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Vocabulary Builder Reference from...

Kelli Jean Drinkwater: Enough with the fear of fat |

TED Talk

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All Words

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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.

thrive

v. to grow vigorously; to make steady progress

synonym : bloom, flourish, prosper

(1) **thrive** in a society, (2) **thrive** on pressure

Without investment, a business cannot **thrive**.

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**.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

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.

surrounding

adj. that is near or around, or closely encircling something

synonym : circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

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.

harmless

adj. not able or not likely to cause damage or harm

synonym : benign, innocuous, inoffensive

(1) **harmless** in most people, (2) **harmless** substances

Most people thought of him as a **harmless** eccentric.

chubby

adj. having a plump or rounded body shape, often used to describe children or pets

synonym : fat, plump, corpulent

(1) **chubby** cheeks, (2) **chubby** arms

The **chubby** toddler waddled around the park, laughing and playing.

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.

sophisticated

adj. having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion

synonym : refined, cultured, worldly

(1) **sophisticated** look, (2) a **sophisticated** lifestyle

Marketing strategies are growing more **sophisticated**.

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.

hilarious

adj. extremely funny

synonym : funny, comical, amusing

(1) **hilarious** mistake, (2) a **hilarious** anecdote

The comedian's stand-up routine was **hilarious**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**
Skill and **confidence** are an unconquered army.

confident

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

synonym : certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark
I'm not **confident** in our victory.

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.

fashion

n. a style that is popular at a particular time or place; the state of being popular

synonym : style, manner, fad

(1) go out of **fashion**, (2) new **fashion** trends
That style is no longer in **fashion**.

conscious

adj. being aware of and able to respond to what is happening around you

synonym : aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded
He became **conscious** that he was being followed.

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.

slim

adj. having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited

synonym : slender, thin, lean

(1) **slim** chances, (2) **slim** margin

The **slim** laptop was easy to carry around and perfect for travel.

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.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

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.

renew

v. to begin or resume something again after an interruption

synonym : renovate, restore, revitalize

(1) **renew** a contract, (2) **renew** its corporate image

I have to **renew** my passport by the middle of September.

gym

n. a place equipped for exercise and other physical training

synonym : fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

membership

n. the state of belonging to a group, a club, an organization, etc.

synonym : belonging, enrollment, participation

(1) a **membership** fee, (2) **membership** in a stock exchange

My application for **membership** in the association was accepted.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**
Her **judgments** are consistently rational and sensible.

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.

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.

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.

systematic

adj. done or acting according to a determined set of systems or plans:

synonym: periodic, frequent, organized

(1) a **systematic** reformation, (2) **systematic** botany

Science is based on the **systematic** classification of experience.

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.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym : intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym : construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

capitalism

n. an economic system based on the private ownership of the means of production and their operation for profit

synonym : commercialism

(1) advance **capitalism**, (2) under the umbrella of **capitalism**

Capitalism also guarantees intellectual property rights and thus promotes innovation.

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.

racism

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

synonym: prejudice, discrimination, bias

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

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

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.

moral

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

synonym: honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

suspect

v. to consider anything to be actual or probable
synonym: assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick
The cops **suspected** him of being the killer.

universal

adj. existing or affecting everywhere or everyone
synonym: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design
The picture earned near- **universal** acclaim from critics.

responsible

adj. answerable or accountable for something within one's power, control, or management
synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

appetite

n. a natural desire or craving for food or drink; a strong desire or liking for something
synonym: hunger, appetite, craving

(1) **appetite** suppression, (2) loss of **appetite**

After a long hike, I had a huge **appetite** and devoured my meal in minutes.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
synonym: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

conversation

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

synonym : chat, discussion, dialogue

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

attitude

n. the way you think and feel about someone or something

synonym : mindset, perspective, philosophy

(1) **attitude** toward mistakes, (2) **attitude** control

She had the **attitude** that work was fun.

blame

v. to think or say that someone or something did something wrong or is responsible for something bad

synonym : condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

discriminate

v. to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

synonym : show prejudice, segregate, differentiate

(1) **discriminate** against women employees,

(2) **discriminate** between different things

You should not **discriminate** against minorities.

ant

n. a very small insect that lives under the ground or in a mound in highly organized groups

synonym : pismire, insect

(1) a white **ant**, (2) **ant** bite

We can find many large **ant** mounds in this area.

bias

n. a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment

synonym : inclination, partiality, predilection

(1) **bias** against a big company, (2) have a **bias** toward socialism

She researched gender **bias** in politics.

integral

adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

synonym : essential, fundamental, indispensable

(1) **integral** function, (2) **integral** component

Effective communication is an **integral** part of any successful team.

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.

contempt

n. the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn

synonym : scorn, disdain, disrespect

(1) display **contempt**, (2) below **contempt**

The defendant's **contempt** for the court and its authority was evident in his behavior.

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.

enormous

adj. extremely large or great

synonym : huge, giant, gigantic

(1) **enormous** amount, (2) **enormous** potential

Shakespeare's output of poetry was **enormous**.

deny

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

synonym : refute, reject, repudiate

(1) adamantly **deny** killing, (2) **deny** the allegations

He is still **denying** stealing the money from the cash register.

subscribe

v. to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program

synonym : sign up, enroll, register

(1) **subscribe** to the service, (2) **subscribe** a petition

I want to **subscribe** to the newsletter to stay up-to-date on industry news.

arbitrary

adj. based on chance, or individual whim rather than any reason

synonym : autocratic, dictatorial, whimsical

(1) **arbitrary** size and shape, (2) the **arbitrary** rule of a dictator

He collected data to avoid **arbitrary** decisions.

ballet

n. a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing

(1) a **ballet** enthusiast, (2) **ballet** lessons

She is a leading female classical **ballet** dancer

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

garage

n. a building or part of a building used to store a vehicle or vehicles, typically a car

synonym : carport, shed, barn

(1) electrical **garage** door, (2) **garage** repair

He parked his car in the private **garage**.

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.

exclude

v. to deny someone or something enter to a place or taking part in an activity

synonym: expel, ban, bar

(1) **exclude** a newcomer, (2) **exclude** all other possibilities

The cost for the trip **excludes** food and beverages.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym: acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

claim

- v. to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

synonym: assert, declare, maintain

(1) **claim** responsibility, (2) false **claim**

He wants to **claim** ownership of the abandoned property.

glorious

- adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor

synonym: exquisite, magnificent, majestic

(1) a **glorious** victory, (2) photo in **glorious** color

I choose a **glorious** death rather than a shameful life.

skip

- v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

synonym: bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

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.

acceptance

- n. the act of agreeing or approving, or the state of being agreed or approved

synonym: approval, recognition, acknowledgment

(1) a feeling of **acceptance**, (2) a letter of **acceptance**

The **acceptance** of diversity and inclusion is crucial for building a harmonious society.

mainstream

n. the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people

synonym: prevailing, average, common

(1) join the **mainstream**, (2) **mainstream** political beliefs

His thinking is **mainstream** in the country's culture.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

frustrate

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

isolate

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

synonym: separate, sequester, insulate

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

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

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.

roll

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

synonym : spin, swirl, wheel

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

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

abuse

n. the use of something in an incorrect or harmful manner

synonym : misuse, misconduct, vilification

(1) the problem of drug **abuse**, (2) victim of sexual **abuse**

Our company has an audit team that monitors directors for **abuse** of authority.

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.

fierce

adj. severe and violent in a way that is frightening

synonym : ferocious, convulsive, forceful

(1) **fierce** competition, (2) a **fierce** animal

The **fierce** thunders echoed across the plain.

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.

refuse

v. to show that one is not willing to do or accept something
synonym : turn down, deny, decline

(1) **refuse** a request, (2) **refuse** the company

My initial reaction was to **refuse**.

dominant

adj. more important, influential, or easy to notice than anything else of the same type

synonym : chief, predominant, prevailing

(1) achieve a **dominant** share, (2) **dominant** force

Her company soon won a **dominant** market share.

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.

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.

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.

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.

perceive

v. to become aware or conscious of something through the senses

synonym: sense, discern, feel

(1) **perceive** a threat, (2) **perceive** light

Australia is widely **perceived** as having low levels of corruption.

holistic

adj. relating to or dealing with the whole of something rather than just its parts

synonym: comprehensive, all-encompassing, total

(1) **holistic** education, (2) develop a **holistic** vision

The **holistic** approach to healthcare considers the person's physical, mental, and emotional well-being.

outdated

adj. no longer useful or valid because of being old-fashioned

synonym: obsolete, ancient, bygone

(1) become **outdated**, (2) **outdated** technology

We replaced **outdated** equipment to improve factory productivity.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

synonym: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

aspect

n. one part or feature of a situation, problem, subject, etc.
synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

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.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym: border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym: educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

countless

adj. too numerous to be counted or very many

synonym: innumerable, myriad, numerous

(1) **countless** hours, (2) answer **countless** questions

There are **countless** methods for dealing with stress.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

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.

crop

n. a plant that is cultivated in large amounts, particularly for food

synonym : output, produce, product

(1) **crop** field, (2) **crop** herbicide

Sow early for an early **crop**.

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.

flesh

n. the soft substance composing the body of a person or animal, as opposed to bones and other structures

synonym : meat, muscle, tissue

(1) grow in **flesh**, (2) **flesh** eating

The **flesh** of the fruit is sweet and juicy.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym : player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

marathon

n. a long-distance race of 42.195 kilometers

synonym : endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a personal best time.

yoga

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

synonym : meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

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

firm

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

synonym : stable, secure, steadfast

(1) **firm** grip, (2) accounting **firm**

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

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.

gorgeous

adj. wonderful and attractive

synonym : beautiful, stunning, attractive

(1) a **gorgeous** meal, (2) **gorgeous** sunset

She wore a **gorgeous** dress to the party, which everyone admired.

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.

tattoo

n. a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design

synonym : emblem, symbol

(1) a **tattoo** artist, (2) a person who has a **tattoo**

Any activity on the Internet will be stored as a digital **tattoo** for life.

contour

n. the outline of its shape or form; a line drawn on a map connecting points of equal height

synonym : outline, silhouette, shape

(1) the **contour** of the earth's surface, (2) **contour** lines

The **contour** of the Atlantic coast of America is very complicated.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

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.

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.

engaging

adj. attracting, pleasant, or charming

synonym : alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

fatty

adj. containing a lot of fat

synonym : greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

suppose

v. to think that something is likely to be actual or possible

synonym : guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

inviting

adj. having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate

synonym : attractive, tempting, alluring

(1) **inviting** scent, (2) **inviting** atmosphere

The **inviting** aroma of freshly baked bread drew me into the bakery.

thread

n. a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching

synonym: filament, string, yarn

(1) **thread** a catheter, (2) start a new **thread**

The detective followed a **thread** of clues which ultimately led to the suspect's arrest.

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.

prominent

adj. important, well-known, or noticeable

synonym: notable, distinguished, prominent

(1) **prominent** figure, (2) play a **prominent** role

The media frequently interviewed **prominent** scientists.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym: abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

artistic

adj. of or relating to art or artist; satisfying aesthetic standards and sensibilities

synonym: beautiful, aesthetic, creative

(1) an **artistic** photograph, (2) cultural and **artistic** activity

Promising entrepreneurs often have a high **artistic** sensibility.

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.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym: intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike

Honesty is an **inherent** quality that everyone should strive to possess.

champion

n. someone who has won first place in a competition; someone who fights for a specific group of people or a belief

synonym: victor, winner, fighter

(1) a **champion** of peace, (2) the grand **champion**

The **champion** bicyclist outrode all his competitors.

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.

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.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym : achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

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.

collaboration

n. the act or situation of working together to create or produce something

synonym : affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

vary

v. to become different in terms of size, shape, etc.

synonym : alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price

Maximum heart rates **vary** a lot for each individual.

authentic

adj. known to be real and what people say it is; not a fake or copy

synonym : genuine, bona fide, original

(1) an **authentic** signature, (2) the sets were meticulously **authentic**

The stages of the play were meticulously **authentic**

prestigious

adj. having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

synonym : esteemed, renowned, eminent

(1) **prestigious** award, (2) **prestigious** event

The academy is known for its **prestigious** faculty and rigorous curriculum.

controversial

adj. causing a lot of hot public discussion and dispute

synonym : contentious, disputed, questionable

(1) **controversial** book, (2) **controversial** policy

The issue of the death penalty is highly **controversial**.

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.

festival

n. a celebration or event, usually marking a particular religious or cultural occasion, often involving processions, music, dancing, and the performance of plays or other artistic works

synonym: fair, holiday, celebration

(1) **festival** attendee, (2) international film **festival**

The music **festival** attracts visitors from all over the world.

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.

award

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

synonym: prize, honor, accolade

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

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

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym: throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

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.

confront

v. to face, meet or deal with a problem or difficult situation or person

synonym: engage, encounter, contend

(1) **confront** a global warming, (2) **confront** the issue

He finally decided to **confront** problems directly.

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.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

synonym: overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym: aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

threat

n. a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

synonym: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

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.

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.

epidemic

n. the widespread outbreak of a particular disease in a large number of people at the same time

synonym: outbreak, contagion, plague

(1) a worldwide **epidemic**, (2) health **epidemic**

The disease is now reaching **epidemic** proportions in our country.

absurd

adj. ridiculously silly, unreasonable, or illogical

synonym : ridiculous, foolish, idiotic

(1) **absurd** storyline, (2) an **absurd** amount of money

We immediately rejected his **absurd** suggestion.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

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.

diet

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

synonym : food, dietary

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

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

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.

advocate

n. a person who supports or suggests an idea, development, or way of doing something

synonym : proponent, exponent, promoter

(1) an **advocate** of disarmament, (2) public education

advocates

Advocates of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

determination

n. the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something

synonym: resolve, willpower, conviction

(1) a steely **determination**, (2) **determination** of a DNA sequence

His **determination** to succeed was unwavering, even in the face of adversity.

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.

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.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym: praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas
He **celebrated** the 10th anniversary of his tenure.

myriad

adj. a very large number

synonym: numerous, countless, infinite

(1) **myriad** differences, (2) a **myriad** of choices

The artist featured **myriad** colors and patterns, creating a vibrant and dynamic piece.

Session 2: Spelling

- | | |
|----------------------------|--|
| 1. in____e children | <i>v.</i> to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat |
| 2. run a ma____on | <i>n.</i> a long-distance race of 42.195 kilometers |
| 3. a de____t attitude | <i>adj.</i> showing bold resistance or disobedience to authority, rules, or norms |
| 4. irr____ble behavior | <i>adj.</i> not showing a proper sense of responsibility; not reliable |
| 5. col____ion platform | <i>n.</i> the act or situation of working together to create or produce something |
| 6. ch____y arms | <i>adj.</i> having a plump or rounded body shape, often used to describe children or pets |
| 7. na____te the Pacific | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map |
| 8. s__p across the country | <i>v.</i> to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do |
| 9. environmental th____t | <i>n.</i> a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation |

ANSWERS: 1. indulge, 2. marathon, 3. defiant, 4. irresponsible, 5. collaboration, 6. chubby, 7. navigate, 8. skip, 9. threat

10. cultural and ar____ic activity *adj.* of or relating to art or artist; satisfying aesthetic standards and sensibilities
11. st____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
12. grand de____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
13. in____al function *adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
14. re____e a request *v.* to show that one is not willing to do or accept something
15. an ac____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
16. an unt____le coincidence *adj.* too unlikely or shocking to imagine or accept
17. fe____al attendee *n.* a celebration or event, usually marking a particular religious or cultural occasion, often involving processions, music, dancing, and the performance of plays or other artistic works
18. act con____ly *adv.* with awareness; in a deliberate manner
19. ex____e the crowd *v.* to make someone feel suddenly enthusiastic or eager
20. in unt____le trouble *adj.* too unlikely or shocking to imagine or accept

ANSWERS: 10. artistic, 11. strength, 12. delusion, 13. integral, 14. refuse, 15. academic, 16. unthinkable, 17. festival, 18. consciously, 19. excite, 20. unthinkable

21. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
22. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
23. systemic ra____m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
24. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
25. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
26. 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
27. less fa__y meat *adj.* containing a lot of fat
28. r__e myself hoarse *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
29. ba____t lessons *n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing

ANSWERS: 21. confront, 22. responsible, 23. racism, 24. athlete, 25. mass, 26. ditto, 27. fatty, 28. rave, 29. ballet

30. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
31. make a da____g face *adj.* brave and taking risks
32. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
33. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
34. en____us amount *adj.* extremely large or great
35. an en____ng smile *adj.* attracting, pleasant, or charming
36. c__p herbicide *n.* a plant that is cultivated in large amounts, particularly for food
37. na_____ve poetry *n.* a story or a description of a series of events or process of telling a story
38. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
39. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
40. de____t from his fame *v.* to diminish the value or worth of a quality or performance

ANSWERS: 30. diversity, 31. daring, 32. hormone, 33. diet, 34. enormous, 35. engaging, 36. crop, 37. narrative, 38. opportune, 39. confidence, 40. detract

41. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
42. loss of ap_____te *n.* a natural desire or craving for food or drink; a strong desire or liking for something
43. 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
44. 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
45. b__s against a big company *n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment
46. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
47. the sets were meticulously
au_____ic *adj.* known to be real and what people say it is; not a fake or copy
48. 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

ANSWERS: 41. recognize, 42. appetite, 43. skepticism, 44. prohibitive, 45. bias, 46. communal, 47. authentic, 48. stamina

49. start a new th___d
n. a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching
50. ex_____e a newcomer
v. to deny someone or something enter to a place or taking part in an activity
51. in_____ed prejudice
adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
52. fl_____sh economically
v. to grow or develop vigorously or successfully
53. achieve a do_____nt share
adj. more important, influential, or easy to notice than anything else of the same type
54. overcoming rel_____ce
n. a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking
55. information ba_____r
n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
56. ha_____ss substances
adj. not able or not likely to cause damage or harm

ANSWERS: 49. thread, 50. exclude, 51. ingrained, 52. flourish, 53. dominant, 54. reluctance, 55. barrier, 56. harmless

57. 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
58. an ad_____te of disarmament *n.* a person who supports or suggests an idea, development, or way of doing something
59. rel_____ss attack *adj.* persistent and determined; continuing despite difficulties or setbacks
60. g_m membership *n.* a place equipped for exercise and other physical training
61. da____g escape *adj.* brave and taking risks
62. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
63. 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
64. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
65. health po____y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 57. exposition, 58. advocate, 59. relentless, 60. gym, 61. daring, 62. diabetes, 63. stamina, 64. unhealthy, 65. policy

66. international film fe_____al *n.* a celebration or event, usually marking a particular religious or cultural occasion, often involving processions, music, dancing, and the performance of plays or other artistic works
67. fr_____te the advancement *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
68. develop a ho_____ic vision *adj.* relating to or dealing with the whole of something rather than just its parts
69. electrical ga____e door *n.* a building or part of a building used to store a vehicle or vehicles, typically a car
70. dis_____ate against women employees *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
71. 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
72. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
73. watch a ma_____on *n.* a long-distance race of 42.195 kilometers
74. co_____r lines *n.* the outline of its shape or form; a line drawn on a map connecting points of equal height

ANSWERS: 66. festival, 67. frustrate, 68. holistic, 69. garage, 70. discriminate, 71. lowercase, 72. ingrained, 73. marathon, 74. contour

75. gl____r against her skin
v. to shine with bright, sparkling light; to reflect light in a way that sparkles and shines
76. ac____m the winner
n. praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
77. a sop____ted lifestyle
adj. having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion
78. cur____us design
adj. having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form
79. 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
80. apo____ic tone
adj. feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
81. de____e a question
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
82. di____n the offer of a bribe
v. to look down on
83. below co____pt
n. the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn

ANSWERS: 75. glitter, 76. acclaim, 77. sophisticated, 78. curvaceous, 79. flowery, 80. apologetic, 81. decide, 82. disdain, 83. contempt

84. 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
85. c__t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
86. the ar_____ry rule of a dictator *adj.* based on chance, or individual whim rather than any reason
87. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
88. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
89. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
90. principles of un_____al design *adj.* existing or affecting everywhere or everyone
91. en_____us potential *adj.* extremely large or great
92. fi___e competition *adj.* severe and violent in a way that is frightening
93. s__m chances *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited

ANSWERS: 84. glorify, 85. cast, 86. arbitrary, 87. unhealthy, 88. yoga, 89. recognize, 90. universal, 91. enormous, 92. fierce, 93. slim

94. adamantly d__y killing *v.* to state that one refuses to admit the existence or truth of something
95. gr___y for money *adj.* having or showing an intense or insatiable desire for wealth, status, power, or food
96. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
97. in_____al component *adj.* necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph
98. have a b__s toward socialism *n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment
99. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
100. ap_____te suppression *n.* a natural desire or craving for food or drink; a strong desire or liking for something
101. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
102. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together

ANSWERS: 94. deny, 95. greedy, 96. conversation, 97. integral, 98. bias, 99. violent, 100. appetite, 101. chart, 102. bunch

103. play a vi__l role *adj.* necessary for the success or continued existence of something
104. su____e beforehand *v.* to think that something is likely to be actual or possible
105. sparkly tu__e *n.* a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes
106. a private ind_____al *n.* a single person or thing, as distinct from a group
107. sp____e like a gem *v.* to emit or reflect bright flashes of light, especially with animation and joy
108. new fa_____n trends *n.* a style that is popular at a particular time or place; the state of being popular
109. 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
110. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
111. s__m margin *adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited
112. a letter of acc_____ce *n.* the act of agreeing or approving, or the state of being agreed or approved
113. con_____ial book *adj.* causing a lot of hot public discussion and dispute
114. ga___e repair *n.* a building or part of a building used to store a vehicle or vehicles, typically a car

ANSWERS: 103. vital, 104. suppose, 105. tulle, 106. individual, 107. sparkle, 108. fashion, 109. lowercase, 110. panic, 111. slim, 112. acceptance, 113. controversial, 114. garage

115. play a pr_____nt role *adj.* important, well-known, or noticeable
116. de_____t eye *adj.* showing bold resistance or disobedience to authority, rules, or norms
117. 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
118. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
119. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
120. participation aw__d *n.* a prize or other mark of recognition given in honor of an achievement
121. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
122. na_____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
123. cl__m responsibility *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true
124. th____d a catheter *n.* a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or

stitching

ANSWERS: 115. prominent, 116. defiant, 117. mutter, 118. feat, 119. structure, 120. award, 121. confidence, 122. navigate, 123. claim, 124. thread

125. status q_o politician *n.* the existing state or condition of something, especially in relation to a particular situation or issue
126. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
127. 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
128. 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
129. dis_____ate between different things *v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things
130. a hi_____us anecdote *adj.* extremely funny
131. 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
132. syn_____ze movements *v.* to happen or cause to happen at the same time or rate
133. de_____t from quality of life *v.* to diminish the value or worth of a quality or performance

ANSWERS: 125. quo, 126. confident, 127. cuddle, 128. flowery, 129. discriminate, 130. hilarious, 131. patriarchy, 132. synchronize, 133. detract

134. go out of fa____n *n.* a style that is popular at a particular time or place; the state of being popular
135. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
136. irr_____ble actions *adj.* not showing a proper sense of responsibility; not reliable
137. become a professional at____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
138. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
139. victim of a vi____t crime *adj.* involving or caused by physical force or aggression against someone or something
140. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
141. sys_____ic botany *adj.* done or acting according to a determined set of systems or plans:
142. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
143. the co_____r of the earth's surface *n.* the outline of its shape or form; a line drawn on a map connecting points of equal height
144. con_____ly aware of a problem *adv.* with awareness; in a deliberate manner
145. cultural n__m *n.* something that is regarded as usual, typical, or standard
146. a ch_____on of peace *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief

ANSWERS: 134. fashion, 135. roll, 136. irresponsible, 137. athlete, 138. industrious, 139. violent, 140. complexity, 141. systematic, 142. communal, 143. contour, 144. consciously, 145. norm, 146. champion

147. become ou____ed *adj.* no longer useful or valid because of being old-fashioned
148. 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
149. 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
150. pr____nt figure *adj.* important, well-known, or noticeable
151. an und____le masterpiece *adj.* not possible to deny; true or certain
152. a g_m suit *n.* a place equipped for exercise and other physical training
153. the wel____ng of a nation *n.* the state of being happy and healthy and prosperous
154. com____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
155. economic th__t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
156. display co____pt *n.* the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn

ANSWERS: 147. outdated, 148. facet, 149. patriarchy, 150. prominent, 151. undeniable, 152. gym, 153. well-being, 154. complexity, 155. threat, 156. contempt

157. pe____ve light *v.* to become aware or conscious of something through the senses
158. under the umbrella of cap_____sm *n.* an economic system based on the private ownership of the means of production and their operation for profit
159. 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
160. fl_____sh worldwide *v.* to grow or develop vigorously or successfully
161. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
162. n__m of action *n.* something that is regarded as usual, typical, or standard
163. con_____ial policy *adj.* causing a lot of hot public discussion and dispute
164. lingual di_____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
165. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
166. a statistical ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
167. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 157. perceive, 158. capitalism, 159. unpack, 160. flourish, 161. antidote, 162. norm, 163. controversial, 164. diversity, 165. relation, 166. chart, 167. determinant

168. su_____be a petition *v.* to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program
169. a go_____us meal *adj.* wonderful and attractive
170. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
171. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
172. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
173. 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
174. 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
175. 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
176. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you

ANSWERS: 168. subscribe, 169. gorgeous, 170. bunch, 171. roll, 172. celebrate, 173. catwalk, 174. carbohydrate, 175. deprogram, 176. conscious

177. a person who has a ta___o *n.* a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design
178. gr___y person *adj.* having or showing an intense or insatiable desire for wealth, status, power, or food
179. a mem_____ip fee *n.* the state of belonging to a group, a club, an organization, etc.
180. deliver a ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
181. 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
182. sk_____al scientists *adj.* doubting that something is accurate or useful
183. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
184. photo in gl_____us color *adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor
185. un_____al life *adj.* existing or affecting everywhere or everyone
186. 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

ANSWERS: 177. tattoo, 178. greedy, 179. membership, 180. judgment, 181. prohibitive, 182. skeptical, 183. structure, 184. glorious, 185. universal, 186. voluptuous

187. en____ng story *adj.* attracting, pleasant, or charming
188. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
189. mo__l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
190. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
191. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
192. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
193. bl__e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
194. go_____us sunset *adj.* wonderful and attractive
195. a fence sur_____ng a castle *adj.* that is near or around, or closely encircling something
196. ar_____ry size and shape *adj.* based on chance, or individual whim rather than any reason
197. false cl__m *v.* to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

ANSWERS: 187. engaging, 188. associate, 189. moral, 190. associate, 191. vital, 192. hormone, 193. blame, 194. gorgeous, 195. surrounding, 196. arbitrary, 197. claim

198. a gl____us victory *adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor
199. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
200. a worldwide ep____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
201. aw__d ceremony *n.* a prize or other mark of recognition given in honor of an achievement
202. su____e you're right *v.* to think that something is likely to be actual or possible
203. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
204. 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
205. victim of sexual ab__e *n.* the use of something in an incorrect or harmful manner
206. 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
207. an op____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 198. glorious, 199. mass, 200. epidemic, 201. award, 202. suppose, 203. cast, 204. indulge, 205. abuse, 206. embrace, 207. opportune

208. th___e on pressure *v.* to grow vigorously; to make steady progress
209. at inc_____le speed *adj.* unbelievable; enormous
210. the grand ch_____on *n.* someone who has won first place in a competition; someone who fights for a specific group of people or a belief
211. in_____us plot *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way
212. join the mai_____am *n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people
213. hi_____us mistake *adj.* extremely funny
214. major paradigm sh__t *n.* a slight transition in position, direction, or trend
215. a steely det_____ion *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
216. ho_____ic education *adj.* relating to or dealing with the whole of something rather than just its parts
217. 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
218. r__e against the politician *v.* to talk in a noisy, excited, or uncontrolled manner; to praise someone or something enthusiastically
219. public education ad_____tes *n.* a person who supports or suggests an idea, development, or way of doing something

ANSWERS: 208. thrive, 209. incredible, 210. champion, 211. insidious, 212. mainstream, 213. hilarious, 214. shift, 215. determination, 216. holistic, 217. determinant, 218. rave, 219. advocate

220. advance cap_____sm *n.* an economic system based on the private ownership of the means of production and their operation for profit
221. accounting f__m *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
222. v__y according to the age *v.* to become different in terms of size, shape, etc.
223. apo_____ic letter *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something
224. mai_____am political beliefs *n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people
225. mo__l burden *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
226. research on anti-ra___m *n.* prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
227. ch___y cheeks *adj.* having a plump or rounded body shape, often used to describe children or pets
228. su_____be to the service *v.* to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program

ANSWERS: 220. capitalism, 221. firm, 222. vary, 223. apologetic, 224. mainstream, 225. moral, 226. racism, 227. chubby, 228. subscribe

229. a fi___e animal *adj.* severe and violent in a way that is frightening
230. ou____ed technology *adj.* no longer useful or valid because of being old-fashioned
231. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
232. a_t bite *n.* a very small insect that lives under the ground or in a mound in highly organized groups
233. in____ng atmosphere *adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
234. d__y the allegations *v.* to state that one refuses to admit the existence or truth of something
235. sp_____e from receiving light *v.* to emit or reflect bright flashes of light, especially with animation and joy
236. in____ng scent *adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
237. det_____ion of a DNA sequence *n.* the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
238. 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

ANSWERS: 229. fierce, 230. outdated, 231. responsible, 232. ant, 233. inviting, 234. deny, 235. sparkle, 236. inviting, 237. determination, 238. unpack

239. q_o warranto *n.* the existing state or condition of something, especially in relation to a particular situation or issue
240. 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
241. gl____r in her eyes *v.* to shine with bright, sparkling light; to reflect light in a way that sparkles and shines
242. syn____ze our watches *v.* to happen or cause to happen at the same time or rate
243. di____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
244. su____t a plot *v.* to consider anything to be actual or probable
245. a ta___o artist *n.* a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design
246. ab___d storyline *adj.* ridiculously silly, unreasonable, or illogical
247. sop____ted look *adj.* having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion
248. bl__e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad

ANSWERS: 239. quo, 240. oppress, 241. glitter, 242. synchronize, 243. diabetes, 244. suspect, 245. tattoo, 246. absurd, 247. sophisticated, 248. blame

249. cost ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
250. the problem of drug ab__e *n.* the use of something in an incorrect or harmful manner
251. re__w its corporate image *v.* to begin or resume something again after an interruption
252. ex____e all other possibilities *v.* to deny someone or something enter to a place or taking part in an activity
253. high vo____e *n.* the amount of space occupied by an object or substance; the magnitude of sound
254. ev__e a sense of awe *v.* to bring or recall a feeling, memory, or image into your mind
255. c__p field *n.* a plant that is cultivated in large amounts, particularly for food
256. wor____le endeavor *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
257. 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
258. inc____le amount *adj.* unbelievable; enormous
259. a feeling of acc____ce *n.* the act of agreeing or approving, or the state of being agreed or approved

ANSWERS: 249. barrier, 250. abuse, 251. renew, 252. exclude, 253. volume, 254. evoke, 255. crop, 256. worthwhile, 257. facet, 258. incredible, 259. acceptance

260. a sk_____al attitude *adj.* doubting that something is accurate or useful
261. re__w a contract *v.* to begin or resume something again after an interruption
262. 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
263. treated with royal ac_____m *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
264. tu__e skirt *n.* a lightweight, fine netting fabric often used for bridal veils, dresses, and dance costumes
265. mem_____ip in a stock exchange *n.* the state of belonging to a group, a club, an organization, etc.
266. wor_____le investment *adj.* having value or benefit; sufficiently important or beneficial to be worthy of time or effort; deserving of attention or consideration
267. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
268. a my___d of choices *adj.* a very large number
269. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 260. skeptical, 261. renew, 262. surgery, 263. acclaim, 264. tulle, 265. membership, 266. worthwhile, 267. confident, 268. myriad, 269. volume

270. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
271. the an_____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
272. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
273. s__p breakfast *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
274. v__y directly with the price *v.* to become different in terms of size, shape, etc.
275. nontechnical as_____ts of the job *n.* one part or feature of a situation, problem, subject, etc.
276. ex_____e rebellion *v.* to make someone feel suddenly enthusiastic or eager
277. modern ha_____le *n.* the way in which a person's hair is cut, styled, or arranged on their head
278. col_____ion between companies *n.* the act or situation of working together to create or produce something
279. ind_____al freedom *n.* a single person or thing, as distinct from a group
280. 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
281. suffer from ob_____y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

ANSWERS: 270. confront, 271. antidote, 272. conversation, 273. skip, 274. vary, 275. aspect, 276. excite, 277. hairstyle, 278. collaboration, 279. individual, 280. decide, 281. obesity

282. social ph___a *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
283. have an in_____nt dislike *adj.* existing in something as a permanent, essential, or characteristic attribute
284. foreign po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
285. pe_____ve a threat *v.* to become aware or conscious of something through the senses
286. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
287. a white a_t *n.* a very small insect that lives under the ground or in a mound in highly organized groups
288. labor under a de_____on *n.* a false belief or impression that is firmly held despite evidence to the contrary
289. ac_____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
290. 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

ANSWERS: 282. phobia, 283. inherent, 284. policy, 285. perceive, 286. underestimate, 287. ant, 288. delusion, 289. academic, 290. voluptuous

291. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
292. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
293. 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
294. 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
295. answer co_____ss questions *adj.* too numerous to be counted or very many
296. pre_____us event *adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance
297. 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
298. 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

ANSWERS: 291. authentic, 292. celebrate, 293. ditto, 294. skepticism, 295. countless, 296. prestigious, 297. deprogram, 298. exposition

299. ha____ss in most people *adj.* not able or not likely to cause damage or harm
300. Doppler sh__t *n.* a slight transition in position, direction, or trend
301. at____de toward mistakes *n.* the way you think and feel about someone or something
302. 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
303. bob ha____le *n.* the way in which a person's hair is cut, styled, or arranged on their head
304. fa__y acid *adj.* containing a lot of fat
305. f__m grip *adj.* resolute or unwavering in decision-making or action; strong or secure in structure, make, or composition; reliable, trustworthy, or dependable; (noun) a business or company
306. health ep____ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
307. fr____te other team members *v.* to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something
308. su____t that he is sick *v.* to consider anything to be actual or probable

ANSWERS: 299. harmless, 300. shift, 301. attitude, 302. embrace, 303. hairstyle, 304. fatty, 305. firm, 306. epidemic, 307. frustrate, 308. suspect

309. a sys_____ic reformation *adj.* done or acting according to a determined set of systems or plans:
310. as___ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
311. in_____nt risk *adj.* existing in something as a permanent, essential, or characteristic attribute
312. 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
313. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
314. at_____de control *n.* the way you think and feel about someone or something
315. 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
316. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
317. cur_____us figure *adj.* having flowing, graceful curves or an aesthetically pleasing shape, particularly used to describe a person's body form
318. pre_____us award *adj.* having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

ANSWERS: 309. systematic, 310. aspect, 311. inherent, 312. oppress, 313. feat, 314. attitude, 315. mutter, 316. diet, 317. curvaceous, 318. prestigious

319. di____n the policemen *v.* to look down on
320. a ba___t enthusiast *n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing
321. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
322. 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
323. do_____nt force *adj.* more important, influential, or easy to notice than anything else of the same type
324. face rel_____ss pressure *adj.* persistent and determined; continuing despite difficulties or setbacks
325. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
326. re_____m a competitive position *v.* to take back something previously lost, given, or paid, or ask to have it back
327. ob_____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
328. fl__h eating *n.* the soft substance composing the body of a person or animal, as opposed to bones and other structures

ANSWERS: 319. disdain, 320. ballet, 321. well-being, 322. surgery, 323. dominant, 324. relentless, 325. underestimate, 326. reclaim, 327. obesity, 328. flesh

329. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
330. my____d differences *adj.* a very large number
331. sur____ng areas *adj.* that is near or around, or closely encircling something
332. an emotional ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
333. ev__e sympathy *v.* to bring or recall a feeling, memory, or image into your mind
334. 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
335. ph____a treatment *n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
336. is____e a compound *v.* to physically or socially separate someone or something from other people or things
337. grow in fl__h *n.* the soft substance composing the body of a person or animal, as opposed to bones and other structures
338. rel____ce in buying *n.* a feeling of unwillingness or hesitation, especially when faced with a decision or undertaking
339. ind____us student *adj.* hardworking, diligent, and persistent in effort
340. re____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back

ANSWERS: 329. strength, 330. myriad, 331. surrounding, 332. judgment, 333. evoke, 334. carbohydrate, 335. phobia, 336. isolate, 337. flesh, 338. reluctance, 339. industrious, 340. reclaim

341. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
342. an ab____d amount of money *adj.* ridiculously silly, unreasonable, or illogical
343. 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
344. re____e the company *v.* to show that one is not willing to do or accept something
345. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
346. 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
347. personal na_____ve *n.* a story or a description of a series of events or process of telling a story
348. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
349. co_____ss hours *adj.* too numerous to be counted or very many
350. an und_____le fact *adj.* not possible to deny; true or certain
351. th____e in a society *v.* to grow vigorously; to make steady progress
352. co_____us effort *adj.* being aware of and able to respond to what is happening around you

ANSWERS: 341. isolate, 342. absurd, 343. cuddle, 344. refuse, 345. relation, 346. glorify, 347. narrative, 348. panic, 349. countless, 350. undeniable, 351. thrive, 352. conscious

353. 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
354. an ar____ic photograph *adj.* of or relating to art or artist; satisfying aesthetic standards and sensibilities
355. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
356. in____us behavior *adj.* tending to entrap or beguile unawares; working or spreading in a hidden and usually harmful way

ANSWERS: 353. catwalk, 354. artistic, 355. yoga, 356. insidious

Session 3: Fill in the Blanks

1. The artist featured _____ colors and patterns, creating a vibrant and dynamic piece.
adj. a very large number
2. The media frequently interviewed _____ scientists.
adj. important, well-known, or noticeable
3. He was exhausted and _____ into bed as soon as he got home.
v. to move in a particular direction by turning over and over or from side to side
4. He was impressed by the range and _____ of the collection.
n. the quality or fact of many different types of things or people being included in something; a range of different things or people
5. I have to _____ my passport by the middle of September.
v. to begin or resume something again after an interruption
6. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
7. He is still _____ stealing the money from the cash register.
v. to state that one refuses to admit the existence or truth of something
8. Perseverance and optimism are _____ to success.
adj. necessary for the success or continued existence of something
9. Knowledge is the _____ to fear.
n. a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 1. myriad, 2. prominent, 3. rolled, 4. diversity, 5. renew, 6. Communal, 7. denying, 8. vital, 9. antidote

10. Honesty is an _____ quality that everyone should strive to possess.
adj. existing in something as a permanent, essential, or characteristic attribute
11. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
12. 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
13. An excellent historian must possess an _____ mentality.
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
14. She was disbarred for her _____ in fraud.
adj. attracting, pleasant, or charming
15. 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
16. The prevalence of _____ has increased significantly in recent years.
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
17. The company's new _____ on remote work has made it a more inclusive workplace.
n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 10. inherent, 11. underestimated, 12. deprogram, 13. academic, 14. engaging, 15. skepticism, 16. obesity, 17. policy

18. It was _____ of him to drive home after drinking so much alcohol.

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

19. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.

n. a notable or impressive achievement, especially one that requires great skill or bravery

20. I'm not _____ in our victory.

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

21. The phone rang at the most _____ time.

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

22. Effective communication is an _____ part of any successful team.

adj. necessary to make a whole complete; essential, or fundamental; combining with something else to form a whole; (noun, of mathematics) a fundamental concept in calculus that represents the area under a curve between two points on a graph

23. The coach explained a strategy to _____ the opponent's schemes to the players.

v. to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

24. She wore a _____ dress to the party, which everyone admired.

adj. wonderful and attractive

ANSWERS: 18. irresponsible, 19. feat, 20. confident, 21. opportune, 22. integral, 23. frustrate, 24. gorgeous

25. He _____ criticizes her in the publicity.

adv. with awareness; in a deliberate manner

26. The stages of the play were meticulously _____

adj. known to be real and what people say it is; not a fake or copy

27. 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

28. 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

29. 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

30. He became _____ that he was being followed.

adj. being aware of and able to respond to what is happening around you

31. The bride's dress was adorned with _____ and lace.

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

32. What do you _____ the culprit's motive was?

v. to think that something is likely to be actual or possible

ANSWERS: 25. consciously, 26. authentic, 27. carbohydrates, 28. curvaceous, 29. phobia, 30. conscious, 31. tulle, 32. suppose

33. Promising entrepreneurs often have a high _____ sensibility.

adj. of or relating to art or artist; satisfying aesthetic standards and sensibilities

34. The _____ bicyclist outrode all his competitors.

n. someone who has won first place in a competition; someone who fights for a specific group of people or a belief

35. 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

36. The academy is known for its _____ faculty and rigorous curriculum.

adj. having a high reputation or status; respected or honored; widely recognized as being of high quality or importance

37. His professional experience includes all _____ of media production.

n. one part or feature of a situation, problem, subject, etc.

38. My initial reaction was to _____.

v. to show that one is not willing to do or accept something

39. Maximum heart rates _____ a lot for each individual.

v. to become different in terms of size, shape, etc.

40. Sow early for an early _____.

n. a plant that is cultivated in large amounts, particularly for food

ANSWERS: 33. artistic, 34. champion, 35. glorify, 36. prestigious, 37. aspects, 38. refuse, 39. vary, 40. crop

41. This pie _____ represents our market share.

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

42. 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

43. Most people thought of him as a _____ eccentric.

adj. not able or not likely to cause damage or harm

44. Ethics deals with _____ conduct.

adj. concerned with the principles of what is right and wrong, fairness, honesty, etc.

45. Even in the Middle Ages, people _____ forced labor.

v. to look down on

46. 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

47. He collected data to avoid _____ decisions.

adj. based on chance, or individual whim rather than any reason

48. My application for _____ in the association was accepted.

n. the state of belonging to a group, a club, an organization, etc.

49. The _____ mountains make the city difficult to be invaded.

adj. that is near or around, or closely encircling something

ANSWERS: 41. chart, 42. ingrained, 43. harmless, 44. moral, 45. disdained, 46. narrative, 47. arbitrary, 48. membership, 49. surrounding

50. The _____ of severe weather prompted the city to issue an evacuation warning.
- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
51. He won the _____ for best actor at the film festival.
- n.* a prize or other mark of recognition given in honor of an achievement
52. Her _____ are consistently rational and sensible.
- n.* the ability to form valuable opinions and make reasonable decisions
53. Australia is widely _____ as having low levels of corruption.
- v.* to become aware or conscious of something through the senses
54. _____ of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.
- n.* a person who supports or suggests an idea, development, or way of doing something
55. 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
56. His thinking is _____ in the country's culture.
- n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people
57. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 50. threat, 51. award, 52. judgments, 53. perceived, 54. Advocates, 55. indulged, 56. mainstream, 57. responsible

58. The music _____ attracts visitors from all over the world.
- n.* a celebration or event, usually marking a particular religious or cultural occasion, often involving processions, music, dancing, and the performance of plays or other artistic works
59. The detective followed a _____ of clues which ultimately led to the suspect's arrest.
- n.* a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching
60. One bad apple spoils the whole _____.
- n.* a grouping of several similar things which are growing or fastened together
61. The participation of oil-producing countries in the war caused _____ in the financial markets.
- n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
62. The cost for the trip _____ food and beverages.
- v.* to deny someone or something enter to a place or taking part in an activity
63. Science is based on the _____ classification of experience.
- adj.* done or acting according to a determined set of systems or plans:
64. Could you help me _____ some furniture?
- n.* a slight transition in position, direction, or trend

ANSWERS: 58. festival, 59. thread, 60. bunch, 61. panic, 62. excludes, 63. systematic, 64. shift

65. The protesters became _____ when the police tried to disperse them.

adj. involving or caused by physical force or aggression against someone or something

66. Her influence on teenagers is _____.

adj. not possible to deny; true or certain

67. 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

68. It's important to _____ your strengths and weaknesses.

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

69. After a long hike, I had a huge _____ and devoured my meal in minutes.

n. a natural desire or craving for food or drink; a strong desire or liking for something

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

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

71. Your _____ reflects your thoughts.

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

72. Her company soon won a _____ market share.

adj. more important, influential, or easy to notice than anything else of the same type

ANSWERS: 65. violent, 66. undeniable, 67. patriarchy, 68. recognize, 69. appetite, 70. strength, 71. conversation, 72. dominant

73. He parked his car in the private _____.

n. a building or part of a building used to store a vehicle or vehicles, typically a car

74. We replaced _____ equipment to improve factory productivity.

adj. no longer useful or valid because of being old-fashioned

75. I choose a _____ death rather than a shameful life.

adj. having or deserving great admiration, praise, and honor; having great beauty and splendor

76. The partnership program requires a mutual _____ between both agencies.

n. the act or situation of working together to create or produce something

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

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

78. You may be entitled to _____ some tax.

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

79. The _____ of diversity and inclusion is crucial for building a harmonious society.

n. the act of agreeing or approving, or the state of being agreed or approved

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

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

ANSWERS: 73. garage, 74. outdated, 75. glorious, 76. collaboration, 77. firm, 78. reclaim, 79. acceptance, 80. unhealthy

81. 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

82. He wants to _____ ownership of the abandoned property.

v. to assert that something is true; to demand or request something as one's own; to lay legal or moral right to something; (noun) a demand or assertion of a right or something that one believes to be true

83. I want to _____ to the newsletter to stay up-to-date on industry news.

v. to agree to receive or support something, often through payment or regular participation; to sign up for or enroll in something, such as a publication, service, or program

84. The diamond _____ in the sunlight.

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

85. The police placed a _____ across the street to halt traffic.

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

86. 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

87. The _____ of the Atlantic coast of America is very complicated.

n. the outline of its shape or form; a line drawn on a map connecting points of equal height

ANSWERS: 81. flowery, 82. claim, 83. subscribe, 84. sparkled, 85. barrier, 86. apologetic, 87. contour

88. The cops _____ him of being the killer.

v. to consider anything to be actual or probable

89. 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

90. The systems we have developed has accepted as industry _____.

n. something that is regarded as usual, typical, or standard

91. We immediately rejected his _____ suggestion.

adj. ridiculously silly, unreasonable, or illogical

92. His religious and philosophical beliefs were utterly _____.

adj. doubting that something is accurate or useful

93. This movie is likely to _____ strong emotions in the viewer.

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

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

n. the state of being happy and healthy and prosperous

95. 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

96. That style is no longer in _____.

n. a style that is popular at a particular time or place; the state of being popular

ANSWERS: 88. suspected, 89. insidious, 90. norms, 91. absurd, 92. skeptical, 93. evoke, 94. well-being, 95. quo, 96. fashion

97. This container has a _____ of 10 cubic meters.
n. the amount of space occupied by an object or substance; the magnitude of sound
98. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
99. 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
100. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training
101. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
102. 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
103. 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
104. That accident was something _____ with my long experience.
adj. too unlikely or shocking to imagine or accept

ANSWERS: 97. volume, 98. excited, 99. facets, 100. gym, 101. structure, 102. decide, 103. glittered, 104. unthinkable

105. Without investment, a business cannot _____.
- v.* to grow vigorously; to make steady progress
106. Our knowledge helps _____ our clients successfully.
- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
107. The disease is now reaching _____ proportions in our country.
- n.* the widespread outbreak of a particular disease in a large number of people at the same time
108. 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
109. We _____ our impeded progress on lack of money.
- v.* to think or say that someone or something did something wrong or is responsible for something bad
110. 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
111. Skill and _____ are an unconquered army.
- n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
112. 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

ANSWERS: 105. thrive, 106. navigate, 107. epidemic, 108. synchronized, 109. blamed, 110. stamina, 111. confidence, 112. defiant

113. We can find many large ____ mounds in this area.

- n.* a very small insect that lives under the ground or in a mound in highly organized groups

114. She researched gender ____ in politics.

- n.* a strong feeling in favor of or against one group of people, an idea, or thing, often not based on fair judgment

115. 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

116. My father was tested for _____.

- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

117. The picture earned near-_____ acclaim from critics.

- adj.* existing or affecting everywhere or everyone

118. Shakespeare's output of poetry was _____.

- adj.* extremely large or great

119. 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

120. You should not _____ them from the community.

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

ANSWERS: 113. ant, 114. bias, 115. unpack, 116. diabetes, 117. universal, 118. enormous, 119. lowercase, 120. isolate

121. The _____ of people who do not own property is politically impotent.
n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
122. She successfully completed her first _____ with a personal best time.
n. a long-distance race of 42.195 kilometers
123. The _____ thunders echoed across the plain.
adj. severe and violent in a way that is frightening
124. The issue of the death penalty is highly _____.
adj. causing a lot of hot public discussion and dispute
125. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
126. She had the _____ that work was fun.
n. the way you think and feel about someone or something
127. 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
128. 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

ANSWERS: 121. mass, 122. marathon, 123. fierce, 124. controversial, 125. industrious, 126. attitude, 127. surgery, 128. determinant

129. 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

130. 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

131. 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

132. The _____ of the fruit is sweet and juicy.

- n.* the soft substance composing the body of a person or animal, as opposed to bones and other structures

133. His terrible manners _____ from his good character.

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

134. 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

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

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

136. The _____ laptop was easy to carry around and perfect for travel.

- adj.* having a slender or thin build, often by design or effort; of small size, amount, or margin; reduced or limited

ANSWERS: 129. cuddle, 130. ditto, 131. rave, 132. flesh, 133. detract, 134. muttered, 135. delusion, 136. slim

137. He _____ the 10th anniversary of his tenure.

- v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

138. 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

139. 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

140. Our company has an audit team that monitors directors for _____ of authority.

- n.* the use of something in an incorrect or harmful manner

141. This accident _____ a dark shadow over their lives.

- v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

142. She is a leading female classical _____ dancer

- n.* a type of performance dance that tells a dramatic story or expresses an idea with music but no talking or singing

143. Many people find that regular _____ practice can help reduce stress and anxiety.

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

ANSWERS: 137. celebrated, 138. prohibitive, 139. oppressed, 140. abuse, 141. cast, 142. ballet, 143. yoga

144. The Ottoman Empire _____ for over five centuries.
v. to grow or develop vigorously or successfully
145. He finally decided to _____ problems directly.
v. to face, meet or deal with a problem or difficult situation or person
146. 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
147. We _____ the topic because it was too complicated.
v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
148. Her choices become increasingly _____ and creative.
adj. brave and taking risks
149. 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
150. The defendant's _____ for the court and its authority was evident in his behavior.
n. the feeling that a person or thing is beneath consideration, worthless, or deserving of scorn
151. 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

ANSWERS: 144. flourished, 145. confront, 146. hairstyle, 147. skipped, 148. daring, 149. catwalk, 150. contempt, 151. worthwhile

152. There are _____ methods for dealing with stress.

adj. too numerous to be counted or very many

153. His dream is to become an Olympic _____.

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

154. 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

155. _____ also guarantees intellectual property rights and thus promotes innovation.

n. an economic system based on the private ownership of the means of production and their operation for profit

156. Her response revealed _____ idiocy.

adj. unbelievable; enormous

157. The doctor diagnosed me with a _____ disorder.

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

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

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

159. The majority of consumers _____ this brand with quality.

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

ANSWERS: 152. countless, 153. athlete, 154. reluctance, 155. Capitalism, 156. incredible, 157. hormone, 158. diet, 159. associate

160. 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

161. The _____ toddler waddled around the park, laughing and playing.

adj. having a plump or rounded body shape, often used to describe children or pets

162. The _____ approach to healthcare considers the person's physical, mental, and emotional well-being.

adj. relating to or dealing with the whole of something rather than just its parts

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

adj. persistent and determined; continuing despite difficulties or setbacks

164. You should keep away from _____ foods.

adj. containing a lot of fat

165. 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

166. Marketing strategies are growing more _____.

adj. having a great deal of worldly experience and knowledge of people's behavior, culture, and fashion

167. Any activity on the Internet will be stored as a digital _____ for life.

n. a form of body modification made by inserting ink, dyes, or pigments, either permanent or temporary, into the skin to form a design

ANSWERS: 160. individual, 161. chubby, 162. holistic, 163. relentless, 164. fatty, 165. embrace, 166. sophisticated, 167. tattoo

168. His _____ to succeed was unwavering, even in the face of adversity.
n. the quality of being persistent and purposeful; the act of finding out the exact nature or essence of something
169. The _____ aroma of freshly baked bread drew me into the bakery.
adj. having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
170. 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
171. The school's lack of diversity was a clear indication of the _____ present in the community.
n. prejudice, discrimination, or antagonism directed against a person or people based on their membership in a particular ethnic group, typically one that is a minority or marginalized
172. His _____ behavior led him to steal from the company.
adj. having or showing an intense or insatiable desire for wealth, status, power, or food
173. 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
174. The comedian's stand-up routine was _____.
adj. extremely funny

ANSWERS: 168. determination, 169. inviting, 170. voluptuous, 171. racism, 172. greedy, 173. exposition, 174. hilarious

175. You should not _____ against minorities.

- v.* to treat a person or particular group of people worse or better than another, especially in an unfair way; to recognize or perceive the difference between people or things

176. The project's _____ made it difficult for the team to complete it on time.

- n.* the state or quality of being complicated or intricate and difficult to understand

177. 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

178. 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

ANSWERS: 175. discriminate, 176. complexity, 177. acclaim, 178. relations