

Englist.me



Vocabulary Builder Reference from...

Cesar Kuriyama: One second every day | TED Talk
[https://www.ted.com/talks/cesar_kuriyama_one_sec
nd_every_day](https://www.ted.com/talks/cesar_kuriyama_one_second_every_day)

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

recollection

n. the act of remembering or the state of being remembered

synonym: memory, reminiscence, remembrance

(1) a vague **recollection**, (2) **recollection** of a traumatic event

The older man's **recollections** of his youth were filled with stories of adventure and romance.

encapsulate

v. to enclose or envelop something within a capsule or a membrane; to express or summarize the essence or core of something in a condensed form

synonym: enclose, contain, capsulize

(1) **encapsulate** the message, (2) **encapsulate** the essence

The movie can **encapsulate** the book's spirit, bringing it to life on screen.

invigorate

v. to give energy, enthusiasm, or vitality to something or someone; to revitalize or refresh

synonym: energize, stimulate, revitalize

(1) **invigorate** the economy, (2) **invigorate** the team

Exercising in the morning helps to **invigorate** my mind and body.

blur *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision

synonym : smudge, smear, fuzz

(1) **blur** image, (2) motion **blur**

The camera's focus was off, and the image was a **blur** of colors and shapes.

visualize *v.* to form a mental image or concept of something; to make something visible

synonym : imagine, picture, envision

(1) **visualize** data, (2) **visualize** flying through space

She tried to **visualize** the layout of the new house in her mind.

disturb *v.* to interrupt someone who is trying to work, sleep, etc.
synonym : agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

admittedly *adv.* used to acknowledge a fact or statement, often one that weakens or contradicts an argument or opinion; concededly

synonym : notably, honestly, truly

(1) **admittedly** true, (2) **admittedly** controversial

The book was **admittedly** difficult to follow but still worth reading.

intestine *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

synonym : gut, bowel, tract

(1) large **intestine**, (2) **intestine** wall

The small **intestine** is responsible for absorbing most of the nutrients from food.

strangle

v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

synonym: choke, suffocate, throttle

(1) **strangle** a cry, (2) **strangle** economic growth

The killer used his hands to **strangle** his victim.

snippet

n. a small piece or brief extract of something

synonym: fragment, excerpt, brief

(1) **snippet** of wisdom, (2) code **snippet**

The journalist saved a **snippet** of the interview for later reference.

Session 2: Spelling

1. st____le economic growth
v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea
2. vi_____ze data
v. to form a mental image or concept of something; to make something visible
3. a vague rec_____ion
n. the act of remembering or the state of being remembered
4. in_____ne wall
n. a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
5. di_____b the peace
v. to interrupt someone who is trying to work, sleep, etc.
6. inv_____te the team
v. to give energy, enthusiasm, or vitality to something or someone; to revitalize or refresh
7. vi_____ze flying through space
v. to form a mental image or concept of something; to make something visible
8. sn_____t of wisdom
n. a small piece or brief extract of something
9. enc_____te the essence
v. to enclose or envelop something within a capsule or a membrane; to express or summarize the essence or core of something in a condensed form
10. adm_____ly controversial
adv. used to acknowledge a fact or statement, often one that weakens or contradicts an argument or opinion; concededly

ANSWERS: 1. strangle, 2. visualize, 3. recollection, 4. intestine, 5. disturb, 6. invigorate, 7. visualize, 8. snippet, 9. encapsulate, 10. admittedly

11. adm_____ly true *adv.* used to acknowledge a fact or statement, often one that weakens or contradicts an argument or opinion; concededly
12. large in_____ne *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
13. rec_____ion of a traumatic event *n.* the act of remembering or the state of being remembered
14. b__r image *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
15. inv_____te the economy *v.* to give energy, enthusiasm, or vitality to something or someone; to revitalize or refresh
16. code sn_____t *n.* a small piece or brief extract of something
17. enc_____te the message *v.* to enclose or envelop something within a capsule or a membrane; to express or summarize the essence or core of something in a condensed form
18. motion b__r *n.* a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision
19. st_____le a cry *v.* to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

ANSWERS: 11. admittedly, 12. intestine, 13. recollection, 14. blur, 15. invigorate, 16. snippet, 17. encapsulate, 18. blur, 19. strangle

20. di____b his sleep

v. to interrupt someone who is trying to work, sleep, etc.

ANSWERS: 20. disturb

Session 3: Fill in the Blanks

1. The killer used his hands to _____ his victim.
 - v. to choke or suffocate someone by compressing their neck; to inhibit or suppress something, such as a movement or idea

2. She tried to _____ the layout of the new house in her mind.
 - v. to form a mental image or concept of something; to make something visible

3. The journalist saved a _____ of the interview for later reference.
 - n. a small piece or brief extract of something

4. Tourists frequently _____ the island's delicate natural balance.
 - v. to interrupt someone who is trying to work, sleep, etc.

5. The camera's focus was off, and the image was a _____ of colors and shapes.
 - n. a faint or indistinct image or sound; something that is not clear or distinct; (verb) to become unclear; to lose clear vision

6. The small _____ is responsible for absorbing most of the nutrients from food.
 - n. a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

7. Exercising in the morning helps to _____ my mind and body.
 - v. to give energy, enthusiasm, or vitality to something or someone; to revitalize or refresh

8. The older man's _____ of his youth were filled with stories of adventure and romance.
 - n. the act of remembering or the state of being remembered

ANSWERS: 1. strangle, 2. visualize, 3. snippet, 4. disturb, 5. blur, 6. intestine, 7. invigorate, 8. recollections

9. The book was _____ difficult to follow but still worth reading.

adv. used to acknowledge a fact or statement, often one that weakens or contradicts an argument or opinion; concededly

10. The movie can _____ the book's spirit, bringing it to life on screen.

v. to enclose or envelop something within a capsule or a membrane; to express or summarize the essence or core of something in a condensed form

ANSWERS: 9. admittedly, 10. encapsulate