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Vocabulary Builder Reference from...

Robert Waldinger: What makes a good life? Lessons from the longest study on happiness | TED Talk

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

Advanced Words Only

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Session 1: Word List

millennial

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

synonym : thousand, (noun) Generation Y

(1) **millennial** record, (2) the **millennial** reign

Earth's ecosystems are greatly affected by **millennial-scale** changes in climate.

hindsight

n. understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect

synonym : retrospect, afterthought

(1) **hindsight** bias, (2) 20/20 **hindsight**

With **hindsight**, we can see that investing in that company was a mistake.

downright

adj. (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely

synonym : absolute, utter, complete

(1) **downright** nonsense, (2) **downright** impossible

It was a **downright** lie that he would attend the event.

unfold

v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

synonym: open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

exceedingly

adv. to an extreme degree

synonym: enormously, especially, exceptionally

(1) **exceedingly** common, (2) an **exceedingly** difficult book

Fear is **exceedingly** infectious, and children catch it from their elders.

distracted

adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

synonym: preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

bricklayer

n. a person who lays bricks to construct buildings or walls

synonym: mason, brickie

(1) **bricklayer's** trowel, (2) **bricklayer** foreman

The **bricklayer's** work transformed the plain building into a beautiful structure.

alcoholism

n. a chronic disorder characterized by dependence on alcohol and repeated excessive use of alcoholic beverages

synonym: alcohol dependency, alcohol addiction, drunkenness

(1) acute **alcoholism**, (2) **alcoholism** recovery

He lost everything due to his **alcoholism**.

schizophrenia

n. a severe mental disorder in which a person has a distorted view of reality and may experience

hallucinations, delusions, and disordered thinking and behavior

synonym: psychosis, disorder, mental illness

(1) **schizophrenia** spectrum disorder, (2) **schizophrenia** treatment

The **schizophrenia** patient was experiencing severe auditory hallucinations.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

videotape

n. a type of magnetic tape used for recording and storing video images and sound; a recording made on such tape

synonym: videocassette, tape, recording

(1) **videotape** evidence, (2) rewind **videotape**

We watched a **videotape** of our family vacation from years ago.

midlife

n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

(1) **midlife** depression, (2) **midlife** changes

Many people go through a **midlife** crisis and contemplate major life changes.

octogenarian

n. a person who is in their eighties, specifically someone who is between 80 and 89 years old

(1) **octogenarian** age, (2) long-lived **octogenarian**

After decades of marriage, the **octogenarian** couple still held hands and showed affection for each other.

sling

v. to throw or drop something somewhere carelessly; to hang loosely or freely; (noun) a length of rope, fabric, or chain used to support or lift something

synonym: throw, hang, (noun) harness

(1) **sling** an arrow, (2) **sling** shot

The children were playing by **slinging** stones at the monument.

magnify

v. to make something look bigger than it really is, especially by looking at it through a lens; to make something bigger, stronger, or louder

synonym: enlarge, elaborate, intensify

(1) **magnify** the danger, (2) **magnify** the image for display

Terrorists often attempt to **magnify** the economic impact of their acts of destruction.

bicker

v. to engage in a petty or argumentative disagreement, often characterized by back-and-forth exchanges and trivial accusations or criticisms

synonym: quarrel, dispute, argue

(1) **bicker** over small things, (2) **bicker** with each other

My siblings always **bicker** over who gets the front seat in the car.

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.

glamorous

adj. highly attractive and exciting, and different from ordinary things or people

synonym: alluring, bewitching, enchanting

(1) **glamorous** movie stars, (2) cast **glamorous** eyes

The south coast is less **glamorous** yet has many clean and appealing hotels.

liven

v. to make something more interesting, exciting, or active
synonym: enliven, animate, revive

(1) **liven** up a boring meeting, (2) **liven** up atmosphere
The party was boring, but the drinks helped **liven** things up.

stale

adj. no longer fresh, new, or interesting; dull or uninteresting
synonym: old, uninteresting, dull

(1) a **stale** joke, (2) **stale** smell
The bread was **stale** and not fit for eating.

feud

n. a bitter argument between two parties, causing a lot of anger or violence

synonym: argument, conflict, dispute

(1) family **feud**, (2) carry out a **feud**
The retired politician resolved the **feud** between groups through mediation.

grudge

n. a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing

synonym: animosity, resentment, bitterness

(1) deep-seated **grudge**, (2) bitter **grudge**
I still hold a **grudge** against my former boss for treating me unfairly.

heartburn

n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

synonym: acid reflux, pyrosis, indigestion

(1) **heartburn** relief, (2) chronic **heartburn**
After eating that spicy meal, she suffered from **heartburn** all night long.

Session 2: Spelling

1. alc_____sm recovery *n.* a chronic disorder characterized by dependence on alcohol and repeated excessive use of alcoholic beverages
2. un___d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
3. 20/20 hi_____ht *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
4. he_____rn relief *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
5. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
6. sl__g an arrow *v.* to throw or drop something somewhere carelessly; to hang loosely or freely; (noun) a length of rope, fabric, or chain used to support or lift something
7. sl__g shot *v.* to throw or drop something somewhere carelessly; to hang loosely or freely; (noun) a length of rope, fabric, or chain used to support or lift something
8. chronic he_____rn *n.* a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus

ANSWERS: 1. alcoholism, 2. unfold, 3. hindsight, 4. heartburn, 5. well-being, 6. sling, 7. sling, 8. heartburn

9. hi_____ht bias *n.* understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
10. bri_____er foreman *n.* a person who lays bricks to construct buildings or walls
11. cast gl_____us eyes *adj.* highly attractive and exciting, and different from ordinary things or people
12. carry out a f__d *n.* a bitter argument between two parties, causing a lot of anger or violence
13. family f__d *n.* a bitter argument between two parties, causing a lot of anger or violence
14. gl_____us movie stars *adj.* highly attractive and exciting, and different from ordinary things or people
15. bri_____er's trowel *n.* a person who lays bricks to construct buildings or walls
16. sch_____nia treatment *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
17. acute alc_____sm *n.* a chronic disorder characterized by dependence on alcohol and repeated excessive use of alcoholic beverages
18. an exc_____ly difficult book *adv.* to an extreme degree
19. exc_____ly common *adv.* to an extreme degree
20. st__e smell *adj.* no longer fresh, new, or interesting; dull or uninteresting

ANSWERS: 9. hindsight, 10. bricklayer, 11. glamorous, 12. feud, 13. feud, 14. glamorous, 15. bricklayer, 16. schizophrenia, 17. alcoholism, 18. exceedingly, 19. exceedingly, 20. stale

21. dis_____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
22. un____d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
23. de_____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
24. mi_____e depression *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
25. deep-seated gr____e *n.* a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
26. li__n up a boring meeting *v.* to make something more interesting, exciting, or active
27. do_____ht nonsense *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
28. bitter gr____e *n.* a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
29. do_____ht impossible *adj.* (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely

ANSWERS: 21. distracted, 22. unfold, 23. dedicate, 24. midlife, 25. grudge, 26. liven, 27. downright, 28. grudge, 29. downright

30. vi_____pe evidence *n.* a type of magnetic tape used for recording and storing video images and sound; a recording made on such tape
31. mi_____e changes *n.* the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness
32. ma_____y the danger *v.* to make something look bigger than it really is, especially by looking at it through a lens; to make something bigger, stronger, or louder
33. mil_____al record *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
34. ma_____y the image for display *v.* to make something look bigger than it really is, especially by looking at it through a lens; to make something bigger, stronger, or louder
35. long-lived oct_____ian *n.* a person who is in their eighties, specifically someone who is between 80 and 89 years old
36. a st__e joke *adj.* no longer fresh, new, or interesting; dull or uninteresting
37. bi____r with each other *v.* to engage in a petty or argumentative disagreement, often characterized by back-and-forth exchanges and trivial accusations or criticisms
38. de_____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 30. videotape, 31. midlife, 32. magnify, 33. millennial, 34. magnify, 35. octogenarian, 36. stale, 37. bicker, 38. dedicate

39. rewind vi_____pe *n.* a type of magnetic tape used for recording and storing video images and sound; a recording made on such tape
40. li__n up atmosphere *v.* to make something more interesting, exciting, or active
41. the mil_____al reign *adj.* relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y
42. oct_____ian age *n.* a person who is in their eighties, specifically someone who is between 80 and 89 years old
43. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
44. sch_____nia spectrum disorder *n.* a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior
45. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
46. bi___r over small things *v.* to engage in a petty or argumentative disagreement, often characterized by back-and-forth exchanges and trivial accusations or criticisms

ANSWERS: 39. videotape, 40. liven, 41. millennial, 42. octogenarian, 43. well-being, 44. schizophrenia, 45. distracted, 46. bicker

Session 3: Fill in the Blanks

1. The south coast is less _____ yet has many clean and appealing hotels.
adj. highly attractive and exciting, and different from ordinary things or people
2. It was a _____ lie that he would attend the event.
adj. (especially of something bad) complete and absolute; utter; (adverb) completely and absolutely
3. The retired politician resolved the _____ between groups through mediation.
n. a bitter argument between two parties, causing a lot of anger or violence
4. After eating that spicy meal, she suffered from _____ all night long.
n. a burning sensation or discomfort in the chest or throat, often caused by stomach acid refluxing into the esophagus
5. He lost everything due to his _____.
n. a chronic disorder characterized by dependence on alcohol and repeated excessive use of alcoholic beverages
6. With _____ we can see that investing in that company was a mistake.
n. understanding or knowledge that comes after an event has occurred; the ability to perceive or understand events with greater clarity or accuracy in retrospect
7. We watched a _____ of our family vacation from years ago.
n. a type of magnetic tape used for recording and storing video images and sound; a recording made on such tape
8. The party was boring, but the drinks helped _____ things up.
v. to make something more interesting, exciting, or active

ANSWERS: 1. glamorous, 2. downright, 3. feud, 4. heartburn, 5. alcoholism, 6. hindsight, 7. videotape, 8. liven

9. My siblings always _____ over who gets the front seat in the car.
- v. to engage in a petty or argumentative disagreement, often characterized by back-and-forth exchanges and trivial accusations or criticisms
10. Terrorists often attempt to _____ the economic impact of their acts of destruction.
- v. to make something look bigger than it really is, especially by looking at it through a lens; to make something bigger, stronger, or louder
11. Fear is _____ infectious, and children catch it from their elders.
- adv. to an extreme degree
12. The children were playing by _____ stones at the monument.
- v. to throw or drop something somewhere carelessly; to hang loosely or freely;
(noun) a length of rope, fabric, or chain used to support or lift something
13. I was so _____ by my phone that I nearly walked into a lamppost.
- adj. having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
14. The mystery _____ as the detectives gathered more clues.
- v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
15. I still hold a _____ against my former boss for treating me unfairly.
- n. a feeling of resentment or ill-will towards someone, often stemming from a past event or perceived wrongdoing
16. The _____ patient was experiencing severe auditory hallucinations.
- n. a severe mental disorder in which a person has a distorted view of reality and may experience hallucinations, delusions, and disordered thinking and behavior

ANSWERS: 9. bicker, 10. magnify, 11. exceedingly, 12. slinging, 13. distracted, 14. unfolded, 15. grudge, 16. schizophrenia

17. After decades of marriage, the _____ couple still held hands and showed affection for each other.

n. a person who is in their eighties, specifically someone who is between 80 and 89 years old

18. The bread was _____ and not fit for eating.

adj. no longer fresh, new, or interesting; dull or uninteresting

19. Many people go through a _____ crisis and contemplate major life changes.

n. the period of life between young adulthood and old age, typically characterized by a sense of maturity, stability, and sometimes, dissatisfaction or restlessness

20. The _____ work transformed the plain building into a beautiful structure.

n. a person who lays bricks to construct buildings or walls

21. Earth's ecosystems are greatly affected by _____ changes in climate.

adj. relating to a period of a thousand years or the year 2000; (noun) a person born between the early 1980s and the late 1990s, also called Generation Y

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

n. the state of being happy and healthy and prosperous

23. He _____ his life to helping others.

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

ANSWERS: 17. octogenarian, 18. stale, 19. midlife, 20. bricklayer's, 21. millennial-scale, 22. well-being, 23. dedicated