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Vocabulary Builder Reference from...

Matt Killingsworth: Want to be happier? Stay in the moment | TED Talk

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

Advanced Words Only

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Session 1: Word List

paradox

n. a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;

synonym: incongruity, dichotomy, contradiction

(1) French **paradox**, (2) the **paradox** of the heap

There are many theories to explain this **paradox**.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict
Internet traffic volumes have increased significantly with the advent of **smartphones**.

hail

v. to call out to someone to get their attention, often from a distance; to greet or welcome someone, especially with enthusiasm or admiration; (noun) precipitation in the form of small balls or lumps of ice that fall from the sky

synonym: greet, salute, welcome

(1) **hail** the victorious team with cheers, (2) **hail** forecast
People in the area were forced to **hail** a taxi due to the lack of public transportation options.

stray

v. to move about aimlessly or without any destination; to move away from the right course or place where you should be

synonym: deviate, err, depart

(1) **stray** beyond the confines, (2) **stray** from a rule
Tourists often get lost and **stray** into a restricted area.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym: dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

constrain

v. to restrict or limit someone or something's freedom or ability to do something

synonym: restrict, limit, confine

(1) **constrain** his freedom, (2) **constrain** information flow
The political situation **constrained** the country's economic growth and foreign relations.

someplace

adv. somewhere without specifying a particular or exact location

synonym : somewhere, anywhere, wherever

(1) from **someplace** deep inside, (2) **someplace** quiet
Let's go **someplace** new and try something we have not done before.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

synonym : travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym : associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

entangle

v. to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape

synonym : ensnare, entrap, involve

(1) **entangle** in wires, (2) emotionally **entangle**

The vines of the plant **entangled** themselves around the trellis.

precede

v. to happen or go before something or someone in time or space

synonym : lead, forego, antecede

(1) men often **precede** women when walking, (2) **precede** any discussion

Agricultural development generally **precedes** economic growth.

liken

v. to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way

synonym: compare, equate, analogize

(1) **liken** to a flower, (2) **liken** to a bird

Some people **liken** meditation to a mental shower, refreshing and rejuvenating the mind.

ubiquitous

adj. being or existing everywhere at once

synonym: universal, omnipresent, everywhere

(1) **ubiquitous** computing, (2) **ubiquitous** across ecosystems

Sugar is **ubiquitous** in food.

pervade

v. to spread throughout something; to permeate

synonym: permeate, penetrate, suffuse

(1) **pervade** society, (2) **pervade** an atmosphere

The smell of baking bread **pervaded** the kitchen.

uncover

v. to remove the cover from something; to discover something previously unseen or hidden

synonym: disclose, reveal, unveil

(1) **uncover** a potential problem, (2) **uncover** the truth

He continued his investigation and soon **uncovered** another crime.

Session 2: Spelling

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|---------------------------------------|------|---|
| 1. co_____te to the size | v. | to have a connection or relationship in which one thing affects or depends on another |
| 2. sma_____ne app developer | n. | a mobile phone that functions as a computer and connects to the Internet |
| 3. pe_____e an atmosphere | v. | to spread throughout something; to permeate |
| 4. co_____e to work | v. | to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 5. en_____le in wires | v. | to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape |
| 6. completely im_____e the ingredient | v. | to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered |
| 7. pr_____e any discussion | v. | to happen or go before something or someone in time or space |
| 8. ubi_____us computing | adj. | being or existing everywhere at once |
| 9. co_____te closely with the quality | v. | to have a connection or relationship in which one thing affects or depends on another |

ANSWERS: 1. correlate, 2. smartphone, 3. pervade, 4. commute, 5. entangle, 6. immerse, 7. precede, 8. ubiquitous, 9. correlate

10. st__y beyond the confines *v.* to move about aimlessly or without any destination; to move away from the right course or place where you should be
11. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
12. emotionally en____le *v.* to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape
13. pe____e society *v.* to spread throughout something; to permeate
14. un____r a potential problem *v.* to remove the cover from something; to discover something previously unseen or hidden
15. li__n to a bird *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
16. so____ce quiet *adv.* somewhere without specifying a particular or exact location
17. French pa____x *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
18. st__y from a rule *v.* to move about aimlessly or without any destination; to move away from the right course or place where you should be

ANSWERS: 10. stray, 11. rev, 12. entangle, 13. pervade, 14. uncover, 15. liken, 16. someplace, 17. paradox, 18. stray

19. the pa____x of the heap *n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
20. li__n to a flower *v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
21. daily co_____e *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
22. men often pr_____e women when walking *v.* to happen or go before something or someone in time or space
23. co_____in information flow *v.* to restrict or limit someone or something's freedom or ability to do something
24. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
25. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
26. co_____in his freedom *v.* to restrict or limit someone or something's freedom or ability to do something
27. im_____e the cloth in the dye *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

ANSWERS: 19. paradox, 20. liken, 21. commute, 22. precede, 23. constrain, 24. improvisation, 25. smartphone, 26. constrain, 27. immerse

28. h__l the victorious team with cheers *v.* to call out to someone to get their attention, often from a distance; to greet or welcome someone, especially with enthusiasm or admiration; (noun) precipitation in the form of small balls or lumps of ice that fall from the sky
29. h__l forecast *v.* to call out to someone to get their attention, often from a distance; to greet or welcome someone, especially with enthusiasm or admiration; (noun) precipitation in the form of small balls or lumps of ice that fall from the sky
30. from so_____ce deep inside *adv.* somewhere without specifying a particular or exact location
31. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
32. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
33. un_____r the truth *v.* to remove the cover from something; to discover something previously unseen or hidden
34. ubi_____us across ecosystems *adj.* being or existing everywhere at once

ANSWERS: 28. hail, 29. hail, 30. someplace, 31. improvisation, 32. rev, 33. uncover, 34. ubiquitous

Session 3: Fill in the Blanks

1. There are many theories to explain this _____.
 - n.* a statement, situation, or person that has two opposite facts or features and therefore seems impossible, is difficult to understand, or is strange;
2. The political situation _____ the country's economic growth and foreign relations.
 - v.* to restrict or limit someone or something's freedom or ability to do something
3. Agricultural development generally _____ economic growth.
 - v.* to happen or go before something or someone in time or space
4. He stepped on the gas pedal, and the engine released a loud _____.
 - n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
5. The smell of baking bread _____ the kitchen.
 - v.* to spread throughout something; to permeate
6. He had to _____ two hours each way to get to work.
 - v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
7. People in the area were forced to _____ a taxi due to the lack of public transportation options.
 - v.* to call out to someone to get their attention, often from a distance; to greet or welcome someone, especially with enthusiasm or admiration; (noun) precipitation in the form of small balls or lumps of ice that fall from the sky

ANSWERS: 1. paradox, 2. constrained, 3. precedes, 4. rev, 5. pervaded, 6. commute, 7. hail

8. Some people _____ meditation to a mental shower, refreshing and rejuvenating the mind.
- v.* to compare something or someone to something or someone else to emphasize similarity or likeness; to describe or represent something as being like something else in some way
9. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
10. Internet traffic volumes have increased significantly with the advent of _____.
- n.* a mobile phone that functions as a computer and connects to the Internet
11. We may frequently _____ age with the frequency of disease.
- v.* to have a connection or relationship in which one thing affects or depends on another
12. Let's go _____ new and try something we have not done before.
- adv.* somewhere without specifying a particular or exact location
13. Sugar is _____ in food.
- adj.* being or existing everywhere at once
14. He continued his investigation and soon _____ another crime.
- v.* to remove the cover from something; to discover something previously unseen or hidden
15. He _____ himself in his research.
- v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

ANSWERS: 8. liken, 9. improvisation, 10. smartphones, 11. correlate, 12. someplace, 13. ubiquitous, 14. uncovered, 15. immersed

16. The vines of the plant _____ themselves around the trellis.

- v. to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape

17. Tourists often get lost and _____ into a restricted area.

- v. to move about aimlessly or without any destination; to move away from the right course or place where you should be

ANSWERS: 16. entangled, 17. stray