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Vocabulary Builder Reference from...

Mikael Cho: The science of stage fright (and how to overcome it) | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym: belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

knot

n. a tight interlacing of something such as rope or thread

synonym: tangle, entanglement, snarl

(1) a hard **knot**, (2) a **knot** of people

The boy scout showed us how to tie a **knot** that wouldn't come undone.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

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.

stalk

v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

synonym: follow, creep up on, (noun) stem

(1) **stalk** of celery, (2) **stalk** from the room

The hunter quietly **stalked** the deer for hours before taking the shot

monster

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

synonym: giant, freak, behemoth

(1) horde of **monsters**, (2) **monster** film

This car has a **monster** engine.

deem

v. to consider or decide something in a particular way

synonym: believe, consider, suppose

(1) **deem** socially responsible, (2) **deem** wrong or inappropriate

Regarding earthquakes, some commercial buildings were **deemed** unsafe.

podium

n. a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards

synonym: lectern, stand, dais

(1) win a **podium** position, (2) **podium** finisher

The speaker stood confidently on the **podium** while delivering their speech.

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**.

communicate

v. to share or exchange information with others by speaking, writing, moving your body, or using other signals

synonym: convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

reputation

n. the general opinion that people have about someone or something, especially when this is based on their previous experiences or behaviors

synonym: fame, standing, esteem

(1) **reputation** risk, (2) cloud his **reputation**

She has a good **reputation** for being one of the best chefs in the city.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

- fret**
- v.* to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
- synonym*: worry, agonize, fuss
- (1) **fret** over every little thing, (2) **fret** about the future
I couldn't help but **fret** over the presentation I have to give tomorrow.
- 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.
- threat**
- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
- synonym*: menace, danger, hazard
- (1) economic **threat**, (2) environmental **threat**
The **threat** of severe weather prompted the city to issue an evacuation warning.
- reaction**
- n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
- synonym*: response, reply, answer
- (1) chemical **reaction**, (2) trigger a **reaction**
There was a chemical **reaction** of the lime with the groundwater.
- primitive**
- adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
- synonym*: elementary, naive, rudimental

(1) **primitive** society, (2) artifact of a **primitive** humankind
The industry in this country is still **primitive**.

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**.

flee

v. to leave by running away, especially out of fear or danger

synonym: exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

freak

n. an abnormality that is not typical or expected

synonym: anomaly, deviation, oddity

(1) a rock **freak**, (2) **freak** weather

The **freak** accident caused the car to flip over and land on its roof.

exhibit

v. to show something in public for people to enjoy or to provide them with information

synonym: display, expose, show

(1) **exhibit** a bad attitude, (2) **exhibit** a great talent

Other technology industries **exhibit** similarly explosive

growth.

powerless

adj. lacking power, strength, or authority; unable to act or affect change

synonym: helpless, impotent, feeble

(1) **powerless** position, (2) **powerless** in the organization
During the hurricane, we felt **powerless** against the winds and rain.

imaginary

adj. existing only in someone's mind

synonym: fictional, ideal, fantastical

(1) **imaginary** number, (2) **imaginary** pregnancy

Little children tend to have **imaginary** friends.

conclude

v. to come to an end or close; to reach a judgment or opinion by reasoning

synonym: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy

We **concluded** a cease-fire.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym: archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

unaffected

adj. not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable

synonym: untouched, unaffected, unaltered

(1) **unaffected** by weather, (2) emotionally **unaffected**

Despite the chaos around her, she remained **unaffected** and focused.

nuance

n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

synonym : shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**

The painter has tried to express every **nuance** of the woman's expression in his work.

modern

adj. of or belonging to the present time or recent times

synonym : contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society

Their headquarters are in a **modern** skyscraper.

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.

jungle

n. an area of tropical forest where in which trees and plants grow very thickly

synonym : wilderness, forest

(1) middle of the **jungle**, (2) **jungle** exploration

This village is still in a dense **jungle**.

perceive

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

synonym : sense, discern, feel

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

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

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym : result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

hypothalamus

n. a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

(1) anterior **hypothalamus**, (2) **hypothalamus** hemorrhage
Oxytocin is also produced in the nucleus of the **hypothalamus**.

vertebrate

adj. relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish

synonym: animal, chordate, backboned

(1) the muscle tissue of a **vertebrate**, (2) **vertebrate** biology
The presence of a backbone is a defining characteristic of **vertebrate** animals.

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.

pituitary

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

synonym: hypophyseal, hypothalamic, anterior lobe

(1) **pituitary** hormone, (2) anterior **pituitary**

The **pituitary** gland is responsible for releasing hormones that regulate growth and metabolism.

gland

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

synonym: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**
The adrenal **glands** produce steroids.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an

animal and is carried around the body in the blood

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

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

adrenal

adj. relating to two glands situated above the kidneys, called the adrenal gland

(1) **adrenal** gland, (2) **adrenal** cortex

The doctor ordered tests to check the patient's **adrenal** function.

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.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym: tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

slouch

v. to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

synonym: slump, crouch, droop

(1) **slouch** along the street, (2) **slouch** down in a chair

After hearing the results, he **slouched** against a wall.

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**.

maximum

adj. the largest or greatest amount or value attainable or attained

synonym : peak, top, highest

(1) **maximum** limit, (2) the **maximum** speed

The **maximum** temperature recorded this summer was higher than average.

delivery

n. the act of taking or sending something to a destination; the bringing of a baby during childbirth

synonym : sending, transporting, bringing

(1) an easy **delivery**, (2) special **delivery**

The **delivery** truck arrived with the packages.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym : food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

vital

adj. necessary for the success or continued existence of something

synonym : critical, crucial, invigorating

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

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

butterfly

n. a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings

(1) **butterfly** effect, (2) the life cycle of a **butterfly**

He enjoys collecting **butterfly** specimens.

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.

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.

autonomic

n. relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion

synonym: involuntary, automatic, self-regulating

(1) **autonomic** imbalance, (2) **autonomic** response

The **autonomic** nervous system controls involuntary bodily functions.

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.

autopilot

n. a system that automatically controls the operation of an aircraft or spacecraft

synonym : self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

genetics

n. the branch of biology that studies genes, genetic variation, and heredity in organisms

(1) the science of **genetics**, (2) **genetics** discrimination

He is a specialist in the **genetics** of aging.

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**.

vomit

v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

synonym : puke, throw up, spew

(1) **vomit** abuse, (2) **vomit** after ingesting

She felt sick and had to run to the bathroom to **vomit**.

beforehand

adv. ahead of time; in advance

synonym : in advance, preceding, earlier

(1) take a seat **beforehand**, (2) three months **beforehand**

She packed her sunscreen **beforehand** to remember it on the beach trip.

scared

adj. afraid or frightened

synonym : frightened, fearful, dreading

(1) **scared** all the time, (2) **scared** dog

I'm **scared** of insects.

inevitable

adj. certain to happen and unavoidable
synonym : inescapable, unavoidable, sure

(1) **inevitable** changes of the seasons, (2) **inevitable** result
In times of recession, an increase in unemployment is **inevitable**.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live
synonym : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**
Every human is responsible for taking care of the Earth's **environment**.

confident

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

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

rehearse

v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
synonym : practice, recite, drill

(1) **rehearse** an opera, (2) **rehearse** a speech
The actors needed to **rehearse** their lines before the performance.

epic

n. a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive
synonym : legendary, mythical, classical

(1) heroic **epic**, (2) **epic** battle
The military **epic** between the two armies was one for the history books.

advance

v. to go or move forward; to develop in a positive way
synonym : progress, boost, come along

(1) **advance** the technology, (2) **advance** a cooperative relationship

Scientific knowledge will **advance** significantly with the power of AI.

convince

v. to persuade someone or make someone believe that something is true

synonym : persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent
I am considering what I should do to **convince** him.

predator

n. an animal whose natural behavior is to prey on others

synonym : vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking

synonym : lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

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.

relaxation

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym : rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce stress.

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

unprepared

adj. not properly or adequately prepared; lacking preparation; not ready

synonym : inexperienced, caught off-guard, ill-equipped

(1) **unprepared** speech, (2) **unprepared** for the exam

The **unprepared** student struggled on the test and received a low grade.

charismatic

adj. having a strong and magnetic personality that attracts and influences others

synonym : mesmerizing, alluring, captivating

(1) **charismatic** chairman, (2) **charismatic** personality

He was a **charismatic** leader and could persuade others to follow his ideas.

genius

n. someone who has exceptional intellectual ability and originality

synonym : brilliance, brainiac, acumen

(1) a person of **genius**, (2) a **genius** for music

Mozart was a musical **genius**.

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.

profound

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

synonym : deep, unsounded, far-reaching

(1) a **profound** book, (2) the **profound** depths of the sea

My mother's illness had a **profound** impact on us all.

Session 2: Spelling

1. 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
2. sc___d dog *adj.* afraid or frightened
3. unpre_____ed for the exam *adj.* not properly or adequately prepared; lacking preparation; not ready
4. an_____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
5. a mammary gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
6. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
7. a hard k__t *n.* a tight interlacing of something such as rope or thread
8. ine_____le changes of the seasons *adj.* certain to happen and unavoidable
9. heroic e__c *n.* a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive
10. mo_____r film *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

ANSWERS: 1. fright, 2. scared, 3. unprepared, 4. ancient, 5. gland, 6. sweat, 7. knot, 8. inevitable, 9. epic, 10. monster

11. cha_____ic personality *adj.* having a strong and magnetic personality that attracts and influences others
12. play a vi__l role *adj.* necessary for the success or continued existence of something
13. sl___h along the street *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward
14. rep_____on risk *n.* the general opinion that people have about someone or something, especially when this is based on their previous experiences or behaviors
15. pi_____ry hormone *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
16. a co_____nt remark *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
17. fr__k weather *n.* an abnormality that is not typical or expected
18. ad__t as needed *v.* to make fit for or change to suit a new purpose or environment
19. the ma_____m speed *adj.* the largest or greatest amount or value attainable or attained
20. po___m finisher *n.* a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards
21. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely

ANSWERS: 11. charismatic, 12. vital, 13. slouch, 14. reputation, 15. pituitary, 16. confident, 17. freak, 18. adapt, 19. maximum, 20. podium, 21. tight

22. an easy de____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
23. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
24. an_____y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
25. cloud his rep_____on *n.* the general opinion that people have about someone or something, especially when this is based on their previous experiences or behaviors
26. a person of ge____s *n.* someone who has exceptional intellectual ability and originality
27. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
28. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
29. ad_____l cortex *adj.* relating to two glands situated above the kidneys, called the adrenal gland
30. 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: 22. delivery, 23. threaten, 24. anxiety, 25. reputation, 26. genius, 27. process, 28. gland, 29. adrenal, 30. breath

31. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
32. ine_____le result *adj.* certain to happen and unavoidable
33. pr_____ve society *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
34. re__x at home *v.* to become or cause someone to become less active or tense and calmer
35. ex_____t a great talent *v.* to show something in public for people to enjoy or to provide them with information
36. te__e atmosphere *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
37. re_____se an opera *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
38. mo____n poetry *adj.* of or belonging to the present time or recent times
39. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
40. cha_____ic chairman *adj.* having a strong and magnetic personality that attracts and influences others
41. una_____ed by weather *adj.* not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable

ANSWERS: 31. nervous, 32. inevitable, 33. primitive, 34. relax, 35. exhibit, 36. tense, 37. rehearse, 38. modern, 39. perspective, 40. charismatic, 41. unaffected

42. aircraft au_____ot *n.* a system that automatically controls the operation of an aircraft or spacecraft
43. st_____h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
44. f__t over every little thing *v.* to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
45. take a seat bef_____nd *adv.* ahead of time; in advance
46. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
47. ver_____te biology *adj.* relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish
48. f__e their homes *v.* to leave by running away, especially out of fear or danger
49. 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: 42. autopilot, 43. stomach, 44. fret, 45. beforehand, 46. process, 47. vertebrate, 48. flee, 49. anxiety

50. st____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
51. st____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
52. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
53. sexual pr____ors *n.* an animal whose natural behavior is to prey on others
54. nu____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
55. win a po___m position *n.* a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards
56. re____se a speech *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
57. anterior pi_____ry *n.* a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones
58. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 50. stretch, 51. stretch, 52. embarrass, 53. predator, 54. nutrient, 55. podium, 56. rehearse, 57. pituitary, 58. hormone

59. 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
60. ad__t fully to the environment *v.* to make fit for or change to suit a new purpose or environment
61. tr____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
62. 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
63. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
64. rel____on music *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
65. environmental th__t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
66. the per____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
67. pre-mo__n agricultural society *adj.* of or belonging to the present time or recent times

ANSWERS: 59. pupil, 60. adapt, 61. trigger, 62. idiot, 63. sweat, 64. relaxation, 65. threat, 66. perspective, 67. modern

68. bu_____ly effect *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
69. a pr_____nd book *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
70. com_____te well with my advisor *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
71. au_____ic imbalance *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion
72. com_____te his anxieties to the psychiatrist *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
73. subtle cultural nu____e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
74. trigger a re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
75. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
76. sl____h down in a chair *v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

ANSWERS: 68. butterfly, 69. profound, 70. communicate, 71. autonomic, 72. communicate, 73. nuance, 74. reaction, 75. brain, 76. slouch

77. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
78. vi___l for a healthy society *adj.* necessary for the success or continued existence of something
79. ad_____e the technology *v.* to go or move forward; to develop in a positive way
80. ov_____me opponents *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
81. po_____ss in the organization *adj.* lacking power, strength, or authority; unable to act or affect change
82. the life cycle of a bu_____ly *n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
83. emotionally una_____ed *adj.* not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable
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
85. di___e the bronchial tubes *v.* to make something wider, larger, or more open
86. upset st_____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 77. consequence, 78. vital, 79. advance, 80. overcome, 81. powerless, 82. butterfly, 83. unaffected, 84. adrenaline, 85. dilate, 86. stomach

87. co____ce her to go with us *v.* to persuade someone or make someone believe that something is true
88. the muscle tissue of a ver____te *adj.* relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish
89. a ge____s for music *n.* someone who has exceptional intellectual ability and originality
90. 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
91. d__m socially responsible *v.* to consider or decide something in a particular way
92. f__e abroad *v.* to leave by running away, especially out of fear or danger
93. pre-Christian an____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
94. the science of ge____cs *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
95. economic th____t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
96. hyp____mus hemorrhage *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones

ANSWERS: 87. convince, 88. vertebrate, 89. genius, 90. idiot, 91. deem, 92. flee, 93. ancient, 94. genetics, 95. threat, 96. hypothalamus

97. get ne____s *adj.* worried and anxious about something; relating to the nerves
98. 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
99. middle of the ju____e *n.* an area of tropical forest where in which trees and plants grow very thickly
100. feel co____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
101. sc____d all the time *adj.* afraid or frightened
102. a k__t of people *n.* a tight interlacing of something such as rope or thread
103. au____ot function *n.* a system that automatically controls the operation of an aircraft or spacecraft
104. im____ry pregnancy *adj.* existing only in someone's mind
105. 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
106. di____e blood vessel *v.* to make something wider, larger, or more open
107. e__c battle *n.* a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive

ANSWERS: 97. nervous, 98. breath, 99. jungle, 100. confident, 101. scared, 102. knot, 103. autopilot, 104. imaginary, 105. digestion, 106. dilate, 107. epic

108. ov_____me all difficulties *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
109. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
110. co_____de that he is healthy *v.* to come to an end or close; to reach a judgment or opinion by reasoning
111. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
112. 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
113. ma_____m limit *adj.* the largest or greatest amount or value attainable or attained
114. co_____de a meeting *v.* to come to an end or close; to reach a judgment or opinion by reasoning
115. pe_____ve light *v.* to become aware or conscious of something through the senses
116. rich in nu_____e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
117. ad_____l gland *adj.* relating to two glands situated above the kidneys, called the adrenal gland

ANSWERS: 108. overcome, 109. consequence, 110. conclude, 111. trigger, 112. digestion, 113. maximum, 114. conclude, 115. perceive, 116. nuance, 117. adrenal

118. have a te__e face *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
119. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
120. special de_____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
121. d__m wrong or inappropriate *v.* to consider or decide something in a particular way
122. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
123. anterior hyp_____mus *n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
124. pe_____ve a threat *v.* to become aware or conscious of something through the senses
125. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
126. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
127. co_____us effort *adj.* being aware of and able to respond to what is happening around you

ANSWERS: 118. tense, 119. nutrient, 120. delivery, 121. deem, 122. brain, 123. hypothalamus, 124. perceive, 125. environment, 126. hormone, 127. conscious

128. rel_____on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
129. vo__t after ingesting *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
130. po_____ss position *adj.* lacking power, strength, or authority; unable to act or affect change
131. co_____us of having succeeded *adj.* being aware of and able to respond to what is happening around you
132. horde of mo_____rs *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
133. im_____ry number *adj.* existing only in someone's mind
134. apex pr_____or *n.* an animal whose natural behavior is to prey on others
135. st__k of celery *v.* to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework
136. au_____ic response *n.* relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion

ANSWERS: 128. relaxation, 129. vomit, 130. powerless, 131. conscious, 132. monster, 133. imaginary, 134. predator, 135. stalk, 136. autonomic

137. a rock fr__k *n.* an abnormality that is not typical or expected
138. f__t about the future *v.* to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material
139. the pr____nd depths of the sea *adj.* extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension
140. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
141. ge____cs discrimination *n.* the branch of biology that studies genes, genetic variation, and heredity in organisms
142. th____en national security *v.* to utter intentions of injury or punishment against someone
143. vo__t abuse *v.* to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth
144. lack of ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
145. ex____t a bad attitude *v.* to show something in public for people to enjoy or to provide them with information
146. co____ce an opponent *v.* to persuade someone or make someone believe that something is true

ANSWERS: 137. freak, 138. fret, 139. profound, 140. relax, 141. genetics, 142. threaten, 143. vomit, 144. oxygen, 145. exhibit, 146. convince

147. unpre__ed speech *adj.* not properly or adequately prepared; lacking preparation; not ready
148. the hydrogen binds the ox__n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
149. env__nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
150. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
151. 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
152. 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
153. ad__e a cooperative relationship *v.* to go or move forward; to develop in a positive way
154. ju__e exploration *n.* an area of tropical forest where in which trees and plants grow very thickly
155. artifact of a pr__ve humankind *adj.* of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style
156. st__k from the room *v.* to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

ANSWERS: 147. unprepared, 148. oxygen, 149. environment, 150. tight, 151. fright,

152. adrenaline, 153. advance, 154. jungle, 155. primitive, 156. stalk

157. em_____ss political enemy

v. to cause someone to feel awkward, worried, or ashamed

158. three months bef_____nd

adv. ahead of time; in advance

159. 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

160. chemical re_____on

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 157. embarrass, 158. beforehand, 159. pupil, 160. reaction

Session 3: Fill in the Blanks

1. His father's death changed his whole _____ on life.
n. a confident attitude toward something; a particular style of thinking about something
2. The airplane was on _____ during the long flight.
n. a system that automatically controls the operation of an aircraft or spacecraft
3. The passenger grabbed for the _____ mask.
n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
4. He looked for an opportunity to _____ that actor in public.
v. to cause someone to feel awkward, worried, or ashamed
5. Despite the chaos around her, she remained _____ and focused.
adj. not influenced or emotionally impacted by external factors or events; calm, composed, and emotionally stable
6. 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
7. I'm _____ of insects.
adj. afraid or frightened
8. She felt sick and had to run to the bathroom to _____.
v. to eject food, blood, etc., from the stomach through the mouth; (noun) the matter ejected from the stomach through the mouth

ANSWERS: 1. perspective, 2. autopilot, 3. oxygen, 4. embarrass, 5. unaffected, 6. pupil, 7. scared, 8. vomit

9. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
10. Their headquarters are in a _____ skyscraper.
adj. of or belonging to the present time or recent times
11. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
12. Some herds have been observed to _____ hundreds of kilometers.
v. to make or be capable of making anything longer or broader without hurting or breaking
13. 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
14. He is a specialist in the _____ of aging.
n. the branch of biology that studies genes, genetic variation, and heredity in organisms
15. There was a chemical _____ of the lime with the groundwater.
n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
16. The speaker stood confidently on the _____ while delivering their speech.
n. a raised platform or stand that is used for delivering speeches, conducting meetings, or presenting awards

ANSWERS: 9. hormone, 10. modern, 11. environment, 12. stretch, 13. adrenaline-pumping, 14. genetics, 15. reaction, 16. podium

17. Regarding earthquakes, some commercial buildings were _____ unsafe.
v. to consider or decide something in a particular way
18. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
19. The _____ truck arrived with the packages.
n. the act of taking or sending something to a destination; the bringing of a baby during childbirth
20. She wiped the _____ off her forehead with a towel.
n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
21. He was a _____ leader and could persuade others to follow his ideas.
adj. having a strong and magnetic personality that attracts and influences others
22. The actors needed to _____ their lines before the performance.
v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
23. They used fast-acting _____ on the flowers in the flower beds.
n. any substance that is essential for the maintenance and growth of living things
24. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
25. Perseverance and optimism are _____ to success.
adj. necessary for the success or continued existence of something

ANSWERS: 17. deemed, 18. relaxed, 19. delivery, 20. sweat, 21. charismatic, 22. rehearse, 23. nutrients, 24. nervous, 25. vital

26. I'm not _____ in our victory.

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

27. My mother's illness had a _____ impact on us all.

adj. extremely great; sensed or experienced very strongly; displaying a high level of knowledge or comprehension

28. This car has a _____ engine.

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

29. The _____ gland is responsible for releasing hormones that regulate growth and metabolism.

n. a small, pea-sized gland located at the base of the brain that influences the growth and sexual development of the body by producing hormones

30. Other technology industries _____ similarly explosive growth.

v. to show something in public for people to enjoy or to provide them with information

31. The military _____ between the two armies was one for the history books.

n. a long and eventful or heroic history, story, poem, or film; (adjective) very imposing or impressive

32. This story makes me _____.

adj. unable to relax because of being nervous or worried; stretched tight or rigid

33. 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

ANSWERS: 26. confident, 27. profound, 28. monster, 29. pituitary, 30. exhibit, 31. epic, 32. tense, 33. fright

34. Oxytocin is also produced in the nucleus of the _____.
- n.* a basal part of the brain that autonomically controls body temperature, hunger, and the release of hormones
35. Little children tend to have _____ friends.
- adj.* existing only in someone's mind
36. This village is still in a dense _____.
- n.* an area of tropical forest where in which trees and plants grow very thickly
37. She packed her sunscreen _____ to remember it on the beach trip.
- adv.* ahead of time; in advance
38. Dolphins use sound to _____ with each other.
- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
39. The doctor ordered tests to check the patient's _____ function.
- adj.* relating to two glands situated above the kidneys, called the adrenal gland
40. During the hurricane, we felt _____ against the winds and rain.
- adj.* lacking power, strength, or authority; unable to act or affect change
41. The _____ of severe weather prompted the city to issue an evacuation warning.
- n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
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

ANSWERS: 34. hypothalamus, 35. imaginary, 36. jungle, 37. beforehand, 38. communicate, 39. adrenal, 40. powerless, 41. threat, 42. breath

43. The industry in this country is still _____.

adj. of or relating to an early stage of society with no industry or technological development; simple, naive, or old-fashioned in style

44. The _____ for applying for a visa can be lengthy and complicated.

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

45. We _____ a cease-fire.

v. to come to an end or close; to reach a judgment or opinion by reasoning

46. The adrenal _____ produce steroids.

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

47. The boy scout showed us how to tie a _____ that wouldn't come undone.

n. a tight interlacing of something such as rope or thread

48. These economic activities had disastrous environmental _____.

n. the outcome of a particular action or event, especially relative to an individual

49. The _____ temperature recorded this summer was higher than average.

adj. the largest or greatest amount or value attainable or attained

50. I have a _____ ache after overeating junk food.

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 43. primitive, 44. process, 45. concluded, 46. glands, 47. knot, 48. consequences, 49. maximum, 50. stomach

51. She has a good _____ for being one of the best chefs in the city.
- n.* the general opinion that people have about someone or something, especially when this is based on their previous experiences or behaviors
52. Mozart was a musical _____.
- n.* someone who has exceptional intellectual ability and originality
53. He tried to _____ a bad reputation and win the election.
- v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
54. He enjoys collecting _____ specimens.
- n.* a diurnal insect typically has a slender body with knobbed antennae and broad, colorful wings
55. 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
56. Australia is widely _____ as having low levels of corruption.
- v.* to become aware or conscious of something through the senses
57. The painter has tried to express every _____ of the woman's expression in his work.
- n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
58. The _____ accident caused the car to flip over and land on its roof.
- n.* an abnormality that is not typical or expected

ANSWERS: 51. reputation, 52. genius, 53. overcome, 54. butterfly, 55. digestion, 56. perceived, 57. nuance, 58. freak

59. The _____ student struggled on the test and received a low grade.

adj. not properly or adequately prepared; lacking preparation; not ready

60. The presence of a backbone is a defining characteristic of _____ animals.

adj. relating to animals that have a backbone or spinal column, such as mammals, birds, reptiles, amphibians, and fish

61. Scientific knowledge will _____ significantly with the power of AI.

v. to go or move forward; to develop in a positive way

62. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

63. I am considering what I should do to _____ him.

v. to persuade someone or make someone believe that something is true

64. It is a basic instinct to _____ from a dangerous situation.

v. to leave by running away, especially out of fear or danger

65. He became _____ that he was being followed.

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

66. Various artificially induced causes are _____ our ecosystem.

v. to utter intentions of injury or punishment against someone

67. I advised him to _____ to his new surroundings.

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

68. In times of recession, an increase in unemployment is _____.

adj. certain to happen and unavoidable

ANSWERS: 59. unprepared, 60. vertebrate, 61. advance, 62. tight, 63. convince, 64. flee, 65. conscious, 66. threatening, 67. adapt, 68. inevitable

69. The incident _____ a political controversy.

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

70. The pupils of the eyes _____ in low light.

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

71. The hunter quietly _____ the deer for hours before taking the shot

- v. to follow or track someone or something closely and quietly, usually to cause harm or surveillance; to move slowly and quietly to avoid detection; (noun) the main stem of a plant that supports leaves, flowers, and fruit; the stem or main axis of a support structure or framework

72. I couldn't help but _____ over the presentation I have to give tomorrow.

- v. to feel or express worry, anxiety, or annoyance about something; to wear away or corrode a surface by rubbing repeatedly; to form a series of parallel ridges or grooves in a material

73. The _____ nervous system controls involuntary bodily functions.

- n. relating to the part of the nervous system that controls involuntary bodily functions, such as heartbeat, digestion, breathing, and glandular secretion

74. 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

75. Yoga is a great way to promote _____ and reduce stress.

- n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

ANSWERS: 69. triggered, 70. dilate, 71. stalked, 72. fret, 73. autonomic, 74. idiot, 75. relaxation

76. 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

77. After hearing the results, he _____ against a wall.

- v.* to stand, sit, or walk in a lazy, drooping way, often with the shoulders hanging forward and the head bent forward

78. The native South American animals were in danger because of the _____ arrival.

- n.* an animal whose natural behavior is to prey on others

79. They have been living near water since _____ times.

- adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

80. 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

ANSWERS: 76. brain, 77. slouched, 78. predator's, 79. ancient, 80. anxiety