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Vocabulary Builder Reference from...

Andy Puddicombe: All it takes is 10 mindful minutes | TED Talk

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

Advanced Words Only

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Session 1: Word List

frantic

adj. marked by uncontrolled excitement or emotion; wild; frenzied

synonym : wild, frenzied, manic

(1) **frantic** pace, (2) with **frantic** haste

The mother was **frantic** as she searched for her lost child.

undisturbed

adj. not interrupted or interfered with; left alone; peaceful

synonym : calm, peaceful, uninterrupted

(1) **undisturbed** sleep, (2) **undisturbed** nature

The wildlife reserve is a vital **undisturbed** habitat for endangered species.

reminisce

v. to recall or remember past events or experiences, often with nostalgia or fondness

synonym : remember, recall

(1) **reminisce** on old times, (2) **reminisce** with old friends

Whenever I listen to this song, I **reminisce** about my college days.

whiz

v. to move or run quickly and smoothly with a hissing or buzzing sound; to excel or perform skillfully in a particular area; to urinate; (noun) a person who is very clever or skilled at something

synonym : zoom, zip, hurry

(1) **whiz** kid, (2) **whiz** through the book

The racing car **whizzed** past the grandstands, leaving a trail of dust behind it.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym : confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

distracted

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

synonym : preoccupied, inattentive, absent-minded

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

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

stereotype

n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

(1) avoid **stereotype**, (2) negative **stereotypes**

Changing **stereotypes** about LGBTQ requires considerable effort.

incense

n. a substance that is burned to produce a pleasant scent, often used in religious or spiritual ceremonies; figuratively, something that is pleasing or satisfying to the senses, feelings, or emotions

synonym : fragrance, aroma, perfume

(1) **incense** burner, (2) **incense** stick

In ancient times, people believed that burning **incense** helped ward off evil spirits.

intrigue

v. to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan

with other people to harm someone

synonym: attract, captivate, charm

(1) **intrigue** him, (2) **intrigue** against his rival

The artist's innovative style of work **intrigues** me.

aspirin

n. a drug used to reduce pain, fever, and inflammation

(1) prescribe **aspirin**, (2) **aspirin** sensitivity

She took a tablet of **aspirin** to soothe the fever.

inundate

v. to flood or overwhelm with an excessive amount of something

synonym: flood, submerge, overwhelm

(1) **inundate** swaths of farmland, (2) **inundate** his entire body

The heavy rain **inundated** the low-lying areas and caused flooding.

bury

v. to place a dead body in the ground, grave, or tomb

synonym: entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

monk

n. a member of a religious community of men living under vows of poverty, chastity, and obedience

synonym: friar, cleric, brother

(1) **monk** lifestyle, (2) cloistered **monk**

The ascetic **monk** spent his days in prayer and contemplation in the monastery.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

celibate

adj. abstaining from sexual relations, typically for religious reasons; unmarried or single

synonym: abstinent, unmarried, chaste

(1) **celibate** life, (2) **celibate** priest

As a monk, he took a vow of **celibate** and refrained from any romantic relationships.

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.

snore

v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull

synonym: doze, slumber, yawn

(1) **snore** in my sleep, (2) **snore** peacefully

I couldn't sleep because my roommate **snored** loudly every night.

wobble

v. to move or shake unsteadily from side to side or up and down

synonym: sway, rock, totter

(1) **wobble** a few steps, (2) **wobble** chair

The table **wobbled** a little when I put my drink on it.

mumble

v. to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately

synonym : murmur, mutter, whisper

(1) **mumble** a reply, (2) **mumble** under your breath

She tended to **mumble** when she was nervous or unsure of herself.

storyline

n. the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story

synonym : plot, narrative

(1) follow a **storyline**, (2) predictable **storyline**

The **storyline** of the movie was predictable but still entertaining.

restless

adj. unwilling or unable to stay still or relax because you are worried and uneasy

synonym : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

agitated

adj. characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

synonym : nervous, troubled, restless

(1) **agitated** state, (2) **agitated** behavior

The **agitated** dog kept barking at the door, wanting to go outside.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym : hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

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.

Session 2: Spelling

1. get dis_____ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
2. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
3. mu_____e under your breath *v.* to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
4. ce_____te priest *adj.* abstaining from sexual relations, typically for religious reasons; unmarried or single
5. und_____ed sleep *adj.* not interrupted or interfered with; left alone; peaceful
6. w__z kid *v.* to move or run quickly and smoothly with a hissing or buzzing sound; to excel or perform skillfully in a particular area; to urinate; (noun) a person who is very clever or skilled at something
7. re_____ce with old friends *v.* to recall or remember past events or experiences, often with nostalgia or fondness
8. n_g political leaders *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
9. ag_____ed state *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way

ANSWERS: 1. distracted, 2. confuse, 3. mumble, 4. celibate, 5. undisturbed, 6. whiz, 7. reminisce, 8. nag, 9. agitated

10. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
11. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb
12. in_____te his entire body *v.* to flood or overwhelm with an excessive amount of something
13. ag_____ed behavior *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
14. in_____te swaths of farmland *v.* to flood or overwhelm with an excessive amount of something
15. wo___e a few steps *v.* to move or shake unsteadily from side to side or up and down
16. with fr_____c haste *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
17. sn__e in my sleep *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
18. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
19. und_____ed nature *adj.* not interrupted or interfered with; left alone; peaceful
20. in_____e burner *n.* a substance that is burned to produce a pleasant scent, often used in religious or spiritual ceremonies; figuratively, something that is pleasing or satisfying to the senses, feelings, or emotions

ANSWERS: 10. opportune, 11. bury, 12. inundate, 13. agitated, 14. inundate, 15. wobble, 16. frantic, 17. snore, 18. quitter, 19. undisturbed, 20. incense

21. dis_____ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
22. m__k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
23. predictable st_____ne *n.* the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story
24. 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
25. as_____n sensitivity *n.* a drug used to reduce pain, fever, and inflammation
26. mu_____e a reply *v.* to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
27. cloistered m__k *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
28. co_____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
29. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
30. in_____e stick *n.* a substance that is burned to produce a pleasant scent, often used in religious or spiritual ceremonies; figuratively, something that is pleasing or satisfying to the senses, feelings, or emotions

ANSWERS: 21. distracted, 22. monk, 23. storyline, 24. overwhelm, 25. aspirin, 26. mumble, 27. monk, 28. confuse, 29. distract, 30. incense

31. re_____ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
32. di_____ct public opinion *v.* to draw someone's attention away from what they are trying to do
33. re_____ce on old times *v.* to recall or remember past events or experiences, often with nostalgia or fondness
34. fr_____c pace *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
35. wo_____e chair *v.* to move or shake unsteadily from side to side or up and down
36. prescribe as_____n *n.* a drug used to reduce pain, fever, and inflammation
37. follow a st_____ne *n.* the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story
38. serial qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
39. 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
40. ce_____te life *adj.* abstaining from sexual relations, typically for religious reasons; unmarried or single
41. avoid ste_____pe *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 31. restless, 32. distract, 33. reminisce, 34. frantic, 35. wobble, 36. aspirin, 37. storyline, 38. quitter, 39. overwhelm, 40. celibate, 41. stereotype

42. in_____ue against his rival *v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone
43. a re_____ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
44. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
45. sn__e peacefully *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
46. n_g about the minor thing *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
47. in_____ue him *v.* to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone
48. b__y emotion *v.* to place a dead body in the ground, grave, or tomb
49. w__z through the book *v.* to move or run quickly and smoothly with a hissing or buzzing sound; to excel or perform skillfully in a particular area; to urinate; (noun) a person who is very clever or skilled at something
50. negative ste_____pes *n.* a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 42. intrigue, 43. restless, 44. opportune, 45. snore, 46. nag, 47. intrigue, 48. bury, 49. whiz, 50. stereotype

ANSWERS:

Session 3: Fill in the Blanks

1. She took a tablet of _____ to soothe the fever.
n. a drug used to reduce pain, fever, and inflammation
2. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
3. The _____ dog kept barking at the door, wanting to go outside.
adj. characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
4. The ascetic _____ spent his days in prayer and contemplation in the monastery.
n. a member of a religious community of men living under vows of poverty, chastity, and obedience
5. 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
6. The _____ of the movie was predictable but still entertaining.
n. the central narrative or plot of a story, often involving a series of events or conflicts that move the story forward; the overall structure or arc of a story
7. He felt _____ and constantly changed his postures.
adj. unwilling or unable to stay still or relax because you are worried and uneasy
8. Changing _____ about LGBTQ requires considerable effort.
n. a fixed and unvarying idea or image that people have about what someone or something is like, but which is often not true in reality and may cause hurt and offense

ANSWERS: 1. aspirin, 2. quitter, 3. agitated, 4. monk, 5. overwhelm, 6. storyline, 7. restless, 8. stereotypes

9. She couldn't stop _____ her husband to take out the trash.
v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
10. Whenever I listen to this song, I _____ about my college days.
v. to recall or remember past events or experiences, often with nostalgia or fondness
11. The heavy rain _____ the low-lying areas and caused flooding.
v. to flood or overwhelm with an excessive amount of something
12. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
13. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
14. The artist's innovative style of work _____ me.
v. to make someone interested, especially by being strange, unusual, or mysterious; to make a secret plan with other people to harm someone
15. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
16. The table _____ a little when I put my drink on it.
v. to move or shake unsteadily from side to side or up and down
17. The mother was _____ as she searched for her lost child.
adj. marked by uncontrolled excitement or emotion; wild; frenzied

ANSWERS: 9. nagging, 10. reminisce, 11. inundated, 12. opportune, 13. confused, 14. intrigues, 15. distract, 16. wobbled, 17. frantic

18. The racing car _____ past the grandstands, leaving a trail of dust behind it.
- v.* to move or run quickly and smoothly with a hissing or buzzing sound; to excel or perform skillfully in a particular area; to urinate; (noun) a person who is very clever or skilled at something
19. As a monk, he took a vow of _____ and refrained from any romantic relationships.
- adj.* abstaining from sexual relations, typically for religious reasons; unmarried or single
20. I was so _____ by my phone that I nearly walked into a lamppost.
- adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
21. There is plenty of space to _____ everyone.
- v.* to place a dead body in the ground, grave, or tomb
22. She tended to _____ when she was nervous or unsure of herself.
- v.* to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
23. I couldn't sleep because my roommate _____ loudly every night.
- v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
24. In ancient times, people believed that burning _____ helped ward off evil spirits.
- n.* a substance that is burned to produce a pleasant scent, often used in religious or spiritual ceremonies; figuratively, something that is pleasing or satisfying to the senses, feelings, or emotions

ANSWERS: 18. whizzed, 19. celibate, 20. distracted, 21. bury, 22. mumble, 23. snored, 24. incense

25. The wildlife reserve is a vital _____ habitat for endangered species.

adj. not interrupted or interfered with; left alone; peaceful

ANSWERS: 25. undisturbed