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Nigel Marsh: How to make work-life balance work |

TED Talk

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Advanced Words Only

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Session 1: Word List

wretchedness

n. the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

synonym : misery, unhappiness, distress

(1) emotional **wretchedness**, (2) economic **wretchedness**

The book delves into the **wretchedness** and misery of life in a war-torn country.

weakling

n. a person or animal that is physically weak or frail; someone who is easily overcome, defeated, or intimidated in situations requiring strength or resilience

synonym : wimp, wuss, doormat

(1) skinny **weakling**, (2) timid **weakling**

Despite his early days as a classroom **weakling**, he became a respected scholar.

startle

v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event

synonym : frighten, shock, surprise

(1) **startle** for a moment, (2) **startle** the world

The loud bang outside the window caused him to **startle** and spill his coffee.

thorny

adj. full of or covered with thorns; prickly; (of a problem) difficult to deal with

synonym: prickly, spiky, bristly

(1) the **thorny** path of life, (2) **thorny** problem

The rose bush had **thorny** branches.

steppe

n. a vast, wide, and usually treeless plain, typically found in semi-arid or arid regions, characterized by fertile soil and grassy vegetation, often used for grazing livestock; an expansive and open grassland ecosystem found in Eurasia and North America

synonym: prairie, savannah, grassland

(1) **steppe** climate, (2) barren **steppe**

The nomadic tribes set up camp on the vast **steppe**.

writ

n. a written legal order or command

synonym: legal document, order, legal process

(1) a **writ** of summons, (2) issue a **writ**

He was served with a **writ** of eviction, giving him the notice to vacate the property.

paternity

n. the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father

synonym: fatherhood, fathering, parenthood

(1) **paternity** suit, (2) **paternity** test

The **paternity** leave policy at his workplace allowed him to take time off to bond with his new baby

jean

n. a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

synonym: denim, cotton, pants

(1) a **jean** skirt, (2) **jean** denim

She wore her favorite pair of **jeans** to the party.

nub

n. the central and most important point or core; a small, pointed piece or protuberance

synonym : heart, core, bump

(1) get to the **nub**, (2) the **nub** of the bone

The **nub** of the problem was that no one knew how to fix the software glitch.

fir

n. a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches

synonym : pine, spruce, cedar

(1) **fir** branch, (2) **fir** forest

The smell of fresh **fir** trees filled the air at the Christmas tree farm.

slaughterhouse

n. (also "abattoir") a facility where animals are killed and processed for meat

synonym : abattoir, meatpacking plant, butcher shop

(1) **slaughterhouse** operation, (2) **slaughterhouse** facility

The smell of the **slaughterhouse** made him feel sick to his stomach.

enlightened

adj. having or showing a rational, modern, and well-informed outlook

synonym : educated, informed, aware

(1) **enlightened** age, (2) make an **enlightened** decision

The **enlightened** teacher taught the class about the importance of compassion and empathy.

aspire

v. to have an ambition or a desire to achieve something, typically something high or great

synonym : aim, desire, strive

(1) **aspire** to greatness, (2) **aspire** after perfection

She **aspired** to become a successful businesswoman.

elongate

v. to extend something in length; to lengthen, stretch out, or to make longer

synonym : stretch, lengthen, extend

(1) **elongate** muscles, (2) **elongate** a dress

The yoga instructor told us to **elongate** our spines during the practice.

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.

intellect

n. the ability to think logically and comprehend information, especially at an advanced level

synonym: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

crunch

n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

synonym: crushing, snapping, crisis

(1) financial **crunch**, (2) a gas **crunch**

The **crunch** of the leaves underfoot was heard as they walked through the park.

daunting

adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something

synonym: intimidating, stunning, disheartening

(1) face the **daunting** reality, (2) seem like a **daunting** task

My homework was **daunting** and complex, but it was also intriguing.

pajama

n. a pair of loose pants with a matching top, worn for sleeping or lounging

synonym: nightgown, nightdress

(1) wear **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

peach

n. juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive

synonym: fruit, nectarine, apricot

(1) **peach** cobbler, (2) juicy **peaches**

The **peach** tree in my backyard produced a bountiful harvest this year.

tuck

v. to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

synonym: insert, wrap, pinch

(1) **tuck** a baby in the blanket, (2) **tuck** into another cigarette

You should **tuck** your shirt into your trousers.

upheaval

n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

synonym: disturbance, turmoil, upheaval

(1) **upheaval** of society, (2) the big **upheaval** of my life

The recent political **upheaval** has left the country in a state of chaos.

moreover

adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before

synonym: furthermore, besides, in addition

(1) **moreover**, she decided to go, (2) but **moreover**, they work well together

The company is environmentally conscious, and **moreover**, it uses sustainable materials in its products.

moron

n. (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense

synonym : idiot, fool, imbecile

(1) social **moron**, (2) complete **moron**

The internet troll accused her of being a **moron** for her political views.

simplistic

adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

synonym : basic, uncomplicated, elementary

(1) **simplistic** approach, (2) **simplistic** design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

Session 2: Spelling

1. make an enl_____ed decision *adj.* having or showing a rational, modern, and well-informed outlook
2. up_____al of society *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation
3. a gas cr_____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
4. pa_____ty test *n.* the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father
5. el_____te a dress *v.* to extend something in length; to lengthen, stretch out, or to make longer
6. f_r forest *n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
7. the n_b of the bone *n.* the central and most important point or core; a small, pointed piece or protuberance
8. st_____e the world *v.* to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event

ANSWERS: 1. enlightened, 2. upheaval, 3. crunch, 4. paternity, 5. elongate, 6. fir, 7. nub, 8. startle

9. 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
10. sim_____ic approach *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
11. seem like a da_____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
12. a j__n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
13. face the da_____ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
14. sla_____use facility *n.* (also "abattoir") a facility where animals are killed and processed for meat
15. pe__h cobbler *n.* juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
16. economic wre_____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed
17. el_____te muscles *v.* to extend something in length; to lengthen, stretch out, or to make longer

ANSWERS: 9. commute, 10. simplistic, 11. daunting, 12. jean, 13. daunting, 14. slaughterhouse, 15. peach, 16. wretchedness, 17. elongate

18. sim_____ic design *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
19. sla_____use operation *n.* (also "abattoir") a facility where animals are killed and processed for meat
20. mo_____er, she decided to go *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
21. pa_____ty suit *n.* the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father
22. st___e climate *n.* a vast, wide, and usually treeless plain, typically found in semi-arid or arid regions, characterized by fertile soil and grassy vegetation, often used for grazing livestock; an expansive and open grassland ecosystem found in Eurasia and North America
23. get to the n_b *n.* the central and most important point or core; a small, pointed piece or protuberance
24. t__k a baby in the blanket *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 18. simplistic, 19. slaughterhouse, 20. moreover, 21. paternity, 22. steppe, 23. nub, 24. tuck

25. as___e after perfection *v.* to have an ambition or a desire to achieve something, typically something high or great
26. enrich my in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
27. f_r branch *n.* a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
28. a w__t of summons *n.* a written legal order or command
29. human in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
30. t__k into another cigarette *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
31. th___y problem *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
32. juicy pe__hes *n.* juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
33. complete mo__n *n.* (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense
34. the big up_____al of my life *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 25. aspire, 26. intellect, 27. fir, 28. writ, 29. intellect, 30. tuck, 31. thorny, 32. peach, 33. moron, 34. upheaval

35. st____e for a moment *v.* to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event
36. skinny we____ng *n.* a person or animal that is physically weak or frail; someone who is easily overcome, defeated, or intimidated in situations requiring strength or resilience
37. j__n denim *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
38. financial cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
39. but mo____er, they work well together *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
40. as____e to greatness *v.* to have an ambition or a desire to achieve something, typically something high or great
41. barren st____e *n.* a vast, wide, and usually treeless plain, typically found in semi-arid or arid regions, characterized by fertile soil and grassy vegetation, often used for grazing livestock; an expansive and open grassland ecosystem found in Eurasia and North America
42. social mo__n *n.* (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense

ANSWERS: 35. startle, 36. weakling, 37. jean, 38. crunch, 39. moreover, 40. aspire, 41. steppe, 42. moron

43. issue a w__t *n.* a written legal order or command
44. timid we____ng *n.* a person or animal that is physically weak or frail; someone who is easily overcome, defeated, or intimidated in situations requiring strength or resilience
45. enl____ed age *adj.* having or showing a rational, modern, and well-informed outlook
46. the th___y path of life *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
47. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
48. 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
49. care pa___a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
50. emotional wre____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

ANSWERS: 43. writ, 44. weakling, 45. enlightened, 46. thorny, 47. pajama, 48. commute, 49. pajama, 50. wretchedness

Session 3: Fill in the Blanks

1. The politician's solution to the problem was too _____ to solve the underlying issue.
adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
2. The internet troll accused her of being a _____ for her political views.
n. (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense
3. He was served with a _____ of eviction, giving him the notice to vacate the property.
n. a written legal order or command
4. The book delves into the _____ and misery of life in a war-torn country.
n. the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed
5. The _____ of the leaves underfoot was heard as they walked through the park.
n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
6. Your _____ is capable of distinguishing among similar objects.
n. the ability to think logically and comprehend information, especially at an advanced level
7. You should _____ your shirt into your trousers.
v. to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 1. simplistic, 2. moron, 3. writ, 4. wretchedness, 5. crunch, 6. intellect, 7. tuck

8. The ____ of the problem was that no one knew how to fix the software glitch.
n. the central and most important point or core; a small, pointed piece or protuberance
9. The rose bush had _____ branches.
adj. full of or covered with thorns; prickly; (of a problem) difficult to deal with
10. My homework was _____ and complex, but it was also intriguing.
adj. looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
11. The _____ teacher taught the class about the importance of compassion and empathy.
adj. having or showing a rational, modern, and well-informed outlook
12. The smell of fresh ____ trees filled the air at the Christmas tree farm.
n. a type of tall evergreen tree that is native to the northern hemisphere, with needle-like leaves and cones that stand upright on the branches
13. My little sister loves to have _____ parties with her friends on the weekends.
n. a pair of loose pants with a matching top, worn for sleeping or lounging
14. The smell of the _____ made him feel sick to his stomach.
n. (also "abattoir") a facility where animals are killed and processed for meat
15. The _____ leave policy at his workplace allowed him to take time off to bond with his new baby
n. the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father

ANSWERS: 8. nub, 9. thorny, 10. daunting, 11. enlightened, 12. fir, 13. pajama, 14. slaughterhouse, 15. paternity

16. The company is environmentally conscious, and _____ it uses sustainable materials in its products.

adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before

17. The loud bang outside the window caused him to _____ and spill his coffee.

v. to cause a sudden or unexpected reaction of surprise, alarm, or fear in someone, typically by means of a sudden and loud noise, movement, or event

18. Despite his early days as a classroom _____ he became a respected scholar.

n. a person or animal that is physically weak or frail; someone who is easily overcome, defeated, or intimidated in situations requiring strength or resilience

19. The recent political _____ has left the country in a state of chaos.

n. great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

20. The _____ tree in my backyard produced a bountiful harvest this year.

n. juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive

21. The yoga instructor told us to _____ our spines during the practice.

v. to extend something in length; to lengthen, stretch out, or to make longer

22. 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

ANSWERS: 16. moreover, 17. startle, 18. weakling, 19. upheaval, 20. peach, 21. elongate, 22. commute

23. She _____ to become a successful businesswoman.

- v.* to have an ambition or a desire to achieve something, typically something high or great

24. The nomadic tribes set up camp on the vast _____.

- n.* a vast, wide, and usually treeless plain, typically found in semi-arid or arid regions, characterized by fertile soil and grassy vegetation, often used for grazing livestock; an expansive and open grassland ecosystem found in Eurasia and North America

25. She wore her favorite pair of _____ to the party.

- n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

ANSWERS: 23. aspired, 24. steppe, 25. jeans