
| 3. gr___e at the sad news | <i>v.</i> to feel or show great sadness or sorrow, especially for someone who has died |
| 4. de___d of life | <i>adj.</i> completely lacking or free from something |
| 5. the ab__s of time | <i>n.</i> a deep, dark, or seemingly bottomless chasm or void |
| 6. co_____e the listener | <i>v.</i> to mistake one thing for another; to make somebody hard to understand |
| 7. mu__d light | <i>adj.</i> having a subdued or softened sound, color, or tone; restrained or understated in expression or style |
| 8. re_____ed to their fate | <i>adj.</i> having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances |
| 9. mu__d sound | <i>adj.</i> having a subdued or softened sound, color, or tone; restrained or understated in expression or style |
| 10. in_____te details | <i>adj.</i> having many different parts and small details that all work together |

ANSWERS: 1. powerless, 2. photocopy, 3. grieve, 4. devoid, 5. abyss, 6. confuse, 7. muted, 8. resigned, 9. muted, 10. intricate

11. en___b the pharaoh *v.* to place or bury a person or object in a tomb or grave; to trap or enclose someone or something within a confined space
12. st__k truth *adj.* empty, simple, or apparent; devoid of any qualifications
13. color ph_____py *n.* a duplicate of a document or image made by a process involving the use of light and photosensitive material; a copy made by a photocopier
14. ar__a therapy *n.* a distinctive, usually pleasant smell, often of a specific food, plant, or object
15. an exh_____ing drink *adj.* making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill
16. no_____al communication *adj.* not involving or using spoken or written language; communicated through body language, facial expression, or other means besides language
17. the role of ca_____er *n.* a person employed to take care of a large building such as a school and who deals with the cleaning, repairs, etc.; a person employed to look after a house or land while the owner is away
18. wo_____ss stock *adj.* having no value or usefulness; not worth considering
19. ph_____m limb pain *n.* a ghost or a spirit of a dead person; something existing only in your imagination or perception

ANSWERS: 11. entomb, 12. stark, 13. photocopy, 14. aroma, 15. exhilarating, 16. nonverbal, 17. caretaker, 18. worthless, 19. phantom

20. au____t immunity
v. to increase the size, extent, quantity, etc. of something by adding something to it
21. a pre____ved notion
adj. (of an idea or opinion) formed beforehand, especially without evidence for its truth or usefulness
22. welfare ca____er
n. a person employed to take care of a large building such as a school and who deals with the cleaning, repairs, etc.; a person employed to look after a house or land while the owner is away
23. in____te lacework
adj. having many different parts and small details that all work together
24. gr___e for loss
v. to feel or show great sadness or sorrow, especially for someone who has died
25. mi____ss task
adj. lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
26. a ph____m company
n. a ghost or a spirit of a dead person; something existing only in your imagination or perception
27. re__n of a TV show
n. the act of repeating or replaying a previously aired episode of a television show or a past event or performance; (verb) to broadcast or play again an item, especially a television or radio program; to run a race or other sporting event again
28. wo____ss coin
adj. having no value or usefulness; not worth considering

ANSWERS: 20. augment, 21. preconceived, 22. caretaker, 23. intricate, 24. grieve, 25. mindless, 26. phantom, 27. rerun, 28. worthless

29. in_____te nature *adj.* not having life or spirit; not animate
30. ask in di_____ef *n.* the feeling of not being able to believe or accept that something is true or real
31. creative in_____on *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
32. com_____nd instructions *v.* to understand the nature or meaning of something fully
33. a jo__y laugh *adj.* happy and lively
34. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
35. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
36. with a re_____ed voice *adj.* having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances
37. com_____ate leave *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
38. jo__y evening *adj.* happy and lively
39. st___e a laugh *v.* to suppress or restrain something, particularly a feeling, emotion, or action; to suffocate or prevent proper breathing or ventilation

ANSWERS: 29. inanimate, 30. disbelief, 31. intuition, 32. comprehend, 33. jolly, 34. whisper, 35. misconception, 36. resigned, 37. compassionate, 38. jolly, 39. stifle

40. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
41. di_____ef in the authority *n.* the feeling of not being able to believe or accept that something is true or real
42. au_____t the reality *v.* to increase the size, extent, quantity, etc. of something by adding something to it
43. po_____ss position *adj.* lacking power, strength, or authority; unable to act or affect change
44. st___e creativity *v.* to suppress or restrain something, particularly a feeling, emotion, or action; to suffocate or prevent proper breathing or ventilation
45. in_____on research *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
46. exh_____ing view *adj.* making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill
47. mi_____ss entertainment *adj.* lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
48. no_____al signal *adj.* not involving or using spoken or written language; communicated through body language, facial expression, or other means besides language

ANSWERS: 40. constrict, 41. disbelief, 42. augment, 43. powerless, 44. stifle, 45. intuition, 46. exhilarating, 47. mindless, 48. nonverbal

49. com_____nd English *v.* to understand the nature or meaning of something fully
50. a com_____ate heart *adj.* feeling or showing sympathy and concern for the suffering or bad luck of others
51. for a fl_____ng moment *adj.* brief or temporary, lasting only a short time
52. re_____e education policy *v.* to change the form or structure of something
53. pre_____ved opinions *adj.* (of an idea or opinion) formed beforehand, especially without evidence for its truth or usefulness
54. emerge from ch_____is *n.* the pupa or the hardened protective case that encloses and shelters a transforming insect, such as a butterfly or moth, during its metamorphosis from larva to adult
55. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
56. st__k landscape *adj.* empty, simple, or apparent; devoid of any qualifications
57. in_____te matter *adj.* not having life or spirit; not animate
58. coffee ar__a *n.* a distinctive, usually pleasant smell, often of a specific food, plant, or object
59. fl_____ng opportunity *adj.* brief or temporary, lasting only a short time
60. the mo_____ny of the daily routine *n.* a situation in which something unchanging and boring

ANSWERS: 49. comprehend, 50. compassionate, 51. fleeting, 52. reshape, 53. preconceived, 54. chrysalis, 55. misconception, 56. stark, 57. inanimate, 58. aroma, 59. fleeting, 60. monotony

61. fri_____ng experience *adj.* causing fear or alarm, or very surprising and alarming
62. re__n episode *n.* the act of repeating or replaying a previously aired episode of a television show or a past event or performance; (verb) to broadcast or play again an item, especially a television or radio program; to run a race or other sporting event again
63. break the mo_____ny *n.* a situation in which something unchanging and boring
64. the wh_____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
65. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
66. cast fri_____ng eyes *adj.* causing fear or alarm, or very surprising and alarming
67. re_____e my thoughts *v.* to change the form or structure of something
68. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
69. an ab__s of hopelessness *n.* a deep, dark, or seemingly bottomless chasm or void
70. air de___d of pollution *adj.* completely lacking or free from something
71. ch_____is stage *n.* the pupa or the hardened protective case that encloses and shelters a transforming insect, such as a butterfly or moth, during its metamorphosis from larva to adult

ANSWERS: 61. frightening, 62. rerun, 63. monotony, 64. whisper, 65. confuse, 66. frightening, 67. reshape, 68. constrict, 69. abyss, 70. devoid, 71. chrysalis

72. en___b a body

v. to place or bury a person or object in a tomb or grave; to trap or enclose someone or something within a confined space

ANSWERS: 72. entomb

Session 3: Fill in the Blanks

1. The product was found to be _____ as it failed to meet the customer's expectations.

adj. having no value or usefulness; not worth considering

2. The snake's muscles began to _____ around its prey.

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

3. She had a _____ look on her face when she realized that she had lost the race.

adj. having accepted something unpleasant or difficult, particularly a job or situation, without complaint or resistance; accepting one's fate or circumstances

4. The scenery of the battlefield was _____ and grey.

adj. empty, simple, or apparent; devoid of any qualifications

5. Economic factors and monetary policy _____ inflation.

v. to increase the size, extent, quantity, etc. of something by adding something to it

6. The _____ of the assembly line work made the days feel very long.

n. a situation in which something unchanging and boring

7. Bungee jumping was an _____ experience that left me shaking with adrenaline.

adj. making one feel very happy and lively; invigorating; providing a feeling of excitement or thrill

ANSWERS: 1. worthless, 2. constrict, 3. resigned, 4. stark, 5. augmented, 6. monotony, 7. exhilarating

8. The _____ of freshly baked bread filled the kitchen.
n. a distinctive, usually pleasant smell, often of a specific food, plant, or object
9. We should start a discussion from scratch with no _____ ideas.
adj. (of an idea or opinion) formed beforehand, especially without evidence for its truth or usefulness
10. Some studies suggest that people's _____ can be influenced by their experiences and biases.
n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
11. He took me aside and _____ in my ear.
v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
12. The oppressive regime tried to _____ free speech and dissent.
v. to suppress or restrain something, particularly a feeling, emotion, or action; to suffocate or prevent proper breathing or ventilation
13. The toned-down, _____ colors in the living room gave it a cozy and relaxed feeling.
adj. having a subdued or softened sound, color, or tone; restrained or understated in expression or style
14. The ancient burial site _____ the remains of long-lost civilizations.
v. to place or bury a person or object in a tomb or grave; to trap or enclose someone or something within a confined space

ANSWERS: 8. aroma, 9. preconceived, 10. intuitions, 11. whispered, 12. stifle, 13. muted, 14. entombs

15. I need to make a _____ of this document before I send it out.
n. a duplicate of a document or image made by a process involving the use of light and photosensitive material; a copy made by a photocopier
16. She _____ the loss of her parents.
v. to feel or show great sadness or sorrow, especially for someone who has died
17. He acted as a _____ until a new president was elected.
n. a person employed to take care of a large building such as a school and who deals with the cleaning, repairs, etc.; a person employed to look after a house or land while the owner is away
18. The advent of the Internet completely _____ the manufacturing industry.
v. to change the form or structure of something
19. _____ scrolling on social media can be a time waster.
adj. lacking in awareness, thought, or attention; done without thinking or consideration; pointless or empty-headed
20. The politician managed to deal with that _____ issue.
adj. having many different parts and small details that all work together
21. During the hurricane, we felt _____ against the winds and rain.
adj. lacking power, strength, or authority; unable to act or affect change
22. He was in a _____ mood and sang a happy tune.
adj. happy and lively
23. The _____ object was not capable of movement or feeling.
adj. not having life or spirit; not animate

ANSWERS: 15. photocopy, 16. grieved, 17. caretaker, 18. reshaped, 19. Mindless, 20. intricate, 21. powerless, 22. jolly, 23. inanimate

24. The police frantically searched for clues to the _____ killer.
n. a ghost or a spirit of a dead person; something existing only in your imagination or perception
25. His reaction was one of complete _____.
n. the feeling of not being able to believe or accept that something is true or real
26. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
27. My father has a serious and _____ personality.
adj. feeling or showing sympathy and concern for the suffering or bad luck of others
28. The deep sea is an _____ of mystery and discovery.
n. a deep, dark, or seemingly bottomless chasm or void
29. 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
30. Many communication skills rely on _____ cues such as body language and facial expressions.
adj. not involving or using spoken or written language; communicated through body language, facial expression, or other means besides language
31. The news of the pandemic was a _____ reminder of the fragility of human health.
adj. causing fear or alarm, or very surprising and alarming

ANSWERS: 24. phantom, 25. disbelief, 26. confused, 27. compassionate, 28. abyss, 29. misconceptions, 30. nonverbal, 31. frightening

32. She struggled to _____ complex math problems.

v. to understand the nature or meaning of something fully

33. She savored the _____ happiness she felt during the vacation.

adj. brief or temporary, lasting only a short time

34. I missed the episode of my favorite show, so I hope they will air a _____ soon.

n. the act of repeating or replaying a previously aired episode of a television show or a past event or performance; (verb) to broadcast or play again an item, especially a television or radio program; to run a race or other sporting event again

35. The caterpillar spun a protective _____ around itself before transforming into a butterfly.

n. the pupa or the hardened protective case that encloses and shelters a transforming insect, such as a butterfly or moth, during its metamorphosis from larva to adult

36. The room was _____ of any furniture or decorations.

adj. completely lacking or free from something

ANSWERS: 32. comprehend, 33. fleeting, 34. rerun, 35. chrysalis, 36. devoid