

Englist.me



Vocabulary Builder Reference from...

Amy Baxter: How to hack your brain when you're in pain | TED Talk

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

Advanced Words Only

IMPORTANT

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

Session 1: Word List

whack

v. to hit someone or something hard or noisily

synonym: hit, strike, bash

(1) **whack** him with a stick, (2) **whack** up the volume

He **whacked** the ball out of the park with his home run.

lasagna

n. a type of dish consisting of layers of pasta, cheese, meat, or vegetables, typically topped with tomato sauce and baked in an oven; a traditional staple of Italian cuisine

synonym: pasta bake, casserole, baked ziti

(1) **lasagna** recipe, (2) **lasagna** noodles

I always order spinach **lasagna** at my favorite Italian restaurant.

opioid

n. substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

(1) an **opioid** analgesic, (2) **opioid** receptor

Treatment for **opioid** dependence may be a long-term process.

egregious

adj. outstandingly bad or shocking; conspicuously or outrageously bad or reprehensible

synonym : atrocious, flagrant, heinous

(1) **egregious** claim, (2) an **egregious** error

It was an **egregious** mistake and caused significant harm to the company's reputation.

controllable

adj. able to be controlled or directed

synonym : manageable, governable, submissive

(1) computer- **controllable**, (2) **controllable** aircraft

The new software is much more **controllable** and user-friendly.

terrifying

adj. very frightening or intimidating

synonym : frightening, intimidating, alarming

(1) **terrifying** experience, (2) **terrifying** events

Large earthquakes often generate **terrifying** tsunamis.

medicinal

adj. of or relating to the treatment or cure of disease

synonym : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

misunderstand

v. to interpret or understand something in the wrong way

synonym : misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

paraphrase

v. to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

synonym : rephrase, reword, reinterpret

(1) **paraphrase** a poem into prose, (2) **paraphrase** the meaning

He **paraphrased** the article in his own words to avoid being

accused of plagiarism.

graveyard

n. a cemetery, especially one in a churchyard

synonym: cemetery, burial ground, churchyard

(1) **graveyard** of life, (2) bodies in a **graveyard**

The ancestral **graveyard** was peaceful, with rows of headstones and tall trees.

vibrate

v. to move or cause anything to move fast and in small increments from side to side

synonym: oscillate, convulse, jerk

(1) **vibrate** at a regular frequency, (2) **vibrate** with anger

During the flight, the wings of the plane **vibrate**.

steer

v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone

synonym: guide, direct, control

(1) **steer** a steady course, (2) **steer** a conversation

The captain told him to **steer** the ship north.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

scout

n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

synonym: scoutmaster, explorer, surveyor

(1) boy **scout**, (2) **scout** troop

The company sent a **scout** to explore new business opportunities in the overseas market.

pea

n. a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable

synonym : legume, bean, pulse

(1) **pea** protein, (2) **pea** family

She shelled the **peas** and added them to the pot.

eureka

n. exclamation of triumph on discovering something; realization or sudden insight

synonym : discovery, breakthrough, aha moment

(1) have a **eureka** moment, (2) shout "**eureka!**"

"**Eureka!**" he exclaimed, finally solving the problem.

buzzy

adj. having a feeling of slight intoxication or light-headedness; generating a lot of interest or discussion on social media or the Internet

synonym : vibrant, lively, energized

(1) **buzzy** feeling, (2) **buzzy** atmosphere

The coffee shop is always busy and has **buzzy** energy.

confide

v. to reveal private or secret information to someone; to trust someone with a confidence

synonym : trust, reveal, impart

(1) **confide** in you, (2) **confide** a secret

He **confided** in her, telling her his deepest secrets.

electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

synonym : wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

obnoxious

adj. extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm

synonym : offensive, unpleasant, irritating

(1) **obnoxious** habits, (2) **obnoxious** odor

His **obnoxious** behavior at the party made everyone

uncomfortable.

swab

n. a small piece of soft material used by a doctor, nurse, etc., for cleaning a cut or taking a sample from somebody's body for testing; (verb) apply, usually a liquid, to a surface

synonym : mop, scrub, daub

(1) alcohol **swab**, (2) cotton **swab**

He took a **swab** of his ear.

distract

v. to draw someone's attention away from what they are trying to do

synonym : divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

symphony

n. a long musical composition in Western classical music for orchestra, usually with three or four main parts called movements

synonym : orchestra, harmony, concert

(1) a **symphony** orchestra, (2) a beautiful **symphony**

The frequent performances of the **symphony** prove its popularity.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym : tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

connectome

n. a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies

synonym : neural map, brain map

(1) **connectome** mapping, (2) **connectome** plasticity
Scientists are mapping the human brain's **connectome** to understand different cognition aspects better.

untreated

adj. not given medical care or treatment; not subjected to chemical or physical treatment

synonym: raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

plasticity

n. the quality or state of being easily molded, shaped, or modified; the capacity for change, adaptability, or flexibility, particularly about a material substance, biological process, or psychological trait

synonym: malleability, adaptability, flexibility

(1) muscle **plasticity**, (2) neural **plasticity**

The brain's **plasticity** allows it to change and adapt based on new experiences and learning.

personalize

v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

synonym: customize, individualize, tailor

(1) **personalize** social media profile, (2) **personalize** my workspace

I like to **personalize** my phone case with a picture of my dog.

acupuncture

n. a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

synonym: stylostixis, needling, reflexology

(1) **acupuncture** for anxiety, (2) **acupuncture** treatment

The **acupuncture** needles are very thin and are not painful to insert.

capsaicin

n. a compound that is found in chili peppers and other plants in the nightshade family, and that is responsible for the pungent and spicy flavor of these peppers

(1) the **capsaicin** analog, (2) **capsaicin** sensitivity

He couldn't handle the heat from the **capsaicin** in the sauce.

knob

n. a round handle, especially one used for opening or closing a door, drawer, or cabinet

synonym: handle, lever

(1) handy **knob**, (2) **knob** closure

The **knob** on the drawer was loose and needed to be tightened.

clunky

adj. heavy, awkward, and old-fashioned; not graceful and clumsy in style, form, or movement

synonym: clumsy, bulky, burdensome

(1) **clunky** phrasing, (2) **clunky** robot

Refined character portrayal makes up for **clunky** gameplay.

hypersensitive

adj. easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting

synonym: over-sensitive, touchy, fragile

(1) **hypersensitive** reaction, (2) **hypersensitive** nerve endings

She became **hypersensitive** to criticism after being bullied in school.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym : torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

exaggerate

v. to describe or represent something as better or worse than it is

synonym : overstate, overestimate, amplify

(1) **exaggerate** in degree, (2) **exaggerate** story

She **exaggerated** the extent of her injuries to get more money from the settlement.

turbulent

adj. marked by a lot of sudden changes, confusion, or uncertainty; characterized by intense activity or agitation

synonym : chaotic, stormy, tumultuous

(1) **turbulent** waves, (2) **turbulent** age

The stock market has been **turbulent** lately, with prices fluctuating rapidly.

scald

v. to burn or painfully affect with hot liquid or steam

synonym : burn, scold, sear

(1) **scald** the milk, (2) **scald** my tongue

Be careful not to **scald** yourself with the hot water.

jolt

v. to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

synonym : shock, jar, bump

(1) **jolt** entire social systems, (2) **jolt** of excitement

The news of the unexpected announcement **jolted** the stock market.

scalp

n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

synonym : hair cover, pelt, epidermis

(1) **scalp** massage, (2) **scalp** condition

I have an itchy **scalp** and need to switch to a different shampoo.

blister

n. a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

synonym : sore, vesicle, pustule

(1) **blister** after walking for miles, (2) **blister** treatment

The new hiking shoes gave me a **blister** on my heel after just a few miles of walking.

barf

v. to vomit or regurgitate food or stomach contents; (noun) the act of vomiting

synonym : vomit, hurl, puke

(1) **barf** bag, (2) **barf** up food

After having too much to drink, he had to rush to the bathroom to **barf**.

aisle

n. a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure

synonym : corridor, passageway, gangway

(1) **aisle** seat, (2) the center **aisle** of a church

She walked down the **aisle** to the front of the church.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym : fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

godsend

n. something or someone that comes unexpectedly and is very helpful or beneficial

synonym : blessing, gift, windfall

(1) **godsend** opportunity, (2) a **godsend** for farmers

The extra funding for the project was a **godsend** and allowed us to complete it on time.

morphine

n. a powerful narcotic drug used to relieve pain and induce sleep

synonym : narcotic, painkiller, sedative

(1) **morphine** addiction, (2) synthetic **morphine**

Long-term use of **morphine** can lead to tolerance, physical dependence, and addiction.

ibuprofen

n. a drug used to reduce pain, fever, and inflammation

(1) **ibuprofen** intoxication, (2) **ibuprofen** tablet

Daily use of **ibuprofen** can irritate the stomach.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym : coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

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.

sickle

n. a tool consisting of a short curved blade with a handle, used for cutting grass or grain; also a symbol associated with harvest or death

synonym : scythe, crescent, cutter

(1) **sickle-shaped** moon, (2) harvest **sickle**

The blade of the **sickle** glinted in the sunlight as he swung it back and forth.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

harmonic

adj. relating to the production of sound waves with a frequency that is an integral multiple of the frequency of the original wave; having a pleasing, pleasing, or agreeable sound.

synonym : melodic, balanced, harmonious

(1) **harmonic** oscillator, (2) a natural **harmonic** quality

The violin's sound was so pure and **harmonic** that it gave me chills.

fascia

n. a thin layer or sheet of connective tissue that surrounds and supports organs, muscles, and other structures within the body, which also helps to compartmentalize and protect these structures

synonym : connective tissue, sheath, fibrous tissue

(1) **fascia** massage, (2) **fascia** of the neck

The physical therapist recommended specific exercises to loosen the **fascia** tissue around the injured muscle.

unexplored

adj. not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered

synonym : uncharted, undiscovered, untapped

(1) **unexplored** ideas, (2) **unexplored** cave

There are many **unexplored** regions of the ocean that scientists hope to study soon.

Session 2: Spelling

1. op___d receptor *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
2. n_g about the minor thing *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
3. bu__y the weak *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
4. k__b closure *n.* a round handle, especially one used for opening or closing a door, drawer, or cabinet
5. acu_____re treatment *n.* a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine
6. boy sc__t *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

ANSWERS: 1. opioid, 2. nag, 3. bully, 4. knob, 5. acupuncture, 6. scout

- | | | |
|----------------------------|-------------|---|
| 7. mo_____ne addiction | <i>n.</i> | a powerful narcotic drug used to relieve pain and induce sleep |
| 8. go_____d opportunity | <i>n.</i> | something or someone that comes unexpectedly and is very helpful or beneficial |
| 9. ib_____en intoxication | <i>n.</i> | a drug used to reduce pain, fever, and inflammation |
| 10. acu_____re for anxiety | <i>n.</i> | a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine |
| 11. co_____e in you | <i>v.</i> | to reveal private or secret information to someone; to trust someone with a confidence |
| 12. si___e-shaped moon | <i>n.</i> | a tool consisting of a short curved blade with a handle, used for cutting grass or grain; also a symbol associated with harvest or death |
| 13. shout "eu___a!" | <i>n.</i> | exclamation of triumph on discovering something; realization or sudden insight |
| 14. a go_____d for farmers | <i>n.</i> | something or someone that comes unexpectedly and is very helpful or beneficial |
| 15. cl___y phrasing | <i>adj.</i> | heavy, awkward, and old-fashioned; not graceful and clumsy in style, form, or movement |
| 16. sc__p condition | <i>n.</i> | the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack |

ANSWERS: 7. morphine, 8. godsend, 9. ibuprofen, 10. acupuncture, 11. confide, 12. sickle, 13. eureka, 14. godsend, 15. clunky, 16. scalp

27. a sy____ny orchestra *n.* a long musical composition in Western classical music for orchestra, usually with three or four main parts called movements
28. a natural ha____ic quality *adj.* relating to the production of sound waves with a frequency that is an integral multiple of the frequency of the original wave; having a pleasing, pleasing, or agreeable sound.
29. baseless pre____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
30. ob____us habits *adj.* extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
31. wh__k up the volume *v.* to hit someone or something hard or noisily
32. sc__t troop *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
33. p_a family *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
34. di____ct public opinion *v.* to draw someone's attention away from what they are trying to do

ANSWERS: 27. symphony, 28. harmonic, 29. pretension, 30. obnoxious, 31. whack, 32. scout, 33. pea, 34. distract

45. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
46. an eg_____us error *adj.* outstandingly bad or shocking; conspicuously or outrageously bad or reprehensible
47. co_____e a secret *v.* to reveal private or secret information to someone; to trust someone with a confidence
48. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
49. n_g political leaders *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
50. el_____fy the audience *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
51. j__t entire social systems *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
52. ib_____en tablet *n.* a drug used to reduce pain, fever, and inflammation
53. bu__y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

ANSWERS: 45. misconception, 46. egregious, 47. confide, 48. numb, 49. nag, 50. electrify, 51. jolt, 52. ibuprofen, 53. bully

54. per_____ze social media profile *v.* to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something
55. hyp_____ive nerve endings *adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
56. bu__y feeling *adj.* having a feeling of slight intoxication or light-headedness; generating a lot of interest or discussion on social media or the Internet
57. con_____me plasticity *n.* a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies
58. bu__y atmosphere *adj.* having a feeling of slight intoxication or light-headedness; generating a lot of interest or discussion on social media or the Internet
59. ob_____us odor *adj.* extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
60. tu_____nt age *adj.* marked by a lot of sudden changes, confusion, or uncertainty; characterized by intense activity or agitation
61. vi_____e at a regular frequency *v.* to move or cause anything to move fast and in small increments from side to side

ANSWERS: 54. personalize, 55. hypersensitive, 56. buzzy, 57. connectome, 58. buzzy, 59. obnoxious, 60. turbulent, 61. vibrate

62. j__t of excitement *v.* to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock
63. a beautiful sy____ny *n.* a long musical composition in Western classical music for orchestra, usually with three or four main parts called movements
64. par_____se a poem into prose *v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
65. mis_____and each other *v.* to interpret or understand something in the wrong way
66. cotton s__b *n.* a small piece of soft material used by a doctor, nurse, etc., for cleaning a cut or taking a sample from somebody's body for testing; (verb) apply, usually a liquid, to a surface
67. st__r a steady course *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
68. fa___a massage *n.* a thin layer or sheet of connective tissue that surrounds and supports organs, muscles, and other structures within the body, which also helps to compartmentalize and protect these structures
69. per_____ze my workspace *v.* to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something

ANSWERS: 62. jolt, 63. symphony, 64. paraphrase, 65. misunderstand, 66. swab, 67. steer, 68. fascia, 69. personalize

70. tu_____nt waves *adj.* marked by a lot of sudden changes, confusion, or uncertainty; characterized by intense activity or agitation
71. ob____s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
72. st__r a conversation *v.* to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
73. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
74. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
75. the ca_____in analog *n.* a compound that is found in chili peppers and other plants in the nightshade family, and that is responsible for the pungent and spicy flavor of these peppers
76. bodies in a gr_____rd *n.* a cemetery, especially one in a churchyard
77. p_a protein *n.* a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
78. synthetic mo_____ne *n.* a powerful narcotic drug used to relieve pain and induce sleep
79. an op____d analgesic *n.* substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted

ANSWERS: 70. turbulent, 71. obsess, 72. steer, 73. pretension, 74. medicinal, 75. capsaicin, 76. graveyard, 77. pea, 78. morphine, 79. opioid

80. have a eu___a moment *n.* exclamation of triumph on discovering something; realization or sudden insight
81. fa___a of the neck *n.* a thin layer or sheet of connective tissue that surrounds and supports organs, muscles, and other structures within the body, which also helps to compartmentalize and protect these structures
82. the center ai___e of a church *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
83. bl____r after walking for miles *n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
84. neural pla____ty *n.* the quality or state of being easily molded, shaped, or modified; the capacity for change, adaptability, or flexibility, particularly about a material substance, biological process, or psychological trait
85. handy k__b *n.* a round handle, especially one used for opening or closing a door, drawer, or cabinet
86. bl____r treatment *n.* a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely

ANSWERS: 80. eureka, 81. fascia, 82. aisle, 83. blister, 84. plasticity, 85. knob, 86. blister

87. sc__d the milk *v.* to burn or painfully affect with hot liquid or steam
88. b__f bag *v.* to vomit or regurgitate food or stomach contents; (noun) the act of vomiting
89. an un_____ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
90. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
91. vi_____e with anger *v.* to move or cause anything to move fast and in small increments from side to side
92. ai__e seat *n.* a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
93. eg_____us claim *adj.* outstandingly bad or shocking; conspicuously or outrageously bad or reprehensible
94. la_____a noodles *n.* a type of dish consisting of layers of pasta, cheese, meat, or vegetables, typically topped with tomato sauce and baked in an oven; a traditional staple of Italian cuisine
95. b__f up food *v.* to vomit or regurgitate food or stomach contents; (noun) the act of vomiting
96. el_____fy a manufacturing process *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

ANSWERS: 87. scald, 88. barf, 89. untreated, 90. quitter, 91. vibrate, 92. aisle, 93. egregious, 94. lasagna, 95. barf, 96. electrify

97. muscle pla_____ty *n.* the quality or state of being easily molded, shaped, or modified; the capacity for change, adaptability, or flexibility, particularly about a material substance, biological process, or psychological trait
98. re_____e resource allocation *v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
99. ca_____in sensitivity *n.* a compound that is found in chili peppers and other plants in the nightshade family, and that is responsible for the pungent and spicy flavor of these peppers
100. ter_____ng experience *adj.* very frightening or intimidating
101. mis_____and entirely about her *v.* to interpret or understand something in the wrong way
102. hyp_____ive reaction *adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
103. une_____ed ideas *adj.* not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
104. computer-con_____ble *adj.* able to be controlled or directed
105. wh__k him with a stick *v.* to hit someone or something hard or noisily
106. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 97. plasticity, 98. reframe, 99. capsaicin, 100. terrifying, 101. misunderstand, 102. hypersensitive, 103. unexplored, 104. controllable, 105. whack, 106. numb

107. harvest si___e

n. a tool consisting of a short curved blade with a handle, used for cutting grass or grain; also a symbol associated with harvest or death

108. gr_____rd of life

n. a cemetery, especially one in a churchyard

ANSWERS: 107. sickle, 108. graveyard

Session 3: Fill in the Blanks

1. Long-term use of _____ can lead to tolerance, physical dependence, and addiction.
n. a powerful narcotic drug used to relieve pain and induce sleep
2. The company sent a _____ to explore new business opportunities in the overseas market.
n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
3. " _____ he exclaimed, finally solving the problem.
n. exclamation of triumph on discovering something; realization or sudden insight
4. He took a _____ of his ear.
n. a small piece of soft material used by a doctor, nurse, etc., for cleaning a cut or taking a sample from somebody's body for testing; (verb) apply, usually a liquid, to a surface
5. The new hiking shoes gave me a _____ on my heel after just a few miles of walking.
n. a small, fluid-filled bubble on the skin caused by friction, burning, or other skin irritation; can also refer to a similar bubble found in other materials; (verb) to become covered with blisters or to cause blisters to form; to criticize or rebuke severely
6. She _____ the extent of her injuries to get more money from the settlement.
v. to describe or represent something as better or worse than it is

ANSWERS: 1. morphine, 2. scout, 3. Eureka!", 4. swab, 5. blister, 6. exaggerated

7. She became _____ to criticism after being bullied in school.
adj. easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
8. My left arm became _____.
adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity
9. He _____ the ball out of the park with his home run.
v. to hit someone or something hard or noisily
10. The new software is much more _____ and user-friendly.
adj. able to be controlled or directed
11. She walked down the _____ to the front of the church.
n. a passage between rows of seats in a theater, airplane, or other public building, typically one of two or more running parallel with the main body of the structure
12. The extra funding for the project was a _____ and allowed us to complete it on time.
n. something or someone that comes unexpectedly and is very helpful or beneficial
13. Be careful not to _____ yourself with the hot water.
v. to burn or painfully affect with hot liquid or steam
14. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease

ANSWERS: 7. hypersensitive, 8. numb, 9. whacked, 10. controllable, 11. aisle, 12. godsend, 13. scald, 14. medicinal

15. The stock market has been _____ lately, with prices fluctuating rapidly.
adj. marked by a lot of sudden changes, confusion, or uncertainty; characterized by intense activity or agitation
16. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
17. Refined character portrayal makes up for _____ gameplay.
adj. heavy, awkward, and old-fashioned; not graceful and clumsy in style, form, or movement
18. The violin's sound was so pure and _____ that it gave me chills.
adj. relating to the production of sound waves with a frequency that is an integral multiple of the frequency of the original wave; having a pleasing, pleasing, or agreeable sound.
19. She couldn't stop _____ her husband to take out the trash.
v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
20. There are numerous _____ about food and health.
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
21. During the flight, the wings of the plane _____.
v. to move or cause anything to move fast and in small increments from side to side
22. The news of the unexpected announcement _____ the stock market.
v. to move or cause to move with a sudden jerky motion; to disturb someone's composure); (noun) a sudden, sharp movement or shock

ANSWERS: 15. turbulent, 16. distract, 17. clunky, 18. harmonic, 19. nagging, 20. misconceptions, 21. vibrate, 22. jolted

23. The blade of the _____ glinted in the sunlight as he swung it back and forth.
n. a tool consisting of a short curved blade with a handle, used for cutting grass or grain; also a symbol associated with harvest or death
24. The captain told him to _____ the ship north.
v. to control the direction or movement of a vehicle; to direct a course of action; to guide or motivate someone
25. Treatment for _____ dependence may be a long-term process.
n. substances that have an effect similar to opium, such as morphine, used in medicines to treat severe pain, but some people take them illegally for pleasure and become addicted
26. He couldn't handle the heat from the _____ in the sauce.
n. a compound that is found in chili peppers and other plants in the nightshade family, and that is responsible for the pungent and spicy flavor of these peppers
27. His _____ behavior at the party made everyone uncomfortable.
adj. extremely unpleasant or offensive; annoying or irritating to the point of causing discomfort or harm
28. You should not _____ the meaning of freedom.
v. to interpret or understand something in the wrong way
29. The coffee shop is always busy and has _____ energy.
adj. having a feeling of slight intoxication or light-headedness; generating a lot of interest or discussion on social media or the Internet
30. Scientists are mapping the human brain's _____ to understand different cognition aspects better.
n. a complete map of all the neural connections or pathways in the brain or nervous system, often created using advanced imaging technologies

ANSWERS: 23. sickle, 24. steer, 25. opioid, 26. capsaicin, 27. obnoxious, 28. misunderstand, 29. buzzy, 30. connectome

31. The product developed through years of research continues to _____ the market.
- v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
32. The frequent performances of the _____ prove its popularity.
- n.* a long musical composition in Western classical music for orchestra, usually with three or four main parts called movements
33. After having too much to drink, he had to rush to the bathroom to _____.
- v.* to vomit or regurgitate food or stomach contents; (noun) the act of vomiting
34. The schoolyard _____ terrorized the other children and made their lives miserable.
- n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
35. The therapist tried to _____ his negative thoughts.
- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
36. There are many _____ regions of the ocean that scientists hope to study soon.
- adj.* not yet examined, investigated, or studied; lacking in knowledge or information; unknown or undiscovered
37. He was labeled as a _____ after he abandoned the project halfway.
- n.* a person who gives up easily or does not have the determination to finish what they have started

ANSWERS: 31. electrify, 32. symphony, 33. barf, 34. bully, 35. reframe, 36. unexplored, 37. quitter

38. Heat stroke is the result of _____ heat exhaustion.

adj. not given medical care or treatment; not subjected to chemical or physical treatment

39. I always order spinach _____ at my favorite Italian restaurant.

n. a type of dish consisting of layers of pasta, cheese, meat, or vegetables, typically topped with tomato sauce and baked in an oven; a traditional staple of Italian cuisine

40. The brain's _____ allows it to change and adapt based on new experiences and learning.

n. the quality or state of being easily molded, shaped, or modified; the capacity for change, adaptability, or flexibility, particularly about a material substance, biological process, or psychological trait

41. Large earthquakes often generate _____ tsunamis.

adj. very frightening or intimidating

42. I have an itchy _____ and need to switch to a different shampoo.

n. the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

43. He _____ the article in his own words to avoid being accused of plagiarism.

v. to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

44. The _____ needles are very thin and are not painful to insert.

n. a traditional Chinese medical practice that involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing; a form of alternative medicine

ANSWERS: 38. untreated, 39. lasagna, 40. plasticity, 41. terrifying, 42. scalp, 43. paraphrased, 44. acupuncture

45. Daily use of _____ can irritate the stomach.
n. a drug used to reduce pain, fever, and inflammation
46. It was an _____ mistake and caused significant harm to the company's reputation.
adj. outstandingly bad or shocking; conspicuously or outrageously bad or reprehensible
47. She shelled the _____ and added them to the pot.
n. a small, round, green vegetable that grows in pods on a climbing plant and is eaten as a vegetable
48. I like to _____ my phone case with a picture of my dog.
v. to make something or an experience specific to an individual or group, often through adding personal details or tailoring it to their preferences or needs; to add personal details or information to something
49. He _____ in her, telling her his deepest secrets.
v. to reveal private or secret information to someone; to trust someone with a confidence
50. The physical therapist recommended specific exercises to loosen the _____ tissue around the injured muscle.
n. a thin layer or sheet of connective tissue that surrounds and supports organs, muscles, and other structures within the body, which also helps to compartmentalize and protect these structures
51. The ancestral _____ was peaceful, with rows of headstones and tall trees.
n. a cemetery, especially one in a churchyard

ANSWERS: 45. ibuprofen, 46. egregious, 47. peas, 48. personalize, 49. confided, 50. fascia, 51. graveyard

52. He's utterly _____ with his promotion.

- v.* to fill the mind of someone continually so that one can't think of anything else

53. The _____ on the drawer was loose and needed to be tightened.

- n.* a round handle, especially one used for opening or closing a door, drawer, or cabinet

54. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

ANSWERS: 52. obsessed, 53. knob, 54. pretensions