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Vocabulary Builder Reference from...

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

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

All Words

IMPORTANT

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Session 1: Word List

pause

v. to take a short break from talking or doing something before continuing

synonym: halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

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.

miserable

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

synonym : unhappy, wretched, cheerless

(1) **miserable** weather, (2) **miserable** experience

She felt **miserable** after her dog passed away.

existence

n. the state or fact of someone or something existing

synonym : fact, being, reality

(1) the biggest tree in **existence**, (2) the struggle for **existence**

He was an atheist and therefore did not believe in the **existence** of heaven or hell.

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.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

classic

adj. judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

synonym : definitive, traditional, typical

(1) a **classic** experiment, (2) Chinese **classic** literature

He displayed the **classic** symptoms of depression.

corporate

adj. of or relating to a large company

synonym : business, commercial, organizational

(1) **corporate** right, (2) **corporate** environment

The **corporate** office has decided to lay off 10% of the workforce.

warrior

n. a person who engaged in or experienced warfare, especially in the past

synonym: fighter, soldier, combatant

(1) armored **warrior**, (2) **warrior** spirit

The poem depicts the heroics of a legendary **warrior**.

neglect

v. to not give enough care or attention to something; to leave something undone

synonym: delinquency, carelessness, decay

(1) **neglect** to call, (2) **neglect** ethical issues

He **neglected** his health to make the project a success.

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.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

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**.

workforce

n. all the people who work in a company, industry, country, etc.

synonym: labor pool, manpower

(1) skilled **workforce**, (2) the **workforce** is on strike

Many companies outsource and hire consultants to keep their **workforce** flexible.

struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

synonym: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

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.

observation

n. the act or activity of carefully examining or monitoring something or someone

synonym: watching, notice, reflection

(1) class **observation** day, (2) **observation** instrument

In the hospital, she will remain under constant **observation**.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

debate

n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest,

in which participants offer opinions and differing perspectives

synonym : argument, discussion, dispute

(1) **debate** topic, (2) **debate** competition

The **debate** over climate change continues to be a hot topic in politics.

rub

v. to move one's hand or an object over the surface of something with pressure

synonym : scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym : talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

flexibility

n. the quality of changing or being changed easily according to new conditions or situations

synonym : elasticity, adaptability, resilience

(1) mental **flexibility**, (2) the **flexibility** of the body

We dealt with those problems with speed and **flexibility**.

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

mask

v. to conceal something; (noun) a covering that you wear over your face to hide it

synonym : disguise, camouflage, conceal

(1) **mask** body odor, (2) an oxygen **mask**

The politician tried to **mask** the corruption.

core

n. the most essential or fundamental part of something

synonym : center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

incompatible

adj. so different as to not be able to exist or work with another thing or person

synonym : inharmonious, conflicting, inconsistent

(1) **incompatible** personalities, (2) **incompatible** colors

It is a religion **incompatible** with the western country.

meaningful

adj. having meaning, function, or purpose; serious, significant, or worthwhile

synonym : significant, consequential, essential

(1) a **meaningful** outcome, (2) make the accord **meaningful**

She cast a **meaningful** glance at me.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym : confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

basis

n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

synonym : foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help

He never **acknowledged** his fault.

scream

v. to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice

synonym : cry, shout, yell

(1) **scream** a profanity, (2) **scream** at him to be quiet

She kept **screaming** for an ambulance.

despair

n. the feeling that there is no hope and you cannot do anything to improve a difficult situation

synonym : dismay, anguish, misery

(1) **despair** at the future, (2) untold **despair**

His friend's death drove him to **despair**.

impressive

adj. arousing admiration due to size, quality, or skill

synonym : impactful, remarkable, exceptional

(1) **impressive** performances, (2) an **impressive** array of facts

The budget reduction was an **impressive** feat for our nation.

contention

n. a heated disagreement or argument; a point of disagreement or conflict; a claim made in an argument

or debate

synonym : dispute, disagreement, conflict

(1) **contention** argument, (2) political **contention**

There was a **contention** among the team members regarding the best course of action.

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.

government

n. the group of people with authority to control a country or state

synonym : administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

corporation

n. a large company or group of companies that are controlled together by law as a single unit

synonym : business, company, enterprise

(1) a public **corporation**, (2) **corporation** assets

Four companies were amalgamated into a single **corporation**.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

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.

commerce

n. the activity of buying and selling things, especially on a large scale

synonym: trade, transaction, dealings

(1) interstate **commerce**, (2) the local chamber of **commerce**

This company has invested heavily in Internet **commerce**.

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.

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym: intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike
Honesty is an **inherent** quality that everyone should strive to possess.

intention

n. something you want to do and are going to do
synonym: purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**
Our CEO's **intentions** are always transparent and straightforward.

childcare

n. a service involving care for other people's children
synonym: babysitting

(1) **childcare** allowance, (2) allow **childcare** leave
Our company offers a full range of **childcare** facilities as part of our benefits package.

facility

n. a building or place that provides a particular service or is used for a particular industry
synonym: building, structure, installation

(1) a cell phone with an internet **facility**, (2) **facility** design
This company has an entire recycling **facility**, including major reprocessing plants.

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.

nightmare

n. a very frightening or unpleasant dream
synonym: agony, misery, suffering

(1) have a **nightmare**, (2) **nightmare** situation
Life as a waiter was a big **nightmare** for him.

bloody

adj. covered in or smeared with blood; involving or characterized by bloodshed or brutality

synonym : gory, gruesome, savage

(1) **bloody** massacre, (2) **bloody** diarrhea

The crime scene was **bloody** and gruesome.

enforce

v. to make sure that people obey a particular law, rule, or situation

synonym : execute, implement, administer

(1) **enforce** the law, (2) **enforce** a contract

Governments make rules, and police **enforce** them.

boundary

n. a real or imaginary line that marks the limit or extent of something and separates it from other things or places

synonym : border, frontier, limitation

(1) geographical **boundary**, (2) the **boundary** between reality and fantasy

He wandered the **boundary** between life and death by gunfire.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym : body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

judge

n. a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

synonym : arbiter, justice, (verb) deduce

(1) **judge** a competition, (2) an associate **judge**

The strict **judge** ruled in favor of the plaintiff in the case.

balanced

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

synonym : equitable, congruous, flat

(1) a **balanced** diet, (2) a well- **balanced** mind

We conducted a **balanced** assessment of intellectual and cultural history.

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.

mate

n. a person's partner in marriage or romantic relationship; an animal's sexual partner; a peer or friend; (of the game of chess) checkmate, which is the winning condition of the game

synonym: companion, partner, spouse

(1) smoking **mate**, (2) dog-loving **mate**

I need to find a **mate** for my female guinea pig so she doesn't get lonely.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

realistic

adj. having or showing a sensible and practical idea that is possible to achieve

synonym: practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

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.

trap

n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym : catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

retire

v. to withdraw from one's position or occupation, especially because of age

synonym : relinquish, step down, withdraw

(1) **retire** voluntarily, (2) **retire** after four terms

After working for the company for 30 years, she decided to **retire** from her job.

divorce

n. the legal dissolution of a marriage

synonym : separation, dissolution, breakup

(1) **divorce** settlement, (2) a consensual **divorce**

The couple decided to get a **divorce** after many years of marriage.

dominate

v. to have or control a lot of power and influence over somebody or something

synonym : govern, rule, prevail

(1) **dominate** possession, (2) **dominate** over the weak

The perspective of his right brain **dominates** his consciousness.

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.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

grip

n. the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly

synonym: grasp, clasp, (verb) hold

(1) **grip** of fear, (2) lose my **grip**

He had a firm **grip** on the rope as he climbed the mountain.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

mock

v. to make fun of someone, usually by imitating them in a witty but harsh way

synonym: gibe (or jibe), make fun of, laugh at

(1) **mock** his accent, (2) **mock** at his misfortune

It is impolite to **mock** fun of an international student's English mistakes.

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.

emotional

adj. relating to people's feelings

synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

spiritual

adj. relating to or affecting the human spirit or soul as opposed to material or physical things

synonym : otherworldly, ethereal, transcendental

(1) constant **spiritual** striving, (2) **spiritual** leader

The meditation class was focused on finding inner peace and cultivating a more **spiritual** connection with the universe.

attend

v. to be present at an event, to go to a place

synonym : go, be present, accompany

(1) **attend** a meeting, (2) **attend** service

We must **attend** to this matter.

stomach

n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

synonym : belly, abdomen, gut

(1) upset **stomach**, (2) **stomach** virus

I have a **stomach** ache after overeating junk food.

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.

- hell** *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
synonym : inferno, agony, misery
(1) run like **hell**, (2) **hell** broke loose
The battlefield became **hell** on earth.
- church** *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
synonym : chapel, cathedral, synagogue
(1) **church** bell, (2) small **church**
The **church** on the corner is hosting a free community meal tonight.
- incident** *n.* an event or occurrence, often unexpected or unplanned; something that happens
synonym : event, occurrence, accident
(1) traffic **incident**, (2) security **incident**
The **incident** at the airport caused a delay in my flight.
- perspective** *n.* a confident attitude toward something; a particular style of thinking about something
synonym : viewpoint, standpoint, outlook
(1) a **perspective** view, (2) the **perspective** of the battle
His father's death changed his whole **perspective** on life.
- harry** *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
synonym : bother, pester, annoy
(1) **harry** the ship all night, (2) **harry** a suspect
I need to **harry** my coworkers to finish the project on time.
- mess** *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
synonym :

disarray, confusion, predicament

(1) have a whole **mess**, (2) get into a **mess**

He made a frightful **mess** in his room.

pajama

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

synonym: nightgown, nightdress

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

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

chapter

n. a separate section of a written work usually numbered and titled

synonym: section, phase, episode

(1) an introductory **chapter**, (2) **chapter** of a political party

The final **chapter** provides a summary of the discussion.

giant

adj. enormous; much bigger or more important than similar items usually are

synonym: big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

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.

forehead

n. the part of the face above the eyebrows and below the hairline; the upper part of the face that extends from the eyes to the hairline

synonym : brow, frontal bone, temple

(1) **forehead** wrinkles, (2) kiss on the **forehead**

The athlete had sweat dripping down her **forehead** after the intense workout.

dramatic

adj. very sudden, very excellent, or full of action and excitement

synonym : striking, theatrical, breathtaking

(1) make **dramatic** changes, (2) a **dramatic** rescue at sea

The statement had a **dramatic** impact on house prices.

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.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym : fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

radical

adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions

synonym : extreme, revolutionary

(1) a **radical** flaw in the plan, (2) a **radical** cure

The government established by the coup was more **radical** than before.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

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.

definition

n. a concise explanation of the meaning of a word, phrase, or symbol

synonym: description, connotation, meaning

(1) a precise **definition**, (2) the **definition** of a word

Parallel lines are, by **definition**, lines on the same plane that never cross.

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.

notion

n. a general idea or understanding of something, particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid evidence or facts

synonym: idea, concept, belief

(1) **notion** of success, (2) vague **notion**

The **notion** of time travel has long fascinated scientists and fiction writers alike.

thoughtful

adj. characterized by careful and considerate thinking; showing consideration for the feelings and needs of others; reflecting deep or serious thought

synonym: considerate, attentive, kind

(1) **thoughtful** consideration, (2) **thoughtful** gift

The company's CEO made a **thoughtful** decision to offer employees more flexibility in their work schedules.

Session 2: Spelling

1. 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
2. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
3. interstate co____ce *n.* the activity of buying and selling things, especially on a large scale
4. financial cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
5. economic wre____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed
6. in____nt risk *adj.* existing in something as a permanent, essential, or characteristic attribute
7. the biggest tree in ex____ce *n.* the state or fact of someone or something existing
8. lose my g__p *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
9. get to the n_b *n.* the central and most important point or core; a small, pointed piece or protuberance
10. a gas cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

ANSWERS: 1. startle, 2. rub, 3. commerce, 4. crunch, 5. wretchedness, 6. inherent, 7. existence, 8. grip, 9. nub, 10. crunch

11. make an enl_____ed decision *adj.* having or showing a rational, modern, and well-informed outlook
12. 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
13. upset st_____h *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach
14. ni_____re situation *n.* a very frightening or unpleasant dream
15. a ra_____l flaw in the plan *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
16. care pa___a *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
17. bl___y massacre *adj.* covered in or smeared with blood; involving or characterized by bloodshed or brutality
18. a re_____ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
19. a public cor_____on *n.* a large company or group of companies that are controlled together by law as a single unit
20. inc_____ble personalities *adj.* so different as to not be able to exist or work with another thing or person

ANSWERS: 11. enlightened, 12. steppe, 13. stomach, 14. nightmare, 15. radical, 16. pajama, 17. bloody, 18. realistic, 19. corporation, 20. incompatible

21. traffic in____nt *n.* an event or occurrence, often unexpected or unplanned; something that happens
22. el____te a dress *v.* to extend something in length; to lengthen, stretch out, or to make longer
23. no____n of success *n.* a general idea or understanding of something, particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid evidence or facts
24. the c__e of an apple *n.* the most essential or fundamental part of something
25. de____e topic *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
26. a dr____ic rescue at sea *adj.* very sudden, very excellent, or full of action and excitement
27. ack____ge the deed *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
28. the local chamber of co____ce *n.* the activity of buying and selling things, especially on a large scale
29. small ch____h *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

ANSWERS: 21. incident, 22. elongate, 23. notion, 24. core, 25. debate, 26. dramatic, 27. acknowledge, 28. commerce, 29. church

30. run like h__l *n.* the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place
31. ha__y a suspect *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
32. cor_____on assets *n.* a large company or group of companies that are controlled together by law as a single unit
33. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
34. di_____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
35. gov_____nt funding *n.* the group of people with authority to control a country or state
36. 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
37. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
38. 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

ANSWERS: 30. hell, 31. harry, 32. corporation, 33. progression, 34. discuss, 35. government, 36. paternity, 37. perspective, 38. fir

39. Chinese cl____c literature *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
40. ack_____ge his help *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
41. get into a m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
42. tho_____ul consideration *adj.* characterized by careful and considerate thinking; showing consideration for the feelings and needs of others; reflecting deep or serious thought
43. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
44. geographical bo_____ry *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
45. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
46. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 39. classic, 40. acknowledge, 41. mess, 42. thoughtful, 43. fundamental, 44. boundary, 45. trap, 46. decide

47. de____r at the future *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
48. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
49. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
50. 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
51. bl___y diarrhea *adj.* covered in or smeared with blood; involving or characterized by bloodshed or brutality
52. make the accord mea_____ul *adj.* having meaning, function, or purpose; serious, significant, or worthwhile
53. en_____e the law *v.* to make sure that people obey a particular law, rule, or situation
54. issue a w__t *n.* a written legal order or command
55. ch_____r of a political party *n.* a separate section of a written work usually numbered and titled
56. pe__h cobbler *n.* juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
57. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 47. despair, 48. frame, 49. engage, 50. simplistic, 51. bloody, 52. meaningful, 53. enforce, 54. writ, 55. chapter, 56. peach, 57. decide

58. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
59. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
60. an imp_____ve array of facts *adj.* arousing admiration due to size, quality, or skill
61. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
62. inc_____ble colors *adj.* so different as to not be able to exist or work with another thing or person
63. sla_____use facility *n.* (also "abattoir") a facility where animals are killed and processed for meat
64. imp_____ve performances *adj.* arousing admiration due to size, quality, or skill
65. 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
66. 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
67. m__k his accent *v.* to make fun of someone, usually by imitating them in a witty but harsh way
68. enl_____ed age *adj.* having or showing a rational, modern, and well-informed outlook
69. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 58. perspective, 59. spiritual, 60. impressive, 61. rub, 62. incompatible, 63. slaughterhouse, 64. impressive, 65. moreover, 66. tuck, 67. mock, 68. enlightened, 69. progression

70. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
71. a well-ba_____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
72. at___d a meeting *v.* to be present at an event, to go to a place
73. 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
74. 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
75. tho_____ul gift *adj.* characterized by careful and considerate thinking; showing consideration for the feelings and needs of others; reflecting deep or serious thought
76. social mo___n *n.* (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense
77. ba___s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

ANSWERS: 70. meditation, 71. balanced, 72. attend, 73. moreover, 74. simplistic, 75. thoughtful, 76. moron, 77. basis

78. tr_____rm heat into power *v.* to change in outward structure or looks;
79. de___e competition *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
80. kiss on the fo_____ad *n.* the part of the face above the eyebrows and below the hairline; the upper part of the face that extends from the eyes to the hairline
81. el_____te muscles *v.* to extend something in length; to lengthen, stretch out, or to make longer
82. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
83. at___d service *v.* to be present at an event, to go to a place
84. em_____al health *adj.* relating to people's feelings
85. set a t__p *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
86. a cell phone with an internet
fa_____ty *n.* a building or place that provides a particular service or is used for a particular industry
87. up_____al of society *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation

ANSWERS: 78. transform, 79. debate, 80. forehead, 81. elongate, 82. spiritual, 83. attend, 84. emotional, 85. trap, 86. facility, 87. upheaval

88. j__n denim *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
89. 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
90. gi__t tech company *adj.* enormous; much bigger or more important than similar items usually are
91. ne____t ethical issues *v.* to not give enough care or attention to something; to leave something undone
92. sc____m a profanity *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
93. co____te right *adj.* of or relating to a large company
94. on an equal ba__s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
95. gi__t trees *adj.* enormous; much bigger or more important than similar items usually are
96. the n_b of the bone *n.* the central and most important point or core; a small, pointed piece or protuberance
97. m__k at his misfortune *v.* to make fun of someone, usually by imitating them in a witty but harsh way
98. st____h virus *n.* the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

ANSWERS: 88. jean, 89. startle, 90. giant, 91. neglect, 92. scream, 93. corporate, 94. basis, 95. giant, 96. nub, 97. mock, 98. stomach

99. wa_____r spirit *n.* a person who engaged in or experienced warfare, especially in the past
100. the def_____on of a word *n.* a concise explanation of the meaning of a word, phrase, or symbol
101. a j__n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
102. 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
103. 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
104. juicy pe__hes *n.* juicy, sweet fruit with fuzzy, pinkish-yellow skin; a person or thing that is particularly pleasing or attractive
105. en_____e a contract *v.* to make sure that people obey a particular law, rule, or situation
106. a precise def_____on *n.* a concise explanation of the meaning of a word, phrase, or symbol
107. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
108. tr_____rm an education system *v.* to change in outward structure or looks;
109. political con_____on *n.* a heated disagreement or argument; a point of disagreement or conflict; a claim made in an argument or debate

ANSWERS: 99. warrior, 100. definition, 101. jean, 102. commute, 103. paternity, 104. peach, 105. enforce, 106. definition, 107. balance, 108. transform, 109. contention

110. clear in_____on *n.* something you want to do and are going to do
111. em_____al distress *adj.* relating to people's feelings
112. in___t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result
113. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
114. m__k body odor *v.* to conceal something; (noun) a covering that you wear over your face to hide it
115. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
116. st_____le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
117. ju___e a competition *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
118. st_____le against discrimination *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
119. mi_____le experience *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

ANSWERS: 110. intention, 111. emotional, 112. invest, 113. engage, 114. mask, 115. fundamental, 116. struggle, 117. judge, 118. struggle, 119. miserable

120. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
121. mental fle_____ty *n.* the quality of changing or being changed easily according to new conditions or situations
122. security in_____nt *n.* an event or occurrence, often unexpected or unplanned; something that happens
123. fo_____ad wrinkles *n.* the part of the face above the eyebrows and below the hairline; the upper part of the face that extends from the eyes to the hairline
124. co_____te environment *adj.* of or relating to a large company
125. vague no_____n *n.* a general idea or understanding of something, particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid evidence or facts
126. make dr_____ic changes *adj.* very sudden, very excellent, or full of action and excitement
127. ne_____t to call *v.* to not give enough care or attention to something; to leave something undone
128. pa__e for a reaction *v.* to take a short break from talking or doing something before continuing
129. 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

ANSWERS: 120. relation, 121. flexibility, 122. incident, 123. forehead, 124. corporate, 125. notion, 126. dramatic, 127. neglect, 128. pause, 129. weakling

130. a w__t of summons *n.* a written legal order or command
131. as___e to greatness *v.* to have an ambition or a desire to achieve something, typically something high or great
132. ha__y the ship all night *v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target
133. di____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
134. pa__e a moment *v.* to take a short break from talking or doing something before continuing
135. g_m membership *n.* a place equipped for exercise and other physical training
136. th___y problem *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
137. an oxygen m__k *v.* to conceal something; (noun) a covering that you wear over your face to hide it
138. the wo_____ce is on strike *n.* all the people who work in a company, industry, country, etc.
139. an introductory ch____r *n.* a separate section of a written work usually numbered and titled
140. the big up_____al of my life *n.* great change, disruption, or disturbance; (geology) a rise of land to a higher elevation
141. di____e settlement *n.* the legal dissolution of a marriage

ANSWERS: 130. writ, 131. aspire, 132. harry, 133. discuss, 134. pause, 135. gym, 136. thorny, 137. mask, 138. workforce, 139. chapter, 140. upheaval, 141. divorce

142. sc___m at him to be quiet *v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
143. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
144. ind_____al freedom *n.* a single person or thing, as distinct from a group
145. 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
146. face the da_____ng reality *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
147. pa___a pants *n.* a pair of loose pants with a matching top, worn for sleeping or lounging
148. a ba_____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
149. seem like a da_____ng task *adj.* looking challenging to manage in prospect; making someone anxious and less confident about carrying out something
150. emotional wre_____ess *n.* the state of being miserable, unhappy, or distressed; the quality of being unfortunate or deeply distressed

ANSWERS: 142. scream, 143. government, 144. individual, 145. commute, 146. daunting, 147. pajama, 148. balanced, 149. daunting, 150. wretchedness

151. c__e business activity *n.* the most essential or fundamental part of something
152. 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
153. have a whole m__s *n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy
154. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
155. the fle_____ty of the body *n.* the quality of changing or being changed easily according to new conditions or situations
156. g__p of fear *n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
157. in_____on behind his decision *n.* something you want to do and are going to do
158. do_____te over the weak *v.* to have or control a lot of power and influence over somebody or something
159. human in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
160. re___e voluntarily *v.* to withdraw from one's position or occupation, especially because of age
161. ch_____re allowance *n.* a service involving care for other people's children

ANSWERS: 151. core, 152. fir, 153. mess, 154. frame, 155. flexibility, 156. grip, 157. intention, 158. dominate, 159. intellect, 160. retire, 161. childcare

171. a mea_____ul outcome *adj.* having meaning, function, or purpose; serious, significant, or worthwhile
172. enrich my in_____ct *n.* the ability to think logically and comprehend information, especially at an advanced level
173. dog-loving m__e *n.* a person's partner in marriage or romantic relationship; an animal's sexual partner; a peer or friend; (of the game of chess) checkmate, which is the winning condition of the game
174. skilled wo_____ce *n.* all the people who work in a company, industry, country, etc.
175. class obs_____on day *n.* the act or activity of carefully examining or monitoring something or someone
176. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
177. untold de_____r *n.* the feeling that there is no hope and you cannot do anything to improve a difficult situation
178. a g_m suit *n.* a place equipped for exercise and other physical training
179. do_____te possession *v.* to have or control a lot of power and influence over somebody or something
180. an associate ju__e *n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something
181. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

ANSWERS: 171. meaningful, 172. intellect, 173. mate, 174. workforce, 175. observation, 176. responsible, 177. despair, 178. gym, 179. dominate, 180. judge, 181. balance

182. re___e after four terms *v.* to withdraw from one's position or occupation, especially because of age
183. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
184. ch___h bell *n.* a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination
185. fa_____ty design *n.* a building or place that provides a particular service or is used for a particular industry
186. the bo_____ry between reality and fantasy *n.* a real or imaginary line that marks the limit or extent of something and separates it from other things or places
187. 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
188. complete mo__n *n.* (offensive and derogatory term) a person who is considered very foolish, stupid, or lacking intelligence or common sense
189. the th___y path of life *adj.* full of or covered with thorns; prickly; (of a problem) difficult to deal with
190. sla_____use operation *n.* (also "abattoir") a facility where animals are killed and processed for meat

ANSWERS: 182. retire, 183. meditation, 184. church, 185. facility, 186. boundary, 187. tuck, 188. moron, 189. thorny, 190. slaughterhouse

191. a cl_____c experiment *adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type
192. the struggle for ex_____ce *n.* the state or fact of someone or something existing
193. con_____on argument *n.* a heated disagreement or argument; a point of disagreement or conflict; a claim made in an argument or debate
194. have a ni_____re *n.* a very frightening or unpleasant dream
195. a ra_____l cure *adj.* relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
196. 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
197. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
198. a private ind_____al *n.* a single person or thing, as distinct from a group
199. a consensual di_____e *n.* the legal dissolution of a marriage
200. mi_____le weather *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

ANSWERS: 191. classic, 192. existence, 193. contention, 194. nightmare, 195. radical, 196. steppe, 197. responsible, 198. individual, 199. divorce, 200. miserable

201. obs_____on instrument

n. the act or activity of carefully examining or monitoring something or someone

ANSWERS: 201. observation

Session 3: Fill in the Blanks

1. The _____ on the corner is hosting a free community meal tonight.
n. a building or institution dedicated to religious worship or activities; a Christian religious organization or denomination

2. I have a _____ ache after overeating junk food.
n. the internal organ in the body where food is digested, situated in the abdomen; the part of the body below the chest that contains the stomach

3. My father's death _____ my life completely.
v. to change in outward structure or looks;

4. She _____ the sore spot on her leg to ease the pain.
v. to move one's hand or an object over the surface of something with pressure

5. That story was so _____ and it was scary.
adj. having or showing a sensible and practical idea that is possible to achieve

6. The battlefield became _____ on earth.
n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

7. 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

8. As an _____ he had the right to make his own decisions and live his life as he saw fit.
n. a single person or thing, as distinct from a group

ANSWERS: 1. church, 2. stomach, 3. transformed, 4. rubbed, 5. realistic, 6. hell, 7. pajama, 8. individual,

9. The government should view children as national assets and actively _____ in them.

v. to put money, effort, time, etc. into something to make a profit or achieve a result

10. It is a religion _____ with the western country.

adj. so different as to not be able to exist or work with another thing or person

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 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

13. Human behavior has _____ characteristics.

adj. forming an essential base or core from which everything else develops or is affected

14. This company has an entire recycling _____ including major reprocessing plants.

n. a building or place that provides a particular service or is used for a particular industry

15. The perspective of his right brain _____ his consciousness.

v. to have or control a lot of power and influence over somebody or something

16. 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: 9. invest, 10. incompatible, 11. enlightened, 12. simplistic, 13. fundamental, 14. facility, 15. dominates, 16. commute

17. Parallel lines are, by _____ lines on the same plane that never cross.
n. a concise explanation of the meaning of a word, phrase, or symbol
18. 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
19. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state
20. The _____ office has decided to lay off 10% of the workforce.
adj. of or relating to a large company
21. The government established by the coup was more _____ than before.
adj. relating to the essential aspects of anything; far beyond the norm, mainly used of opinions and actions
22. 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
23. She cast a _____ glance at me.
adj. having meaning, function, or purpose; serious, significant, or worthwhile
24. These gas nebulas are merely newborn galactic _____.
n. the most essential or fundamental part of something
25. 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

ANSWERS: 17. definition, 18. peach, 19. government, 20. corporate, 21. radical, 22. nub, 23. meaningful, 24. cores, 25. fir

26. We dealt with those problems with speed and _____.
- n.* the quality of changing or being changed easily according to new conditions or situations
27. He had a firm _____ on the rope as he climbed the mountain.
- n.* the act of holding onto something firmly with your hands, or the ability to do so; (verb) to hold fast or firmly
28. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management
29. 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
30. Our company offers a full range of _____ facilities as part of our benefits package.
- n.* a service involving care for other people's children
31. The company has made great strides in its _____ toward sustainability.
- n.* the act or process of changing to the next stage or phase or moving forward
32. After working for the company for 30 years, she decided to _____ from her job.
- v.* to withdraw from one's position or occupation, especially because of age
33. Your _____ is capable of distinguishing among similar objects.
- n.* the ability to think logically and comprehend information, especially at an advanced level

ANSWERS: 26. flexibility, 27. grip, 28. responsible, 29. weakling, 30. childcare, 31. progression, 32. retire, 33. intellect

34. Many companies outsource and hire consultants to keep their _____ flexible.
n. all the people who work in a company, industry, country, etc.
35. The poem depicts the heroics of a legendary _____.
n. a person who engaged in or experienced warfare, especially in the past
36. 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
37. His friend's death drove him to _____.
n. the feeling that there is no hope and you cannot do anything to improve a difficult situation
38. 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
39. The _____ jets gradually dominate the world's airlines.
adj. enormous; much bigger or more important than similar items usually are
40. Our CEO's _____ are always transparent and straightforward.
n. something you want to do and are going to do
41. 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

ANSWERS: 34. workforce, 35. warrior, 36. upheaval, 37. despair, 38. moreover, 39. giant, 40. intentions, 41. crunch

42. 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

43. The politician tried to _____ the corruption.

- v.* to conceal something; (noun) a covering that you wear over your face to hide it

44. The rose bush had _____ branches.

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

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

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

46. He could not _____ against temptation.

- v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

47. The final _____ provides a summary of the discussion.

- n.* a separate section of a written work usually numbered and titled

48. The smell of the _____ made him feel sick to his stomach.

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

49. He never _____ his fault.

- v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

50. She went to the fully equipped _____ to work out every day.

- n.* a place equipped for exercise and other physical training

ANSWERS: 42. tuck, 43. mask, 44. thorny, 45. jeans, 46. struggle, 47. chapter, 48. slaughterhouse, 49. acknowledged, 50. gym

51. I need to _____ my coworkers to finish the project on time.

- v.* to persistently harass, badger, or bother someone or something; to persistently attack or pursue an opposing force or target

52. Human _____ responses vary widely depending on the society to which they belong.

- adj.* relating to people's feelings

53. 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

54. He made a frightful _____ in his room.

- n.* a state of confusion, dirtiness, or untidiness; (verb) to fail to do something or to make something dirty or untidy

55. There was a _____ among the team members regarding the best course of action.

- n.* a heated disagreement or argument; a point of disagreement or conflict; a claim made in an argument or debate

56. He displayed the _____ symptoms of depression.

- adj.* judged or deserving to be regarded as one of the best or most important of its kind over a period of time; of a well-known type

57. The _____ of time travel has long fascinated scientists and fiction writers alike.

- n.* a general idea or understanding of something, particularly an abstract or complex concept; a belief or opinion, often one that is not based on solid evidence or facts

ANSWERS: 51. harry, 52. emotional, 53. daunting, 54. mess, 55. contention, 56. classic, 57. notion

58. He wandered the _____ between life and death by gunfire.
n. a real or imaginary line that marks the limit or extent of something and separates it from other things or places
59. He was served with a _____ of eviction, giving him the notice to vacate the property.
n. a written legal order or command
60. The man _____ before opening the door.
v. to take a short break from talking or doing something before continuing
61. In the hospital, she will remain under constant _____.
n. the act or activity of carefully examining or monitoring something or someone
62. We conducted a _____ assessment of intellectual and cultural history.
adj. taking all sides or opinions into account equally; being in a state of proper equilibrium
63. She felt _____ after her dog passed away.
adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
64. The athlete had sweat dripping down her _____ after the intense workout.
n. the part of the face above the eyebrows and below the hairline; the upper part of the face that extends from the eyes to the hairline
65. 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

ANSWERS: 58. boundary, 59. writ, 60. paused, 61. observation, 62. balanced, 63. miserable, 64. forehead, 65. steppe

66. He _____ his health to make the project a success.
- v.* to not give enough care or attention to something; to leave something undone
67. The detective looked for fingerprints on the window _____.
- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
68. 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
69. The company's CEO made a _____ decision to offer employees more flexibility in their work schedules.
- adj.* characterized by careful and considerate thinking; showing consideration for the feelings and needs of others; reflecting deep or serious thought
70. His father's death changed his whole _____ on life.
- n.* a confident attitude toward something; a particular style of thinking about something
71. She kept _____ for an ambulance.
- v.* to give a loud, high shout suddenly, especially because of fear, anger, excitement, etc.; to utter or declare in a very loud voice
72. I need to find a _____ for my female guinea pig so she doesn't get lonely.
- n.* a person's partner in marriage or romantic relationship; an animal's sexual partner; a peer or friend; (of the game of chess) checkmate, which is the winning condition of the game
73. We need to _____ the next steps for the project during our meeting tomorrow.
- v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 66. neglected, 67. frame, 68. moron, 69. thoughtful, 70. perspective, 71. screaming, 72. mate, 73. discuss

74. The _____ instructor guided the group through the relaxation and breathing exercises.
- n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
75. The crime scene was _____ and gruesome.
- adj.* covered in or smeared with blood; involving or characterized by bloodshed or brutality
76. Try to keep a _____ between work and off.
- n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
77. Four companies were amalgamated into a single _____.
- n.* a large company or group of companies that are controlled together by law as a single unit
78. 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
79. This company has invested heavily in Internet _____.
- n.* the activity of buying and selling things, especially on a large scale
80. The budget reduction was an _____ feat for our nation.
- adj.* arousing admiration due to size, quality, or skill
81. The industrial _____ laws were passed with little to no alteration.
- n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 74. meditation, 75. bloody, 76. balance, 77. corporation, 78. elongate, 79. commerce, 80. impressive, 81. relations

82. The _____ over climate change continues to be a hot topic in politics.
- n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
83. Life as a waiter was a big _____ for him.
- n.* a very frightening or unpleasant dream
84. Governments make rules, and police _____ them.
- v.* to make sure that people obey a particular law, rule, or situation
85. The couple decided to get a _____ after many years of marriage.
- n.* the legal dissolution of a marriage
86. He was an atheist and therefore did not believe in the _____ of heaven or hell.
- n.* the state or fact of someone or something existing
87. 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
88. 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
89. We must _____ to this matter.
- v.* to be present at an event, to go to a place

ANSWERS: 82. debate, 83. nightmare, 84. enforce, 85. divorce, 86. existence, 87. startle, 88. paternity, 89. attend

90. Many multinational companies are _____ in the reconstruction of that country.
- v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
91. This evidence will form the _____ for our discussion.
- n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
92. The statement had a _____ impact on house prices.
- adj.* very sudden, very excellent, or full of action and excitement
93. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
94. Honesty is an _____ quality that everyone should strive to possess.
- adj.* existing in something as a permanent, essential, or characteristic attribute
95. The meditation class was focused on finding inner peace and cultivating a more _____ connection with the universe.
- adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
96. The _____ at the airport caused a delay in my flight.
- n.* an event or occurrence, often unexpected or unplanned; something that happens
97. She _____ to become a successful businesswoman.
- v.* to have an ambition or a desire to achieve something, typically something high or great

ANSWERS: 90. engaged, 91. basis, 92. dramatic, 93. decide, 94. inherent, 95. spiritual, 96. incident, 97. aspired

98. The enemy fell right into the _____.

- n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

99. 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

100. It is impolite to _____ fun of an international student's English mistakes.

- v.* to make fun of someone, usually by imitating them in a witty but harsh way

101. The strict _____ ruled in favor of the plaintiff in the case.

- n.* a person who makes decisions in a court of law; (verb) to determine the result of or form a critical opinion of something

ANSWERS: 98. trap, 99. wretchedness, 100. mock, 101. judge