

# Englist.me



## Vocabulary Builder Reference from...

Carl Honoré: In praise of slowness | TED Talk

[https://www.ted.com/talks/carl\\_honore\\_in\\_praise\\_of\\_slowness](https://www.ted.com/talks/carl_honore_in_praise_of_slowness)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### 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.

### cram

v. to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

*synonym* : stuff, pack, jam

(1) **cram** more circuits into chips, (2) **cram** five people into a car

She had to **cram** for the final exam and stayed up all night studying.

### gratification

n. the feeling of being pleased or satisfied as a result of achieving something or having something you want

*synonym* : satisfaction, pleasure, contentment

(1) instant **gratification**, (2) aesthetic **gratification**

The **gratification** of completing a difficult task is a great feeling.

**starve**

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

*synonym*: famish, hunger

(1) **starve** for a victory, (2) **starve** to death

If you don't eat soon, you're going to **starve**.

**salute**

v. to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way

*synonym*: greet, acknowledge, acclaim

(1) **salute** to the flag, (2) **salute** him in military fashion

The soldiers stood at attention to **salute** their commanding officer.

**amuse**

v. to entertain or divert the mind; to make someone laugh

*synonym*: entertain, delight, divert

(1) **amuse** a baby with a rattle, (2) **amuse** guests

He **amused** himself by playing video games during his free time.

**headlong**

*adv.* with great speed or force; in a rush, or without caution

*synonym*: recklessly, impulsively, precipitously

(1) continue **headlong** into a risky business, (2) fall

**headlong**

He stumbled **headlong** down the stairs, tumbling to the bottom.

**roadrunner**

n. a bird belonging to the cuckoo family, commonly found in arid regions of North America, known for its rapid running ability

(1) elusive **roadrunner**, (2) desert **roadrunner**

I spotted a **roadrunner** chasing after a lizard in the desert.

**marinade**

n. a liquid mixture of herbs, spices, oil, and vinegar or citrus juice used to flavor and tenderize meat or fish

before cooking; a soaking or immersion in this mixture

*synonym* : marinate, dressing, sauce

(1) **marinade** sauce, (2) **marinade** meat

I love to use a citrus-based **marinade** for seafood dishes.

## burnout

*n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking

*synonym* : breakdown, exhaustion, fatigue

(1) **burnout** syndrome, (2) mental **burnout**

He suffered from job **burnout** because of hard work.

## tranquility

*n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment

*synonym* : calmness, serenity, peace

(1) the **tranquility** of the environment, (2) feeling of **tranquility**

She found **tranquility** by meditating in the garden.

## bedtime

*n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

*synonym* : sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

## quarrel

*n.* an argument or dispute between two or more people

*synonym* : argument, dispute, disagreement

(1) family **quarrel**, (2) heated **quarrel**

The two friends had a minor **quarrel** but quickly made up and resumed their conversation.

## gladiator

*n.* a person who fought in ancient Rome's public contests, typically armed with weapons and wearing armor to entertain audiences

*synonym* : fighter, warrior, combatant

(1) act like a **gladiator**, (2) the Christian **gladiator**

The **gladiator's** training regimen included physical conditioning, weapons training, and strategy.

## wince

*v.* to make a slight involuntary grimace or shrinking movement due to pain, distress, or embarrassment;  
(noun) a facial expression or bodily gesture of pain, discomfort, or embarrassment in response to an unpleasant or unwelcome stimulus

*synonym* : flinch, grimace, twitch

(1) **wince** at the sound, (2) a slight **wince**

He **winc**ed as he saw his favorite vase fall and shatter on the ground.

## reflex

*n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

*synonym* : reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

## hallelujah

*n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship

*synonym* : praise, worship, exultation

(1) **hallelujah** chorus, (2) **hallelujah** moment

The choir ended the performance with a powerful **hallelujah**.

## urbanization

*n.* the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture

*synonym* : urban development, urban growth, urban expansion

(1) **urbanization** process, (2) non- **urbanization** area

Rapid **urbanization** has led to many environmental and social issues in cities.

## consumerism

*n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions

*synonym*: consumer culture, materialism

(1) anti- **consumerism** movement, (2) global **consumerism**

The rise of **consumerism** has led to an increase in wastefulness and environmental damage.

## 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.

## unhurried

*adj.* not feeling rushed

*synonym*: leisurely, easygoing, laid-back

(1) **unhurried** pace, (2) **unhurried** lifestyle

She took an **unhurried** walk through the park, enjoying the peaceful surroundings.

## incidentally

*adv.* by the way; as an aside or in passing

*synonym*: by chance, by accident, inadvertently

(1) **incidentally** discovered, (2) **incidentally** mentioned

**Incidentally**, I know the answer to that question.

## mindset

*n.* the established set of attitudes or fixed ideas held by someone

*synonym*: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

## backlash

*n.* a strong negative reaction to something; a movement back from an impact

*synonym* : reaction, retaliation, counteraction

(1) political **backlash**, (2) the **backlash** from the community  
The company faced a **backlash** from customers after the recall.

## unthinkable

*adj.* too unlikely or shocking to imagine or accept

*synonym* : impossible, inconceivable, outlandish

(1) an **unthinkable** coincidence, (2) in **unthinkable** trouble  
That accident was something **unthinkable** with my long experience.

## cauldron

*n.* a large metal pot or kettle used for cooking or boiling liquids, often associated with witches or magic in folklore or mythology

*synonym* : pot, kettle

(1) steaming **cauldron**, (2) **cauldron** of soup  
The witch stirred her bubbling **cauldron** filled with mysterious ingredients.

## decelerate

*v.* to slow down or reduce the speed of something; to decrease in speed

*synonym* : slow down, slacken, brake

(1) **decelerate** slowly, (2) **decelerate** approach  
The driver had to **decelerate** quickly to avoid hitting the red light.

## hypocrisy

*n.* the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's behavior does not conform

*synonym* : insincerity, dissembling, duplicity

(1) without **hypocrisy**, (2) self-serving **hypocrisy**  
The commentaries often criticized the government's political **hypocrisy**.

## cultivate

*v.* to prepare and foster land for growing crops or plants

*synonym* : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships  
University is a great place to **cultivate** our minds and expertise.

## Renaissance

*n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music  
*synonym*: rebirth, golden age

(1) artistic **renaissance**, (2) industrial **renaissance**  
Folk music is now experiencing a **renaissance**.

## rethink

*v.* to consider again a plan, idea, etc., especially to change it

*synonym*: reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

## 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.

## disillusion

*v.* to disappoint someone or something because you found that something you believed in or hoped for was not as it seemed

*synonym*: disenchant, disappoint, embitter

(1) **disillusion** the young, (2) **disillusion** him about reality

She felt **disillusioned** with the management and decided to leave.

## mentality

*n.* the characteristic way of thinking or mindset of an individual or group; the mental attitude or outlook that influences behavior, choices, and opinions

*synonym*: mindset, intellect, brainpower

(1) criminal **mentality**, (2) self-improvement **mentality**  
Her positive **mentality** helped her overcome challenges and achieve her goals.

## enema

*n.* a medical procedure in which a liquid solution is introduced into the rectum or colon to cleanse, lubricate, or administer medication, often used as a treatment or a means of preparing for certain medical procedures

*synonym*: colonic, rectal douche, rectal wash

(1) medical **enema**, (2) saline **enema**

Before the surgery, the patient was instructed to undergo a cleansing **enema**.

## 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.

## pun

*n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay

*synonym*: joke, quip, wordplay

(1) witty **pun**, (2) silly **pun**

The comedian's **pun** had the audience laughing out loud.

## buildup

*n.* the accumulation or increase of something over time

*synonym*: accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

## eloquent

*adj.* able to speak or write clearly and impressively

*synonym*: persuasive, fluent, well-spoken

(1) an **eloquent** speaker, (2) **eloquent** writing



She gave an **eloquent** speech at the graduation ceremony.

## sting

v. to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

*synonym* : bite, prick, poke

(1) **sting** me on the arm, (2) **sting** his face

Bees **sting** as a defense mechanism when they feel threatened.

## improvisation

n. the act of making something up on the spot or creating or performing something without preparation

*synonym* : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## workaholic

n. a person who is addicted to work; a person who works excessively

*synonym* : workhorse, drudge

(1) **workaholic** habits, (2) self-proclaimed **workaholic**

The company's founder was a notorious **workaholic** who spent every waking hour building the business.

## weep

v. to cry tears because of sadness, rage, or pain

*synonym* : cry, sob, mourn

(1) **weep** bitter tears, (2) **weep** for joy

I'm easily moved to tears, so I would **weep** in sympathy if I saw that movie.

## envy

v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success

*synonym* : covet, resent, grudge

(1) **envy** his success, (2) feeling **envy** toward him  
I can't help but **envy** my friend's ability to stay calm in stressful situations.

## unplug

v. to disconnect the plug of electrical equipment from the electricity supply

*synonym*: disconnect, clear, open

(1) **unplug** the power cord, (2) **unplug** a USB stick  
Please **unplug** the heater before you go to bed.

## recharge

v. to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

*synonym*: renew, refresh, replenish

(1) **recharge** brain and body, (2) **recharge** energy  
He needed to **recharge** his phone before the meeting.

## overwork

v. to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness

*synonym*: overdo, overtax, exhaust

(1) die from **overwork**, (2) **overwork** to compensate  
He **overworked** himself and ended up getting sick.

## amaze

v. to fill with wonder, surprise, or admiration

*synonym*: astound, surprise, stagger

(1) **amaze** and entertain visitors, (2) **amaze** everyone  
The magician's tricks **amazed** the audience.

## extracurricular

*adj.* outside the regular curriculum or program of courses

*synonym*: non-academic, non-curricular, outside

(1) **extracurricular** study, (2) **extracurricular** club  
He was heavily involved in **extracurricular** activities and was president of the debate club.

## conceive

v. to have or develop an idea, a plan, etc. in mind; to become pregnant

*synonym* : imagine, envision, concoct

(1) **conceive** of an idea, (2) **conceive** a child

I can't **conceive** he'd want to harm us.

## heartrending

*adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses

*synonym* : sad, grievous, poignant

(1) **heartrending** melody, (2) a **heartrending** story

The movie's **heartrending** ending left the audience in tears.

## hover

*v.* to stay in one place in the air

*synonym* : hang, float over, drift

(1) **hover** between life and death, (2) **hover** around the table

Two birds were **hovering** overhead.

## plead

*v.* to make a serious and urgent request or appeal, especially for help or mercy

*synonym* : beg, implore, supplicate

(1) **plead** for mercy, (2) **plead** a political cause

He **pleaded** with the authorities to release his son, who had been wrongly accused.

## throttle

*v.* to control or restrict the flow or speed of something, such as an engine or a person's actions; to strangle or choke someone or something; (noun) a mechanism or device that controls the flow of fuel or power to an engine, regulating its speed or power output

*synonym* : choke, strangle, suffocate

(1) **throttle** down economic growth, (2) go full **throttle**

The driver had to **throttle** the car to climb the steep hill quickly.

## treadmill

*n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is

going nowhere, much like a person walking on a treadmill

*synonym* : exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

## decompress

*v.* to reduce the pressure or tension on something or someone

*synonym* : unload, relieve, unburden

(1) **decompress** data, (2) **decompress** an archive file

She **decompressed** after a long day at work with a yoga class.

## headmaster

*n.* the chief administrator or principal of a school or educational institution, typically in charge of its daily operation and management

*synonym* : principal, headmistress, director

(1) **headmaster** position, (2) former **headmaster**

The school's **headmaster** announced the cancellation of classes due to inclement weather.

## hothouse

*n.* a heated and artificially controlled environment used for the cultivation of plants or the raising of animals; a place of intense activity or pressure; (verb) to push or force its rapid growth or development, typically in a controlled or intensely managed environment

*synonym* : greenhouse, conservatory, nursery

(1) **hothouse** economy, (2) tropical **hothouse**

The plants in the **hothouse** require special care and attention.

## caliber

*n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel

*synonym* : ability, competence, quality

(1) high- **caliber** executive, (2) the **caliber** of a vein

The students' **caliber** has improved from mediocre to above-average.

## ivy

*n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings

(1) poison **ivy**, (2) **ivy** plant

The overgrown **ivy** cleaved to the ruined castle walls.

## savor

*v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor

*synonym*: enjoy, relish, appreciate

(1) **savor** the moment, (2) **savor** the taste

I always like to **savor** a good cup of coffee in the morning.

## exclamation

*n.* a sudden outcry or shout, especially one expressing strong emotion

*synonym*: outcry, shout, yell

(1) an **exclamation** of surprise, (2) **exclamation** mark

Her sudden **exclamation** drew everyone's attention.

## sham

*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

*synonym*: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

## adrenaline

*n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

*synonym*: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

## metaphysics

*n.* the branch of philosophy that deals with the fundamental nature and the first principles of reality, including abstract concepts such as being, knowing, identity, time, and space

(1) **metaphysics** study, (2) the nature of **metaphysics**  
Kant's thoughts provided the foundational ideas for treating **metaphysics** as a discipline.

## 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.

## byword

*n.* a word or phrase that has become widely known and recognized as a symbol of a particular quality or characteristic; a person who is widely known for a particular trait or characteristic

*synonym*: proverb, epitome, representation

(1) the **byword** in the industry, (2) **byword** for luxury  
The company's exceptional customer service has become a **byword** for excellence.

## slacker

*n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition

*synonym*: idler, procrastinator, loafer

(1) office **slacker**, (2) unproductive **slacker**

The boss was frustrated with the **slacker** employees who needed to catch up on their work.

## synonymous

*adj.* having the same or a similar meaning as another word or phrase

*synonym*: equivalent, interchangeable, similar

(1) **synonymous** terms, (2) non-**synonymous** mutation

The phrase "big shot" and "important person" are **synonymous**.

## uplift

*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

*synonym*: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

## brigade

*n.* a military unit typically consisting of several battalions, usually commanded by a brigadier general; a group of people organized for a particular purpose or activity

*synonym*: squad, group, unit

(1) **brigade** commander, (2) rescue **brigade**

The culinary **brigade** prepared a delicious meal for the guests at the banquet.

## gusto

*n.* great enthusiasm, enjoyment, and vigor in doing something; zest or keenness

*synonym*: enthusiasm, zest, fervor

(1) talk with **gusto**, (2) sing with **gusto**

He ate the delicious meal with **gusto**, savoring every bite.

## verge

*n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border

*synonym*: brink, edge, margin

(1) **verge** of bankruptcy, (2) on the **verge** of tears

He stood on the **verge** of a major discovery.

## resound

*v.* to make a loud, deep sound that echoes

*synonym*: echo, reverberate, ring

(1) **resound** with his fame, (2) **resound** in an enclosure

The sound of the drums **resounded** through the concert hall.

## rehabilitate

*v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment

*synonym*: reform, restore, renovate

(1) **rehabilitate** prisoners, (2) **rehabilitate** wildlife

The organization works to **rehabilitate** drug addicts and help them rebuild their lives.

## squash

*v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

*synonym*: smash, crush, compress

(1) **squash** a package, (2) **squash** a rebellion

I like to **squash** my grapes when making homemade wine.

## tortoise

*n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years

*synonym*: turtle, chelonian

(1) giant **tortoise**, (2) **tortoise** shell

The Galapagos **tortoise** is a fascinating creature with a long lifespan.

## gratuitous

*adj.* given or done without charge or payment

*synonym*: unwarranted, unjustified, unmerited

(1) render **gratuitous** service, (2) **gratuitous** insult

The **gratuitous** violence in the movie was unnecessary and disturbing.

## chariot

*n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing

(1) **chariot** builder, (2) **chariot** race

The ancient Romans enjoyed spectating **chariot** races.

## upshot

*n.* the outcome or consequence of something, especially a complex or lengthy process or event; the result or conclusion that is reached

*synonym*: result, consequence, outcome

(1) in the **upshot**, (2) the **upshot** of the research

The **upshot** of the meeting was that the project would be delayed by a few months.



## litmus

*n.* a type of paper or solution used to test the acidity or basicity of a substance, typically by changing color when exposed to an acidic or basic solution

*synonym* : indicator, gauge, test

(1) **litmus** solution, (2) **litmus** paper

The **litmus** test revealed that the substance was acidic.

## dread

*v.* to be very afraid of or worried about something that is going to happen or that might happen

*synonym* : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

## cherish

*v.* to hold someone or something dear; to feel or show affection for someone or something

*synonym* : treasure, value, hold dear

(1) **cherish** a stuffed animal, (2) **cherish** relationships

She **cherished** the memories of her childhood.

## downstairs

*adv.* on or to a lower or ground floor of a building

*synonym* : below

(1) creep **downstairs**, (2) escort him **downstairs**

Please get the desk **downstairs**.

## staple

*adj.* essential, crucial, or regularly used

*synonym* : essential, fundamental, pivotal

(1) **staple** commodities, (2) **staple** crop

Rice and beans are a **staple** food in many cultures.

## Session 2: Spelling

- |                                 |      |   |
|---------------------------------|------|---|
| 1. he is ob___sed with the fear | v.   | to fill the mind of someone continually so that one can't think of anything else  |
| 2. a slight wi___e              | v.   | to make a slight involuntary grimace or shrinking movement due to pain, distress, or embarrassment; (noun) a facial expression or bodily gesture of pain, discomfort, or embarrassment in response to an unpleasant or unwelcome stimulus |
| 3. in the up___t                | n.   | the outcome or consequence of something, especially a complex or lengthy process or event; the result or conclusion that is reached   |
| 4. re____d with his fame        | v.   | to make a loud, deep sound that echoes  |
| 5. am___e a baby with a rattle  | v.   | to entertain or divert the mind; to make someone laugh  |
| 6. syn____us terms              | adj. | having the same or a similar meaning as another word or phrase  |
| 7. an exc_____on of surprise    | n.   | a sudden outcry or shout, especially one expressing strong emotion  |
| 8. dis_____on him about reality | v.   | to disappoint someone or something because you found that something you believed in or hoped for was not as it seemed   |
| 9. dec_____te approach          | v.   | to slow down or reduce the speed of something; to decrease in speed   |

ANSWERS: 1. obsess, 2. wince, 3. upshot, 4. resound, 5. amuse, 6. synonymous, 7. exclamation, 8. disillusion, 9. decelerate

10. nonstop tr\_\_\_\_\_ll
- n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
11. bu\_\_\_\_\_t syndrome
- n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
12. saline en\_\_a
- n.* a medical procedure in which a liquid solution is introduced into the rectum or colon to cleanse, lubricate, or administer medication, often used as a treatment or a means of preparing for certain medical procedures
13. feeling of tra\_\_\_\_\_ty
- n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment
14. un\_\_\_\_\_ed lifestyle
- adj.* not feeling rushed
15. ho\_\_\_\_\_se economy
- n.* a heated and artificially controlled environment used for the cultivation of plants or the raising of animals; a place of intense activity or pressure; (verb) to push or force its rapid growth or development, typically in a controlled or intensely managed environment
16. poison i\_y
- n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings

ANSWERS: 10. treadmill, 11. burnout, 12. enema, 13. tranquility, 14. unhurried, 15. hothouse, 16. ivy



28. regular be\_\_\_\_\_e      *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
29. tr\_\_\_\_\_ll workout      *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
30. am\_\_\_e everyone      *v.* to fill with wonder, surprise, or admiration
31. st\_\_\_e crop      *adj.* essential, crucial, or regularly used
32. up\_\_\_t my spirit      *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
33. ho\_\_\_r between life and death      *v.* to stay in one place in the air
34. un\_\_\_\_\_ed pace      *adj.* not feeling rushed
35. go full th\_\_\_\_\_le      *v.* to control or restrict the flow or speed of something, such as an engine or a person's actions; to strangle or choke someone or something; (noun) a mechanism or device that controls the flow of fuel or power to an engine, regulating its speed or power output
36. ob\_\_\_s over her weight      *v.* to fill the mind of someone continually so that one can't think of anything else

ANSWERS: 28. bedtime, 29. treadmill, 30. amaze, 31. staple, 32. uplift, 33. hover, 34. unhurried, 35. throttle, 36. obsess

37. ch\_\_\_\_h relationships *v.* to hold someone or something dear; to feel or show affection for someone or something
38. di\_\_\_\_ct public opinion *v.* to draw someone's attention away from what they are trying to do
39. mental bu\_\_\_\_t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
40. the Christian gl\_\_\_\_or *n.* a person who fought in ancient Rome's public contests, typically armed with weapons and wearing armor to entertain audiences
41. i\_y plant *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
42. st\_\_\_\_e to death *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
43. tropical ho\_\_\_\_se *n.* a heated and artificially controlled environment used for the cultivation of plants or the raising of animals; a place of intense activity or pressure; (verb) to push or force its rapid growth or development, typically in a controlled or intensely managed environment
44. the ba\_\_\_\_sh from the community *n.* a strong negative reaction to something; a movement back from an impact
45. wi\_\_e at the sound *v.* to make a slight involuntary grimace or shrinking movement due to pain, distress, or embarrassment; (noun) a facial expression or bodily gesture of pain, discomfort, or embarrassment in response to an unpleasant or unwelcome stimulus

ANSWERS: 37. cherish, 38. distract, 39. burnout, 40. gladiator, 41. ivy, 42. starve, 43.

hothouse, 44. backlash, 45. wince

46. rescue br\_\_\_\_e *n.* a military unit typically consisting of several battalions, usually commanded by a brigadier general; a group of people organized for a particular purpose or activity
47. the nature of met\_\_\_\_\_cs *n.* the branch of philosophy that deals with the fundamental nature and the first principles of reality, including abstract concepts such as being, knowing, identity, time, and space
48. pl\_\_d a political cause *v.* to make a serious and urgent request or appeal, especially for help or mercy
49. up\_\_\_t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
50. re\_\_\_\_ge energy *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
51. ext\_\_\_\_\_lar club *adj.* outside the regular curriculum or program of courses
52. di\_\_\_\_ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
53. urb\_\_\_\_\_ion process *n.* the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture
54. sing with gu\_\_o *n.* great enthusiasm, enjoyment, and vigor in doing something; zest or keenness

ANSWERS: 46. brigade, 47. metaphysics, 48. plead, 49. uplift, 50. recharge, 51. extracurricular, 52. distract, 53. urbanization, 54. gusto



55. ch\_\_\_\_t race *n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing
56. am\_\_e and entertain visitors *v.* to fill with wonder, surprise, or admiration
57. act like a gl\_\_\_\_or *n.* a person who fought in ancient Rome's public contests, typically armed with weapons and wearing armor to entertain audiences
58. political ba\_\_\_\_sh *n.* a strong negative reaction to something; a movement back from an impact
59. criminal me\_\_\_\_ty *n.* the characteristic way of thinking or mindset of an individual or group; the mental attitude or outlook that influences behavior, choices, and opinions
60. ho\_\_r around the table *v.* to stay in one place in the air
61. self-proclaimed wor\_\_\_\_ic *n.* a person who is addicted to work; a person who works excessively
62. el\_\_\_\_nt writing *adj.* able to speak or write clearly and impressively
63. inc\_\_\_\_lly discovered *adv.* by the way; as an aside or in passing
64. exc\_\_\_\_on mark *n.* a sudden outcry or shout, especially one expressing strong emotion
65. the mi\_\_\_\_t in an education system *n.* the established set of attitudes or fixed ideas held by someone
66. met\_\_\_\_cs study *n.* the branch of philosophy that deals with the fundamental nature and the first principles of reality, including abstract concepts such as being, knowing, identity, time, and space

ANSWERS: 55. chariot, 56. amaze, 57. gladiator, 58. backlash, 59. mentality, 60. hover, 61. workaholic, 62. eloquent, 63. incidentally, 64. exclamation, 65. mindset, 66. metaphysics



76. continue he\_\_\_\_\_ng into a risky business *adv.* with great speed or force; in a rush, or without caution
77. aesthetic gra\_\_\_\_\_ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
78. turn out to be all s\_\_m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
79. dec\_\_\_\_\_ss an archive file *v.* to reduce the pressure or tension on something or someone
80. the tra\_\_\_\_\_ty of the environment *n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment
81. global con\_\_\_\_\_sm *n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions
82. self-serving hy\_\_\_\_\_sy *n.* the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's behavior does not conform
83. adr\_\_\_\_\_ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

ANSWERS: 76. headlong, 77. gratification, 78. sham, 79. decompress, 80. tranquility, 81. consumerism, 82. hypocrisy, 83. adrenaline

84. without hy\_\_\_\_\_sy                      *n.* the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's behavior does not conform
85. heated qu\_\_\_\_\_l                      *n.* an argument or dispute between two or more people
86. dr\_\_d getting old                      *v.* to be very afraid of or worried about something that is going to happen or that might happen
87. ma\_\_\_\_\_de sauce                      *n.* a liquid mixture of herbs, spices, oil, and vinegar or citrus juice used to flavor and tenderize meat or fish before cooking; a soaking or immersion in this mixture
88. cu\_\_\_\_\_te a field                      *v.* to prepare and foster land for growing crops or plants
89. an el\_\_\_\_\_nt speaker                      *adj.* able to speak or write clearly and impressively
90. un\_\_\_g a USB stick                      *v.* to disconnect the plug of electrical equipment from the electricity supply
91. ch\_\_\_\_\_t builder                      *n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing
92. the n\_b of the bone                      *n.* the central and most important point or core; a small, pointed piece or protuberance
93. dec\_\_\_\_\_te slowly                      *v.* to slow down or reduce the speed of something; to decrease in speed

ANSWERS: 84. hypocrisy, 85. quarrel, 86. dread, 87. marinade, 88. cultivate, 89. eloquent, 90. unplug, 91. chariot, 92. nub, 93. decelerate



103. c\_\_m five people into a car      *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
104. industrial ren\_\_\_\_\_ce      *n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music
105. instant gra\_\_\_\_\_ion      *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
106. hal\_\_\_\_\_ah chorus      *n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship
107. me\_\_\_\_\_al chemistry      *adj.* of or relating to the treatment or cure of disease
108. acu\_\_\_\_\_re for anxiety      *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
109. th\_\_\_\_\_le down economic growth      *v.* to control or restrict the flow or speed of something, such as an engine or a person's actions; to strangle or choke someone or something; (noun) a mechanism or device that controls the flow of fuel or power to an engine, regulating its speed or power output
110. in unt\_\_\_\_\_le trouble      *adj.* too unlikely or shocking to imagine or accept

ANSWERS: 103. cram, 104. Renaissance, 105. gratification, 106. hallelujah, 107. medicinal, 108. acupuncture, 109. throttle, 110. unthinkable

111. the ca\_\_\_\_\_r of a vein *n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel
112. dec\_\_\_\_\_ss data *v.* to reduce the pressure or tension on something or someone
113. steaming ca\_\_\_\_\_on *n.* a large metal pot or kettle used for cooking or boiling liquids, often associated with witches or magic in folklore or mythology
114. hea\_\_\_\_\_er position *n.* the chief administrator or principal of a school or educational institution, typically in charge of its daily operation and management
115. br\_\_\_\_\_e commander *n.* a military unit typically consisting of several battalions, usually commanded by a brigadier general; a group of people organized for a particular purpose or activity
116. re\_\_\_\_\_d in an enclosure *v.* to make a loud, deep sound that echoes
117. 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
118. w\_\_p bitter tears *v.* to cry tears because of sadness, rage, or pain
119. knee re\_\_\_\_x *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

ANSWERS: 111. caliber, 112. decompress, 113. cauldron, 114. headmaster, 115. brigade, 116. resound, 117. acupuncture, 118. weep, 119. reflex

120. adr\_\_\_\_\_ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
121. witty p\_n *n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
122. st\_\_g me on the arm *v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick
123. flexible mi\_\_\_\_t *n.* the established set of attitudes or fixed ideas held by someone
124. desert roa\_\_\_\_\_er *n.* a bird belonging to the cuckoo family, commonly found in arid regions of North America, known for its rapid running ability
125. ov\_\_\_\_\_rk to compensate *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
126. e\_\_y his success *v.* to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success

ANSWERS: 120. adrenaline, 121. pun, 122. sting, 123. mindset, 124. roadrunner, 125. overwork, 126. envy



127. get to the n\_b *n.* the central and most important point or core; a small, pointed piece or protuberance
128. reh\_\_\_\_\_ate prisoners *v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
129. st\_\_\_e commodities *adj.* essential, crucial, or regularly used
130. the up\_\_\_t of the research *n.* the outcome or consequence of something, especially a complex or lengthy process or event; the result or conclusion that is reached
131. the by\_\_\_d in the industry *n.* a word or phrase that has become widely known and recognized as a symbol of a particular quality or characteristic; a person who is widely known for a particular trait or characteristic
132. giant to\_\_\_\_\_se *n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years
133. medical en\_\_a *n.* a medical procedure in which a liquid solution is introduced into the rectum or colon to cleanse, lubricate, or administer medication, often used as a treatment or a means of preparing for certain medical procedures
134. office sl\_\_\_\_\_r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition

ANSWERS: 127. nub, 128. rehabilitate, 129. staple, 130. upshot, 131. byword, 132. tortoise, 133. enema, 134. slacker

135. a hea\_\_\_\_\_ing story *adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses
136. creep dow\_\_\_\_\_rs *adv.* on or to a lower or ground floor of a building
137. sq\_\_\_\_h a rebellion *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
138. fall he\_\_\_\_\_ng *adv.* with great speed or force; in a rush, or without caution
139. to\_\_\_\_\_se shell *n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years
140. unproductive sl\_\_\_\_\_r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
141. self-improvement me\_\_\_\_\_ty *n.* the characteristic way of thinking or mindset of an individual or group; the mental attitude or outlook that influences behavior, choices, and opinions
142. lactic acid bu\_\_\_\_\_p *n.* the accumulation or increase of something over time
143. non-syn\_\_\_\_\_us mutation *adj.* having the same or a similar meaning as another word or phrase
144. re\_\_\_\_\_k a marketing plan *v.* to consider again a plan, idea, etc., especially to change it

ANSWERS: 135. heartrending, 136. downstairs, 137. squash, 138. headlong, 139. tortoise, 140. slacker, 141. mentality, 142. buildup, 143. synonymous, 144. rethink

145. elusive roa\_\_\_\_\_er *n.* a bird belonging to the cuckoo family, commonly found in arid regions of North America, known for its rapid running ability
146. hal\_\_\_\_\_ah moment *n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship
147. non-urb\_\_\_\_\_ion area *n.* the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture
148. sa\_\_\_e him in military fashion *v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
149. sa\_\_\_e to the flag *v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
150. co\_\_\_\_\_ve of an idea *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
151. high-ca\_\_\_\_\_r executive *n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel
152. sa\_\_r the moment *v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor

ANSWERS: 145. roadrunner, 146. hallelujah, 147. urbanization, 148. salute, 149. salute, 150. conceive, 151. caliber, 152. savor

153. re\_\_\_\_ge brain and body      *v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep
154. on the ve\_\_e of tears      *n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
155. imp\_\_\_\_\_ion on stage      *n.* the act of making something up on the spot or creating or performing something without preparation
156. c\_\_m more circuits into chips      *v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space
157. hea\_\_\_\_\_ing melody      *adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses
158. dis\_\_\_\_\_on the young      *v.* to disappoint someone or something because you found that something you believed in or hoped for was not as it seemed
159. ma\_\_\_\_\_de meat      *n.* a liquid mixture of herbs, spices, oil, and vinegar or citrus juice used to flavor and tenderize meat or fish before cooking; a soaking or immersion in this mixture
160. li\_\_\_s paper      *n.* a type of paper or solution used to test the acidity or basicity of a substance, typically by changing color when exposed to an acidic or basic solution

ANSWERS: 153. recharge, 154. verge, 155. improvisation, 156. cram, 157. heartrending, 158. disillusion, 159. marinade, 160. litmus

161. be\_\_\_\_e meditation *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
162. un\_\_\_\_g the power cord *v.* to disconnect the plug of electrical equipment from the electricity supply
163. render gra\_\_\_\_us service *adj.* given or done without charge or payment
164. ve\_\_e of bankruptcy *n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
165. re\_\_\_\_x test *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
166. ca\_\_\_\_on of soup *n.* a large metal pot or kettle used for cooking or boiling liquids, often associated with witches or magic in folklore or mythology
167. family qu\_\_\_\_l *n.* an argument or dispute between two or more people
168. ch\_\_\_\_h a stuffed animal *v.* to hold someone or something dear; to feel or show affection for someone or something
169. artistic ren\_\_\_\_ce *n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music

ANSWERS: 161. bedtime, 162. unplug, 163. gratuitous, 164. verge, 165. reflex, 166. cauldron, 167. quarrel, 168. cherish, 169. Renaissance

170. huge military bu\_\_\_\_p

*n.* the accumulation or increase of something over time

ANSWERS: 170. buildup

## Session 3: Fill in the Blanks

1. He suffered from job \_\_\_\_\_ because of hard work.
  - n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
  
2. The organization works to \_\_\_\_\_ drug addicts and help them rebuild their lives.
  - v.* to restore to good health or physical condition; to help someone return to a normal life, especially after a period of illness, addiction, or imprisonment
  
3. We all \_\_\_\_\_ to think about what will happen if the company goes bankrupt.
  - v.* to be very afraid of or worried about something that is going to happen or that might happen
  
4. I love to use a citrus-based \_\_\_\_\_ for seafood dishes.
  - n.* a liquid mixture of herbs, spices, oil, and vinegar or citrus juice used to flavor and tenderize meat or fish before cooking; a soaking or immersion in this mixture
  
5. 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
  
6. I like to watch TV while running on the \_\_\_\_\_ to pass the time.
  - n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
  
7. 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: 1. burnout, 2. rehabilitate, 3. dread, 4. marinade, 5. nub, 6. treadmill, 7. acupuncture

8. I can't help but \_\_\_\_\_ my friend's ability to stay calm in stressful situations.
- v.* to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success
9. Please get the desk \_\_\_\_\_.
- adv.* on or to a lower or ground floor of a building
10. Kant's thoughts provided the foundational ideas for treating \_\_\_\_\_ as a discipline.
- n.* the branch of philosophy that deals with the fundamental nature and the first principles of reality, including abstract concepts such as being, knowing, identity, time, and space
11. The two friends had a minor \_\_\_\_\_ but quickly made up and resumed their conversation.
- n.* an argument or dispute between two or more people
12. The \_\_\_\_\_ of stress over time can lead to health problems.
- n.* the accumulation or increase of something over time
13. He created a beautiful piece of music using only \_\_\_\_\_.
- n.* the act of making something up on the spot or creating or performing something without preparation
14. I spotted a \_\_\_\_\_ chasing after a lizard in the desert.
- n.* a bird belonging to the cuckoo family, commonly found in arid regions of North America, known for its rapid running ability

ANSWERS: 8. envy, 9. downstairs, 10. metaphysics, 11. quarrel, 12. buildup, 13. improvisation, 14. roadrunner



15. He \_\_\_\_\_ with the authorities to release his son, who had been wrongly accused.
- v.* to make a serious and urgent request or appeal, especially for help or mercy
16. Folk music is now experiencing a \_\_\_\_\_.
- n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music
17. He \_\_\_\_\_ himself and ended up getting sick.
- v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
18. Her sudden \_\_\_\_\_ drew everyone's attention.
- n.* a sudden outcry or shout, especially one expressing strong emotion
19. The \_\_\_\_\_ in the stock market has been a relief to investors.
- n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
20. The overgrown \_\_\_\_ cleaved to the ruined castle walls.
- n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
21. The sound of the drums \_\_\_\_\_ through the concert hall.
- v.* to make a loud, deep sound that echoes
22. Countries whose goal is economic development often focus on fostering an entrepreneurial \_\_\_\_\_ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone

ANSWERS: 15. pleaded, 16. renaissance, 17. overworked, 18. exclamation, 19. uplift, 20. ivy, 21. resounded, 22. mindset

23. The students' \_\_\_\_\_ has improved from mediocre to above-average.
- n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel
24. She \_\_\_\_\_ the memories of her childhood.
- v.* to hold someone or something dear; to feel or show affection for someone or something
25. The magician's tricks \_\_\_\_\_ the audience.
- v.* to fill with wonder, surprise, or admiration
26. University is a great place to \_\_\_\_\_ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
27. Reading \_\_\_\_\_ stories can help children relax and fall asleep faster.
- n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
28. If you don't eat soon, you're going to \_\_\_\_\_.
- v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
29. The comedian's \_\_\_\_ had the audience laughing out loud.
- n.* a humorous play on words or use of words that sound similar but have different meanings, often for a comedic effect; a form of wordplay
30. She felt \_\_\_\_\_ with the management and decided to leave.
- v.* to disappoint someone or something because you found that something you believed in or hoped for was not as it seemed

ANSWERS: 23. caliber, 24. cherished, 25. amazed, 26. cultivate, 27. bedtime, 28. starve, 29. pun, 30. disillusioned

31. Before the surgery, the patient was instructed to undergo a cleansing \_\_\_\_\_.
- n.* a medical procedure in which a liquid solution is introduced into the rectum or colon to cleanse, lubricate, or administer medication, often used as a treatment or a means of preparing for certain medical procedures
32. The Galapagos \_\_\_\_\_ is a fascinating creature with a long lifespan.
- n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years
33. She \_\_\_\_\_ after a long day at work with a yoga class.
- v.* to reduce the pressure or tension on something or someone
34. The boss was frustrated with the \_\_\_\_\_ employees who needed to catch up on their work.
- n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
35. The company faced a \_\_\_\_\_ from customers after the recall.
- n.* a strong negative reaction to something; a movement back from an impact
36. Please \_\_\_\_\_ the heater before you go to bed.
- v.* to disconnect the plug of electrical equipment from the electricity supply
37. The school's \_\_\_\_\_ announced the cancellation of classes due to inclement weather.
- n.* the chief administrator or principal of a school or educational institution, typically in charge of its daily operation and management
38. The soldiers stood at attention to \_\_\_\_\_ their commanding officer.
- v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way

ANSWERS: 31. enema, 32. tortoise, 33. decompressed, 34. slacker, 35. backlash, 36. unplug, 37. headmaster, 38. salute

39. He ate the delicious meal with \_\_\_\_\_ savoring every bite.  
*n.* great enthusiasm, enjoyment, and vigor in doing something; zest or keenness
40. I always like to \_\_\_\_\_ a good cup of coffee in the morning.  
*v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
41. \_\_\_\_\_ I know the answer to that question.  
*adv.* by the way; as an aside or in passing
42. The company's founder was a notorious \_\_\_\_\_ who spent every waking hour building the business.  
*n.* a person who is addicted to work; a person who works excessively
43. I'm easily moved to tears, so I would \_\_\_\_\_ in sympathy if I saw that movie.  
*v.* to cry tears because of sadness, rage, or pain
44. The \_\_\_\_\_ violence in the movie was unnecessary and disturbing.  
*adj.* given or done without charge or payment
45. He \_\_\_\_\_ himself by playing video games during his free time.  
*v.* to entertain or divert the mind; to make someone laugh
46. The ancient Romans enjoyed spectating \_\_\_\_\_ races.  
*n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing
47. The plants in the \_\_\_\_\_ require special care and attention.  
*n.* a heated and artificially controlled environment used for the cultivation of plants or the raising of animals; a place of intense activity or pressure; (verb) to push or force its rapid growth or development, typically in a controlled or intensely managed environment

ANSWERS: 39. gusto, 40. savor, 41. Incidentally, 42. workaholic, 43. weep, 44. gratuitous, 45. amused, 46. chariot, 47. hothouse

48. The driver had to \_\_\_\_\_ quickly to avoid hitting the red light.  
*v.* to slow down or reduce the speed of something; to decrease in speed
49. The witch stirred her bubbling \_\_\_\_\_ filled with mysterious ingredients.  
*n.* a large metal pot or kettle used for cooking or boiling liquids, often associated with witches or magic in folklore or mythology
50. The culinary \_\_\_\_\_ prepared a delicious meal for the guests at the banquet.  
*n.* a military unit typically consisting of several battalions, usually commanded by a brigadier general; a group of people organized for a particular purpose or activity
51. Rice and beans are a \_\_\_\_\_ food in many cultures.  
*adj.* essential, crucial, or regularly used
52. The data he prepared was completely \_\_\_\_\_.  
*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
53. Two birds were \_\_\_\_\_ overhead.  
*v.* to stay in one place in the air
54. We have to \_\_\_\_\_ our company's product lineup for further growth.  
*v.* to consider again a plan, idea, etc., especially to change it
55. She found \_\_\_\_\_ by meditating in the garden.  
*n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment

ANSWERS: 48. decelerate, 49. cauldron, 50. brigade, 51. staple, 52. sham, 53. hovering, 54. rethink, 55. tranquility

56. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.  
*adj.* of or relating to the treatment or cure of disease
57. She took an \_\_\_\_\_ walk through the park, enjoying the peaceful surroundings.  
*adj.* not feeling rushed
58. He stood on the \_\_\_\_\_ of a major discovery.  
*n.* the point at which something is about to happen or where something begins; the edge or margin of something, particularly a physical boundary or border
59. The rise of \_\_\_\_\_ has led to an increase in wastefulness and environmental damage.  
*n.* a cultural and economic ideology that places a high value on the consumption and acquisition of goods and services, often associating personal identity or success with material possessions
60. The driver had to \_\_\_\_\_ the car to climb the steep hill quickly.  
*v.* to control or restrict the flow or speed of something, such as an engine or a person's actions; to strangle or choke someone or something; (noun) a mechanism or device that controls the flow of fuel or power to an engine, regulating its speed or power output
61. Rapid \_\_\_\_\_ has led to many environmental and social issues in cities.  
*n.* the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture
62. Her positive \_\_\_\_\_ helped her overcome challenges and achieve her goals.  
*n.* the characteristic way of thinking or mindset of an individual or group; the mental attitude or outlook that influences behavior, choices, and opinions

ANSWERS: 56. medicinal, 57. unhurried, 58. verge, 59. consumerism, 60. throttle, 61. urbanization, 62. mentality

63. The movie's \_\_\_\_\_ ending left the audience in tears.

*adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses

64. She gave an \_\_\_\_\_ speech at the graduation ceremony.

*adj.* able to speak or write clearly and impressively

65. She had to \_\_\_\_\_ for the final exam and stayed up all night studying.

*v.* to force or try to fit a large amount of information into a short time, especially in preparation for an examination; to force or try to fit a large amount of something into a small space

66. The \_\_\_\_\_ training regimen included physical conditioning, weapons training, and strategy.

*n.* a person who fought in ancient Rome's public contests, typically armed with weapons and wearing armor to entertain audiences

67. He \_\_\_\_\_ as he saw his favorite vase fall and shatter on the ground.

*v.* to make a slight involuntary grimace or shrinking movement due to pain, distress, or embarrassment; (noun) a facial expression or bodily gesture of pain, discomfort, or embarrassment in response to an unpleasant or unwelcome stimulus

68. He needed to \_\_\_\_\_ his phone before the meeting.

*v.* to restore the energy or power of something by supplying it with more energy or power; to refresh or renew oneself by rest or sleep

69. My leg kicked involuntarily when the doctor tapped my knee with the \_\_\_\_\_ hammer.

*n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

ANSWERS: 63. heartrending, 64. eloquent, 65. cram, 66. gladiator's, 67. winced, 68. recharge, 69. reflex

70. The company's exceptional customer service has become a \_\_\_\_\_ for excellence.

- n.* a word or phrase that has become widely known and recognized as a symbol of a particular quality or characteristic; a person who is widely known for a particular trait or characteristic

71. The phrase "big shot" and "important person" are \_\_\_\_\_.

- adj.* having the same or a similar meaning as another word or phrase

72. The \_\_\_\_\_ test revealed that the substance was acidic.

- n.* a type of paper or solution used to test the acidity or basicity of a substance, typically by changing color when exposed to an acidic or basic solution

73. The \_\_\_\_\_ of completing a difficult task is a great feeling.

- n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want

74. The \_\_\_\_\_ of the meeting was that the project would be delayed by a few months.

- n.* the outcome or consequence of something, especially a complex or lengthy process or event; the result or conclusion that is reached

75. I like to \_\_\_\_\_ my grapes when making homemade wine.

- v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

76. He stumbled \_\_\_\_\_ down the stairs, tumbling to the bottom.

- adv.* with great speed or force; in a rush, or without caution

77. Please don't \_\_\_\_\_ me while I'm studying.

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

ANSWERS: 70. byword, 71. synonymous, 72. litmus, 73. gratification, 74. upshot, 75. squash, 76. headlong, 77. distract



78. Bees \_\_\_\_\_ as a defense mechanism when they feel threatened.

- v.* to cause a sharp, painful sensation or injury with a poison, venom, or other substance or by a physical action such as a bite or prick

79. The band has released a lot of \_\_\_\_\_ rock music.

- n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

80. He was heavily involved in \_\_\_\_\_ activities and was president of the debate club.

- adj.* outside the regular curriculum or program of courses

81. He's utterly \_\_\_\_\_ with his promotion.

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

82. That accident was something \_\_\_\_\_ with my long experience.

- adj.* too unlikely or shocking to imagine or accept

83. The commentaries often criticized the government's political \_\_\_\_\_.

- n.* the practice of engaging in the same behavior or activity for which one criticizes another or the practice of claiming to have moral standards or beliefs to which one's behavior does not conform

84. I can't \_\_\_\_\_ he'd want to harm us.

- v.* to have or develop an idea, a plan, etc. in mind; to become pregnant

85. The choir ended the performance with a powerful \_\_\_\_\_.

- n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship

ANSWERS: 78. sting, 79. adrenaline-pumping, 80. extracurricular, 81. obsessed, 82. unthinkable, 83. hypocrisy, 84. conceive, 85. hallelujah

ANSWERS: