

# Englist.me



## Vocabulary Builder Reference from...

Joshua Walters: On being just crazy enough | TED Talk

[https://www.ted.com/talks/joshua\\_walters\\_on\\_being\\_just\\_crazy\\_enough](https://www.ted.com/talks/joshua_walters_on_being_just_crazy_enough)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### beatbox

*n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice

*synonym*: mouth drum, lip-smack percussion

(1) **beatbox** rhythm, (2) **beatbox** battle

His **beatbox** performance at the concert was mind-blowing.

### bipolar

*adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

(1) **bipolar** depression, (2) a **bipolar** semiconductor

The physician prescribed medication to treat **bipolar** disorder.

### reframe

*v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

*synonym*: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

### onstage

*adv.* onto or on a stage in a theater; in front of an audience

(1) appeared **onstage**, (2) walk **onstage**

He performed his magic trick **onstage**, leaving the audience in awe.

## mania

*n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something

*synonym* : obsession, craze, frenzy

(1) start-up **mania**, (2) dance **mania**

The **mania** for collecting rare books led him to spend his savings on a first edition.

## Christ

*n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity

*synonym* : Savior, Jesus Christ, Jesus

(1) teaching of **Christ**, (2) before **Christ**

**Christmas** is the day to celebrate the birth of Christ.

## rehearsal

*n.* a practice session, usually for a performance or presentation, during which people prepare and fine-tune their performance, often with the help of feedback from others; the act of rehearsing

*synonym* : practice, run-through, drill

(1) dress **rehearsal**, (2) music **rehearsal**

The theater company had its final **rehearsal** before opening night.

## psychiatry

*n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness

*synonym* : mental health, psychology, psychoanalysis

(1) **psychiatry** therapy, (2) biological **psychiatry**

The field of **psychiatry** is constantly evolving, with new treatments and approaches being developed all the time.

## nap

*n.* a short sleep, especially during the day

*synonym* : rest, doze, drowse

(1) take a **nap**, (2) daytime **nap**

She woke the kids up from their **nap**.

## bugle

*n.* a brass wind instrument similar to a trumpet but with a more conical shape and no valves; the sound produced by the bugle or a similar instrument

*synonym*: trumpet, brass instrument

(1) military **bugle**, (2) **bugle** sound

The **bugle** call woke up the soldiers at dawn.

## hypomania

*n.* a mood state characterized by intense feelings of joy or excitement, increased energy, talkativeness, and impulsivity, but at a less severe level than full mania, often associated with bipolar disorder and other mental health conditions

*synonym*: mania, frenzy, excitement

(1) **hypomania** symptoms, (2) **hypomania** disorder

People with bipolar disorder may experience periods of **hypomania**, characterized by an elevated mood but less severe than full-blown mania.

## Session 2: Spelling

1. teaching of Ch\_\_\_t  
*n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
2. hy\_\_\_\_\_ia disorder  
*n.* a mood state characterized by intense feelings of joy or excitement, increased energy, talkativeness, and impulsivity, but at a less severe level than full mania, often associated with bipolar disorder and other mental health conditions
3. hy\_\_\_\_\_ia symptoms  
*n.* a mood state characterized by intense feelings of joy or excitement, increased energy, talkativeness, and impulsivity, but at a less severe level than full mania, often associated with bipolar disorder and other mental health conditions
4. before Ch\_\_\_t  
*n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
5. daytime n\_p  
*n.* a short sleep, especially during the day
6. re\_\_\_\_\_e problem  
*v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
7. walk on\_\_\_\_\_e  
*adv.* onto or on a stage in a theater; in front of an audience

ANSWERS: 1. Christ, 2. hypomania, 3. hypomania, 4. Christ, 5. nap, 6. reframe, 7. onstage

8. re\_\_\_\_e resource allocation      *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
9. appeared on\_\_\_\_e      *adv.* onto or on a stage in a theater; in front of an audience
10. dance ma\_\_a      *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
11. take a n\_p      *n.* a short sleep, especially during the day
12. music re\_\_\_\_al      *n.* a practice session, usually for a performance or presentation, during which people prepare and fine-tune their performance, often with the help of feedback from others; the act of rehearsing
13. be\_\_\_\_x rhythm      *n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
14. bu\_\_e sound      *n.* a brass wind instrument similar to a trumpet but with a more conical shape and no valves; the sound produced by the bugle or a similar instrument
15. bi\_\_\_\_r depression      *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

ANSWERS: 8. reframe, 9. onstage, 10. mania, 11. nap, 12. rehearsal, 13. beatbox, 14. bugle, 15. bipolar

16. dress re\_\_\_\_\_al *n.* a practice session, usually for a performance or presentation, during which people prepare and fine-tune their performance, often with the help of feedback from others; the act of rehearsing
17. biological psy\_\_\_\_\_ry *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
18. start-up ma\_\_a *n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
19. be\_\_\_\_\_x battle *n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
20. psy\_\_\_\_\_ry therapy *n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
21. military bu\_\_e *n.* a brass wind instrument similar to a trumpet but with a more conical shape and no valves; the sound produced by the bugle or a similar instrument
22. a bi\_\_\_\_\_r semiconductor *adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness

ANSWERS: 16. rehearsal, 17. psychiatry, 18. mania, 19. beatbox, 20. psychiatry, 21. bugle, 22. bipolar

ANSWERS:

## Session 3: Fill in the Blanks

1. The therapist tried to \_\_\_\_\_ his negative thoughts.
  - v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
2. The theater company had its final \_\_\_\_\_ before opening night.
  - n.* a practice session, usually for a performance or presentation, during which people prepare and fine-tune their performance, often with the help of feedback from others; the act of rehearsing
3. He performed his magic trick \_\_\_\_\_ leaving the audience in awe.
  - adv.* onto or on a stage in a theater; in front of an audience
4. His \_\_\_\_\_ performance at the concert was mind-blowing.
  - n.* a style of vocal percussion or vocal mimicry in which a person creates rhythmic sounds and beats using their mouth, lips, tongue, and voice; (verb) to create percussive sounds, rhythms, and beats using the mouth, lips, tongue, and voice
5. The field of \_\_\_\_\_ is constantly evolving, with new treatments and approaches being developed all the time.
  - n.* the branch of medicine concerned with the study, treatment, and prevention of mental illness
6. The physician prescribed medication to treat \_\_\_\_\_ disorder.
  - adj.* of, relating to, or occurring in both polar regions; of or relating to manic depressive illness
7. She woke the kids up from their \_\_\_\_\_.
  - n.* a short sleep, especially during the day

ANSWERS: 1. reframe, 2. rehearsal, 3. onstage, 4. beatbox, 5. psychiatry, 6. bipolar, 7. nap



8. \_\_\_\_\_ is the day to celebrate the birth of Christ.
- n.* the man that Christians believe is the prophet and the son of God, and whose life and sermons form the basis for Christianity
9. People with bipolar disorder may experience periods of \_\_\_\_\_ characterized by an elevated mood but less severe than full-blown mania.
- n.* a mood state characterized by intense feelings of joy or excitement, increased energy, talkativeness, and impulsivity, but at a less severe level than full mania, often associated with bipolar disorder and other mental health conditions
10. The \_\_\_\_\_ for collecting rare books led him to spend his savings on a first edition.
- n.* a psychological or emotional state that is marked by excessive enthusiasm, excitement, or delusions; a strong and uncontrollable desire or craving for something
11. The \_\_\_\_\_ call woke up the soldiers at dawn.
- n.* a brass wind instrument similar to a trumpet but with a more conical shape and no valves; the sound produced by the bugle or a similar instrument

ANSWERS: 8. Christmas, 9. hypomania, 10. mania, 11. bugle