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Kitra Cahana: My father, locked in his body but soaring free | TED Talk

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cked_in_his_body_but_soaring_free](https://www.ted.com/talks/kitra_cahana_my_father_locked_in_his_body_but_soaring_free)

All Words

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Session 1: Word List

soar

v. to fly or rise very high or to a great height, often with great grace or ease

synonym: fly, rise, ascend

(1) **soar** in popularity, (2) **soar** to new heights

The bird **soared** through the sky, and its wings spread wide.

twirl

v. to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion

synonym: spin, swirl, rotate

(1) **twirl** a ribbon, (2) **twirl** a hula hoop

She **twirled** her hair absentmindedly as she listened to the conversation.

swirl

v. to move in a circular or spiral pattern

synonym: spin, whirl, turn

(1) **swirl** the wine, (2) **swirl** up dirt and dust

The chef expertly **swirled** the sauce onto the plate.

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.

paralyze

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

synonym: immobilize, disable, numb

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

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

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym: blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

stem

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

synonym: branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

neurological

adj. of or relating to the science of neurology or the nervous system

synonym: nervous, neural, brain-related

(1) fever with **neurological** signs, (2) **neurological** symptoms

The patient was diagnosed with a **neurological** disorder affecting their motor skills.

institute

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

synonym: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

tether

v. to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog

synonym: tie, fasten, secure

(1) **tether** a horse, (2) **tether** strap

The hiker **tethered** their dog to a tree while they camped for the night.

paralysis

n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

synonym: immobility, stiffness, palsy

(1) moral **paralysis**, (2) **paralysis** in the leg
Massive demonstrations lead to total **paralysis** of transportation.

torso

n. the human trunk from the neck to the abdomen
synonym: trunk, body, frame

(1) **torso** injury, (2) a **torso** in bronze
He was hit in the **torso** and was rushed to the hospital.

beneath

adv. in or to a lower place than someone or something
synonym: down, under, low

(1) the ground **beneath** my feet, (2) **beneath** contempt
A great stretch of the lake lay **beneath** them.

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.

limb

n. an arm and leg of a person or animal

synonym: arm, appendage, branch

(1) a prosthetic **limb**, (2) **limb** amputation
You should wrap the bandage carefully and firmly around the injured **limb**.

quiver

v. to shake or tremble with a slight, rapid motion

synonym: shake, tremble, shiver

(1) **quiver** in the breeze, (2) **quiver** with excitement
The archer's hands **quivered** as he aimed the arrow at the target.

recite

v. to say a poem, piece of literature, etc. aloud from memory,

synonym: repeat, replicate, recount

(1) **recite** a charm, (2) **recite** a long list of the article

He could **recite** all of Shakespeare's works.

alphabet

n. a character set that includes letters and is used to write a language

synonym: ABC's

(1) letters of an **alphabet**, (2) an **alphabet** of manual signs

He strove to memorize the Hebrew **alphabet**.

blink

v. to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way

synonym: twinkle, flash, flicker

(1) **blink** his eyes, (2) **blink** in astonishment

He **blinked** in the dazzling sunlight.

blessing

n. a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune

synonym: favor, benediction, boon

(1) count your **blessings**, (2) bestowed **blessings**

Receiving support from his friends was a great **blessing** in his time of need.

audible

adj. able to be heard; loud enough to be heard clearly

synonym: hearable, perceptible, loud enough

(1) **audible** sound, (2) **audible** words

An **audible** sigh from the back of the room broke the silence.

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.

extreme

adj. very great in amount or degree

synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

lock-in

n. an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed

synonym: commitment, obligation, restriction

(1) **lock-in** period, (2) **lock-in** policy

The **lock-in** agreement prevented the parties from changing terms until a certain period had passed.

syndrome

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym: disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

nightmare

n. a very frightening or unpleasant dream

synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation

Life as a waiter was a big **nightmare** for him.

malady

n. a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction

synonym: ailment, illness, sickness

(1) common **malady**, (2) chronic **malady**

The doctor diagnosed her with a rare **malady** that required immediate treatment.

literally

adv. in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

synonym : actually, truly, verily

(1) translate **literally**, (2) bite his tongue **literally**

He **literally** jumped out of his chair when he heard the news.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

unspeakable

adj. too terrible, shocking, or distressing to speak about

synonym : unspeakably horrible, indescribable, unutterable

(1) **unspeakable** crime, (2) **unspeakable** pain

The survivors of the plane crash could only describe the **unspeakable** horror of the experience.

horror

n. intense fear or disgust, especially at something shocking or terrifying

synonym : fear, terror, dread

(1) **horror** movie, (2) **horror-struck** look

The stories of war crimes filled her with **horror**.

trap

n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym : catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

psyche

n. the human soul, mind, or spirit

synonym : mind, soul, spirit

(1) deep **psyche**, (2) **psyche** healing

The therapist helped her understand the workings of her **psyche** and how to cope with her anxiety.

inward

adj. directed or facing towards the inside; inside or inward-looking

synonym : internal, introspective, interior

(1) **inward** peace, (2) **inward** cargo

The **inward** motion of the tide was gradually slowing down.

dim

adj. poorly lit; not bright

synonym : dull, faint, weak

(1) **dim** and distant past, (2) **dim** memory

The **dim** light made it difficult to read the book.

external

adj. belonging to or situated outside of someone or something

synonym : outside, exterior, foreign

(1) **external** factors, (2) **external** commerce

When a company discloses information to the market, an **external** auditor verifies them.

recess

n. a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

synonym : break, interval, pause

(1) a court **recess**, (2) during noon **recess**

The company decided to take a **recess** and reconvene the meeting later that day.

anew

adv. in a new or different way

synonym : again, once more, fresh

(1) arm **anew**, (2) review **anew**

He decided to start **anew** and leave his old life behind.

rabbi

n. a Jewish religious leader or a Jewish scholar or teacher

synonym : clergyman, priest, teacher

(1) son of a **rabbi**, (2) the city's communal **rabbi**

The chief **rabbi** chanted a prayer.

spiritual

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

synonym : otherworldly, ethereal, transcendental

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

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

dangle

v. to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain

synonym : swing, hang, drape

(1) **dangle** a carrot, (2) **dangle** a pendant

The earring on her earlobe would **dangle** as she moved her head.

corporeal

adj. relating to the physical body, tangible or material in nature

synonym : physical, bodily, material

(1) **corporeal** form, (2) **corporeal** existence

The paranormal investigators claimed to have captured **corporeal** evidence of ghostly activity.

divine

adj. of, from, or like a god; holy or sacred

synonym : godly, holy, sacred

(1) **divine** intervention, (2) **divine** grace

The view from the mountaintop was truly **divine**.

paradise

n. a place or state of perfect happiness; a heaven on earth

synonym : heaven, Eden, utopia

(1) **paradise** island, (2) **paradise** for criminals

Hawaii is often referred to as an everlasting summer **paradise**.

discomfort

n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain

synonym : affliction, despair, ache

(1) endure **discomfort** and pain, (2) **discomfort** in the abdomen

He felt no **discomfort** as the dentist drilled his deadened tooth.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd
She had a master's degree in **psychology**.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

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

cocoon

n. a protective covering spun by some insects and other invertebrates

synonym: chrysalis, pupa, case

(1) **cocoon** silk, (2) a dried **cocoon**

The caterpillar spins a **cocoon** around itself before turning into a butterfly.

healing

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

synonym: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process
Each ancient tribe has its **healing** traditions.

mouthpiece

n. the part of a wind instrument that the player blows into; a device or object that is used for communication or expression

synonym: nozzle, outlet, conduit

(1) the **mouthpiece** of the government, (2) the **mouthpiece** of a saxophone

He spoke into the **mouthpiece** of the microphone.

whisper

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

synonym : murmur, rumor, mutter

(1) answer in a **whisper**, (2) the **whisper** of the leaves
He took me aside and **whispered** in my ear.

sermon

n. a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service

synonym : homily, discourse, lecture

(1) lengthy **sermon**, (2) a lay **sermon**

The preacher delivered a powerful **sermon** on the importance of forgiveness.

poetry

n. poems in general as a genre of literature

synonym : ode, poesy, verse

(1) modern **poetry**, (2) book of **poetry**

Different cultures have different comfortable word rhythms, so the composition of **poetry** varies greatly.

temple

n. a place of worship, especially one that is associated with a particular religion or faith; the flat area on either side of the forehead

synonym : shrine, mosque, synagogue

(1) **temple** complex, (2) a tour guide at the **temple**

He visited the **temple** to pray and make offerings to the gods.

counsel

n. advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

synonym : advice, guidance, direction

(1) take **counsel**, (2) career **counsel**

She sought the **counsel** of her trusted advisor before making a decision.

uplift

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym : upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

din

n. a loud, confused noise; a loud, persistent racket

synonym : noise, racket, clamor

(1) **din** of traffic, (2) mighty **din**

The **din** of the city was overwhelming.

drama

n. a play in a theatre, television, or radio, or performance on a stage

synonym : acting, play, theater

(1) secular **drama**, (2) upcoming crime **drama**

She had an audition for **drama** school.

ward

n. a room in a hospital for patients requiring special care

synonym : room, division, unit

(1) a children's **ward**, (2) **ward** nurse

The patient was moved to the intensive care **ward** for further treatment.

fade

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

synonym : languish, wither

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

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

background

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

synonym : ground, experience, backdrop

(1) a **background** color, (2) a criminal **background**

The company's hiring criteria emphasize personality, not a person's **background**.

transcribe

v. to copy or reproduce something in written or printed form; to translate spoken language into written text

synonym: copy, record, transliterate

(1) **transcribe** notes, (2) **transcribe** documents

She needs to **transcribe** the interview recording to write the article for the magazine.

compose

v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

synonym: compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts

The structure is **composed** of three main components.

synagogue

n. (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices

synonym: temple, shul, tabernacle

(1) reconstructed **synagogue**, (2) historical **synagogue**

We attended services at the local **synagogue** during the High Holidays.

congregation

n. a group of people assembled, typically in a church or synagogue, for religious worship or other communal purposes; a gathering or collection of people or things in a specific location or context

synonym: assembly, gathering, collection

(1) speak before a **congregation**, (2) religious

congregation

The church's youth group organized a retreat for the whole **congregation**.

nape

n. the back side of the neck

synonym: nucha, scruff, collar

(1) **nape** massager, (2) fine hair on the **nape**

She kissed the **nape** of his neck.

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym : detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym : extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**

Overall **dimensions** are approximately 400x200mm.

inchoate

adj. being in an early or incomplete stage; not fully formed or developed

synonym : beginning, incipient, embryonic

(1) **inchoate** idea, (2) **inchoate** relationship

The entrepreneur's business plan was still **inchoate** and needed further development before implementation.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

protozoa

n. a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals

synonym : microorganism, unicellular organism, amoeba

(1) free-living **protozoa**, (2) **protozoa** species

The water in the lake was contaminated with high levels of **protozoa**, making it unsafe for swimming or drinking.

universe

n. everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

synonym : cosmos, macrocosm

(1) theory of the **universe**, (2) expansion of the **universe**

The **universe** is about 13.8 billion years old.

continually

adv. in a way that happens without interruption or repeatedly

synonym : repeatedly, frequently, constantly

(1) **continually** access information, (2) **continually** changing world

Her tongue runs on **continually**.

joint

adj. shared, held, or made between two or more people;
(noun) the point of connection between two bones or elements of a skeleton

synonym : collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint** statement.

limber

v. to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity

synonym : stretch, warm up, flex

(1) **limber** up with some stretching exercises, (2) **limber** my body

You need to **limber** up before starting to exercise to prevent injury.

visualize

v. to form a mental image or concept of something; to make something visible

synonym : imagine, picture, envision

(1) **visualize** data, (2) **visualize** flying through space

She tried to **visualize** the layout of the new house in her mind.

- curl**
- v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
- synonym* : coil, curve, spiral
- (1) **curl** around street corners, (2) a **curl** of smoke
- The cat **curled** into a ball and went to sleep.
- extended**
- adj.* longer than usual or anticipated
- synonym* : extensive, prolonged, elongated
- (1) **extended** vacation, (2) **extended** payment
- The **extended** airport runways may accommodate larger jets.
- involuntary**
- adj.* acting or done without or against one's will
- synonym* : coerced, forced, automatic
- (1) **involuntary** manslaughter, (2) **involuntary** muscles
- The drug's side effects can include **involuntary** loss of urine.
- spasm**
- n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
- synonym* : convulsion, cramp, twitch
- (1) gastric **spasm**, (2) **spasm** of laughter
- The patient's face twitched in **spasms** as the dentist started drilling her tooth.
- hallucinate**
- v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
- (1) start to **hallucinate**, (2) **hallucinate** with drug
- Sleep-deprived people gradually lose their concentration and may **hallucinate**.
- desperate**
- adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
- synonym* : anguish, frantic, hopeless
- (1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

tingle

v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

synonym: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

spark

v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

synonym: start, inspire, provoke

(1) **spark** his interest, (2) **spark** a chain reaction

The bankruptcy of the giant conglomerate **sparked** turmoil in the stock market.

electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

synonym: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

flickering

adj. shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame

synonym: shining, flashing, twinkling

(1) **flickering** flames, (2) **flickering** hope

The **flickering** candlelight added a cozy ambiance to the

room.

slightly

adv. in a small degree or extent; a little

synonym : barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils

He moved his body **slightly** to the left.

resistance

n. the act of defending oneself from an aggressor or refusing to accept something

synonym : opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym : mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

awaken

v. to stop sleeping or to cause someone to stop sleeping

synonym : rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

twitch

v. to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

synonym : spasm, jerk, flinch

(1) **twitch** at his sleeve, (2) **twitch** of an eye

She couldn't stop her leg from **twitching** nervously.

documentary

n. a film or a radio or television program that gives facts and information about a subject; of or derived from official documents

synonym : film, broadcast, doco

(1) a **documentary** film, (2) **documentary** proof

He won an award for that short **documentary**.

photograph

n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
synonym: photo, picture, snapshot

(1) **photograph** album, (2) **photograph** memories

I found an old **photograph** of my grandparents from their wedding day.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

aid

n. things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

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.

adapt

v. to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed
I advised him to **adapt** to his new surroundings.

independence

n. freedom from another's or others' control or influence

synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony
There is nothing more valuable than **independence** and freedom.

attach

v. to fasten, join, or connect one thing to another

synonym: fix, fasten, bind

(1) **attach** firmly, (2) **attach** a file to an e-mail
He does not **attach** importance to these rumors.

portray

v. to depict or describe someone or something in a painting, film, book, or other artistic work

synonym: depict, describe, illustrate

(1) **portray** feelings in words, (2) accurately **portray** the condition
We often **portray** political problems as religious issues.

visual

adj. relating to seeing or sight

synonym: optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts
The building makes a remarkable **visual** impact.

strive

v. to try very hard to do, achieve, or obtain something

synonym: preserve, endure, persist

(1) **strive** hard to get, (2) **strive** for excellence
They **strived** to make their dream come true.

ephemeral

adj. lasting or used for only a short time

synonym: temporary, momentary, brief

(1) **ephemeral** joys, (2) **ephemeral** materials
His success as a famous actor was **ephemeral**.

in-between

adj. occurring or existing between two things or points;
intermediate in position, condition, or time

synonym: intermediate, middleman, halfway

(1) **in-between** meals, (2) **in-between** stages

She enjoyed floating in the ocean's **in-between** zone where the waves met the shoreline

regain

v. to get something back or recover something after it has been lost or taken away

synonym: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health

After years of hard work, he finally **regained** his financial stability.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

quadriplegia

n. paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region

(1) **quadriplegia** patients, (2) **quadriplegia** care

After the accident, he had **quadriplegia** and could not move his arms or legs.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym: drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

heave

v. to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea

synonym: lift, hoist, tug

(1) **heave** a sigh, (2) **heave** a boulder

The workers had to **heave** the heavy equipment up the staircase to the top floor.

stagnate

v. to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement

synonym: stall, halt, idle

(1) **stagnate** economy, (2) **stagnate** due to problems

If you don't exercise regularly, your fitness levels may **stagnate**.

triumph

n. a great victory or achievement

synonym: victory, success, conquest

(1) **triumph** of democracy, (2) **triumph** of the spirit

The team's **triumph** in the championship resulted from their hard work and dedication.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

synonym: benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership

In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

periphery

n. the outer edge or margin of something, especially a geographical area or a group of people

synonym: edge, border, margin

(1) around the **periphery**, (2) **periphery** countries

The factory was located on the city's **periphery**, away from residential areas.

astronaut

n. a person trained by a space agency to travel outside the Earth's atmosphere

synonym : spaceman, cosmonaut

(1) **astronaut** mission, (2) **astronaut** in training

The shuttle **astronaut** trained for months before embarking on the space mission.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym : viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

crawl

v. to move forward slowly, as people or animals with their bodies near the ground

synonym : creep, drag

(1) **crawl** across the floor, (2) **crawl** away from a car

Along the gravel roads, sizeable yellow school buses **crawl**.

toddler

n. a young child who has recently learned to walk

synonym : child, infant, youngster

(1) an active **toddler**, (2) **toddler** in nappy

A **toddler** needs constant supervision and firm control.

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.

insist

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

synonym : demand, assert, claim

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

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

frequent

adj. happening constantly

synonym: periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

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.

scalable

adj. capable of being easily expanded or increased in size, number, or scale to meet changing demands

synonym: expandable, flexible, adjustable

(1) **scalable** solution, (2) dynamically **scalable**

The company's new software is highly **scalable**, allowing it to handle increasing number of users.

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

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.

emerge

v. to move out of or away from something and become visible

synonym: arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty

During colonial eras, new migratory patterns **emerged**.

rekindle

v. to revive or renew something that was previously lost or forgotten, often a relationship or feeling

synonym: revitalize, reignite, revive

(1) **rekindle** love, (2) **rekindle** hope

The couple tried to **rekindle** their relationship by spending more time together.

continuum

n. a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts

synonym: continuation, continuity

(1) a space-time **continuum**, (2) the **continuum** of events

Our life is a **continuum** of experience in which events pass from the future through the present to the past.

peg

n. a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object

synonym: pin, dowel, spike

(1) **peg** in the ground, (2) **peg** an exchange rate

The sheep were tagged with numbered plastic **pegs** in their ears.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

holy

adj. of or related to a god, divine power, or a particular religion

synonym: sacred, religious, divine

(1) a **holy** man, (2) a **holy** shrine

They gathered to hear the **holy** teachings of the guru.

Session 2: Spelling

- | | |
|---------------------------------|--|
| 1. qu___r in the breeze | <i>v.</i> to shake or tremble with a slight, rapid motion |
| 2. co_____us effort | <i>adj.</i> being aware of and able to respond to what is happening around you |
| 3. ex_____ed vacation | <i>adj.</i> longer than usual or anticipated |
| 4. ge___e downward slope | <i>adj.</i> having or showing a kindly or tender nature; soft and mild |
| 5. in_____te idea | <i>adj.</i> being in an early or incomplete stage; not fully formed or developed |
| 6. uns_____le pain | <i>adj.</i> too terrible, shocking, or distressing to speak about |
| 7. during noon re___s | <i>n.</i> a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court |
| 8. fine hair on the n___e | <i>n.</i> the back side of the neck |
| 9. the crosswise di_____on | <i>n.</i> a measurable extent of a particular kind, such as width, height, or length |
| 10. arm a__w | <i>adv.</i> in a new or different way |
| 11. re__t at a high temperature | <i>v.</i> to take action in response to something |
| 12. st_____te economy | <i>v.</i> to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement |

ANSWERS: 1. quiver, 2. conscious, 3. extended, 4. gentle, 5. inchoate, 6. unspeakable, 7. recess, 8. nape, 9. dimension, 10. anew, 11. react, 12. stagnate

13. a court re___s *n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
14. co_____nt a global warming *v.* to face, meet or deal with a problem or difficult situation or person
15. da___e a pendant *v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain
16. d_m and distant past *adj.* poorly lit; not bright
17. sp__m of laughter *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
18. re__t against his way of thinking *v.* to take action in response to something
19. a criminal bac_____nd *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
20. cr__l away from a car *v.* to move forward slowly, as people or animals with their bodies near the ground
21. a h__y shrine *adj.* of or related to a god, divine power, or a particular religion
22. p_g an exchange rate *n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object

ANSWERS: 13. recess, 14. confront, 15. dangle, 16. dim, 17. spasm, 18. react, 19.

background, 20. crawl, 21. holy, 22. peg

23. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
24. f__e away almost completely *v.* to vanish; to fade away; to lose color; to lose freshness
25. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
26. the mou_____ce of a saxophone *n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
27. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
28. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
29. con_____ly changing world *adv.* in a way that happens without interruption or repeatedly
30. 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
31. re___n our reputation *v.* to get something back or recover something after it has been lost or taken away

ANSWERS: 23. celebrate, 24. fade, 25. opportune, 26. mouthpiece, 27. conscious, 28. privilege, 29. continually, 30. claim, 31. regain

32. son of a ra__i *n.* a Jewish religious leader or a Jewish scholar or teacher
33. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
34. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
35. tw__l a ribbon *v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion
36. a dried co___n *n.* a protective covering spun by some insects and other invertebrates
37. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
38. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
39. historical sy_____ue *n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
40. ad__t as needed *v.* to make fit for or change to suit a new purpose or environment
41. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

ANSWERS: 32. rabbi, 33. severe, 34. nurture, 35. twirl, 36. cocoon, 37. celebrate, 38. trap, 39. synagogue, 40. adapt, 41. invite

42. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
43. start to hal _____te *v.* to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use
44. dynamically sc _____le *adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands
45. ni _____re situation *n.* a very frightening or unpleasant dream
46. permanent br __n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
47. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
48. in ___e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
49. lengthy se _____n *n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service
50. book of po _____y *n.* poems in general as a genre of literature
51. re ___e a long list of the article *v.* to say a poem, piece of literature, etc. aloud from memory,
52. tw __l a hula hoop *v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion

ANSWERS: 42. fin, 43. hallucinate, 44. scalable, 45. nightmare, 46. brain, 47. fin, 48. invite, 49. sermon, 50. poetry, 51. recite, 52. twirl

53. a space-time co_____um *n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
54. con_____ly access information *adv.* in a way that happens without interruption or repeatedly
55. the s__m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
56. sy_____me of dementia *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
57. cr__l across the floor *v.* to move forward slowly, as people or animals with their bodies near the ground
58. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
59. ex_____e in anger *v.* to burst or break open violently and noisily; to cause something to burst or break open
60. save the pl____t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
61. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something

ANSWERS: 53. continuum, 54. continually, 55. stem, 56. syndrome, 57. crawl, 58. movement, 59. explode, 60. planet, 61. perspective

62. in-_____en stages *adj.* occurring or existing between two things or points; intermediate in position, condition, or time
63. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
64. de_____te attempt *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
65. bestowed bl_____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
66. to_____r in nappy *n.* a young child who has recently learned to walk
67. sw__l the wine *v.* to move in a circular or spiral pattern
68. he__e a boulder *v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea
69. the city's communal ra__i *n.* a Jewish religious leader or a Jewish scholar or teacher
70. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
71. secular dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
72. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support

ANSWERS: 62. in-between, 63. fade, 64. desperate, 65. blessing, 66. toddler, 67. swirl, 68. heave, 69. rabbi, 70. spiritual, 71. drama, 72. aid

73. psy_____gy experiment *n.* the scientific study of mind and behavior
74. set a t__p *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
75. 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
76. a doc_____ry film *n.* a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
77. ex_____al factors *adj.* belonging to or situated outside of someone or something
78. expansion of the un_____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
79. s__r to new heights *v.* to fly or rise very high or to a great height, often with great grace or ease
80. answer in a wh_____r *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
81. s__r in popularity *v.* to fly or rise very high or to a great height, often with great grace or ease
82. career co_____l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

ANSWERS: 73. psychology, 74. trap, 75. embrace, 76. documentary, 77. external, 78. universe, 79. soar, 80. whisper, 81. soar, 82. counsel

83. translate li_____ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
84. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
85. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
86. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
87. a prosthetic l__b *n.* an arm and leg of a person or animal
88. in___t over and over *v.* to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say
89. st___e hard to get *v.* to try very hard to do, achieve, or obtain something
90. dis_____rt in the abdomen *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
91. re___n my health *v.* to get something back or recover something after it has been lost or taken away
92. moral pa_____is *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury

ANSWERS: 83. literally, 84. disease, 85. pump, 86. opportune, 87. limb, 88. insist, 89. strive, 90. discomfort, 91. regain, 92. paralysis

93. nu____e his talents
v. to take care of, feed, and protect someone or something while they are growing and developing
94. pa____ze a person
v. to cause a person or part of the body to become unable to move or feel
95. review a__w
adv. in a new or different way
96. increase sl____ly
adv. in a small degree or extent; a little
97. l__b amputation
n. an arm and leg of a person or animal
98. a jo__t venture
adj. shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
99. co____e my thoughts
v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
100. di____e intervention
adj. of, from, or like a god; holy or sacred
101. sp____al leader
adj. relating to or affecting the human spirit or soul as opposed to material or physical things
102. in-____en meals
adj. occurring or existing between two things or points; intermediate in position, condition, or time
103. di____e prevention
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
104. hal____te with drug
v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

ANSWERS: 93. nurture, 94. paralyze, 95. anew, 96. slightly, 97. limb, 98. joint, 99. compose, 100. divine, 101. spiritual, 102. in-between, 103. disease, 104. hallucinate

105. ex____e sports *adj.* very great in amount or degree
106. co____e an essay *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
107. a bac_____nd color *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
108. he__e a sigh *v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea
109. 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
110. ex____ed payment *adj.* longer than usual or anticipated
111. be____h contempt *adv.* in or to a lower place than someone or something
112. common ma___y *n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction
113. lo____n policy *n.* an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed

ANSWERS: 105. extreme, 106. compose, 107. background, 108. heave, 109. claim, 110. extended, 111. beneath, 112. malady, 113. lock-in

114. ad__t fully to the environment *v.* to make fit for or change to suit a new purpose or environment
115. ep_____al materials *adj.* lasting or used for only a short time
116. pr_____oa species *n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals
117. 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
118. fr_____nt use *adj.* happening constantly
119. research in_____tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
120. a children's w__d *n.* a room in a hospital for patients requiring special care
121. pho_____ph memories *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
122. pa_____se island *n.* a place or state of perfect happiness; a heaven on earth

ANSWERS: 114. adapt, 115. ephemeral, 116. protozoa, 117. embrace, 118. frequent, 119. institute, 120. ward, 121. photograph, 122. paradise

123. as_____ut in training *n.* a person trained by a space agency to travel outside the Earth's atmosphere
124. up___t my spirit *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
125. re___e a charm *v.* to say a poem, piece of literature, etc. aloud from memory,
126. upcoming crime dr__a *n.* a play in a theatre, television, or radio, or performance on a stage
127. qua_____gia care *n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
128. accurately po_____y the condition *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
129. co_____al form *adj.* relating to the physical body, tangible or material in nature
130. neu_____cal symptoms *adj.* of or relating to the science of neurology or the nervous system
131. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
132. as_____ut mission *n.* a person trained by a space agency to travel outside the Earth's atmosphere
133. reconstructed sy_____ue *n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices

ANSWERS: 123. astronaut, 124. uplift, 125. recite, 126. drama, 127. quadriplegia, 128. portray, 129. corporeal, 130. neurological, 131. privilege, 132. astronaut, 133. synagogue

134. gastric sp__m *n.* a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
135. au____e words *adj.* able to be heard; loud enough to be heard clearly
136. co___n silk *n.* a protective covering spun by some insects and other invertebrates
137. ti___e up my spine *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
138. c__l around street corners *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
139. li___r up with some stretching exercises *v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
140. re____le love *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
141. take co____l *n.* advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

ANSWERS: 134. spasm, 135. audible, 136. cocoon, 137. tingle, 138. curl, 139. limber, 140. rekindle, 141. counsel

142. at___h firmly *v.* to fasten, join, or connect one thing to another
143. do l___g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
144. res_____ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
145. in_____te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
146. po_____y feelings in words *v.* to depict or describe someone or something in a painting, film, book, or other artistic work
147. endure dis_____rt and pain *n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
148. modern po_____y *n.* poems in general as a genre of literature
149. su_____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
150. co_____nt the issue *v.* to face, meet or deal with a problem or difficult situation or person
151. vi_____l navigation *adj.* relating to seeing or sight
152. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something

ANSWERS: 142. attach, 143. lung, 144. resistance, 145. institute, 146. portray, 147. discomfort, 148. poetry, 149. suffer, 150. confront, 151. visual, 152. perspective

153. financial ind_____nce *n.* freedom from another's or others' control or influence
154. in a ge___e voice *adj.* having or showing a kindly or tender nature; soft and mild
155. ind_____nce ceremony *n.* freedom from another's or others' control or influence
156. s__m from a belief *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
157. up___t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
158. fli_____ng flames *adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame
159. em___e from poverty *v.* to move out of or away from something and become visible
160. an al_____et of manual signs *n.* a character set that includes letters and is used to write a language
161. sp__k his interest *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
162. tw___h at his sleeve *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
163. ho___r movie *n.* intense fear or disgust, especially at something shocking or terrifying

ANSWERS: 153. independence, 154. gentle, 155. independence, 156. stem, 157. uplift, 158. flickering, 159. emerge, 160. alphabet, 161. spark, 162. twitch, 163. horror

164. di___e grace *adj.* of, from, or like a god; holy or sacred
165. ps___e healing *n.* the human soul, mind, or spirit
166. letters of an al____et *n.* a character set that includes letters and is used to write a language
167. theory of the un____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
168. at____de toward mistakes *n.* the way you think and feel about someone or something
169. field of vi___l arts *adj.* relating to seeing or sight
170. qu___r with excitement *v.* to shake or tremble with a slight, rapid motion
171. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
172. the ground be____h my feet *adv.* in or to a lower place than someone or something
173. ho___r-struck look *n.* intense fear or disgust, especially at something shocking or terrifying
174. tw___h of an eye *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
175. tra____be documents *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text

ANSWERS: 164. divine, 165. psyche, 166. alphabet, 167. universe, 168. attitude, 169. visual, 170. quiver, 171. brain, 172. beneath, 173. horror, 174. twitch, 175. transcribe

176. the mou_____ce of the government *n.* the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
177. pa_____ze a city *v.* to cause a person or part of the body to become unable to move or feel
178. vi_____ze flying through space *v.* to form a mental image or concept of something; to make something visible
179. br____h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
180. bl__k his eyes *v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
181. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
182. de____e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
183. count your bl_____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
184. fli_____ng hope *adj.* shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame
185. pa_____se for criminals *n.* a place or state of perfect happiness; a heaven on earth

ANSWERS: 176. mouthpiece, 177. paralyze, 178. visualize, 179. breath, 180. blink, 181. explode, 182. degree, 183. blessing, 184. flickering, 185. paradise

186. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
187. financial a_d *n.* things sent to help countries in need, notably food or money; support
188. st___e for excellence *v.* to try very hard to do, achieve, or obtain something
189. free-living pr____oa *n.* a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals
190. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
191. d_n of traffic *n.* a loud, confused noise; a loud, persistent racket
192. te___r a horse *v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
193. sc____le solution *adj.* capable of being easily expanded or increased in size, number, or scale to meet changing demands

ANSWERS: 186. pump, 187. aid, 188. strive, 189. protozoa, 190. stroke, 191. din, 192. tether, 193. scalable

194. religious con_____ion *n.* a group of people assembled, typically in a church or synagogue, for religious worship or other communal purposes; a gathering or collection of people or things in a specific location or context
195. around the pe_____ry *n.* the outer edge or margin of something, especially a geographical area or a group of people
196. el_____fy a manufacturing process *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
197. deep ps___e *n.* the human soul, mind, or spirit
198. co_____al existence *adj.* relating to the physical body, tangible or material in nature
199. the co_____um of events *n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
200. acute sy_____me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
201. a stone wall su_____nds the palace *v.* to be all around something or somebody
202. li___r my body *v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
203. em___e as a butterfly *v.* to move out of or away from something and become visible

ANSWERS: 194. congregation, 195. periphery, 196. electrify, 197. psyche, 198. corporeal, 199. continuum, 200. syndrome, 201. surround, 202. limber, 203. emerge

204. mighty d_n *n.* a loud, confused noise; a loud, persistent racket
205. fr____nt absence *adj.* happening constantly
206. a circular mo____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
207. res_____ce to insulin *n.* the act of defending oneself from an aggressor or refusing to accept something
208. qua_____gia patients *n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
209. st_____te due to problems *v.* to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
210. inv_____ry manslaughter *adj.* acting or done without or against one's will
211. the wh_____r of the leaves *v.* to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
212. lo_____n period *n.* an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed
213. ex_____al commerce *adj.* belonging to or situated outside of someone or something

ANSWERS: 204. din, 205. frequent, 206. movement, 207. resistance, 208. quadriplegia, 209. stagnate, 210. involuntary, 211. whisper, 212. lock-in, 213. external

214. to__o injury *n.* the human trunk from the neck to the abdomen
215. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
216. el_____fy the audience *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
217. have a ni_____re *n.* a very frightening or unpleasant dream
218. w__d nurse *n.* a room in a hospital for patients requiring special care
219. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
220. a tour guide at the te___e *n.* a place of worship, especially one that is associated with a particular religion or faith; the flat area on either side of the forehead
221. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
222. a h__y man *adj.* of or related to a god, divine power, or a particular religion
223. tra_____be notes *v.* to copy or reproduce something in written or printed form; to translate spoken language into written text
224. aw___n a child *v.* to stop sleeping or to cause someone to stop sleeping

ANSWERS: 214. torso, 215. suffer, 216. electrify, 217. nightmare, 218. ward, 219. stroke, 220. temple, 221. lung, 222. holy, 223. transcribe, 224. awaken

225. the bone of a jo__t *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
226. at ____de control *n.* the way you think and feel about someone or something
227. in__t on a clear answer *v.* to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say
228. n__e massager *n.* the back side of the neck
229. her de____te screams *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
230. hold your br__h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
231. pl__t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
232. a to__o in bronze *n.* the human trunk from the neck to the abdomen
233. bl__k in astonishment *v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
234. p_g in the ground *n.* a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object

ANSWERS: 225. joint, 226. attitude, 227. insist, 228. nape, 229. desperate, 230. breath, 231. planet, 232. torso, 233. blink, 234. peg

235. inv_____ry muscles	<i>adj.</i> acting or done without or against one's will
236. d_m memory	<i>adj.</i> poorly lit; not bright
237. in___d cargo	<i>adj.</i> directed or facing towards the inside; inside or inward-looking
238. te___r strap	<i>v.</i> to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
239. in_____te relationship	<i>adj.</i> being in an early or incomplete stage; not fully formed or developed
240. re_____le hope	<i>v.</i> to revive or renew something that was previously lost or forgotten, often a relationship or feeling
241. sp___k a chain reaction	<i>v.</i> to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
242. at___h a file to an e-mail	<i>v.</i> to fasten, join, or connect one thing to another
243. in___d peace	<i>adj.</i> directed or facing towards the inside; inside or inward-looking
244. tr_____h of the spirit	<i>n.</i> a great victory or achievement
245. au_____e sound	<i>adj.</i> able to be heard; loud enough to be heard clearly
246. bachelor's de___e	<i>n.</i> a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 235. involuntary, 236. dim, 237. inward, 238. tether, 239. inchoate, 240. rekindle, 241. spark, 242. attach, 243. inward, 244. triumph, 245. audible, 246. degree

247. a c__l of smoke *v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
248. pho_____ph album *n.* a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
249. chronic ma___y *n.* a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction
250. a lay se___n *n.* a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service
251. pe_____ry countries *n.* the outer edge or margin of something, especially a geographical area or a group of people
252. doc_____ry proof *n.* a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
253. psy_____gy of crowd *n.* the scientific study of mind and behavior
254. uns_____le crime *adj.* too terrible, shocking, or distressing to speak about
255. fever with neu_____cal signs *adj.* of or relating to the science of neurology or the nervous system
256. sw__l up dirt and dust *v.* to move in a circular or spiral pattern

ANSWERS: 247. curl, 248. photograph, 249. malady, 250. sermon, 251. periphery, 252. documentary, 253. psychology, 254. unspeakable, 255. neurological, 256. swirl

257. pa_____is in the leg *n.* a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
258. su_____nd a town *v.* to be all around something or somebody
259. da___e a carrot *v.* to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain
260. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
261. ti___e with anticipation *v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
262. speak before a con_____ion *n.* a group of people assembled, typically in a church or synagogue, for religious worship or other communal purposes; a gathering or collection of people or things in a specific location or context
263. vi_____ze data *v.* to form a mental image or concept of something; to make something visible
264. sl_____ly alkaline soils *adv.* in a small degree or extent; a little
265. ep_____al joys *adj.* lasting or used for only a short time
266. aw___n at daybreak *v.* to stop sleeping or to cause someone to stop sleeping

ANSWERS: 257. paralysis, 258. surround, 259. dangle, 260. severe, 261. tingle, 262. congregation, 263. visualize, 264. slightly, 265. ephemeral, 266. awaken

267. te___e complex *n.* a place of worship, especially one that is associated with a particular religion or faith; the flat area on either side of the forehead
268. tr____h of democracy *n.* a great victory or achievement
269. part of the he____g process *n.* the process of becoming or making somebody or something well again
270. new di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
271. an active to____r *n.* a young child who has recently learned to walk
272. natural he____g ability *n.* the process of becoming or making somebody or something well again
273. ex____e weather events *adj.* very great in amount or degree
274. bite his tongue li_____ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

ANSWERS: 267. temple, 268. triumph, 269. healing, 270. dimension, 271. toddler, 272. healing, 273. extreme, 274. literally

Session 3: Fill in the Blanks

1. I advised him to _____ to his new surroundings.
v. to make fit for or change to suit a new purpose or environment
2. My memory will _____ but my heart will live on.
v. to vanish; to fade away; to lose color; to lose freshness
3. He strove to memorize the Hebrew _____.
n. a character set that includes letters and is used to write a language
4. We want to _____ you to our annual charity event.
v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
5. He became _____ that he was being followed.
adj. being aware of and able to respond to what is happening around you
6. If you don't exercise regularly, your fitness levels may _____.
v. to remain still, inactive, or without growth or development; to become stale or foul-smelling due to a lack of circulation or movement
7. He finally decided to _____ problems directly.
v. to face, meet or deal with a problem or difficult situation or person
8. The _____ candlelight added a cozy ambiance to the room.
adj. shining or flashing in an unsteady or irregular way; fluctuating or wavering, often with regards to light or flame

ANSWERS: 1. adapt, 2. fade, 3. alphabet, 4. invite, 5. conscious, 6. stagnate, 7. confront, 8. flickering

9. You need to _____ up before starting to exercise to prevent injury.
- v.* to make or become more flexible, particularly with exercise or stretching; to prepare oneself mentally or physically for a task or activity
10. We attended services at the local _____ during the High Holidays.
- n.* (also "shul") a Jewish house of worship, typically consisting of a hall for prayer and study and often containing a sanctuary, a social hall, and a collection of administrative offices
11. After years of hard work, he finally _____ his financial stability.
- v.* to get something back or recover something after it has been lost or taken away
12. The product developed through years of research continues to _____ the market.
- v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
13. The enemy fell right into the _____.
- n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
14. Our life is a _____ of experience in which events pass from the future through the present to the past.
- n.* a series of similar items in which no part or portion is distinct or distinguishable from adjacent parts
15. She enjoyed floating in the ocean's _____ zone where the waves met the shoreline
- adj.* occurring or existing between two things or points; intermediate in position, condition, or time

ANSWERS: 9. limber, 10. synagogue, 11. regained, 12. electrify, 13. trap, 14. continuum, 15. in-between

16. Her _____ manner relaxed everyone there.

adj. having or showing a kindly or tender nature; soft and mild

17. During colonial eras, new migratory patterns _____.

v. to move out of or away from something and become visible

18. The stories of war crimes filled her with _____.

n. intense fear or disgust, especially at something shocking or terrifying

19. After the summit meeting, the prime ministers issued a _____ statement.

adj. shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton

20. He _____ jumped out of his chair when he heard the news.

adv. in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

21. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

22. She needs to _____ the interview recording to write the article for the magazine.

v. to copy or reproduce something in written or printed form; to translate spoken language into written text

23. Along the gravel roads, sizeable yellow school buses _____.

v. to move forward slowly, as people or animals with their bodies near the ground

24. 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

ANSWERS: 16. gentle, 17. emerged, 18. horror, 19. joint, 20. literally, 21. surround, 22. transcribe, 23. crawl, 24. claim

25. The bankruptcy of the giant conglomerate _____ turmoil in the stock market.
- v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
26. Pakistan's ____ budget was still being reviewed.
- n.* things sent to help countries in need, notably food or money; support
27. The factory was located on the city's _____ away from residential areas.
- n.* the outer edge or margin of something, especially a geographical area or a group of people
28. The chief _____ chanted a prayer.
- n.* a Jewish religious leader or a Jewish scholar or teacher
29. She couldn't stop her leg from _____ nervously.
- v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
30. The _____ in the stock market has been a relief to investors.
- n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
31. He felt no _____ as the dentist drilled his deadened tooth.
- n.* a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
32. The therapist helped her understand the workings of her _____ and how to cope with her anxiety.
- n.* the human soul, mind, or spirit

ANSWERS: 25. sparked, 26. aid, 27. periphery, 28. rabbi, 29. twitching, 30. uplift, 31. discomfort, 32. psyche

33. She had an audition for _____ school.
n. a play in a theatre, television, or radio, or performance on a stage
34. The _____ airport runways may accommodate larger jets.
adj. longer than usual or anticipated
35. He _____ that she pay her debt to the last penny.
v. to say something clearly or demand something forcefully, especially when other people disagree with or oppose what you say
36. He moved his body _____ to the left.
adv. in a small degree or extent; a little
37. The doctor diagnosed her with a rare _____ that required immediate treatment.
n. a physical or psychological disorder or illness; an ailment or disease that causes discomfort, distress, or dysfunction
38. The couple tried to _____ their relationship by spending more time together.
v. to revive or renew something that was previously lost or forgotten, often a relationship or feeling
39. He could _____ all of Shakespeare's works.
v. to say a poem, piece of literature, etc. aloud from memory,
40. How did he _____ to your idea?
v. to take action in response to something
41. The friend's death _____ them.
v. to stop sleeping or to cause someone to stop sleeping

ANSWERS: 33. drama, 34. extended, 35. insisted, 36. slightly, 37. malady, 38. rekindle, 39. recite, 40. react, 41. awakens

42. He bated his _____ when talking about this affair.
n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
43. 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
44. Each ancient tribe has its _____ traditions.
n. the process of becoming or making somebody or something well again
45. I found an old _____ of my grandparents from their wedding day.
n. a picture or image that is produced by a camera; a visual representation or record of a person, object, or scene that has been captured electronically or on film
46. His heartaches are less _____ now.
adj. happening constantly
47. Schools should _____ children's mutual interest spirit.
v. to take care of, feed, and protect someone or something while they are growing and developing
48. They gathered to hear the _____ teachings of the guru.
adj. of or related to a god, divine power, or a particular religion
49. An _____ sigh from the back of the room broke the silence.
adj. able to be heard; loud enough to be heard clearly

ANSWERS: 42. breath, 43. embrace, 44. healing, 45. photograph, 46. frequent, 47. nurture, 48. holy, 49. audible

50. Receiving support from his friends was a great _____ in his time of need.
- n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
51. The hiker _____ their dog to a tree while they camped for the night.
- v.* to tie or secure an animal, person, or object with a rope, chain, or other similar devices to prevent it from moving too far away; (noun) a rope or chain used to tie up or restrain an animal, such as a horse or dog
52. Different cultures have different comfortable word rhythms, so the composition of _____ varies greatly.
- n.* poems in general as a genre of literature
53. Solar gravity creates _____ pressures and temperatures.
- adj.* very great in amount or degree
54. The ____ light made it difficult to read the book.
- adj.* poorly lit; not bright
55. The workers had to _____ the heavy equipment up the staircase to the top floor.
- v.* to lift or hoist something heavy with effort; to throw or hurl something, often with force; to rise or fall with a rhythmic motion, as in the heaving of the sea
56. The drug's side effects can include _____ loss of urine.
- adj.* acting or done without or against one's will
57. My nerves began to _____ before the show started.
- v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

ANSWERS: 50. blessing, 51. tethered, 52. poetry, 53. extreme, 54. dim, 55. heave, 56. involuntary, 57. tingle

58. His success as a famous actor was _____.

adj. lasting or used for only a short time

59. He was alert and could not _____ any critical information out of him.

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

60. A _____ needs constant supervision and firm control.

n. a young child who has recently learned to walk

61. The chef expertly _____ the sauce onto the plate.

v. to move in a circular or spiral pattern

62. Her tongue runs on _____.

adv. in a way that happens without interruption or repeatedly

63. The bill to increase the consumption tax had passed despite much _____ from the public.

n. the act of defending oneself from an aggressor or refusing to accept something

64. The doctor diagnosed him with a rare _____ that had no known cure.

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

65. The company's hiring criteria emphasize personality, not a person's _____.

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

ANSWERS: 58. ephemeral, 59. pump, 60. toddler, 61. swirled, 62. continually, 63. resistance, 64. disease, 65. background

66. They _____ to make their dream come true.
v. to try very hard to do, achieve, or obtain something
67. He spoke into the _____ of the microphone.
n. the part of a wind instrument that the player blows into; a device or object that is used for communication or expression
68. The team's _____ in the championship resulted from their hard work and dedication.
n. a great victory or achievement
69. She had a master's degree in _____.
n. the scientific study of mind and behavior
70. The _____ of the dancers on stage was graceful and elegant.
n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
71. The _____ agreement prevented the parties from changing terms until a certain period had passed.
n. an event or situation in which people are unable to leave a specific location, such as a building or room until a particular condition is met or the time has passed
72. She sought the _____ of her trusted advisor before making a decision.
n. advice or guidance given by a person with specialized knowledge or experience, particularly in a professional or legal context; the act of providing advice or guidance

ANSWERS: 66. strived, 67. mouthpiece, 68. triumph, 69. psychology, 70. movement, 71. lock-in, 72. counsel

73. He was _____ when he lost all his money by gambling.

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

74. He decided to start _____ and leave his old life behind.

adv. in a new or different way

75. When a company discloses information to the market, an _____ auditor verifies them.

adj. belonging to or situated outside of someone or something

76. The old building _____ in a fiery inferno.

v. to burst or break open violently and noisily; to cause something to burst or break open

77. Hawaii is often referred to as an everlasting summer _____.

n. a place or state of perfect happiness; a heaven on earth

78. The company's new software is highly _____ allowing it to handle increasing number of users.

adj. capable of being easily expanded or increased in size, number, or scale to meet changing demands

79. Life as a waiter was a big _____ for him.

n. a very frightening or unpleasant dream

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

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

ANSWERS: 73. desperate, 74. anew, 75. external, 76. exploded, 77. paradise, 78. scalable, 79. nightmare, 80. spiritual

81. Overall _____ are approximately 400x200mm.
n. a measurable extent of a particular kind, such as width, height, or length
82. The patient's face twitched in _____ as the dentist started drilling her tooth.
n. a sudden, involuntary contraction of a muscle, causing a range of sensations from mild discomfort to severe pain; a sudden outburst or brief episode of intense emotion or activity
83. After the accident, he had _____ and could not move his arms or legs.
n. paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
84. The entrepreneur's business plan was still _____ and needed further development before implementation.
adj. being in an early or incomplete stage; not fully formed or developed
85. The sheep were tagged with numbered plastic _____ in their ears.
n. a small cylindrical or tapered pin used to fasten or secure something, such as clothing, on a line, or in carpentry and woodworking; (verb) to fasten or secure something using a peg or similar object; to mark or indicate a level or position using a peg or similar object
86. He won an award for that short _____.
n. a film or a radio or television program that gives facts and information about a subject; of or derived from official documents
87. The water in the lake was contaminated with high levels of _____ making it unsafe for swimming or drinking.
n. a diverse group of single-celled microorganisms that are classified as eukaryotic, meaning they have a distinct nucleus and other membrane-bound organelles found in a wide range of environments, from soil to water to the bodies of humans and animals

ANSWERS: 81. dimensions, 82. spasms, 83. quadriplegia, 84. inchoate, 85. pegs, 86. documentary, 87. protozoa,

88. The shark's powerful _____ allowed it to swim at high speeds.
n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
89. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
90. He took me aside and _____ in my ear.
v. to speak very quietly to somebody using the breath rather than the voice so that only those close to you can hear you
91. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something
92. He _____ in the dazzling sunlight.
v. to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
93. There is nothing more valuable than _____ and freedom.
n. freedom from another's or others' control or influence
94. Massive demonstrations lead to total _____ of transportation.
n. a condition in which you are unable to move or lose control of part or most of the body because of illness or injury
95. The archer's hands _____ as he aimed the arrow at the target.
v. to shake or tremble with a slight, rapid motion

ANSWERS: 88. fins, 89. severe, 90. whispered, 91. perspective, 92. blinked, 93. independence, 94. paralysis, 95. quivered

96. He does not _____ importance to these rumors.

v. to fasten, join, or connect one thing to another

97. The ____ of the city was overwhelming.

n. a loud, confused noise; a loud, persistent racket

98. The survivors of the plane crash could only describe the _____ horror of the experience.

adj. too terrible, shocking, or distressing to speak about

99. The view from the mountaintop was truly _____.

adj. of, from, or like a god; holy or sacred

100. The church's youth group organized a retreat for the whole _____.

n. a group of people assembled, typically in a church or synagogue, for religious worship or other communal purposes; a gathering or collection of people or things in a specific location or context

101. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

102. We often _____ political problems as religious issues.

v. to depict or describe someone or something in a painting, film, book, or other artistic work

103. A great stretch of the lake lay _____ them.

adv. in or to a lower place than someone or something

ANSWERS: 96. attach, 97. din, 98. unspeakable, 99. divine, 100. congregation, 101. planet, 102. portray, 103. beneath

104. He visited the _____ to pray and make offerings to the gods.

n. a place of worship, especially one that is associated with a particular religion or faith; the flat area on either side of the forehead

105. The patient was diagnosed with a rare genetic _____.

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

106. The preacher delivered a powerful _____ on the importance of forgiveness.

n. a speech or lecture given by a religious leader, especially a minister or priest, as part of a worship service

107. The bird _____ through the sky, and its wings spread wide.

v. to fly or rise very high or to a great height, often with great grace or ease

108. The building makes a remarkable _____ impact.

adj. relating to seeing or sight

109. The caterpillar spins a _____ around itself before turning into a butterfly.

n. a protective covering spun by some insects and other invertebrates

110. She kissed the _____ of his neck.

n. the back side of the neck

111. The paranormal investigators claimed to have captured _____ evidence of ghostly activity.

adj. relating to the physical body, tangible or material in nature

112. A rose has thorns on its _____.

n. the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

ANSWERS: 104. temple, 105. syndrome, 106. sermon, 107. soared, 108. visual, 109. cocoon, 110. nape, 111. corporeal, 112. stem

113. She had the _____ that work was fun.

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

114. The _____ motion of the tide was gradually slowing down.

adj. directed or facing towards the inside; inside or inward-looking

115. The patient was diagnosed with a _____ disorder affecting their motor skills.

adj. of or relating to the science of neurology or the nervous system

116. The shuttle _____ trained for months before embarking on the space mission.

n. a person trained by a space agency to travel outside the Earth's atmosphere

117. She tried to _____ the layout of the new house in her mind.

v. to form a mental image or concept of something; to make something visible

118. This year's extreme heat has resulted in many heat _____ cases.

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

119. The older man _____ from arthritis and finds it difficult to move around.

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

120. He has terminal _____ cancer.

n. either of the two organs in the chest that people and some animals use for breathing

ANSWERS: 113. attitude, 114. inward, 115. neurological, 116. astronaut, 117. visualize, 118. stroke, 119. suffers, 120. lung

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

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

122. The earring on her earlobe would _____ as she moved her head.

- v. to hang or swing loosely, especially in a way that suggests instability or lack of support; to tempt or tantalize by holding out the prospect of something desirable but uncertain

123. He was hit in the _____ and was rushed to the hospital.

- n. the human trunk from the neck to the abdomen

124. Sleep-deprived people gradually lose their concentration and may _____.

- v. to experience a seemingly real perception of something that does not actually exist, usually as a result of a mental illness or drug use

125. The venom from the snake bite _____ his arm.

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

126. The patient was moved to the intensive care _____ for further treatment.

- n. a room in a hospital for patients requiring special care

127. You should wrap the bandage carefully and firmly around the injured _____.

- n. an arm and leg of a person or animal

128. X-rays revealed a small tumor in his _____.

- n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 121. celebrated, 122. dangle, 123. torso, 124. hallucinate, 125. paralyzed, 126. ward, 127. limb, 128. brain

129. The company decided to take a _____ and reconvene the meeting later that day.
- n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court
130. The cat _____ into a ball and went to sleep.
- v.* to form or make something form into a curved or spiral shape; (noun) a round shape formed by a series of concentric circles
131. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
132. This region has many _____ offering higher education.
- n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
133. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.
- n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
134. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
135. The structure is _____ of three main components.
- v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

ANSWERS: 129. recess, 130. curled, 131. degree, 132. institutes, 133. privilege, 134. opportune, 135. composed

136. The _____ is about 13.8 billion years old.

- n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

137. She _____ her hair absentmindedly as she listened to the conversation.

- v.* to rotate rapidly around a central point; to spin or whirl around in a circular or spiral motion

ANSWERS: 136. universe, 137. twirled