

# Englist.me



## 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](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)

### All Words

#### IMPORTANT

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## Session 1: Word List

### incredibly

*adv.* in a way that is very difficult to believe; exceedingly or extremely

*synonym*: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

### pace

*n.* the speed at which someone or something moves, or the rate at which something happens or changes

*synonym*: gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

### 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.

## blank

*adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

*synonym* : empty, void, barren

(1) **blank** expression, (2) **blank** paper

The computer screen displayed nothing but a **blank** white screen

## extraordinary

*adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

*synonym* : exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather

He narrated the **extraordinary** story of his adventure.

## precious

*adj.* uncommon and extremely valuable

*synonym* : adored, cherished, valued

(1) price of **precious** metals, (2) **precious** information

We cannot afford to squander **precious** time.

## rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

*synonym* : depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

## emotional

*adj.* relating to people's feelings

*synonym* : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

## stable

*adj.* firm and steady; not easily moved, disturbed, or changed

*synonym* : sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

## individual

*n.* a single person or thing, as distinct from a group

*synonym* : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## relation

*n.* the way two persons or groups of people feel and act toward one another

*synonym* : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

## creative

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

*synonym* : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

## spontaneous

*adj.* happening or being done naturally, often unexpected way, without being made to happen

*synonym* :

willing, impulsive, intuitive

(1) a **spontaneous** behavior, (2) **spontaneous** labor

The crowd broke out into **spontaneous** laughter.

## 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.

## emotion

*n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

*synonym* : feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**

Some **emotions** are common across cultures and backgrounds.

## 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.

## crazy

*adj.* stupid or not sensible; very angry

*synonym* : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme  
The rain and thunder are **crazy** today.

## assume

*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

*synonym*: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

## meditation

*n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

*synonym*: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

## 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.

## herb

*n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes

*synonym*: plant, weed, shrub

(1) **herb** garden, (2) **herb** spices

Rosemary is a fragrant **herb** commonly used in cooking.

## vegetarian

*n.* a person who does not eat meat or fish, or often any animal products, for health or religious reasons

(1) eat a **vegetarian** diet, (2) a strict **vegetarian**

This restaurant has **vegetarian** dishes as well.

## 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.

## flip

*v.* to turn over into a different position quickly; to throw or toss with a light motion

*synonym*: throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

## upside

*n.* the positive aspect or potential of something; the upper side of something

*synonym*: advantage, benefit, top

(1) have no **upside**, (2) market **upside**

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

## 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.

## grateful

*adj.* feeling or showing an appreciation of kindness; thankful

*synonym*: thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

## 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.

## medication

*n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

*synonym*: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

## 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.

### degree

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

*synonym*: level, qualification, diploma

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

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

### obvious

*adj.* easy to see, discover or understand

*synonym*: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

### 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.

### appreciation

*n.* the act of recognizing and valuing the worth or importance of something or someone; gratitude or thankfulness; an increase in value over time

*synonym*: recognition, admiration, esteem

(1) express my **appreciation**, (2) **appreciation** for diversity

The artist received a lot of **appreciation** for his latest work.



## 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.

## ordinary

*adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

*synonym*: mundane, prosaic, average

(1) an **ordinary** school, (2) **ordinary** annual revenue

The **ordinary** session of the Diet opened.

## constant

*adj.* happening repeatedly or all the time

*synonym*: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

**Constant** dropping wears away the stone.

## wander

*v.* to walk around slowly or to a place, often without any clear purpose or direction

*synonym*: ramble, roam, stroll

(1) **wander** alone in a strange country, (2) **wander** far from home

I often **wander** around the park for half an hour.

## tragic

*adj.* causing great sadness or suffering; very unfortunate

*synonym*: calamitous, disastrous, catastrophic

(1) **tragic** love stories, (2) **tragic** death

The **tragic** events of the war left many families torn apart.

## practical

*adj.* of or connected with actual use or real situation rather than with theory and ideas

*synonym*: applicable, functional, realistic

(1) **practical** English, (2) gain **practical** experience

Her concept is highly **practical** and helpful.

## achievable

*adj.* possible to accomplish or attain

*synonym* : attainable, possible, reachable

(1) **achievable** task, (2) **achievable** plan

Setting a realistic and **achievable** goal is the key to success.

## technique

*n.* a particular way or art of doing something that needs skill

*synonym* : approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

## framework

*n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

*synonym* : structure, scheme, foundation

(1) legal **framework**, (2) the **framework** of a house

He devised a new analytical **framework** to capture the phenomenon.

## essentially

*adv.* relating to the essential features or concepts of anything

*synonym* : fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

**Essentially**, a society is an organism.

## rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

*synonym* : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

## wit

*n.* the ability to say or write things or ideas in a clever and humorous way

*synonym* : humor, comedy, funniness

(1) the **wit** of man, (2) full of **wit**

He has the **wit** to keep talking about this topic.

## judgment

*n.* the ability to form valuable opinions and make reasonable decisions

*synonym*: conclusion, decision, determination

(1) an emotional **judgment**, (2) deliver a **judgment**

Her **judgments** are consistently rational and sensible.

## 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.

## intense

*adj.* (especially of a feeling) very strong; extremely sharp or severe

*synonym*: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching

That statement by the prime minister drew **intense** international criticism.

## 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**.

## 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.

## 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.

## asleep

*adj.* in a state of sleep

*synonym* : sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

*synonym* : equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

## 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.

## involvement

*n.* the fact or condition of taking part in something, or the degree to which someone takes part in something

*synonym* : participation, engagement, commitment

(1) political **involvement**, (2) **involvement** in criminal activity

The **involvement** of the local government in the project has been critical to its success.

## anxious

*adj.* worried and nervous

*synonym* : nervous, uneasy, afraid

(1) **anxious** about his health, (2) an **anxious** look

He cast **anxious** glances behind her.

## 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**.

## 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.

## reinforce

*v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

*synonym* : strengthen, fortify, support

(1) **reinforce** the military, (2) **reinforce** good behavior

We should **reinforce** the troops at the front line.

## 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.

## dull

*adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp

*synonym* : insensitive, unintelligent, boring

(1) a **dull** pain, (2) **dull** sight

The trade is **dull** right now due to the collapse of the prominent investment bank.

## boring

*adj.* lacking interest or excitement; tedious or dull

*synonym* : dull, tedious, monotonous

(1) **boring** work, (2) **boring** day

The lecture was so **boring** that many people fell asleep.

## mechanical

*adj.* operated by a machine, relating to or concerned with machinery or tools

*synonym* : machinelike, automated, automatic

(1) a **mechanical** style of writing, (2) the influence of **mechanical** action

A **mechanical** engineer is still in demand in many companies.

## 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.

## 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.

## definitely

*adv.* without any question and beyond doubt; clearly

*synonym*: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

## calm

*adj.* not excited, angry, or nervous; free from wind, large waves

*synonym*: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

## clarity

*n.* the quality of being coherent and understandable; the quality of transparency or purity

*synonym*: clearness, translucence, brightness

(1) lack of **clarity**, (2) sake of **clarity**

The publisher will proofread most of this manuscript for **clarity**.

## Session 2: Spelling

1. 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
2. cloistered m\_\_k      *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
3. his conclusion was ob\_\_\_\_\_s      *adj.* easy to see, discover or understand
4. the runner's p\_\_e      *n.* the speed at which someone or something moves, or the rate at which something happens or changes
5. a cr\_\_y scheme      *adj.* stupid or not sensible; very angry
6. with fr\_\_\_\_\_c haste      *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
7. re\_\_\_\_\_ce the military      *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
8. re\_\_x a series of muscles      *v.* to become or cause someone to become less active or tense and calmer
9. at your own p\_\_e      *n.* the speed at which someone or something moves, or the rate at which something happens or changes
10. f\_\_p a coin      *v.* to turn over into a different position quickly; to throw or toss with a light motion
11. ce\_\_\_\_\_te priest      *adj.* abstaining from sexual relations, typically for religious reasons; unmarried or single

ANSWERS: 1. overwhelm, 2. monk, 3. obvious, 4. pace, 5. crazy, 6. frantic, 7. reinforce, 8. relax, 9. pace, 10. flip, 11. celibate



12. r\_d the body of waste products      *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
13. bo\_\_\_g work      *adj.* lacking interest or excitement; tedious or dull
14. b\_\_y emotion      *v.* to place a dead body in the ground, grave, or tomb
15. diagnosis of an\_\_\_\_\_y disorder      *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future
16. 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
17. cr\_\_\_\_\_ve writing      *adj.* relating to or involving the use of skill and original and unusual ideas to create something
18. und\_\_\_\_\_ed sleep      *adj.* not interrupted or interfered with; left alone; peaceful
19. inv\_\_\_\_\_nt in criminal activity      *n.* the fact or condition of taking part in something, or the degree to which someone takes part in something
20. inc\_\_\_\_\_ly cheerful character      *adv.* in a way that is very difficult to believe; exceedingly or extremely
21. an unc\_\_\_\_\_ble silence      *adj.* providing or feeling physical discomfort or slight pain
22. d\_\_l sight      *adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp
23. or\_\_\_\_\_ry annual revenue      *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

ANSWERS: 12. rid, 13. boring, 14. bury, 15. anxiety, 16. intrigue, 17. creative, 18. undisturbed, 19. involvement, 20. incredibly, 21. uncomfortable, 22. dull, 23. ordinary

24. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
25. in\_\_\_\_\_e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
26. 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
27. afraid to show em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
28. an an\_\_\_\_\_s look *adj.* worried and nervous
29. em\_\_\_\_\_al health *adj.* relating to people's feelings
30. serial qu\_\_\_\_\_r *n.* a person who gives up easily or does not have the determination to finish what they have started
31. 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
32. ess\_\_\_\_\_ly correct *adv.* relating to the essential features or concepts of anything
33. the ba\_\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
34. an\_\_\_\_\_y for knowledge *n.* a feeling of worry, nervousness, or unease about something that is happening or might happen in the future

ANSWERS: 24. opportune, 25. intense, 26. overwhelm, 27. emotion, 28. anxious, 29. emotional, 30. quitter, 31. relaxation, 32. essentially, 33. balance, 34. anxiety

35. h\_\_b garden *n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
36. 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
37. put a gr\_\_\_\_\_ul expression *adj.* feeling or showing an appreciation of kindness; thankful
38. student on a ti\_\_t budget *adj.* fixed, fastened, or kept together firmly or closely
39. ob\_\_\_\_\_s reasons *adj.* easy to see, discover or understand
40. the fr\_\_\_\_\_rk of a house *n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text
41. wa\_\_\_\_r far from home *v.* to walk around slowly or to a place, often without any clear purpose or direction
42. fr\_\_\_\_\_c pace *adj.* marked by uncontrolled excitement or emotion; wild; frenzied
43. political inv\_\_\_\_\_nt *n.* the fact or condition of taking part in something, or the degree to which someone takes part in something
44. ext\_\_\_\_\_ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
45. get inc\_\_\_\_\_ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely

ANSWERS: 35. herb, 36. stereotype, 37. grateful, 38. tight, 39. obvious, 40. framework, 41. wander, 42. frantic, 43. involvement, 44. extraordinary, 45. incredibly

46. barren of cr\_\_\_\_ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
47. ag\_\_\_\_ed behavior *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
48. 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
49. an emotional ju\_\_\_\_nt *n.* the ability to form valuable opinions and make reasonable decisions
50. co\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand
51. a gr\_\_\_\_ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
52. lack of cl\_\_\_\_y *n.* the quality of being coherent and understandable; the quality of transparency or purity
53. get r\_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
54. f\_\_p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
55. ach\_\_\_\_le plan *adj.* possible to accomplish or attain
56. an or\_\_\_\_ry school *adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree

ANSWERS: 46. creative, 47. agitated, 48. relaxation, 49. judgment, 50. confuse, 51. grateful, 52. clarity, 53. rid, 54. flip, 55. achievable, 56. ordinary

57. the w\_t of man *n.* the ability to say or write things or ideas in a clever and humorous way
58. as\_\_\_\_n sensitivity *n.* a drug used to reduce pain, fever, and inflammation
59. prescribe as\_\_\_\_n *n.* a drug used to reduce pain, fever, and inflammation
60. r\_\_y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
61. as\_\_\_e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
62. 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
63. 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
64. become ess\_\_\_\_\_ly same *adv.* relating to the essential features or concepts of anything
65. 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

ANSWERS: 57. wit, 58. aspirin, 59. aspirin, 60. rely, 61. assume, 62. whiz, 63. snore, 64. essentially, 65. storyline

66. m\_\_k lifestyle *n.* a member of a religious community of men living under vows of poverty, chastity, and obedience
67. legal fr\_\_\_\_\_rk *n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text
68. co\_\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
69. ach\_\_\_\_\_le task *adj.* possible to accomplish or attain
70. a d\_\_l pain *adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp
71. have a st\_\_\_e job *adj.* firm and steady; not easily moved, disturbed, or changed
72. h\_\_b spices *n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
73. bl\_\_k paper *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
74. spo\_\_\_\_\_us labor *adj.* happening or being done naturally, often unexpected way, without being made to happen
75. def\_\_\_\_\_ly become a problem *adv.* without any question and beyond doubt; clearly
76. mu\_\_\_e a reply *v.* to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately

ANSWERS: 66. monk, 67. framework, 68. confuse, 69. achievable, 70. dull, 71. stable, 72. herb, 73. blank, 74. spontaneous, 75. definitely, 76. mumble

77. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
78. c\_\_m manner *adj.* not excited, angry, or nervous; free from wind, large waves
79. the te\_\_\_\_\_ue applied to construction *n.* a particular way or art of doing something that needs skill
80. a spo\_\_\_\_\_us behavior *adj.* happening or being done naturally, often unexpected way, without being made to happen
81. religious med\_\_\_\_\_on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
82. bo\_\_\_g day *adj.* lacking interest or excitement; tedious or dull
83. ce\_\_\_\_\_te life *adj.* abstaining from sexual relations, typically for religious reasons; unmarried or single
84. dead as\_\_\_p *adj.* in a state of sleep
85. gain pr\_\_\_\_\_al experience *adj.* of or connected with actual use or real situation rather than with theory and ideas
86. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
87. eat a veg\_\_\_\_\_an diet *n.* a person who does not eat meat or fish, or often any animal products, for health or religious reasons

ANSWERS: 77. opportune, 78. calm, 79. technique, 80. spontaneous, 81. meditation, 82. boring, 83. celibate, 84. asleep, 85. practical, 86. individual, 87. vegetarian

88. 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
89. re\_\_x at home      *v.* to become or cause someone to become less active or tense and calmer
90. ag\_\_\_\_\_ed state      *adj.* characterized by a state of anxiety, nervous excitement, or restlessness; stirred up or disturbed in a physical or emotional way
91. n\_g political leaders      *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
92. easy qu\_\_\_\_\_r      *n.* a person who gives up easily or does not have the determination to finish what they have started
93. ind\_\_\_\_\_al freedom      *n.* a single person or thing, as distinct from a group
94. 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
95. a co\_\_\_\_\_nt temperature      *adj.* happening repeatedly or all the time
96. deliver a ju\_\_\_\_\_nt      *n.* the ability to form valuable opinions and make reasonable decisions
97. c\_\_m sea      *adj.* not excited, angry, or nervous; free from wind, large waves

ANSWERS: 88. intrigue, 89. relax, 90. agitated, 91. nag, 92. quitter, 93. individual, 94. snore, 95. constant, 96. judgment, 97. calm



98. de\_\_\_e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
99. say def\_\_\_\_\_ly *adv.* without any question and beyond doubt; clearly
100. the influence of mec\_\_\_\_\_al action *adj.* operated by a machine, relating to or concerned with machinery or tools
101. cr\_\_y about cars and racing *adj.* stupid or not sensible; very angry
102. as\_\_\_p at the wheel *adj.* in a state of sleep
103. re\_\_\_\_\_ce with old friends *v.* to recall or remember past events or experiences, often with nostalgia or fondness
104. a re\_\_\_\_\_ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
105. 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
106. med\_\_\_\_\_on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
107. bachelor's de\_\_\_e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 98. degree, 99. definitely, 100. mechanical, 101. crazy, 102. asleep, 103. reminisce, 104. restless, 105. distracted, 106. meditation, 107. degree

108. sake of cl\_\_\_\_y *n.* the quality of being coherent and understandable; the quality of transparency or purity
109. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
110. have no up\_\_\_e *n.* the positive aspect or potential of something; the upper side of something
111. 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
112. tr\_\_\_c love stories *adj.* causing great sadness or suffering; very unfortunate
113. di\_\_\_\_\_ct public opinion *v.* to draw someone's attention away from what they are trying to do
114. b\_\_y in the earth *v.* to place a dead body in the ground, grave, or tomb
115. market up\_\_\_e *n.* the positive aspect or potential of something; the upper side of something
116. re\_\_\_\_\_ce good behavior *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
117. em\_\_\_\_\_al distress *adj.* relating to people's feelings
118. asset on the company's ba\_\_\_\_\_e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 108. clarity, 109. distracted, 110. upside, 111. incense, 112. tragic, 113. distract, 114. bury, 115. upside, 116. reinforce, 117. emotional, 118. balance

119. app\_\_\_\_\_ion for diversity *n.* the act of recognizing and valuing the worth or importance of something or someone; gratitude or thankfulness; an increase in value over time
120. develop in\_\_\_\_\_e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
121. 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
122. control my em\_\_\_\_\_n *n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
123. in\_\_\_\_\_te his entire body *v.* to flood or overwhelm with an excessive amount of something
124. price of pr\_\_\_\_\_us metals *adj.* uncommon and extremely valuable
125. a mec\_\_\_\_\_al style of writing *adj.* operated by a machine, relating to or concerned with machinery or tools
126. pr\_\_\_\_\_us information *adj.* uncommon and extremely valuable
127. as\_\_\_\_\_e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
128. wa\_\_\_\_\_r alone in a strange country *v.* to walk around slowly or to a place, often without any clear purpose or direction
129. with an unc\_\_\_\_\_ble face *adj.* providing or feeling physical discomfort or slight pain

ANSWERS: 119. appreciation, 120. intense, 121. whiz, 122. emotion, 123. inundate, 124. precious, 125. mechanical, 126. precious, 127. assume, 128. wander, 129. uncomfortable

130. a co\_\_\_\_nt wind *adj.* happening repeatedly or all the time
131. an\_\_\_\_s about his health *adj.* worried and nervous
132. 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
133. wo\_\_\_\_e chair *v.* to move or shake unsteadily from side to side or up and down
134. re\_\_\_\_\_ce on old times *v.* to recall or remember past events or experiences, often with nostalgia or fondness
135. full of w\_t *n.* the ability to say or write things or ideas in a clever and humorous way
136. express my app\_\_\_\_\_ion *n.* the act of recognizing and valuing the worth or importance of something or someone; gratitude or thankfulness; an increase in value over time
137. re\_\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another
138. ext\_\_\_\_\_ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
139. re\_\_\_\_\_on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
140. in\_\_\_\_\_te swaths of farmland *v.* to flood or overwhelm with an excessive amount of something
141. bl\_\_k expression *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

ANSWERS: 130. constant, 131. anxious, 132. stereotype, 133. wobble, 134. reminisce, 135. wit, 136. appreciation, 137. relation, 138. extraordinary, 139. relation, 140. inundate, 141. blank

142. a ti\_\_t game *adj.* fixed, fastened, or kept together firmly or closely
143. antibiotic med\_\_\_\_\_on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
144. the per\_\_\_\_\_ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
145. 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
146. 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
147. re\_\_\_\_\_ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
148. med\_\_\_\_\_on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
149. wo\_\_\_e a few steps *v.* to move or shake unsteadily from side to side or up and down
150. a per\_\_\_\_\_ve view *n.* a confident attitude toward something; a particular style of thinking about something
151. in st\_\_\_e condition *adj.* firm and steady; not easily moved, disturbed, or changed
152. und\_\_\_\_\_ed nature *adj.* not interrupted or interfered with; left alone; peaceful

ANSWERS: 142. tight, 143. medication, 144. perspective, 145. nag, 146. storyline, 147. restless, 148. medication, 149. wobble, 150. perspective, 151. stable, 152. undisturbed

153. a te\_\_\_\_\_ue in martial arts      *n.* a particular way or art of doing something that needs skill
154. tr\_\_\_c death      *adj.* causing great sadness or suffering; very unfortunate
155. di\_\_\_\_\_ct attention from the real issue      *v.* to draw someone's attention away from what they are trying to do
156. a strict veg\_\_\_\_\_an      *n.* a person who does not eat meat or fish, or often any animal products, for health or religious reasons
157. r\_\_\_y on convenience stores      *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
158. mu\_\_\_e under your breath      *v.* to speak quietly, unclearly, or in a way that is difficult to understand; to murmur or mutter inarticulately
159. 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
160. pr\_\_\_\_\_al English      *adj.* of or connected with actual use or real situation rather than with theory and ideas

ANSWERS: 153. technique, 154. tragic, 155. distract, 156. vegetarian, 157. rely, 158. mumble, 159. incense, 160. practical

## Session 3: Fill in the Blanks

1. The national election was held amid \_\_\_\_\_ security.  
*adj.* fixed, fastened, or kept together firmly or closely
2. The \_\_\_\_\_ session of the Diet opened.  
*adj.* not different, exceptional, or unexpected in any way, especially in quality, ability, size, or degree
3. A \_\_\_\_\_ engineer is still in demand in many companies.  
*adj.* operated by a machine, relating to or concerned with machinery or tools
4. It was the first time in a long time that I felt truly \_\_\_\_\_ and at peace.  
*adj.* not excited, angry, or nervous; free from wind, large waves
5. The wildlife reserve is a vital \_\_\_\_\_ habitat for endangered species.  
*adj.* not interrupted or interfered with; left alone; peaceful
6. 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
7. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.  
*n.* a single person or thing, as distinct from a group
8. The publisher will proofread most of this manuscript for \_\_\_\_\_.  
*n.* the quality of being coherent and understandable; the quality of transparency or purity

ANSWERS: 1. tight, 2. ordinary, 3. mechanical, 4. calm, 5. undisturbed, 6. snored, 7. individual, 8. clarity

9. There is plenty of space to \_\_\_\_\_ everyone.  
*v.* to place a dead body in the ground, grave, or tomb
10. 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
11. Please don't \_\_\_\_\_ me while I'm studying.  
*v.* to draw someone's attention away from what they are trying to do
12. 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
13. Try to keep a \_\_\_\_\_ between work and off.  
*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
14. He has the \_\_\_\_\_ to keep talking about this topic.  
*n.* the ability to say or write things or ideas in a clever and humorous way
15. The lecture was so \_\_\_\_\_ that many people fell asleep.  
*adj.* lacking interest or excitement; tedious or dull
16. The rain and thunder are \_\_\_\_\_ today.  
*adj.* stupid or not sensible; very angry
17. \_\_\_\_\_ dropping wears away the stone.  
*adj.* happening repeatedly or all the time

ANSWERS: 9. bury, 10. intrigues, 11. distract, 12. monk, 13. balance, 14. wit, 15. boring, 16. crazy, 17. Constant



18. The following example \_\_\_\_\_ that the capacity of each battery is the same.  
*v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
19. He lay down and fell \_\_\_\_\_ immediately.  
*adj.* in a state of sleep
20. 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
21. The mother was \_\_\_\_\_ as she searched for her lost child.  
*adj.* marked by uncontrolled excitement or emotion; wild; frenzied
22. Her \_\_\_\_\_ are consistently rational and sensible.  
*n.* the ability to form valuable opinions and make reasonable decisions
23. The \_\_\_\_\_ of the local government in the project has been critical to its success.  
*n.* the fact or condition of taking part in something, or the degree to which someone takes part in something
24. Rosemary is a fragrant \_\_\_\_\_ commonly used in cooking.  
*n.* a small plant with aromatic or flavorful leaves used for seasoning or medicinal purposes
25. 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

ANSWERS: 18. assumes, 19. asleep, 20. incense, 21. frantic, 22. judgments, 23. involvement, 24. herb, 25. storyline

26. We should \_\_\_\_\_ the troops at the front line.

- v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

27. 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

28. We cannot afford to squander \_\_\_\_\_ time.

- adj.* uncommon and extremely valuable

29. She was \_\_\_\_\_ for the help he provided.

- adj.* feeling or showing an appreciation of kindness; thankful

30. 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

31. He narrated the \_\_\_\_\_ story of his adventure.

- adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

32. She took a tablet of \_\_\_\_\_ to soothe the fever.

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

33. Jockey's superior \_\_\_\_\_ brought him victory.

- n.* a particular way or art of doing something that needs skill

34. The industrial \_\_\_\_\_ laws were passed with little to no alteration.

- n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 26. reinforce, 27. wobbled, 28. precious, 29. grateful, 30. mumble, 31. extraordinary, 32. aspirin, 33. technique, 34. relations

35. The paper is \_\_\_\_\_ worth reading thoroughly.

*adv.* without any question and beyond doubt; clearly

36. 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

37. The artist received a lot of \_\_\_\_\_ for his latest work.

*n.* the act of recognizing and valuing the worth or importance of something or someone; gratitude or thankfulness; an increase in value over time

38. 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

39. Setting a realistic and \_\_\_\_\_ goal is the key to success.

*adj.* possible to accomplish or attain

40. 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

41. Her remarks \_\_\_\_\_ the debate.

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

42. 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: 35. definitely, 36. celibate, 37. appreciation, 38. overwhelm, 39. achievable, 40. quitter, 41. confused, 42. anxiety

43. We must \_\_\_\_ ourselves of pollution.

- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

44. \_\_\_\_\_ a society is an organism.

- adv.* relating to the essential features or concepts of anything

45. 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

46. 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

47. Human \_\_\_\_\_ responses vary widely depending on the society to which they belong.

- adj.* relating to people's feelings

48. The pharmacist not only prescribes the \_\_\_\_\_ but also guides its proper use.

- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

49. The crowd broke out into \_\_\_\_\_ laughter.

- adj.* happening or being done naturally, often unexpected way, without being made to happen

50. He \_\_\_\_\_ when he heard that he had been accepted into the university.

- v.* to turn over into a different position quickly; to throw or toss with a light motion

ANSWERS: 43. rid, 44. Essentially, 45. whizzed, 46. distracted, 47. emotional, 48. medication, 49. spontaneous, 50. flipped

51. The economy is growing at a supercharged \_\_\_\_\_.

*n.* the speed at which someone or something moves, or the rate at which something happens or changes

52. Many people see the \_\_\_\_\_ of traveling as an opportunity to experience new cultures and broaden their horizons.

*n.* the positive aspect or potential of something; the upper side of something

53. He devised a new analytical \_\_\_\_\_ to capture the phenomenon.

*n.* the structural components of a building or object that support its weight and give it form; the underlying structure of a system, concept, or text

54. His abusive words made me \_\_\_\_\_.

*adj.* providing or feeling physical discomfort or slight pain

55. Her concept is highly \_\_\_\_\_ and helpful.

*adj.* of or connected with actual use or real situation rather than with theory and ideas

56. He cast \_\_\_\_\_ glances behind her.

*adj.* worried and nervous

57. I often \_\_\_\_\_ around the park for half an hour.

*v.* to walk around slowly or to a place, often without any clear purpose or direction

58. He felt \_\_\_\_\_ and constantly changed his postures.

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

59. Several cities are experiencing \_\_\_\_\_ high unemployment rates.

*adv.* in a way that is very difficult to believe; exceedingly or extremely

ANSWERS: 51. pace, 52. upside, 53. framework, 54. uncomfortable, 55. practical, 56. anxious, 57. wander, 58. restless, 59. incredibly

60. 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
61. The heavy rain \_\_\_\_\_ the low-lying areas and caused flooding.
- v.* to flood or overwhelm with an excessive amount of something
62. 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
63. The phone rang at the most \_\_\_\_\_ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
64. Relations between the two countries have been relatively \_\_\_\_\_ due to the summit meeting.
- adj.* firm and steady; not easily moved, disturbed, or changed
65. There are \_\_\_\_\_ differences between the two wine-producing regions.
- adj.* easy to see, discover or understand
66. Some \_\_\_\_\_ are common across cultures and backgrounds.
- n.* a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others
67. The rules were \_\_\_\_\_ after the new executive arrived.
- v.* to become or cause someone to become less active or tense and calmer

ANSWERS: 60. stereotypes, 61. inundated, 62. reminisce, 63. opportune, 64. stable, 65. obvious, 66. emotions, 67. relaxed

68. 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

69. The trade is \_\_\_\_\_ right now due to the collapse of the prominent investment bank.

*adj.* not interesting or exciting; not bright, vivid, or shiny; not active, brisk, or sharp

70. Babies heavily \_\_\_\_\_ on others for food.

*v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

71. That statement by the prime minister drew \_\_\_\_\_ international criticism.

*adj.* (especially of a feeling) very strong; extremely sharp or severe

72. 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

73. The \_\_\_\_\_ events of the war left many families torn apart.

*adj.* causing great sadness or suffering; very unfortunate

74. All the supervisor has to do is assign tasks that make his subordinates more \_\_\_\_\_.

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

75. This restaurant has \_\_\_\_\_ dishes as well.

*n.* a person who does not eat meat or fish, or often any animal products, for health or religious reasons

ANSWERS: 68. agitated, 69. dull, 70. rely, 71. intense, 72. nagging, 73. tragic, 74. creative, 75. vegetarian

76. She received her \_\_\_\_\_ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
77. 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
78. The \_\_\_\_\_ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
79. The computer screen displayed nothing but a \_\_\_\_\_ white screen
- adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
80. His father's death changed his whole \_\_\_\_\_ on life.
- n.* a confident attitude toward something; a particular style of thinking about something

ANSWERS: 76. degree, 77. relaxation, 78. meditation, 79. blank, 80. perspective