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Vocabulary Builder Reference from...

David Steindl-Rast: Want to be happy? Be grateful |

TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

mainspring

n. a spiral or coiled spring in a mechanical device, such as a watch or clock, that provides the energy to drive the mechanism; a primary or essential motive or driving force

synonym : spring, power source, motive force

(1) broken **mainspring**, (2) the **mainspring** of his action

The **mainspring** of her resilience is rooted in her early hardships and experiences.

misfortune

n. an unfortunate event or circumstance; bad luck or trouble

synonym : adversity, calamity, tragedy

(1) economic **misfortune**, (2) a string of **misfortunes**

The flood was a great **misfortune** to the small town causing extensive damage.

radiate

v. to spread out or emit something, such as light or heat, in all directions

synonym : give off, scatter, beam

(1) **radiate** an aura, (2) **radiate** in all directions

Roads **radiate** from the famous building in the center of the city.

spontaneously

adv. in a way that is natural, not planned or forced, and often sudden

synonym : impromptu, automatically, immediately

(1) recover **spontaneously** after five days, (2) this shift occurs **spontaneously**

The electrical cord **spontaneously** combusted.

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.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym : rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

oppress

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

synonym : antagonize, distress, burden

(1) **oppress** the minority, (2) **oppress** the people with force

Historically, many countries have often **oppressed** certain religions to gain the support of the majority of the population.

unfaithful

adj. not loyal to a spouse, partner, or commitment because of a sexual relationship with a person who is not your partner

synonym : untrue, disloyal, adulterous

(1) **unfaithful** spouse, (2) the temptation to be **unfaithful**

The woman was heartbroken when she found out that her husband had been **unfaithful**.

bereavement

n. the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something

synonym : grief, sorrow, loss

(1) his sad **bereavement**, (2) **bereavement** leave

She was in a state of **bereavement** after her mother passed away.

faucet

n. a device for controlling the flow of liquid from a pipe

synonym : tap, spigot, valve

(1) a water **faucet**, (2) **faucet** handle

I turned on the **faucet** to wash my hands.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

revolutionize

v. to bring about a complete or radical change in something, often through the introduction of new methods or ideas

synonym : transform, innovate, modernize

(1) **revolutionize** the industry, (2) **revolutionize** the technology

The invention of the smartphone **revolutionized** the way we communicate with each other.

scarcity

n. the state of being in short supply; a small and inadequate amount

synonym : lack, absence, dearth

(1) fuel **scarcity**, (2) **scarcity** of capital

Some research says that a relative decline in teacher salaries is causing labor **scarcity**.

nonviolence

n. the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a

goal, especially in the context of political or social change

synonym : pacifism, nonresistance, peacekeeping

(1) **nonviolence** movement, (2) **nonviolence** protest

Martin Luther King Jr. was a champion of **nonviolence** in the fight for civil rights.

mushroom

n. a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap

synonym : fungus, toadstool

(1) **mushroom** spores, (2) **mushroom** cultivation

The **mushroom** risotto was delicious, but I couldn't identify all the mushrooms in it.

Session 2: Spelling

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|---------------------------------|--|
| 1. the mai_____ng of his action | <i>n.</i> a spiral or coiled spring in a mechanical device, such as a watch or clock, that provides the energy to drive the mechanism; a primary or essential motive or driving force |
| 2. ra_____e in all directions | <i>v.</i> to spread out or emit something, such as light or heat, in all directions |
| 3. buck and d_e | <i>n.</i> a mature female of mammals of which the male is called a buck, such as a deer or a rabbit |
| 4. fuel sc_____ty | <i>n.</i> the state of being in short supply; a small and inadequate amount |
| 5. ber_____nt leave | <i>n.</i> the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something |
| 6. non_____ce movement | <i>n.</i> the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change |
| 7. sc_____ty of capital | <i>n.</i> the state of being in short supply; a small and inadequate amount |
| 8. unf_____ul spouse | <i>adj.</i> not loyal to a spouse, partner, or commitment because of a sexual relationship with a person who is not your partner |
| 9. op_____s the minority | <i>v.</i> to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people |

ANSWERS: 1. mainspring, 2. radiate, 3. doe, 4. scarcity, 5. bereavement, 6. nonviolence, 7. scarcity, 8. unfaithful, 9. oppress

10. mu_____om cultivation *n.* a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap
11. non_____ce protest *n.* the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change
12. the temptation to be unf_____ul *adj.* not loyal to a spouse, partner, or commitment because of a sexual relationship with a person who is not your partner
13. this shift occurs spo_____sly *adv.* in a way that is natural, not planned or forced, and often sudden
14. his sad ber_____nt *n.* the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something
15. d_e rabbit *n.* a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
16. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
17. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
18. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

ANSWERS: 10. mushroom, 11. nonviolence, 12. unfaithful, 13. spontaneously, 14. bereavement, 15. doe, 16. opportune, 17. overwhelm, 18. overwhelm

19. economic mis_____ne *n.* an unfortunate event or circumstance; bad luck or trouble
20. broken mai_____ng *n.* a spiral or coiled spring in a mechanical device, such as a watch or clock, that provides the energy to drive the mechanism; a primary or essential motive or driving force
21. rev_____ize the technology *v.* to bring about a complete or radical change in something, often through the introduction of new methods or ideas
22. recover spo_____sly after five days *adv.* in a way that is natural, not planned or forced, and often sudden
23. mu_____om spores *n.* a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap
24. rev_____ize the industry *v.* to bring about a complete or radical change in something, often through the introduction of new methods or ideas
25. a water fa____t *n.* a device for controlling the flow of liquid from a pipe
26. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
27. op_____s the people with force *v.* to treat people in a cruel and authoritarian way, especially by denying them the same freedoms, rights, etc. as other people
28. a string of mis_____nes *n.* an unfortunate event or circumstance; bad luck or trouble

ANSWERS: 19. misfortune, 20. mainspring, 21. revolutionize, 22. spontaneously, 23. mushroom, 24. revolutionize, 25. faucet, 26. opportune, 27. oppress, 28. misfortune

29. ra____e an aura

v. to spread out or emit something, such as light or heat, in all directions

30. fa___t handle

n. a device for controlling the flow of liquid from a pipe

ANSWERS: 29. radiate, 30. faucet

Session 3: Fill in the Blanks

- Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
- She was in a state of _____ after her mother passed away.
n. the state of having lost a relative or close friend; grief or sadness caused by the loss of someone or something
- The flood was a great _____ to the small town causing extensive damage.
n. an unfortunate event or circumstance; bad luck or trouble
- I turned on the _____ to wash my hands.
n. a device for controlling the flow of liquid from a pipe
- The woman was heartbroken when she found out that her husband had been _____.
adj. not loyal to a spouse, partner, or commitment because of a sexual relationship with a person who is not your partner
- Too much variety may _____ and confuse viewers.
v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
- Some research says that a relative decline in teacher salaries is causing labor _____.
n. the state of being in short supply; a small and inadequate amount

ANSWERS: 1. doe, 2. bereavement, 3. misfortune, 4. faucet, 5. unfaithful, 6. overwhelm, 7. scarcity

8. The phone rang at the most _____ time.

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

9. Historically, many countries have often _____ certain religions to gain the support of the majority of the population.

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

10. The _____ of her resilience is rooted in her early hardships and experiences.

n. a spiral or coiled spring in a mechanical device, such as a watch or clock, that provides the energy to drive the mechanism; a primary or essential motive or driving force

11. The invention of the smartphone _____ the way we communicate with each other.

v. to bring about a complete or radical change in something, often through the introduction of new methods or ideas

12. Roads _____ from the famous building in the center of the city.

v. to spread out or emit something, such as light or heat, in all directions

13. Martin Luther King Jr. was a champion of _____ in the fight for civil rights.

n. the use of peaceful means, such as civil disobedience or passive resistance, rather than violence to achieve a goal, especially in the context of political or social change

14. The electrical cord _____ combusted.

adv. in a way that is natural, not planned or forced, and often sudden

ANSWERS: 8. opportune, 9. oppressed, 10. mainspring, 11. revolutionized, 12. radiate, 13. nonviolence, 14. spontaneously

15. The _____ risotto was delicious, but I couldn't identify all the mushrooms in it.

- n.* a type of fungus that grows on dead or decaying organic matter and typically has a stalk and an umbrella-shaped cap

ANSWERS: 15. mushroom