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Vocabulary Builder Reference from...

Joe Kowan: How I beat stage fright | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

fright

n. a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation

synonym: terror, panic, fear

(1) **fright** response, (2) shiver in **fright**

The dog's barking gave the mailperson a terrible **fright**.

uncomfortable

adj. providing or feeling physical discomfort or slight pain

synonym: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym: biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed

as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

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.

rebel

n. someone who resists or opposes authority or control, especially by fighting against it

synonym: insurgent, dissenter, mutineer

(1) **rebel** uprising, (2) group of **rebels**

The **rebels** fought against the government for their independence.

anxiety

n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

synonym: concern, dread, agita

(1) diagnosis of **anxiety** disorder, (2) **anxiety** for knowledge

She waited for her daughter with **anxiety**.

sympathetic

adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

synonym : compassionate, empathetic, understanding

(1) **sympathetic** nervous system, (2) **sympathetic** toward poor people

She is very **sympathetic** to our project.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym : epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym : absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym : end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation
He broke his arm at the **extremity** of the bone.

pupil

n. the black circular opening in the center of the iris of the eye, through which light enters the eye; a student in school or university

synonym: iris, eye aperture, student

(1) **pupil** constriction, (2) attentive **pupil**

The **pupil** of your eye dilates in response to different light levels.

dilate

v. to make something wider, larger, or more open

synonym: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

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.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

conducive

adj. tending to make something likely or possible

synonym: beneficial, advantageous, helpful

(1) **conducive** question, (2) **conducive** to growth

The quiet and peaceful environment was **conducive** to concentration and productivity.

folk

n. people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

idiot

n. a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient

synonym: dummy, imbecile, bubblehead

(1) **idiot** driver, (2) what an **idiot**

He acted like an **idiot** and spilled his drink all over the floor.

evolution

n. a gradual process of transformation of living things

synonym: elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

saber

n. a type of sword with a curved blade, typically used in cavalry or fencing

synonym: sword, cutlass, blade

(1) **saber** fencing, (2) ceremonial **saber**

The military commander drew his **saber** and shouted orders to the troops.

terrify

v. to frighten someone very much

synonym: unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

horrible

adj. extremely unpleasant or bad; causing fear or disgust
synonym : dreadful, terrible, awful

(1) **horrible** accident, (2) **horrible** smell

The experience was **horrible** and left a lasting impression.

vibrato

n. a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production

synonym : tremolo, fluctuation, modulation

(1) sing with **vibrato**, (2) **vibrato** technique

The violinist added a **vibrato** to the final notes of the piece, creating a beautiful effect.

waver

v. to move in a quivering manner; to become weak

synonym : lurch, sway, wobble

(1) **waver** in purpose, (2) **waver** between work and private life

She didn't **waver** in her decision to pursue her dream career, despite the challenges.

stream

n. a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

synonym : flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars

Jet **streams** are the common name for air currents that form high in the atmosphere.

opera

n. a drama set to music, in which the words are sung rather than spoken

synonym : musical, operetta, oratorio

(1) ballad **opera**, (2) **opera** performance

She loves going to the **opera** house and hearing the beautiful music.

convulse

v. to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional

distress, or to make someone or something do this
synonym : spasm, tremble, seize

(1) **convulse** with laughter, (2) **convulse** with anger
He **convulsed** in pain as the injury was severe.

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.

embarrass

v. to cause someone to feel awkward, worried, or ashamed
synonym : disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

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.

solo

adv. without anybody else or anything else; alone
synonym : alone

(1) a **solo** vocal recital, (2) a **solo** flight
I would love to **solo** camping someday.

songwriter

n. a person who writes songs, particularly lyrics, and music for popular music or other genres
synonym : lyricist, composer, balladeer

(1) **songwriter's** album, (2) folk **songwriter**
The aspiring **songwriter** spent hours every day composing and practicing his music.

glimpse

n. a brief or partial view; the act of seeing something or someone for a very short time or only partly

synonym : glance, peek, sighting

(1) a momentary **glimpse**, (2) passing **glimpse**

Our team caught a **glimpse** of the world-class technique in this game.

epiphany

n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

synonym : revelation, enlightenment, insight

(1) **epiphany** about life, (2) Feast of **Epiphany**

She had an **epiphany** while meditating and realized the answer to her problem.

exploit

v. to make full use of and gain an advantage from resources, opportunities, etc.

synonym : use, abuse, control

(1) **exploit** a security hole, (2) **exploit** a valuable opportunity

We **exploit** our mining resources to strengthen our national power.

authentic

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

synonym : genuine, bona fide, original

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

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

manifestation

n. a visible or tangible form of something, especially a particular sign of a disease or condition

synonym : expression, embodiment, presentation

(1) **manifestation** of a deeper problem, (2) **manifestation** of psychological stress

The **manifestation** of his anxiety was evident in his shaking

hands.

octave

n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale

synonym: eighth, interval, range

(1) **octave** key, (2) **octave** range

The singer's range was impressive, covering three **octaves** with ease.

norm

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

synonym: criterion, mean, standard

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

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

permission

n. consent or authorization given by someone in authority or by the owner of something, allowing someone to do something or allowing something to occur

synonym: approval, consent, authorization

(1) grant **permission**, (2) **permission** for permanent residence

I asked my boss for **permission** to leave early for a doctor's appointment.

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.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression**

toward sustainability.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed
The corporation **eventually** dominated the entire tobacco business.

sip

v. to drink a liquid by taking small mouthfuls; (noun) a small drink

synonym : taste, sample, drink

(1) **sip** a drink, (2) take a **sip** of beer

He **sipped** his tea slowly, savoring the taste.

tremble

v. to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness

synonym : shiver, flutter, quaver

(1) **tremble** in fear, (2) **tremble** violently with emotion

When I heard the news, my whole body **trembled** with excitement.

tremolo

n. a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound

synonym : vibration, quiver, oscillation

(1) **tremolo** picking, (2) play with **tremolo**

The musician added a beautiful **tremolo** effect to the guitar solo.

scare

v. to frighten a person or animal, or to become frightened

synonym : frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym : talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

strength

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

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

frank

adj. honest and sincere; open and candid in expression

synonym : candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

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.

patronizing

adj. displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude

synonym : condescending, superior

(1) **patronizing** remark, (2) **patronizing** behavior

The manager's attitude towards his employees was **patronizing**.

sarcastic

adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone

synonym : mocking, ironic, sardonic

(1) use **sarcastic** language, (2) **sarcastic** sense of humor
Her **sarcastic** remarks made it clear that she wasn't happy with the situation.

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.

hell

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

synonym : inferno, agony, misery

(1) run like **hell**, (2) **hell** broke loose

The battlefield became **hell** on earth.

belt

v. to sing loudly and forcefully; to hit someone or something hard; (noun) a strip of leather or other material worn to tie or buckle something around the body

synonym : sing, hit hard, (noun) strap

(1) **belt** him in the face, (2) leather **belt**

The band was **belting** out old songs in response to audience requests.

recover

v. to return to a former condition, health, mind, or strength

synonym : come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

groove

n. a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm

synonym : rut, channel, furrow

(1) **groove** on the dance floor, (2) get into the **groove**
The band played a smooth **groove** that got everyone dancing.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

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.

Session 2: Spelling

- | | |
|------------------------------------|---|
| 1. take a s_p of beer | v. to drink a liquid by taking small mouthfuls; (noun) a small drink |
| 2. di___e the bronchial tubes | v. to make something wider, larger, or more open |
| 3. pro_____on of civilization | n. the act or process of changing to the next stage or phase or moving forward |
| 4. ho_____le smell | adj. extremely unpleasant or bad; causing fear or disgust |
| 5. an_____y for knowledge | n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |
| 6. id__t driver | n. a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient |
| 7. a s__o vocal recital | adv. without anybody else or anything else; alone |
| 8. co_____ct law | n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law |
| 9. the st___m of time | n. a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc. |
| 10. diagnosis of an_____y disorder | n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future |

ANSWERS: 1. sip, 2. dilate, 3. progression, 4. horrible, 5. anxiety, 6. idiot, 7. solo, 8. contract, 9. stream, 10. anxiety

11. pat_____ng remark *adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude
12. wa__r between work and private life *v.* to move in a quivering manner; to become weak
13. re_____r approval ratings *v.* to return to a former condition, health, mind, or strength
14. employment co_____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
15. 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
16. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
17. re__l uprising *n.* someone who resists or opposes authority or control, especially by fighting against it
18. an au_____ic signature *adj.* known to be real and what people say it is; not a fake or copy
19. tr_____o picking *n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound

ANSWERS: 11. patronizing, 12. waver, 13. recover, 14. contract, 15. embrace, 16. decide, 17. rebel, 18. authentic, 19. tremolo

20. use sa_____ic language *adj.* using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
21. di_____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
22. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
23. co_____se with anger *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
24. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
25. run like h__l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
26. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
27. phy_____cal response *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 20. sarcastic, 21. discuss, 22. eventually, 23. convulse, 24. folk, 25. hell, 26. irrational, 27. physiological

28. with an unc_____ble face *adj.* providing or feeling physical discomfort or slight pain
29. sl_____ly alkaline soils *adv.* in a small degree or extent; a little
30. 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
31. per_____on for permanent residence *n.* consent or authorization given by someone in authority or by the owner of something, allowing someone to do something or allowing something to occur
32. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
33. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
34. have a ni_____re *n.* a very frightening or unpleasant dream
35. h__l broke loose *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
36. the sets were meticulously au_____ic *adj.* known to be real and what people say it is; not a fake or copy
37. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 28. uncomfortable, 29. slightly, 30. embrace, 31. permission, 32. scare, 33. cord, 34. nightmare, 35. hell, 36. authentic, 37. physiological

38. es_____al commodities of life *adj.* indispensable; fundamental
39. an endless st___m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
40. a s__o flight *adv.* without anybody else or anything else; alone
41. attentive pu__l *n.* the black circular opening in the center of the iris of the eye, through which light enters the eye; a student in school or university
42. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
43. man_____ion of a deeper problem *n.* a visible or tangible form of something, especially a particular sign of a disease or condition
44. shiver in fr___t *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
45. cultural n___m *n.* something that is regarded as usual, typical, or standard
46. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
47. 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

ANSWERS: 38. essential, 39. stream, 40. solo, 41. pupil, 42. adrenaline, 43. manifestation, 44. fright, 45. norm, 46. trigger, 47. breath

48. oc___e key *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
49. muscular st____th *n.* the quality or state of being physically, or sometimes mentally, strong
50. an unc_____ble silence *adj.* providing or feeling physical discomfort or slight pain
51. op__a performance *n.* a drama set to music, in which the words are sung rather than spoken
52. ni_____re situation *n.* a very frightening or unpleasant dream
53. wa__r in purpose *v.* to move in a quivering manner; to become weak
54. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
55. 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
56. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward
57. get ne_____s *adj.* worried and anxious about something; relating to the nerves
58. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

ANSWERS: 48. octave, 49. strength, 50. uncomfortable, 51. opera, 52. nightmare, 53. waver, 54. nurture, 55. tingle, 56. progression, 57. nervous, 58. cord

59. man_____ion of psychological stress
n. a visible or tangible form of something, especially a particular sign of a disease or condition
60. grant per_____on
n. consent or authorization given by someone in authority or by the owner of something, allowing someone to do something or allowing something to occur
61. nu_____e love
v. to take care of, feed, and protect someone or something while they are growing and developing
62. ex_____ty injury
n. the farthest or most remote point or the greatest or the highest degree
63. st_____th of the economy
n. the quality or state of being physically, or sometimes mentally, strong
64. human ev_____on
n. a gradual process of transformation of living things
65. dis_____rt in the abdomen
n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
66. sing with vi_____o
n. a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production
67. ev_____on theory
n. a gradual process of transformation of living things
68. ex_____t a valuable opportunity
v. to make full use of and gain an advantage from resources, opportunities, etc.

ANSWERS: 59. manifestation, 60. permission, 61. nurture, 62. extremity, 63. strength, 64. evolution, 65. discomfort, 66. vibrato, 67. evolution, 68. exploit

69. get into the gr___e *n.* a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm
70. impaired di_____on *n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
71. a momentary gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
72. Feast of Ep_____ny *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
73. ballad op__a *n.* a drama set to music, in which the words are sung rather than spoken
74. co_____se with laughter *v.* to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this
75. oc___e range *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale

ANSWERS: 69. groove, 70. digestion, 71. glimpse, 72. epiphany, 73. opera, 74. convulse, 75. octave

76. in a ge___e voice *adj.* having or showing a kindly or tender nature; soft and mild
77. ceremonial sa__r *n.* a type of sword with a curved blade, typically used in cavalry or fencing
78. passing gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
79. son_____er's album *n.* a person who writes songs, particularly lyrics, and music for popular music or other genres
80. tr_____e in fear *v.* to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
81. leather b__t *v.* to sing loudly and forcefully; to hit someone or something hard; (noun) a strip of leather or other material worn to tie or buckle something around the body
82. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
83. tr_____e violently with emotion *v.* to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness
84. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

ANSWERS: 76. gentle, 77. saber, 78. glimpse, 79. songwriter, 80. tremble, 81. belt, 82. irrational, 83. tremble, 84. adrenaline

85. ep____ny about life *n.* a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus
86. fr__k and open discussion *adj.* honest and sincere; open and candid in expression
87. vi_____o technique *n.* a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production
88. re_____r a loss *v.* to return to a former condition, health, mind, or strength
89. f__k art *n.* people in general, especially those of a particular group or type
90. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
91. pat_____ng behavior *adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude
92. folk son_____er *n.* a person who writes songs, particularly lyrics, and music for popular music or other genres
93. 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

ANSWERS: 85. epiphany, 86. frank, 87. vibrato, 88. recover, 89. folk, 90. trigger, 91. patronizing, 92. songwriter, 93. breath

94. the threats te_____y him *v.* to frighten someone very much
95. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
96. gr___e on the dance floor *n.* a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm
97. sym_____ic toward poor people *adj.* feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
98. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
99. what an id__t *n.* a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient
100. sa__r fencing *n.* a type of sword with a curved blade, typically used in cavalry or fencing
101. n__m of action *n.* something that is regarded as usual, typical, or standard
102. s_p a drink *v.* to drink a liquid by taking small mouthfuls; (noun) a small drink
103. pu__l constriction *n.* the black circular opening in the center of the iris of the eye, through which light enters the eye; a student in school or university
104. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 94. terrify, 95. nervous, 96. groove, 97. sympathetic, 98. embarrass, 99. idiot, 100. saber, 101. norm, 102. sip, 103. pupil, 104. eventually

105. fr___t response *n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
106. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
107. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
108. ge___e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
109. es_____al amino acid *adj.* indispensable; fundamental
110. play with tr_____o *n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound
111. ho_____le accident *adj.* extremely unpleasant or bad; causing fear or disgust
112. te_____y people *v.* to frighten someone very much
113. ex_____ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
114. di___e blood vessel *v.* to make something wider, larger, or more open
115. increase sl_____ly *adv.* in a small degree or extent; a little
116. di_____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 105. fright, 106. embarrass, 107. decide, 108. gentle, 109. essential, 110. tremolo, 111. horrible, 112. terrify, 113. extremity, 114. dilate, 115. slightly, 116. discuss

117. b__t him in the face
v. to sing loudly and forcefully; to hit someone or something hard; (noun) a strip of leather or other material worn to tie or buckle something around the body
118. co_____ve question
adj. tending to make something likely or possible
119. endure dis_____rt and pain
n. a feeling of being uncomfortable physically or mentally or being embarrassed; a slight pain
120. 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
121. group of re__ls
n. someone who resists or opposes authority or control, especially by fighting against it
122. sc__e the birds away
v. to frighten a person or animal, or to become frightened
123. sa_____ic sense of humor
adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
124. make a fr__k apology
adj. honest and sincere; open and candid in expression
125. ex_____t a security hole
v. to make full use of and gain an advantage from resources, opportunities, etc.
126. sym_____ic nervous system
adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation

ANSWERS: 117. belt, 118. conducive, 119. discomfort, 120. tingle, 121. rebel, 122. scare, 123. sarcastic, 124. frank, 125. exploit, 126. sympathetic

127. poor di_____on

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

128. co_____ve to growth

adj. tending to make something likely or possible

ANSWERS: 127. digestion, 128. conducive

Session 3: Fill in the Blanks

1. She is very _____ to our project.
adj. feeling, showing, or expressing kindness or compassion to somebody who is hurt, sad, or in a problematic situation
2. We need to _____ the next steps for the project during our meeting tomorrow.
v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
3. The quiet and peaceful environment was _____ to concentration and productivity.
adj. tending to make something likely or possible
4. She didn't _____ in her decision to pursue her dream career, despite the challenges.
v. to move in a quivering manner; to become weak
5. She waited for her daughter with _____.
n. a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
6. The singer's range was impressive, covering three _____ with ease.
n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
7. Trial and error is an _____ part of education.
adj. indispensable; fundamental

ANSWERS: 1. sympathetic, 2. discuss, 3. conducive, 4. waver, 5. anxiety, 6. octaves, 7. essential

8. The dog's barking gave the mailperson a terrible _____.
- n.* a sudden intense fear or shock; a state of being afraid or anxious; a feeling of alarm or trepidation caused by a sudden, unexpected event or situation
9. Her _____ remarks made it clear that she wasn't happy with the situation.
- adj.* using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
10. 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
11. We _____ our mining resources to strengthen our national power.
- v.* to make full use of and gain an advantage from resources, opportunities, etc.
12. The musician added a beautiful _____ effect to the guitar solo.
- n.* a musical effect or technique where a note is rapidly and repeatedly alternated in volume or pitch, creating a wavering or trembling sound
13. Jet _____ are the common name for air currents that form high in the atmosphere.
- n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
14. The band played a smooth _____ that got everyone dancing.
- n.* a long, narrow cut or depression in a hard material or surface; a particular style of popular music characterized by a strong and repetitive rhythm
15. The manager's attitude towards his employees was _____.
- adj.* displaying an air of condescension or superiority towards others, often in a way that comes across as insincere or manipulative; demonstrating a condescending or dismissive attitude

ANSWERS: 8. fright, 9. sarcastic, 10. breath, 11. exploit, 12. tremolo, 13. streams, 14. groove, 15. patronizing

16. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
17. Schools should _____ children's mutual interest spirit.
v. to take care of, feed, and protect someone or something while they are growing and developing
18. She loves going to the _____ house and hearing the beautiful music.
n. a drama set to music, in which the words are sung rather than spoken
19. His abusive words made me _____.
adj. providing or feeling physical discomfort or slight pain
20. The band was _____ out old songs in response to audience requests.
v. to sing loudly and forcefully; to hit someone or something hard; (noun) a strip of leather or other material worn to tie or buckle something around the body
21. The pupils of the eyes _____ in low light.
v. to make something wider, larger, or more open
22. Overeating can lead to discomfort and slower _____.
n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
23. 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

ANSWERS: 16. eventually, 17. nurture, 18. opera, 19. uncomfortable, 20. belting, 21. dilate, 22. digestion, 23. embrace

24. Her _____ manner relaxed everyone there.

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

25. She is still _____ from a shot to her shoulder.

v. to return to a former condition, health, mind, or strength

26. When I heard the news, my whole body _____ with excitement.

v. to shake slightly in a way that you cannot control, for example, because you are frightened, angry, or excited, or because of illness

27. He _____ in pain as the injury was severe.

v. to experience a sudden and violent contraction of the muscles, often caused by pain, illness, or emotional distress, or to make someone or something do this

28. The violinist added a _____ to the final notes of the piece, creating a beautiful effect.

n. a musical technique in which a sustained note is varied in pitch and volume to produce a pulsating or wavering effect; a similar effect produced in speech or other forms of sound production

29. The battlefield became _____ on earth.

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

30. She had an _____ while meditating and realized the answer to her problem.

n. a moment of sudden and great realization or revelation; a Christian festival, held on 6 January, celebrating the visit of the three wise men to the infant Jesus

ANSWERS: 24. gentle, 25. recovering, 26. trembled, 27. convulsed, 28. vibrato, 29. hell, 30. epiphany

31. He acted like an _____ and spilled his drink all over the floor.
n. a foolish or stupid person who lacks common sense or judgment; a derogatory term used to describe someone who is mentally deficient
32. Life as a waiter was a big _____ for him.
n. a very frightening or unpleasant dream
33. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
34. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
35. They continued to endure _____ treatment by the dictatorship.
adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
36. The experience was _____ and left a lasting impression.
adj. extremely unpleasant or bad; causing fear or disgust
37. He _____ his tea slowly, savoring the taste.
v. to drink a liquid by taking small mouthfuls; (noun) a small drink
38. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
39. He broke his arm at the _____ of the bone.
n. the farthest or most remote point or the greatest or the highest degree

ANSWERS: 31. idiot, 32. nightmare, 33. strength, 34. nervous, 35. irrational, 36. horrible, 37. sipped, 38. embarrass, 39. extremity

40. The company signed a _____ with the supplier for the delivery of goods.
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
41. The band has released a lot of _____ rock music.
n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
42. The aspiring _____ spent hours every day composing and practicing his music.
n. a person who writes songs, particularly lyrics, and music for popular music or other genres
43. The doctor explained the various _____ changes that occur during pregnancy.
adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
44. The incident _____ a political controversy.
v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
45. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
46. They study the _____ of the universe.
n. a gradual process of transformation of living things

ANSWERS: 40. contract, 41. adrenaline-pumping, 42. songwriter, 43. physiological, 44. triggered, 45. norms, 46. evolution

47. Your spinal _____ is located deep within your body.

- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

48. She couldn't _____ whether to order the pizza or the pasta for dinner.

- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

49. It would be best not to _____ your associates into doing complex tasks.

- v.* to frighten someone very much

50. The stages of the play were meticulously _____

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

51. The company has made great strides in its _____ toward sustainability.

- n.* the act or process of changing to the next stage or phase or moving forward

52. Full involvement means _____ and prompt responses.

- adj.* honest and sincere; open and candid in expression

53. He moved his body _____ to the left.

- adv.* in a small degree or extent; a little

54. The _____ of his anxiety was evident in his shaking hands.

- n.* a visible or tangible form of something, especially a particular sign of a disease or condition

55. Some seaweed was used as _____ medicine in ancient times.

- n.* people in general, especially those of a particular group or type

ANSWERS: 47. cord, 48. decide, 49. terrify, 50. authentic, 51. progression, 52. frank, 53. slightly, 54. manifestation, 55. folk

56. I asked my boss for _____ to leave early for a doctor's appointment.
- n.* consent or authorization given by someone in authority or by the owner of something, allowing someone to do something or allowing something to occur
57. We hit the ground to _____ out the rabbits.
- v.* to frighten a person or animal, or to become frightened
58. 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
59. The _____ fought against the government for their independence.
- n.* someone who resists or opposes authority or control, especially by fighting against it
60. The _____ of your eye dilates in response to different light levels.
- n.* the black circular opening in the center of the iris of the eye, through which light enters the eye; a student in school or university
61. 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
62. Our team caught a _____ of the world-class technique in this game.
- n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
63. The military commander drew his _____ and shouted orders to the troops.
- n.* a type of sword with a curved blade, typically used in cavalry or fencing

ANSWERS: 56. permission, 57. scare, 58. tingle, 59. rebels, 60. pupil, 61. discomfort, 62. glimpse, 63. saber

64. I would love to _____ camping someday.

adv. without anybody else or anything else; alone

ANSWERS: 64. solo