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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

All Words

IMPORTANT

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Session 1: Word List

unlock

v. to open something, such as a door, window, etc., usually using a key

synonym : open, solve, unravel

(1) **unlock** a door with a key, (2) **unlock** value

The customs officer required the traveler to **unlock** his suitcase.

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.

faint

adj. not strong, clear, or vigorous; slight or weak

synonym : slight, vague, soft

(1) **faint** memory, (2) **faint** aroma of roses
She heard a **faint**, nearly invisible scream.

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**.

cheek

n. either side of the face below the eye and between the nose and the jaw

synonym: jaw, mandible, malar

(1) **cheek** bone, (2) hollowed-out **cheek**

He gently touched her apple-red **cheek** and whispered that he loved her.

stitch

n. one of the tiny thread lines visible on a piece of fabric after it has been sewn

(1) a **stitch** in a garment, (2) pattern **stitch**

The wound was so deep that it needed a surgical procedure and **stitches**.

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.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym: boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

feminist

adj. describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women;
(noun) a person who believes in and advocates for gender equality between men and women

synonym: egalitarian

(1) **feminist** movement, (2) **feminist** perspective

The **feminist** ideals of inclusivity and diversity are important in creating a more just and equal world.

unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

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.

symbol

n. something visible that is used to represent something else

synonym : mark, character, insignia

(1) **symbol** color, (2) **symbol** for happiness

The dragon is considered a **symbol** of bravery.

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.

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.

brilliant

adj. extremely clever, skilled, or impressive

synonym : luminous, intelligent, clever

(1) **brilliant** idea, (2) **brilliant** performance

The more **brilliant** you are, the more people around you look at you with envy and jealousy.

finance

n. the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

synonym : banking, investment, fund

(1) **finance** act, (2) manage my **finances**

Our company decided to hire an advisor who specializes in **finance**.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym : choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

essence

n. the basic or most important part or quality of something that makes it what it is

synonym : core, nature, disposition

(1) vanilla **essence**, (2) universal **essence**

University teaches the art of understanding the **essence** of the matter.

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.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym : concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

gratitude

n. the quality of being thankful; readiness to show appreciation for and to return kindness

synonym : appreciation, thankfulness, indebtedness

(1) a debt of **gratitude**, (2) feelings of **gratitude**

She expressed her **gratitude** towards the kind stranger who helped her.

urge

v. to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially

one that is difficult to control or resist

synonym : push for, advise, (noun) impulse

(1) **urge** a total ban, (2) a sexual **urge**

The lobbyist **urged** Congress not to approve the measure.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

engine

n. a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose

synonym : motor, locomotive, driver

(1) a steam **engine**, (2) an air-cooled **engine**

The policies he announces can be the **engine** of economic growth in the country.

Session 2: Spelling

1. co___r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
2. a steam en___e *n.* a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
3. 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)
4. un___k value *v.* to open something, such as a door, window, etc., usually using a key
5. a sexual u__e *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
6. sy___l for happiness *n.* something visible that is used to represent something else
7. 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
8. in____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
9. ic____g melting *n.* a large piece of ice floating in the sea, detached from a glacier

ANSWERS: 1. confer, 2. engine, 3. titanic, 4. unlock, 5. urge, 6. symbol, 7. dormant, 8. inspire, 9. iceberg

10. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
11. hit an ic_____g *n.* a large piece of ice floating in the sea, detached from a glacier
12. fa__t memory *adj.* not strong, clear, or vigorous; slight or weak
13. 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
14. co___r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
15. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
16. unf_____ely caught in a shower *adv.* by bad luck; unluckily
17. social one_____hip *n.* the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior
18. sy___l color *n.* something visible that is used to represent something else
19. fi_____e act *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

ANSWERS: 10. medical, 11. iceberg, 12. faint, 13. virile, 14. confer, 15. decision, 16. unfortunately, 17. one-upmanship, 18. symbol, 19. finance

20. fa__t aroma of roses *adj.* not strong, clear, or vigorous; slight or weak
21. financial cr___s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
22. br_____nt idea *adj.* extremely clever, skilled, or impressive
23. un___k a door with a key *v.* to open something, such as a door, window, etc., usually using a key
24. an air-cooled en___e *n.* a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
25. in___e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
26. de_____e others of profit *v.* to take away something from someone
27. fe_____st perspective *adj.* describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women
28. emotional exh_____on *n.* the state of being extremely tired and lacking energy or strength
29. chronic sleep dep_____on *n.* a state of not having something, such as food or money, that you need for a pleasant life

ANSWERS: 20. faint, 21. crisis, 22. brilliant, 23. unlock, 24. engine, 25. inspire, 26. deprive, 27. feminist, 28. exhaustion, 29. deprivation

30. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
31. a political rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
32. de_____e him of his status *v.* to take away something from someone
33. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
34. hollowed-out ch__k *n.* either side of the face below the eye and between the nose and the jaw
35. remains of br__h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
36. feelings of gr_____de *n.* the quality of being thankful; readiness to show appreciation for and to return kindness
37. red_____er a value *v.* to discover or find again something that was previously known but lost
38. chicken br__h *n.* a liquid in which meat, fish, or vegetables have been cooked, used as a base for soups and stews
39. beginning of the industrial rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
40. br_____nt performance *adj.* extremely clever, skilled, or impressive
41. ch__k bone *n.* either side of the face below the eye and between the nose and the jaw

ANSWERS: 30. medical, 31. revolution, 32. deprive, 33. incredibly, 34. cheek, 35. broth, 36. gratitude, 37. rediscover, 38. broth, 39. revolution, 40. brilliant, 41. cheek

42. even more unf_____ely *adv.* by bad luck; unluckily
43. universal es_____e *n.* the basic or most important part or quality of something that makes it what it is
44. office one_____hip *n.* the practice of gaining an advantage or showing superiority over others, often through competitive or aggressive behavior
45. vanilla es_____e *n.* the basic or most important part or quality of something that makes it what it is
46. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
47. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
48. manage my fi_____es *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
49. b__g to each other *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
50. 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: 42. unfortunately, 43. essence, 44. one-upmanship, 45. essence, 46. discovery, 47. incredibly, 48. finance, 49. brag, 50. virile

51. cr___s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
52. exh_____on of energy *n.* the state of being extremely tired and lacking energy or strength
53. fe_____st movement *adj.* describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women
54. dep_____on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
55. u__e a total ban *v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
56. 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
57. b__g about my knowledge *v.* to say something in a boastful manner, to impress others, or make oneself feel superior
58. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 51. crisis, 52. exhaustion, 53. feminist, 54. deprivation, 55. urge, 56. dormant, 57. brag, 58. discovery

59. 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)
60. a debt of gr_____de *n.* the quality of being thankful; readiness to show appreciation for and to return kindness
61. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
62. pattern st___h *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
63. red_____er an old truth *v.* to discover or find again something that was previously known but lost
64. a st___h in a garment *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn

ANSWERS: 59. titanic, 60. gratitude, 61. decision, 62. stitch, 63. rediscover, 64. stitch

Session 3: Fill in the Blanks

1. The unique style of this martial arts _____ many action film producers.
 - v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

2. The _____ ideals of inclusivity and diversity are important in creating a more just and equal world.
 - adj. describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women

3. 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

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. She was struggling to make a _____ between two job offers.
 - n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

6. Her research team made an important _____.
 - n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

7. The more _____ you are, the more people around you look at you with envy and jealousy.
 - adj. extremely clever, skilled, or impressive

ANSWERS: 1. inspired, 2. feminist, 3. icebergs, 4. confer, 5. decision, 6. discovery, 7. brilliant

8. The _____ by the citizen resulted in a redistribution of wealth.
n. a large-scale attempt to overthrow the government of a country, often using violence or war;
9. 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
10. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
11. The wound was so deep that it needed a surgical procedure and _____.
n. one of the tiny thread lines visible on a piece of fabric after it has been sewn
12. She expressed her _____ towards the kind stranger who helped her.
n. the quality of being thankful; readiness to show appreciation for and to return kindness
13. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
14. The treatments were done but, _____ were unsuccessful.
adv. by bad luck; unluckily
15. 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

ANSWERS: 8. revolution, 9. dormant, 10. incredibly, 11. stitches, 12. gratitude, 13. crisis, 14. unfortunately, 15. rediscovered

16. The policies he announces can be the _____ of economic growth in the country.
- n.* a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
17. Our company decided to hire an advisor who specializes in _____.
- n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
18. He was _____ of his freedom when sentenced to life in prison.
- v.* to take away something from someone
19. He gently touched her apple-red _____ and whispered that he loved her.
- n.* either side of the face below the eye and between the nose and the jaw
20. The long work hours were taking a toll on her mental _____.
- n.* the state of being extremely tired and lacking energy or strength
21. 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
22. The _____ team worked quickly to save the patient's life.
- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
23. 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: 16. engine, 17. finance, 18. deprived, 19. cheek, 20. exhaustion, 21. virile, 22. medical, 23. one-upmanship,

24. 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
25. The dragon is considered a _____ of bravery.
- n.* something visible that is used to represent something else
26. She heard a _____ nearly invisible scream.
- adj.* not strong, clear, or vigorous; slight or weak
27. The customs officer required the traveler to _____ his suitcase.
- v.* to open something, such as a door, window, etc., usually using a key
28. 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
29. The lobbyist _____ Congress not to approve the measure.
- v.* to spur on or encourage someone, especially by cheers and shouts; (noun) a strong desire or impulse, especially one that is difficult to control or resist
30. 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)
31. University teaches the art of understanding the _____ of the matter.
- n.* the basic or most important part or quality of something that makes it what it is

ANSWERS: 24. bragging, 25. symbol, 26. faint, 27. unlock, 28. broth, 29. urged, 30. titanic, 31. essence

32. 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

ANSWERS: 32. deprivation