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Vocabulary Builder Reference from...

Arianna Huffington: How to succeed? Get more sleep | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

dormant

adj. in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances

synonym: inactive, sleeping, quiescent

(1) **dormant** volcano, (2) **dormant** account

The disease can remain **dormant** for years before it presents any symptoms.

deprive

v. to take away something from someone

synonym: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status

He was **deprived** of his freedom when sentenced to life in prison.

exhaustion

n. the state of being extremely tired and lacking energy or strength

synonym: fatigue, weariness, tiredness

(1) **exhaustion** of energy, (2) emotional **exhaustion**

The long work hours were taking a toll on her mental **exhaustion**.

rediscover

v. to discover or find again something that was previously known but lost

synonym : recover, get back, revive

(1) **rediscover** a value, (2) **rediscover** an old truth

The painting was **rediscovered** in an attic and turned out to be a long-lost masterpiece.

deprivation

n. a state of not having something, such as food or money, that you need for a pleasant life

synonym : poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty

Losing him is great **deprivation** to our team.

virile

adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

synonym : manly, masculine, potent

(1) **virile** strength, (2) **virile** vitality

The doctor said that regular exercise could help maintain a **virile** physique.

brag

v. to say something in a boastful manner, to impress others, or make oneself feel superior

synonym : boast, swagger, vaunt

(1) **brag** to each other, (2) **brag** about my knowledge

Despite his impressive achievements, he refrained from **bragging** about his success.

one-upmanship

n. the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior

synonym : one-upping, superiority complex

(1) office **one-upmanship**, (2) social **one-upmanship**

The business partners engaged in **one-upmanship**, each trying to make a bigger profit than the other.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

synonym : consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

iceberg

n. a large piece of ice floating in the sea, detached from a glacier

synonym : glacier, ice mass, floe

(1) hit an **iceberg**, (2) **iceberg** melting

The ship encountered a series of **icebergs** and had to change its course.

titanic

adj. of or having a great size, power, or influence; of or relating to Titanium (= a light, strong grey, lustrous, corrosion-resistant metallic element)

synonym : colossal, massive, immense

(1) **titanic** battle, (2) **titanic** compound

The **titanic** ship sank on its maiden voyage.

broth

n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews

synonym : bouillon, consomme, soup

(1) chicken **broth**, (2) remains of **broth**

I always add a bit of **broth** to my soup to give it more flavor.

Session 2: Spelling

1. chicken br__h
n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
2. chronic sleep dep_____on
n. a state of not having something, such as food or money, that you need for a pleasant life
3. do_____t account
adj. in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
4. co____r degree
v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
5. ti_____c compound
adj. of or having a great size, power, or influence; of or relating to Titanium (= a light, strong grey, lustrous, corrosion-resistant metallic element)
6. remains of br__h
n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
7. emotional exh_____on
n. the state of being extremely tired and lacking energy or strength
8. hit an ic_____g
n. a large piece of ice floating in the sea, detached from a glacier
9. vi____e strength
adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

ANSWERS: 1. broth, 2. deprivation, 3. dormant, 4. confer, 5. titanic, 6. broth, 7. exhaustion, 8. iceberg, 9. virile

10. office one_____hip *n.* the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior
11. social one_____hip *n.* the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior
12. de_____e him of his status *v.* to take away something from someone
13. red_____er a value *v.* to discover or find again something that was previously known but lost
14. b__g about my knowledge *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
15. do_____t volcano *adj.* in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
16. exh_____on of energy *n.* the state of being extremely tired and lacking energy or strength
17. ti_____c battle *adj.* of or having a great size, power, or influence; of or relating to Titanium (= a light, strong grey, lustrous, corrosion-resistant metallic element)
18. b__g to each other *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
19. co_____r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

ANSWERS: 10. one-upmanship, 11. one-upmanship, 12. deprive, 13. rediscover, 14. brag, 15. dormant, 16. exhaustion, 17. titanic, 18. brag, 19. confer

20. red_____er an old truth *v.* to discover or find again something that was previously known but lost
21. ic_____g melting *n.* a large piece of ice floating in the sea, detached from a glacier
22. de_____e others of profit *v.* to take away something from someone
23. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
24. vi_____e vitality *adj.* having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male

ANSWERS: 20. rediscover, 21. iceberg, 22. deprive, 23. deprivation, 24. virile

Session 3: Fill in the Blanks

1. The disease can remain _____ for years before it presents any symptoms.
adj. in a state of temporary inactivity, rest, or sleep; not growing or progressing but capable of doing so under the right circumstances
2. The doctor said that regular exercise could help maintain a _____ physique.
adj. having or characterized by masculinity or manly qualities, such as strength, energy, and sexual potency; possessing the qualities of an adult male
3. The long work hours were taking a toll on her mental _____.
n. the state of being extremely tired and lacking energy or strength
4. The leaders of the two countries met to _____ on the issue.
v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
5. The ship encountered a series of _____ and had to change its course.
n. a large piece of ice floating in the sea, detached from a glacier
6. Despite his impressive achievements, he refrained from _____ about his success.
v. to say something in a boastful manner, to impress others, or make oneself feel superior
7. The business partners engaged in _____ each trying to make a bigger profit than the other.
n. the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior

ANSWERS: 1. dormant, 2. virile, 3. exhaustion, 4. confer, 5. icebergs, 6. bragging, 7. one-upmanship,

8. Losing him is great _____ to our team.
n. a state of not having something, such as food or money, that you need for a pleasant life
9. I always add a bit of _____ to my soup to give it more flavor.
n. a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
10. He was _____ of his freedom when sentenced to life in prison.
v. to take away something from someone
11. The painting was _____ in an attic and turned out to be a long-lost masterpiece.
v. to discover or find again something that was previously known but lost
12. The _____ ship sank on its maiden voyage.
adj. of or having a great size, power, or influence; of or relating to Titanium (= a light, strong grey, lustrous, corrosion-resistant metallic element)

ANSWERS: 8. deprivation, 9. broth, 10. deprived, 11. rediscovered, 12. titanic