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Vocabulary Builder Reference from...

Kelli Jean Drinkwater: Enough with the fear of fat |

TED Talk

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

Advanced Words Only

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Session 1: Word List

industrious

adj. hardworking, diligent, and persistent in effort

synonym : diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

undeniable

adj. not possible to deny; true or certain

synonym : absolute, definite, indubitable

(1) an **undeniable** fact, (2) an **undeniable** masterpiece

Her influence on teenagers is **undeniable**.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym : unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

lowercase

n. a letter or typeface that is small in size and typically sits below the baseline of a line of text; opposite of uppercase

synonym : small letters, minuscule

(1) **lowercase** alphabet, (2) change to **lowercase**

Please type your password in all **lowercase** letters.

mutter

v. to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath

synonym : grumble, mumble, complain

(1) **mutter** in a low voice, (2) **mutter** to myself

He **muttered** under his breath about the job relocation.

cuddle

v. to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something

synonym : embrace, snuggle, hug

(1) **cuddle** buddy, (2) **cuddle** up with a book

I love to **cuddle** with my dog on the couch after a long day.

voluptuous

adj. having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way

synonym : curvaceous, shapely, buxom

(1) **voluptuous** curves, (2) **voluptuous** beauty

The actress had a **voluptuous** figure that was admired by many.

curvaceous

adj. having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form

synonym : curved, shapely, voluptuous

(1) **curvaceous** figure, (2) **curvaceous** design

The fashion magazine featured a **curvaceous** model on its cover, celebrating body diversity.

unthinkable

adj. too unlikely or shocking to imagine or accept

synonym : impossible, inconceivable, outlandish

(1) an **unthinkable** coincidence, (2) in **unthinkable** trouble

That accident was something **unthinkable** with my long experience.

ditto

adv. used to indicate that the same thing mentioned previously is true again; in the same way; (noun) a symbol that means "the same as above" or "repeat," often used in lists or tables to indicate that a previous item or value should be repeated

synonym: likewise, also, as well

(1) said **ditto**, (2) **ditto** on that

I loved the first book in the series, so I'm hoping the second one will be just as good - **ditto** for the third.

consciously

adv. with awareness; in a deliberate manner

synonym: intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**

He **consciously** criticizes her in the publicity.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

insidious

adj. tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

synonym: sly, cunning, subtle

(1) **insidious** plot, (2) **insidious** behavior

The disease has an **insidious** onset, making it difficult to diagnose.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym: fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

oppress

v. to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights,

etc. as other people

synonym : antagonize, distress, burden

(1) **oppress** the minority, (2) **oppress** the people with force
Historically, many countries have often **oppressed** certain religions to gain the support of the majority of the population.

patriarchy

n. a social system in which men hold primary power and predominate in roles of political leadership, moral authority, and control of a property

synonym : male-dominated society, male domination

(1) **patriarchy** system, (2) ancient **patriarchy**

The feminist movement aims to challenge and dismantle **patriarchy** society and promote gender equality.

greedy

adj. having or showing an intense or insatiable desire for wealth, status, power, or food

synonym : avaricious, covetous, grasping

(1) **greedy** person, (2) **greedy** for money

His **greedy** behavior led him to steal from the company.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

irresponsible

adj. not showing a proper sense of responsibility; not reliable

synonym : careless, reckless, thoughtless

(1) **irresponsible** actions, (2) **irresponsible** behavior

It was **irresponsible** of him to drive home after drinking so much alcohol.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

synonym : inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

disdain

v. to look down on

synonym: scorn, despise, ridicule

(1) **disdain** the offer of a bribe, (2) **disdain** the policemen

Even in the Middle Ages, people **disdained** forced labor.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

sparkle

v. to emit or reflect bright flashes of light, especially with animation and joy

synonym: shine, glimmer, twinkle

(1) **sparkle** like a gem, (2) **sparkle** from receiving light

The diamond **sparkled** in the sunlight.

tulle

n. a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes

synonym: netting, mesh, lace

(1) sparkly **tulle**, (2) **tulle** skirt

The bride's dress was adorned with **tulle** and lace.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

glitter

v. to shine with bright, sparkling light; to reflect light in a way that sparkles and shines

synonym: sparkle, glisten, shine

(1) **glitter** against her skin, (2) **glitter** in her eyes

Her dress **glittered** in the sunlight as she walked down the street.

unpack

v. to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better

synonym: dissect, unwrap, unbox

(1) **unpack** a crate, (2) **unpack** a concept

I need to **unpack** my suitcase and put my clothes away.

deprogram

v. to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing

synonym: rehabilitate, unprogram, free

(1) **deprogram** cult members, (2) **deprogram** extremist views

The organization offered resources to help people **deprogram** from addiction.

delusion

n. a false belief or impression that is firmly held despite evidence to the contrary

synonym: hallucination, illusion, fantasy

(1) grand **delusion**, (2) labor under a **delusion**

He had a **delusion** that he was a millionaire.

apologetic

adj. feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something

synonym: sorry, regretful, remorseful

(1) **apologetic** tone, (2) **apologetic** letter

He was **apologetic** for being late to the meeting.

flourish

v. to grow or develop vigorously or successfully
synonym: boom, advance, succeed

(1) **flourish** economically, (2) **flourish** worldwide

The Ottoman Empire **flourished** for over five centuries.

well-being

n. the state of being happy and healthy and prosperous
synonym: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

facet

n. one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something

synonym: aspect, side, angle

(1) **facet** to a question, (2) important **facet**

The different **facets** of his personality make him a complex individual.

reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

synonym: recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

exposition

n. a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display

synonym: explanation, description, account

(1) an international **exposition**, (2) rational **exposition**

The **exposition** in the novel provides background information on the characters and setting.

quo

n. the existing state or condition of something, especially in relation to a particular situation or issue

synonym : status, condition, state

(1) status **quo** politician, (2) **quo** warranto

The company has been successful in maintaining the status **quo**.

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym : remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging
Knowledge is the **antidote** to fear.

hairstyle

n. the way in which a person's hair is cut, styled, or arranged on their head

synonym : hairdo, coiffure, haircut

(1) modern **hairstyle**, (2) bob **hairstyle**

My sister got a new **hairstyle** for her job interview.

prohibitive

adj. tending to or effectively preventing or inhibiting an action, choice, or possibility due to being too expensive, difficult, or unreasonable; serving as a deterrent or barrier

synonym : exorbitant, expensive, obstructive

(1) **prohibitive** cost, (2) **prohibitive** regulations

The **prohibitive** import tariff made it hard for the local market to offer competitive prices.

catwalk

n. a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations

synonym : runway, platform, ramp

(1) **catwalk** rehearsal, (2) fashion **catwalk**

The model strutted confidently down the **catwalk**, showcasing the designer's latest collection.

synchronize

v. to happen or cause to happen at the same time or rate

synonym : coordinate, accompany, harmonize

(1) **synchronize** movements, (2) **synchronize** our watches
The ball speed will increase when the lower body movements are perfectly **synchronized**.

defiant

adj. showing bold resistance or disobedience to authority, rules, or norms

synonym: rebellious, disobedient, insubordinate

(1) a **defiant** attitude, (2) **defiant** eye

The **defiant** student refused to follow the teacher's instructions and continued to talk during class.

flowery

adj. ornate, excessively decorative or embellished, having an overabundance of decorative features or unnecessary details; characterized by the excessive use of highly descriptive or poetic language

synonym: florid, ornate, elaborate

(1) **flowery** language, (2) **flowery** print

The garden was filled with **flowery** scents and colorful blooms.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym: underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

acclaim

n. praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly

synonym: praise, admiration, welcome

(1) **acclaim** the winner, (2) treated with royal **acclaim**

The actor's performance in the play earned her widespread **acclaim** from the theater community.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

skeptical

adj. doubting that something is accurate or useful

synonym : doubtful, distrustful, suspicious

(1) a **skeptical** attitude, (2) **skeptical** scientists

His religious and philosophical beliefs were utterly **skeptical**.

stamina

n. the physical or mental endurance and strength needed to sustain prolonged effort or activity; the ability to withstand fatigue, stress, or other challenges and continue functioning effectively

synonym : endurance, staying power, resilience

(1) **stamina** training, (2) lose **stamina**

The athlete's **stamina** was tested during the grueling triathlon.

skepticism

n. an attitude of doubting or questioning that claims or statements are true or valuable or that something will happen; the disbelief in any claims of ultimate knowledge

synonym : distrust, doubt, suspicion

(1) natural **skepticism**, (2) **skepticism** toward bureaucracy

This party expresses **skepticism** about the efficacy of the health insurance system.

rave

v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically

synonym : babble, freak out, be enthusiastic

(1) **rave** against the politician, (2) **rave** myself hoarse

You can rant and **rave** at the arrest, but you'll still have to accept it.

detract

v. to diminish the value or worth of a quality or performance

synonym : take away, draw away, diminish

(1) **detract** from quality of life, (2) **detract** from his fame
His terrible manners **detract** from his good character.

glorify

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

synonym: exalt, celebrate, honor

(1) **glorify** god, (2) **glorify** violence

Religious leaders often **glorify** their messengers to encourage people to follow their teachings.

daring

adj. brave and taking risks

synonym: audacious, bold, venturesome

(1) **daring** escape, (2) make a **daring** face

Her choices become increasingly **daring** and creative.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym: arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym: pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children

She **indulged** in a warm bath after a long day at work.

reluctance

n. a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking

synonym: hesitation, resistance, unwillingness

(1) overcoming **reluctance**, (2) **reluctance** in buying

The company's **reluctance** to invest in new technology kept them from competing with other businesses.

Session 2: Spelling

1. a sk_____al attitude *adj.* doubting that something is accurate or useful
2. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
3. cur_____us design *adj.* having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form
4. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
5. an und_____le masterpiece *adj.* not possible to deny; true or certain
6. vol_____us beauty *adj.* having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way
7. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
8. fa__t to a question *n.* one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something
9. cu___e up with a book *v.* to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something

ANSWERS: 1. skeptical, 2. flourish, 3. curvaceous, 4. unhealthy, 5. undeniable, 6. voluptuous, 7. underestimate, 8. facet, 9. cuddle

10. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
11. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
12. gr___y person *adj.* having or showing an intense or insatiable desire for wealth, status, power, or food
13. modern ha_____le *n.* the way in which a person's hair is cut, styled, or arranged on their head
14. da___g escape *adj.* brave and taking risks
15. un___k a concept *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
16. ancient pat_____hy *n.* a social system in which men hold primary power and predominate in roles of political leadership, moral authority, and control of a property
17. vol_____us curves *adj.* having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way
18. face rel_____ss pressure *adj.* persistent and determined; continuing despite difficulties or setbacks
19. in_____us behavior *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

ANSWERS: 10. opportune, 11. phobia, 12. greedy, 13. hairstyle, 14. daring, 15. unpack, 16. patriarchy, 17. voluptuous, 18. relentless, 19. insidious

20. fl____sh economically *v.* to grow or develop vigorously or successfully
21. in unt_____le trouble *adj.* too unlikely or shocking to imagine or accept
22. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
23. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
24. de_____am cult members *v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
25. syn_____ze movements *v.* to happen or cause to happen at the same time or rate
26. labor under a de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
27. di_____n the offer of a bribe *v.* to look down on
28. r__e myself hoarse *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
29. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
30. re_____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
31. treated with royal ac_____m *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly

ANSWERS: 20. flourish, 21. unthinkable, 22. carbohydrate, 23. well-being, 24. deprogram, 25. synchronize, 26. delusion, 27. disdain, 28. rave, 29. ingrained, 30. reclaim, 31. acclaim

32. gl____r against her skin *v.* to shine with bright, sparkling light; to reflect light in a way that sparkles and shines
33. cur_____us figure *adj.* having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form
34. ac____m the winner *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
35. apo_____ic tone *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
36. irr_____ble behavior *adj.* not showing a proper sense of responsibility; not reliable
37. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
38. rel_____ss attack *adj.* persistent and determined; continuing despite difficulties or setbacks
39. act con_____ly *adv.* with awareness; in a deliberate manner
40. tu__e skirt *n.* a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes
41. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
42. overcoming rel_____ce *n.* a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking

ANSWERS: 32. glitter, 33. curvaceous, 34. acclaim, 35. apologetic, 36. irresponsible, 37. consciously, 38. relentless, 39. consciously, 40. tulle, 41. determinant, 42. reluctance

43. a de____t attitude *adj.* showing bold resistance or disobedience to authority, rules, or norms
44. gr____y for money *adj.* having or showing an intense or insatiable desire for wealth, status, power, or food
45. ex____e the crowd *v.* to make someone feel suddenly enthusiastic or eager
46. de____t from his fame *v.* to diminish the value or worth of a quality or performance
47. de____t eye *adj.* showing bold resistance or disobedience to authority, rules, or norms
48. un____k a crate *v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
49. an unt____le coincidence *adj.* too unlikely or shocking to imagine or accept
50. the an____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
51. apo____ic letter *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
52. an und____le fact *adj.* not possible to deny; true or certain
53. pat____hy system *n.* a social system in which men hold primary power and predominate in roles of political leadership, moral authority, and control of a property

ANSWERS: 43. defiant, 44. greedy, 45. excite, 46. detract, 47. defiant, 48. unpack, 49. unthinkable, 50. antidote, 51. apologetic, 52. undeniable, 53. patriarchy

54. rel_____ce in buying *n.* a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking
55. in_____us plot *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
56. ca_____k rehearsal *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
57. irr_____ble actions *adj.* not showing a proper sense of responsibility; not reliable
58. st_____a training *n.* the physical or mental endurance and strength needed to sustain prolonged effort or activity; the ability to withstand fatigue, stress, or other challenges and continue functioning effectively
59. di_____n the policemen *v.* to look down on
60. pro_____ve cost *adj.* tending to or effectively preventing or inhibiting an action, choice, or possibility due to being too expensive, difficult, or unreasonable; serving as a deterrent or barrier
61. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
62. said di__o *adv.* used to indicate that the same thing mentioned previously is true again; in the same way; (noun) a symbol that means "the same as above" or "repeat," often used in lists or tables to indicate that a previous item or value should be repeated

ANSWERS: 54. reluctance, 55. insidious, 56. catwalk, 57. irresponsible, 58. stamina, 59. disdain, 60. prohibitive, 61. unhealthy, 62. ditto

63. change to lo_____se *n.* a letter or typeface that is small in size and typically sits below the baseline of a line of text; opposite of uppercase
64. ind_____us student *adj.* hardworking, diligent, and persistent in effort
65. cu___e buddy *v.* to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something
66. de_____am extremist views *v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
67. sp_____e like a gem *v.* to emit or reflect bright flashes of light, especially with animation and joy
68. di__o on that *adv.* used to indicate that the same thing mentioned previously is true again; in the same way; (noun) a symbol that means "the same as above" or "repeat," often used in lists or tables to indicate that a previous item or value should be repeated
69. op_____s the people with force *v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
70. grand de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
71. ev___e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind

ANSWERS: 63. lowercase, 64. industrious, 65. cuddle, 66. deprogram, 67. sparkle, 68. ditto, 69. oppress, 70. delusion, 71. evoke

72. mu___r in a low voice
v. to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
73. in_____ed prejudice
adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
74. und_____ate the probability
v. to think or suppose that a quantity, price, or size is smaller than it is
75. sparkly tu__e
n. a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes
76. in_____e in debauchery
v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
77. bob ha_____le
n. the way in which a person's hair is cut, styled, or arranged on their head
78. lose st_____a
n. the physical or mental endurance and strength needed to sustain prolonged effort or activity; the ability to withstand fatigue, stress, or other challenges and continue functioning effectively
79. natural ske_____sm
n. an attitude of doubting or questioning that claims or statements are true or valuable or that something will happen; the disbelief in any claims of ultimate knowledge
80. op_____s the minority
v. to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people

ANSWERS: 72. mutter, 73. ingrained, 74. underestimate, 75. tulle, 76. indulge, 77. hairstyle, 78. stamina, 79. skepticism, 80. oppress

81. de____t from quality of life *v.* to diminish the value or worth of a quality or performance
82. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
83. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
84. fashion ca____k *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
85. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
86. an international exp_____on *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
87. gl____r in her eyes *v.* to shine with bright, sparkling light; to reflect light in a way that sparkles and shines
88. pro_____ve regulations *adj.* tending to or effectively preventing or inhibiting an action, choice, or possibility due to being too expensive, difficult, or unreasonable; serving as a deterrent or barrier
89. status q_o politician *n.* the existing state or condition of something, especially in relation to a particular situation or issue

ANSWERS: 81. detract, 82. evoke, 83. opportune, 84. catwalk, 85. well-being, 86. exposition, 87. glitter, 88. prohibitive, 89. quo

90. rational exp_____on *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
91. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
92. in_____e children *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
93. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
94. q_o warranto *n.* the existing state or condition of something, especially in relation to a particular situation or issue
95. ph___a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
96. sk_____al scientists *adj.* doubting that something is accurate or useful
97. ske_____sm toward bureaucracy *n.* an attitude of doubting or questioning that claims or statements are true or valuable or that something will happen; the disbelief in any claims of ultimate knowledge
98. fl_____y print *adj.* ornate, excessively decorative or embellished, having an overabundance of decorative features or unnecessary details; characterized by the excessive use of highly descriptive or poetic language

ANSWERS: 90. exposition, 91. carbohydrate, 92. indulge, 93. industrious, 94. quo, 95. phobia, 96. skeptical, 97. skepticism, 98. flowery

99. important fa__t *n.* one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something
100. r__e against the politician *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
101. the an____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
102. lo_____se alphabet *n.* a letter or typeface that is small in size and typically sits below the baseline of a line of text; opposite of uppercase
103. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
104. re_____m a competitive position *v.* to take back something previously lost, given, or paid, or ask to have it back
105. syn_____ze our watches *v.* to happen or cause to happen at the same time or rate
106. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
107. gl_____y god *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 99. facet, 100. rave, 101. antidote, 102. lowercase, 103. determinant, 104. reclaim, 105. synchronize, 106. excite, 107. glorify

108. make a da___g face *adj.* brave and taking risks
109. mu___r to myself *v.* to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
110. fl____y language *adj.* ornate, excessively decorative or embellished, having an overabundance of decorative features or unnecessary details; characterized by the excessive use of highly descriptive or poetic language
111. sp_____e from receiving light *v.* to emit or reflect bright flashes of light, especially with animation and joy
112. gl____y violence *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 108. daring, 109. mutter, 110. flowery, 111. sparkle, 112. glorify

Session 3: Fill in the Blanks

1. I love to _____ with my dog on the couch after a long day.
 - v. to hold close and lovingly in one's arms, often for comfort or affection; to snuggle or nestle against someone or something
2. The Ottoman Empire _____ for over five centuries.
 - v. to grow or develop vigorously or successfully
3. One _____ of success is having a positive attitude and a strong work ethic.
 - n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
4. The ball speed will increase when the lower body movements are perfectly _____.
 - v. to happen or cause to happen at the same time or rate
5. They frequently _____ their abilities and felt inferior.
 - v. to think or suppose that a quantity, price, or size is smaller than it is
6. You can rant and _____ at the arrest, but you'll still have to accept it.
 - v. to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
7. Her dress _____ in the sunlight as she walked down the street.
 - v. to shine with bright, sparkling light; to reflect light in a way that sparkles and shines

ANSWERS: 1. cuddle, 2. flourished, 3. determinant, 4. synchronized, 5. underestimated, 6. rave, 7. glittered

8. I need to _____ my suitcase and put my clothes away.
- v.* to open and remove stored items from a container or package; to analyze or examine something in detail, often to clarify or understand it better
9. The _____ import tariff made it hard for the local market to offer competitive prices.
- adj.* tending to or effectively preventing or inhibiting an action, choice, or possibility due to being too expensive, difficult, or unreasonable; serving as a deterrent or barrier
10. The different _____ of his personality make him a complex individual.
- n.* one of the many aspects or sides of a subject or situation, especially when seen from different angles or perspectives; a particular feature or characteristic of something
11. Please type your password in all _____ letters.
- n.* a letter or typeface that is small in size and typically sits below the baseline of a line of text; opposite of uppercase
12. He _____ criticizes her in the publicity.
- adv.* with awareness; in a deliberate manner
13. Historically, many countries have often _____ certain religions to gain the support of the majority of the population.
- v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
14. Religious leaders often _____ their messengers to encourage people to follow their teachings.
- v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 8. unpack, 9. prohibitive, 10. facets, 11. lowercase, 12. consciously, 13. oppressed, 14. glorify

15. The garden was filled with _____ scents and colorful blooms.

adj. ornate, excessively decorative or embellished, having an overabundance of decorative features or unnecessary details; characterized by the excessive use of highly descriptive or poetic language

16. She _____ in a warm bath after a long day at work.

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

17. Sitting for long hours in front of the computer is considered _____.

adj. not conducive to good health; detrimental to physical or mental well-being

18. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

19. The _____ student refused to follow the teacher's instructions and continued to talk during class.

adj. showing bold resistance or disobedience to authority, rules, or norms

20. The diamond _____ in the sunlight.

v. to emit or reflect bright flashes of light, especially with animation and joy

21. The feminist movement aims to challenge and dismantle _____ society and promote gender equality.

n. a social system in which men hold primary power and predominate in roles of political leadership, moral authority, and control of a property

22. He was known to be very _____ and would often work late into the night.

adj. hardworking, diligent, and persistent in effort

ANSWERS: 15. flowery, 16. indulged, 17. unhealthy, 18. well-being, 19. defiant, 20. sparkled, 21. patriarchy, 22. industrious

23. The _____ in the novel provides background information on the characters and setting.
- n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
24. The organization offered resources to help people _____ from addiction.
- v.* to release someone from a restrictive or controlling ideology, belief system, or cult; to disabuse or undo the effects of indoctrination or brainwashing
25. Even in the Middle Ages, people _____ forced labor.
- v.* to look down on
26. That accident was something _____ with my long experience.
- adj.* too unlikely or shocking to imagine or accept
27. He was _____ for being late to the meeting.
- adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
28. Her fear of dogs was _____ after a traumatic experience in childhood.
- adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
29. You may be entitled to _____ some tax.
- v.* to take back something previously lost, given, or paid, or ask to have it back
30. The actress had a _____ figure that was admired by many.
- adj.* having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way

ANSWERS: 23. exposition, 24. deprogram, 25. disdained, 26. unthinkable, 27. apologetic, 28. ingrained, 29. reclaim, 30. voluptuous

31. The athlete's _____ was tested during the grueling triathlon.
- n.* the physical or mental endurance and strength needed to sustain prolonged effort or activity; the ability to withstand fatigue, stress, or other challenges and continue functioning effectively
32. The bride's dress was adorned with _____ and lace.
- n.* a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes
33. The actor's performance in the play earned her widespread _____ from the theater community.
- n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
34. He _____ under his breath about the job relocation.
- v.* to speak or say something quietly and in a low voice; to make complaining remarks or noises under one's breath
35. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
36. Her choices become increasingly _____ and creative.
- adj.* brave and taking risks
37. It was _____ of him to drive home after drinking so much alcohol.
- adj.* not showing a proper sense of responsibility; not reliable
38. I loved the first book in the series, so I'm hoping the second one will be just as good - _____ for the third.
- adv.* used to indicate that the same thing mentioned previously is true again; in the same way; (noun) a symbol that means "the same as above" or "repeat," often used in lists or tables to indicate that a previous item or value should be repeated

ANSWERS: 31. stamina, 32. tulle, 33. acclaim, 34. muttered, 35. opportune, 36.

daring, 37. irresponsible, 38. ditto

39. Knowledge is the _____ to fear.
- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
40. Foods high in _____ include bread, pasta, and rice.
- n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
41. His terrible manners _____ from his good character.
- v.* to diminish the value or worth of a quality or performance
42. This movie is likely to _____ strong emotions in the viewer.
- v.* to bring or recall a feeling, memory, or image into your mind
43. The company has been successful in maintaining the status ____.
- n.* the existing state or condition of something, especially in relation to a particular situation or issue
44. The fashion magazine featured a _____ model on its cover, celebrating body diversity.
- adj.* having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form
45. Her influence on teenagers is _____.
- adj.* not possible to deny; true or certain
46. The company's _____ to invest in new technology kept them from competing with other businesses.
- n.* a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking

ANSWERS: 39. antidote, 40. carbohydrates, 41. detract, 42. evoke, 43. quo, 44. curvaceous, 45. undeniable, 46. reluctance

47. She has a _____ of spiders and always avoids them.

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

48. The disease has an _____ onset, making it difficult to diagnose.

adj. tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

49. The athlete's _____ training paid off in the end.

adj. persistent and determined; continuing despite difficulties or setbacks

50. The model strutted confidently down the _____ showcasing the designer's latest collection.

n. a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations

51. His _____ behavior led him to steal from the company.

adj. having or showing an intense or insatiable desire for wealth, status, power, or food

52. His religious and philosophical beliefs were utterly _____.

adj. doubting that something is accurate or useful

53. This party expresses _____ about the efficacy of the health insurance system.

n. an attitude of doubting or questioning that claims or statements are true or valuable or that something will happen; the disbelief in any claims of ultimate knowledge

ANSWERS: 47. phobia, 48. insidious, 49. relentless, 50. catwalk, 51. greedy, 52. skeptical, 53. skepticism

54. The news of her promotion _____ her.

v. to make someone feel suddenly enthusiastic or eager

55. He had a _____ that he was a millionaire.

n. a false belief or impression that is firmly held despite evidence to the contrary

56. My sister got a new _____ for her job interview.

n. the way in which a person's hair is cut, styled, or arranged on their head

ANSWERS: 54. excited, 55. delusion, 56. hairstyle