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Vocabulary Builder Reference from...

Carl Honoré: In praise of slowness | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

observation

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

synonym: watching, notice, reflection

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

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

supreme

adj. highest in rank, level, or importance

synonym: foremost, highest, greatest

(1) the **supreme** commander, (2) justice of the **supreme** court

The **supreme** pleasure of life is the conviction that we are loved.

irony

n. the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect

synonym: sarcasm, cynicism, wit

(1) bitter **irony**, (2) **irony** humor

The **irony** of the situation is that he won the lottery on the day he lost his job.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

zip

n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

synonym : fastener, postcode, slide

(1) **zip** code, (2) **zip** file

She put her phone in the **zip** pocket of her backpack.

studio

n. a room or building where creative or artistic work is produced; a television or radio production company

synonym : workshop, atelier, room

(1) a photo **studio**, (2) music **studio**

She works at a recording **studio** in Los Angeles.

chunk

n. a thick and solid mass or piece of something

synonym : block, lump, piece

(1) a **chunk** of money, (2) a tiny **chunk** of meat

The new start-up company carved out a large **chunk** of the market within a year.

spot

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

synonym : dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

makeup

n. colored substances used on someone's face to improve or change their appearance

synonym : maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than **makeup**.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym : pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

fast-forward

v. to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

synonym : advance, hasten, speed up

(1) **fast-forward** 10 seconds, (2) **fast-forward** to the good part

I like to **fast-forward** through commercials when watching TV shows.

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.

phrase

n. a group of words that mean something specific when used together

synonym: expression, idiom, term

(1) ready-made **phrases**, (2) noun **phrase**

We bought a Spanish **phrase** book.

fishery

n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

synonym: fishing, piscary, angling

(1) **fishery** management, (2) commercial **fishery**

The majority of the people on the island are **fishery** folk.

toss

v. to throw something carelessly with a light motion

synonym: throw, sway

(1) **toss** a coin, (2) **toss** the bottle into a trash can

It would be best if you **tossed** out all those old magazines.

instant

adj. happening immediately, with no delay

synonym: immediate, urgent, moment

(1) get **instant** access, (2) an **instant** reply

His pleasant face turned cold in an **instant**.

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.

dial

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

synonym : adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension

He **dialed** the phone number and waited for an answer.

gym

n. a place equipped for exercise and other physical training

synonym : fitness center, athletic club

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

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

advertise

v. to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it

synonym : publicize, announce, promote

(1) **advertise** the campaign, (2) **advertise** on social media

We want to **advertise** our company through your media.

yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym : meditation, exercise, spiritual practice

(1) aerial **yoga**, (2) **yoga** teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

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**.

professional

adj. having or showing the skill appropriate to a particular job; competent or skillful

synonym : skilled, competent, accomplished

(1) **professional** athlete, (2) certified **professional** secretary

He has a **professional** demeanor and always presents himself in a polished manner.

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.

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

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.

sight

n. the ability to see; anything that is seen

synonym : vision, spectacle, view

(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

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.

toll

n. money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

synonym: fee, cost, expense

(1) a **toll** road, (2) **toll** a bell at his death

There is no **toll** car park nearby.

aspect

n. one part or feature of a situation, problem, subject, etc.

synonym: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

- diet**
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
- synonym* : food, dietary
- (1) eat a vegetarian **diet**, (2) **Diet** approval
- A balanced **diet** is more important for health than supplements.
- relation**
- n.* the way two persons or groups of people feel and act toward one another
- synonym* : association, linkage, connection
- (1) **relation** between cause and effect, (2) **relation** of inclusion
- The industrial **relations** laws were passed with little to no alteration.
- environment**
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
- synonym* : atmosphere, surroundings, climate
- (1) **environment** affairs, (2) chaotic **environment**
- Every human is responsible for taking care of the Earth's **environment**.
- communal**
- adj.* belonging to or used by a group rather than individuals; for common use
- synonym* : collaborative, combined, collective
- (1) **communal** swimming pool, (2) **communal** combination of funds
- Communal** elections were held in several European countries.
- alert**
- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
- synonym* : warn, inform, (adjective) vigilant
- (1) **alert** consumers to the dangers, (2) **alert** system
- The company's cybersecurity team **alerted** the CEO to

potential threats.

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.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

patience

n. the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry

synonym: forbearance, endurance, tolerance

(1) test my **patience**, (2) show **patience**

Healing a broken heart requires **patience**, as it takes time to heal.

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.

skip

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

synonym: bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

paragraph

n. a distinct section of a piece of writing intended to separate ideas, usually consisting of at least one sentence and beginning on a new line

synonym: section, chapter, indentation

(1) an editorial **paragraph**, (2) first **paragraph**

Article VII, **Paragraph** 2 of the United States Constitution stipulates a presidential veto.

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.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

intimate

adj. having a very close friendship, personal

synonym: close, tight, friendly

(1) my **intimate** affairs, (2) **intimate** relationship

He has an **intimate** knowledge of American history.

tender

adj. gentle and delicate; showing care and consideration for others; easily injured or hurt; offering a bid or proposal in the process of negotiation

synonym : soft, delicate, gentle

(1) **tender** age, (2) **tender** touch

The newborn baby was swaddled in a soft and **tender** blanket.

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.

clash

n. a fight or argument between two groups of people; a loud noise caused by striking against something

synonym : blow, conflict, disagreement

(1) a **clash** of viewpoints, (2) a **clash** between the two task forces

Her dress was a disturbing **clash** of colors.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

refer

- v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

synonym: cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

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.

reaction

- n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

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**.

bulb

n. a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball

(1) wet- **bulb** thermometer, (2) a lily **bulb**

The light **bulb** has burned out.

byte

n. a unit of digital information that consists of 8 bits, typically used to represent a single character of text or a small amount of computer code

(1) **byte** code, (2) **byte** array

The computer hard drive had plenty of storage space but was running low on available **bytes**.

decide

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

synonym: choose, determine, settle

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

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

investigate

v. to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

synonym: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak

The committee **investigated** several apparent inconsistencies.

quest

n. a long or challenging search for something

synonym: exploration, inquisition, pursuit

(1) the **quest** for truth, (2) on a **quest** for happiness

That adventurer traveled in **quest** of buried treasure.

desirable

adj. worth having or achieving; pleasing, attractive, or sought after

synonym : appealing, attractive, advisable

(1) **desirable** effect, (2) **desirable** result

The beachfront property had a **desirable** location with stunning ocean views.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym : speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car

The government tried to **accelerate** the commercialization of this development.

suspect

v. to consider anything to be actual or probable

synonym : assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick

The cops **suspected** him of being the killer.

rear

adj. at, toward, or near the back part of something; (verb) to look after a child until it is an adult

synonym : back, end, behind

(1) the **rear** gate, (2) **rear** children

The player quickly went to the **rear** side of the defender.

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.

cult

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

synonym : sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym : revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

moving

adj. causing strong emotions or feelings, especially sadness or sympathy

synonym : emotional, poignant, touching

(1) **moving** experience, (2) **moving** ceremony

His **moving** speech about his struggles with addiction brought tears to the audience's eyes.

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.

renew

v. to begin or resume something again after an interruption

synonym: renovate, restore, revitalize

(1) **renew** a contract, (2) **renew** its corporate image

I have to **renew** my passport by the middle of September.

refreshing

adj. providing a sense of renewal, revitalization, or invigoration; pleasantly rejuvenating or reenergizing; offering relief or respite from fatigue or monotony

synonym: stimulative, invigorating, revitalizing

(1) **refreshing** drink, (2) **refreshing** shower

Sipping an ice-cold lemonade on a hot summer day is a **refreshing** experience.

linear

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

synonym: straight, direct, right

(1) **linear** trend, (2) a **linear** equation

People tend to make **linear** predictions.

finite

adj. having a limit or restriction of size, time, etc.

synonym: delimited, defined, limited

(1) **finite** resources, (2) **finite** decimal

Human beings have a **finite** lifespan, so we yearn for the idea of immortality.

drain

v. to empty or dry something by removing the liquid from it

synonym: draw off, bleed

(1) **drain** water from the swamp, (2) **drain** excess liquid

Push the button and let the water **drain** away.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

equation

n. the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign

(1) the **equation** of poverty with ignorance, (2) a chemical **equation**

In this class, you will learn how to solve quadratic **equations**.

scarce

adj. not abundant or plentiful, and therefore not easy to find or obtain

synonym: rare, limited, sparse

(1) **scarce** resources, (2) capital- **scarce** country

Fresh water is becoming increasingly **scarce** in many parts of the world.

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.

nonetheless

adv. in spite of what has just been said or done; nevertheless

synonym: nevertheless, regardless, still

(1) we are **nonetheless** confident, (2) love him

nonetheless

They each choose **nonetheless** to battle.

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.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

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.

conventional

adj. based on or following traditional rules, standards, customs, etc.

synonym : ancestral, customary, established

(1) a **conventional** style, (2) get a **conventional** loan

She is very **conventional** in her thoughts.

wisdom

n. the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions

synonym : sagacity, discernment, insight

(1) a fountain of **wisdom**, (2) **wisdom** literature

The community greatly respected and sought after the older adult's **wisdom**.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**
The **opposition** party strongly disagreed with the government's proposed legislation.

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.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

permit

v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

synonym: allow, authorize, concede

(1) **permit** application, (2) work **permit**

The teacher will not **permit** any students to leave the classroom early.

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**.

overview

n. a general description or summary of a subject

synonym : outline, summary, recap

(1) give an **overview**, (2) **overview** of recent trends

A well-known analyst described the market **overview** in the morning session.

sensible

adj. having good sense or judgment; reasonable; practical; marked by a perception of the importance or seriousness of something

synonym : reasonable, practical, pragmatic

(1) **sensible** decision, (2) **sensible** approach

It's **sensible** to wear a helmet when riding a bike.

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.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

pace

n. the speed at which someone or something moves, or the rate at which something happens or changes

synonym : gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

explosion

n. a violent release induced by a chemical or nuclear reaction

synonym : burst, eruption, outbreak

(1) a lot of **explosions**, (2) site of the **explosion**

A broken gas pipe triggered the **explosion**.

organic

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

synonym : biological

(1) **organic** soils, (2) eat **organic** food

The kidney is an **organic** component of the body.

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**.

illustration

n. a picture or diagram in a book, magazine, or newspaper that is used to explain or decorate the text; the act or process of explaining something

synonym : picture, diagram, explanation

(1) educational **illustration**, (2) **illustration** artist

The **illustration** in the book helped me understand the concept better.

desperate

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

synonym : anguish, frantic, hopeless

(1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

industrial

adj. of or relating to or resulting from industry

synonym : manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

Industrial design has become more focused on human nature aspect than ever before.

timetable

n. a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals

synonym: schedule, itinerary, agenda

(1) exam **timetable**, (2) adjust the **timetable**

The airline's **timetable** showed a delay of three hours for our flight to London.

rhythm

n. a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

synonym: beat, cadence, tempo

(1) in samba **rhythm**, (2) irregular heart **rhythm**

He beat out a jazz **rhythm** on the cajones.

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.

organ

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

synonym: function, structure

(1) **organ** bleeding, (2) damage to internal **organs**

These infections have the potential to impact practically every **organ** system.

urban

adj. relating to or located in a town or city

synonym: metropolitan, civic

(1) **urban** planning, (2) **urban** property owners

Only a small number of **urban** utilities offer sanitation services.

landscape

n. an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance

synonym : geography, terrain, topography

(1) a peaceful **landscape**, (2) **landscape** painting

Recent electoral shocks have shaken the political **landscape** in Europe.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym : facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

curb

v. to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk

synonym : restrain, limit, control

(1) **curb** appetite, (2) **curb** anxiety

He tried to **curb** his anger during the argument with his friend.

traffic

n. the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

synonym : congestion, jam, flow

(1) **traffic** jam, (2) heavy **traffic**

We decided to take a detour to avoid the construction **traffic** on the main road.

bench

n. a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice

synonym : seat, terrace, judiciary

(1) **bench** conference, (2) **bench board**

I sat on the **bench** in the park and enjoyed the beautiful scenery.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym : doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

declaration

n. a formal or explicit statement or announcement

synonym : statement, announcement, proclamation

(1) **declaration** of independence, (2) unilateral **declaration**

The President made the **declaration** of war.

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.

complementary

adj. serving to complete or enhance something in a way that is suitable or pleasing

synonym: supplementary, additional, attendant

(1) **complementary** therapies, (2) self- **complementary** region

The two art pieces were hung on opposite walls and acted as **complementary** elements in the room's decor.

alternative

n. one of two or more available possibilities or choice

synonym: choice, option

(1) an **alternative** plan, (2) there is no other **alternative**

Doctors are gradually coming around to the idea of using **alternative** medicines.

tap

v. to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.

synonym: knock, exploit, use

(1) **tap** a new market, (2) **tap** keyboard with an index finger
To expand the company, we must **tap** new human resources.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym: mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

holistic

adj. relating to or dealing with the whole of something rather than just its parts

synonym: comprehensive, all-encompassing, total

(1) **holistic** education, (2) develop a **holistic** vision

The **holistic** approach to healthcare considers the person's

physical, mental, and emotional well-being.

healing

n. the process of becoming or making somebody or something well again

synonym: recovery, recuperation, convalescence

(1) natural **healing** ability, (2) part of the **healing** process
Each ancient tribe has its **healing** traditions.

obvious

adj. easy to see, discover or understand

synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**
There are **obvious** differences between the two wine-producing regions.

jury

n. a group of people called upon to render a verdict or judgment in a legal trial; a group of people chosen for a special purpose or task

synonym: panel, tribunal, adjudicators

(1) **jury** verdict, (2) **jury** duty

The judge instructed the **jury** on the law and the evidence presented in the trial.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

doubt

n. a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

Doubt is the start, not the end, of intelligence.

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**.

mainstream

n. the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people

synonym : prevailing, average, common

(1) join the **mainstream**, (2) **mainstream** political beliefs

His thinking is **mainstream** in the country's culture.

approval

n. the belief that someone or something is good or acceptable

synonym : acceptance, endorsement, permission

(1) a written **approval**, (2) express my **approval**

This project took a lot of time to get the president's **approval**.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

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.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

relaxation

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym : rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce stress.

chip

n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

synonym : flake, fragment, chunk

(1) a **chip** of wood, (2) I don't care a **chip**

We can use this campaign as a bargaining **chip** in the negotiations.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

awful

adj. causing fear, dread, or terror; very bad or unpleasant

synonym : terrible, appalling, horrible

(1) an **awful** error, (2) do **awful** damage

I regretted making an **awful** mistake in my final exam.

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.

intent

n. a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

synonym : purpose, aim, goal

(1) the **intent** of a question, (2) **intent** gaze

The designer's **intent** was to create a minimalist aesthetic for the interior of the building.

agent

n. a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously

synonym : representative, delegate, envoy

(1) **agent** system, (2) antidiarrheal **agent**

The FBI **agent** went undercover to infiltrate the criminal organization.

orgasm

n. the peak of sexual pleasure during sexual activity, which typically involves intense physical and emotional sensations

synonym : climax, peak, ejaculation

(1) experience **orgasm**, (2) genital **orgasm**

Upon reaching **orgasm**, the body releases a surge of hormones, including oxytocin and endorphins.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

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

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

spiritual

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

synonym: otherworldly, ethereal, transcendental

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

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

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.

bang

v. to hit or cause to hit something in a way that makes a loud noise

synonym: crash, hit, smash

(1) **bang** his fist on a desk, (2) **bang** a phone down

My father tried to **bang** mathematics into my head since childhood.

buck

n. a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention

synonym: dollar, money, currency

(1) **buck** the trend, (2) extra **buck**

I spotted a majestic **buck** with large antlers standing at the forest's edge.

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.

praise

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

synonym: acclaim, honor, commendation

(1) attain critical **praise**, (2) universal **praise**

The drama series mainly received **praise**.

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.

flock

n. a gathering of sheep, goats, or birds

synonym: herd, crowd, assembly

(1) **flock** of sheep, (2) **flock** of spectator

When a **flock** of birds flies in, the hunt begins.

workshop

n. a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group

synonym: studio, laboratory, atelier

(1) **workshop** attendee, (2) carpentry **workshop**

The artist held a **workshop** to teach students how to paint with watercolors.

brake

n. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels

synonym: damper, restraint, check

(1) apply the **brake**, (2) **brake** pedal

The results of that election put a **brake** on political reform.

launch

v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

synonym: start, initiate, begin

(1) **launch** a spaceship into orbit, (2) **launch** a big attack

The company is set to **launch** its new product line next month.

notable

adj. worthy of attention or notice; remarkable or significant; deserving to be recognized or remembered

synonym : remarkable, noteworthy, significant

(1) **notable** achievement, (2) **notable** success

The **notable** scientist made groundbreaking discoveries in the field of medicine.

exception

n. something that is not included in a general rule or pattern; a person or thing that is excluded or stands apart from others

synonym : anomaly, rarity, exemption

(1) make an **exception**, (2) without **exception**

She was the **exception** to the rule, as she managed to graduate college in only two years.

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**.

productivity

n. the state or quality of being productive; the rate at which a company or individual produces goods or services, often measured in terms of output per unit of input, such as labor, capital, or time

synonym : efficiency, output, performance

(1) **productivity** growth, (2) improved **productivity**

She increased her **productivity** by planning out her tasks for the day.

rigid

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

synonym : strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

notably

adv. particularly; especially; in a way that is worthy of attention

synonym : particularly, especially, distinctly

(1) improve **notably**, (2) **notably** different

The study found that the treatment was **notably** effective in most cases.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

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.

rank

n. a position in a hierarchy of status or authority; (verb) to take or have a position relative to others

synonym : position, status, standing

(1) **rank** amateur, (2) high **rank**

He was promoted to the **rank** of captain in the military.

competitive

adj. involving competition or competitiveness

synonym : aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

nation

n. a large organized community of people living in a particular country or region and having a particular

culture

synonym : country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

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.

micro

n. extremely small in scale or scope; one millionth

(1) **micro** bubble, (2) **micro** force sensor

This approach employs both **micro** and macro analysis methods.

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.

laptop

n. a portable computer that is small enough to be carried around easily and used on your lap

(1) bring my **laptop**, (2) thin-and-light **laptop**

I need to finish this report by tonight, so I'll be working on my **laptop** all day.

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.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

slide

v. to move or cause to move smoothly along a surface without interruption

synonym : glide, drift, drop

(1) **slide** a card across the table, (2) **slide** a glance

If necessary, you can **slide** the front seats forward.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

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.

childhood

n. the state or time of being a child

synonym: youth, infancy, adolescence

(1) since **childhood**, (2) **childhood** development

He had fond memories of his **childhood** spent playing in the park with his friends.

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.

tutor

n. a person who teaches or gives private instruction in a particular subject or skill

synonym: teacher, instructor, mentor

(1) freelance **tutor**, (2) **tutor** student

The skillful **tutor** helped me improve my grades in math.

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.

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity

synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

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.

adolescent

n. a young person who is in the process of developing from a child into an adult

synonym : teen, preadult, youth

(1) **adolescent** girl, (2) pre- **adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

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.

par

n. a state of being equal to someone or something

synonym : equality, standard, balance

(1) above **par** performance, (2) not up to **par**

Shares in the company finally fell below their **par** value.

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.

statistics

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

ban

v. to officially or legally forbid or refuse to allow something

synonym: forbid, prohibit, restrict

(1) **ban** gender-related job discrimination, (2) **ban** any type of cloning

We should **ban** mildly violent video games from a child's development perspective.

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.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve

greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

pile *n.* a collection of objects positioned one on top of another; a large sum of something, such as money

synonym: accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

fee *n.* a sum of money charged for a particular service

synonym: charge, cost, expense

(1) **fee** calculation, (2) service **fee**

The lawyer's **fee** for the case was \$10,000.

achieve *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

freak *n.* an abnormality that is not typical or expected

synonym: anomaly, deviation, oddity

(1) a rock **freak**, (2) **freak** weather

The **freak** accident caused the car to flip over and land on its roof.

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.

mathematics

n. the science dealing with the logic of quantities, shapes, spaces, and arrangement

synonym: arithmetic, calculation, calculus

(1) a good grounding in **mathematics**, (2) **mathematics** competition

He has a flair for **mathematics**.

reveal

v. to make known or disclose something that was previously hidden, secret, or unknown; to unveil or show something that was concealed or not visible

synonym: disclose, unveil, expose

(1) **reveal** secrets, (2) **reveal** a plan

The detective carefully **revealed** the true identity of the murderer.

elite

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

synonym: privileged, favored, elect

(1) earn **elite** status, (2) **elite** athlete

Very few educational **elites** go to Oxford or Cambridge.

cite

v. to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened

synonym: quote, mention, note

(1) **cite** various authorities, (2) **cite** a fact as evidence

The devil can **cite** Scripture for his purpose.

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.

stud

n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

synonym : beam, scantling, framing

(1) horse **stud**, (2) wall **stud**

He bought a new **stud** to attach the strap to his watch.

jam

n. a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit

synonym : difficulty, mess, preserve

(1) a traffic **jam**, (2) a jar of **jam**

The shredder in the print room often has paper **jams**.

spark

v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity

synonym : start, inspire, provoke

(1) **spark** his interest, (2) **spark** a chain reaction

The bankruptcy of the giant conglomerate **sparked** turmoil in the stock market.

- 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.
- league** *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
synonym: association, organization, alliance
(1) **league** championship, (2) a baseball **league**
He was recruited to play in the professional **league**.
- instance** *n.* a particular example or single occurrence of something
synonym: example, sample, illustration
(1) for **instance**, (2) notable **instance**
These articles cite five **instances** of climate change.
- undergraduate** *n.* a student who is studying for their first degree at a university or other higher education institution
synonym: college student, freshman
(1) engineering **undergraduate**, (2) **undergraduate** course
The class was composed of both **undergraduate** and graduate students.
- freshman** *n.* a first-year student, typically in college or high school
synonym: freshie, newcomer, rookie
(1) **freshman** orientation, (2) **freshman** year
The **freshman** class was excited to start their first year of college.
- 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**.

highway

n. a main road, especially one connecting major towns or cities

synonym : road, expressway, freeway

(1) **highway** system, (2) an interstate **highway**

I'm going to take the **highway** to get to my destination faster.

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.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym: extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**

Overall **dimensions** are approximately 400x200mm.

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.

politician

n. a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.

synonym: congressperson, lawmaker, legislator

(1) a **politician** in the ruling party, (2) a corrupt **politician**

The **politician** lost his position in the end due to the scandal.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

behalf

n. represent; advantage, benefit, the interest of someone

synonym: benefit, advantage, favor

(1) on **behalf** of our management, (2) on his own **behalf**

I gave witness on her **behalf**.

taboo

adj. prohibited or restricted by social custom

synonym: forbidden, prohibited, proscribed

(1) a **taboo** word, (2) academic **taboo**

In this society, discussing politics in public is a **taboo** subject.

erect

v. to construct or build something; to cause to rise;
(adjective) upright or vertical

synonym: build, set up, construct

(1) **erect** structure, (2) keep the flagpole **erect**

The workers were able to **erect** the tent in just a few minutes.

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**.

tackle

v. to try to deal with a complex problem or situation

synonym: deal with, dive into, work on

(1) **tackle** the issue, (2) help **tackle** climate change

The government is determined to **tackle** sharp inflation.

revolutionary

adj. relating to or characterized by a complete or dramatic change

synonym : radical, innovative, groundbreaking

(1) **revolutionary** change, (2) enforce **revolutionary** justice

The **revolutionary** leader inspired others to join the fight for freedom and democracy.

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.

corporate

adj. of or relating to a large company

synonym : business, commercial, organizational

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

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

leadership

n. the ability, act, or status of leading a group of people or an organization

synonym : captaincy, direction, initiative

(1) under his **leadership**, (2) **leadership** by politicians

The country's **leadership** has decided to take large-scale measures against global warming.

organization

n. a group of people who work together for a shared purpose

synonym: association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

chain

n. a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle

synonym: series, string, link

(1) **chain** reaction, (2) supply **chain**

The **chain** on my bike broke, leaving me stranded.

shifting

adj. constantly changing or moving

synonym: unfirm, shifty, fluctuating

(1) **shifting** balance, (2) continuously **shifting** landscape

Trends in the fashion industry are so **shifting** that it is challenging to keep up with them.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

encouraging

adj. giving hope, confidence, or support; inspiring

synonym: uplifting, inspiring, optimistic

(1) **encouraging** approval, (2) **encouraging** sign

The test results were **encouraging** and showed improvement.

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.

leap

v. to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

synonym: jump, bound, hop

(1) **leap** to a conclusion, (2) **leap** of faith

The athlete was able to **leap** over the hurdle with ease.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

debate

n. a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives

synonym: argument, discussion, dispute

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

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

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.

exhibit

v. to show something in public for people to enjoy or to provide them with information

synonym: display, expose, show

(1) **exhibit** a bad attitude, (2) **exhibit** a great talent
Other technology industries **exhibit** similarly explosive growth.

reform

n. the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem

synonym: change, modify, improve

(1) economic **reform**, (2) **reform** movement

The government is proposing a **reform** to the healthcare system to make it more accessible and affordable for all citizens.

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.

journalist

n. a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

synonym: reporter, newsperson, press

(1) a China-based **journalist**, (2) **journalist** on a magazine

Foreign TV crews and **journalists** can go as they please in various locations during the Olympics.

buzz

v. to make a continuous, low humming sound such as the one bee makes; an exciting and active atmosphere

synonym: hum, murmur, whisper

(1) the **buzz** of a cicada, (2) **buzz** marketing

I heard the **buzz** of conversation from the next room.

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.

overload

v. to put too much a load in or on something

synonym: overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

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.

default

v. to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options

synonym: fail, neglect, omit

(1) **default** settings, (2) **default** on the mortgage

If you don't specify a different option, the computer will **default** to its original settings.

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.

drawing

n. the act of making a picture with a pencil, pen, or other instruments on paper, cardboard, or other material

synonym: sketch, depiction, illustration

(1) technical **drawing**, (2) **drawing** for design

She is talented at **drawing** and has won several awards for her artwork.

tick

n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis

synonym: sound, noise, beat

(1) **tick** of the clock, (2) **tick** fever

I always put a **tick** mark next to the items on my grocery list after buying them.

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.

productive

adj. resulting in or making a lot or a significant amount of something, especially something of value

synonym: efficient, fruitful, successful

(1) low **productive** capacity, (2) **productive** meeting

The new employee proved extremely **productive**, completing projects ahead of schedule.

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.

ping

v. to make a high-pitched, ringing sound; to send a brief electronic message or signal to another computer or device to check its availability or connection status

synonym : knock, sound, ring

(1) **ping** me when you have arrived, (2) **ping** him with updates

I can **ping** my friend's computer to see if it's online.

tempo

n. the speed at which a piece of music is performed

synonym : pace, rhythm, speed

(1) a quick **tempo**, (2) set **tempo**

The **tempo** of the music was slow and soothing.

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

schedule

n. a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

synonym : agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

suddenly

adv. quickly and unexpectedly

synonym : abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

playground

n. an area where many people go for recreation, especially at a school or in a park

synonym: park, garden, sandbox

(1) a well-equipped **playground**, (2) a **playground** on the roof

There is a woods with a creek near the school **playground**.

bother

v. to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something

synonym: annoy, pester, irritate

(1) **bother** the neighbors, (2) **bother** with details

Please don't **bother** me while I'm trying to concentrate.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym: chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**

Your **conversation** reflects your thoughts.

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.

reward

n. a thing given in acknowledgment of service, hard work, achievement, etc.

synonym: compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards

Night fishing has a lot of **rewards**.

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.

packed

adj. extremely full of people; very crowded

synonym: jammed, crowded, consolidated

(1) **packed** audience, (2) a romance- **packed** movie
The drama is fascinating and action- **packed**.

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. instant gra_____ion
n. the feeling of being pleased or satisfied as a result of achieving something or having something you want
2. apply the br__e
n. a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
3. western phi_____hy
n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
4. th_____y for a patient
n. the act of caring for someone through medication, remedial training, etc.
5. re__r to a map
v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
6. test my pa_____ce
n. the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
7. z_p file
n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 1. gratification, 2. brake, 3. philosophy, 4. therapy, 5. refer, 6. patience, 7. zip

8. not up to p_r *n.* a state of being equal to someone or something
9. former hea_____er *n.* the chief administrator or principal of a school or educational institution, typically in charge of its daily operation and management
10. since ch_____od *n.* the state or time of being a child
11. or_____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
12. ta___e the issue *v.* to try to deal with a complex problem or situation
13. new di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
14. first pa_____ph *n.* a distinct section of a piece of writing intended to separate ideas, usually consisting of at least one sentence and beginning on a new line
15. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
16. a s__m battle *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
17. the eq_____on of poverty with ignorance *n.* the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign

ANSWERS: 8. par, 9. headmaster, 10. childhood, 11. organic, 12. tackle, 13. dimension, 14. paragraph, 15. eventually, 16. sham, 17. equation

18. ob____s reasons *adj.* easy to see, discover or understand
19. t__l a bell at his death *n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly
20. re____l a plan *v.* to make known or disclose something that was previously hidden, secret, or unknown; to unveil or show something that was concealed or not visible
21. family qu____l *n.* an argument or dispute between two or more people
22. high r__k *n.* a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
23. a sand p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
24. 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
25. er__t structure *v.* to construct or build something; to cause to rise; (adjective) upright or vertical
26. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

ANSWERS: 18. obvious, 19. toll, 20. reveal, 21. quarrel, 22. rank, 23. pile, 24. hothouse, 25. erect, 26. tip

27. a s__t on his honor *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
28. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
29. ready-made ph___es *n.* a group of words that mean something specific when used together
30. acc_____te the car *v.* to make something faster or earlier; to cause to develop or progress more quickly
31. a g_m suit *n.* a place equipped for exercise and other physical training
32. c__t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
33. escort him dow_____rs *adv.* on or to a lower or ground floor of a building
34. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
35. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
36. pre-ado_____nt children *n.* a young person who is in the process of developing from a child into an adult

ANSWERS: 27. spot, 28. medical, 29. phrase, 30. accelerate, 31. gym, 32. cult, 33. downstairs, 34. cycle, 35. mass, 36. adolescent

37. am__e guests v. to entertain or divert the mind; to make someone laugh
38. ch__n reaction n. a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
39. wall s__d n. a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
40. sp__k his interest v. to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
41. t__s a coin v. to throw something carelessly with a light motion
42. el__e athlete adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
43. service f_e n. a sum of money charged for a particular service
44. self-proclaimed wor_____ic n. a person who is addicted to work; a person who works excessively
45. knee re___x n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
46. re___l secrets v. to make known or disclose something that was previously hidden, secret, or unknown; to unveil or show something that was concealed or not visible

ANSWERS: 37. amuse, 38. chain, 39. stud, 40. spark, 41. toss, 42. elite, 43. fee, 44. workaholic, 45. reflex, 46. reveal

47. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
48. la_____pe painting *n.* an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance
49. 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
50. without ex_____on *n.* something that is not included in a general rule or pattern; a person or thing that is excluded or stands apart from others
51. natural he_____g ability *n.* the process of becoming or making somebody or something well again
52. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
53. 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
54. an alt_____ve plan *n.* one of two or more available possibilities or choice

ANSWERS: 47. relax, 48. landscape, 49. byword, 50. exception, 51. healing, 52. achieve, 53. hypocrisy, 54. alternative

55. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
56. hal_____ah chorus *n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship
57. c__b appetite *v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
58. the qu__t for truth *n.* a long or challenging search for something
59. dec_____te slowly *v.* to slow down or reduce the speed of something; to decrease in speed
60. bo___r the neighbors *v.* to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something
61. bitter ir__y *n.* the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect
62. hal_____ah moment *n.* an exclamation of praise or thanksgiving, particularly in religious contexts; a song or composition expressing such praise or worship

ANSWERS: 55. encourage, 56. hallelujah, 57. curb, 58. quest, 59. decelerate, 60. bother, 61. irony, 62. hallelujah

63. gra_____us insult	<i>adj.</i> given or done without charge or payment
64. ex_____t a great talent	<i>v.</i> to show something in public for people to enjoy or to provide them with information
65. a cl__h between the two task forces	<i>n.</i> a fight or argument between two groups of people; a loud noise caused by striking against something
66. continuously sh_____ng landscape	<i>adj.</i> constantly changing or moving
67. t__k of the clock	<i>n.</i> a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis
68. genital or___m	<i>n.</i> the peak of sexual pleasure during sexual activity, which typically involves intense physical and emotional sensations
69. medical en__a	<i>n.</i> 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
70. an in_____t reply	<i>adj.</i> happening immediately, with no delay
71. justice of the su_____e court	<i>adj.</i> highest in rank, level, or importance
72. anti-con_____sm movement	<i>n.</i> 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

ANSWERS: 63. gratuitous, 64. exhibit, 65. clash, 66. shifting, 67. tick, 68. orgasm, 69. enema, 70. instant, 71. supreme, 72. consumerism

73. 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
74. 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
75. t_p a new market *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
76. 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
77. in_____te relationship *adj.* having a very close friendship, personal
78. li___r trend *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
79. mai_____am political beliefs *n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people
80. get a con_____nal loan *adj.* based on or following traditional rules, standards, customs, etc.
81. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 73. metaphysics, 74. metaphysics, 75. tap, 76. cram, 77. intimate, 78. linear, 79. mainstream, 80. conventional, 81. develop

82. de____t on the mortgage
v. to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options
83. ext_____lar club
adj. outside the regular curriculum or program of courses
84. re____k a marketing plan
v. to consider again a plan, idea, etc., especially to change it
85. in unt_____le trouble
adj. too unlikely or shocking to imagine or accept
86. pr____e bad behavior
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
87. 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
88. pl__d a political cause
v. to make a serious and urgent request or appeal, especially for help or mercy
89. co____al swimming pool
adj. belonging to or used by a group rather than individuals; for common use

ANSWERS: 82. default, 83. extracurricular, 84. rethink, 85. unthinkable, 86. promote, 87. wince, 88. plead, 89. communal

90. a photo st___o *n.* a room or building where creative or artistic work is produced; a television or radio production company
91. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
92. a lot of ex_____ons *n.* a violent release induced by a chemical or nuclear reaction
93. st___e for a victory *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
94. dec_____ss an archive file *v.* to reduce the pressure or tension on something or someone
95. 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
96. bring my la___p *n.* a portable computer that is small enough to be carried around easily and used on your lap
97. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
98. take the ma___p off her face *n.* colored substances used on someone's face to improve or change their appearance

ANSWERS: 90. studio, 91. stick, 92. explosion, 93. starve, 94. decompress, 95. marinade, 96. laptop, 97. consume, 98. makeup

99. mat_____cs competition *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement
100. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
101. a warm em_____e *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
102. 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
103. co_____te right *adj.* of or relating to a large company
104. c__e a fact as evidence *v.* to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened
105. rel_____on music *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
106. an editorial pa_____ph *n.* a distinct section of a piece of writing intended to separate ideas, usually consisting of at least one sentence and beginning on a new line
107. pa___d audience *adj.* extremely full of people; very crowded
108. t__k fever *n.* a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis

ANSWERS: 99. mathematics, 100. opposition, 101. embrace, 102. salute, 103. corporate, 104. cite, 105. relaxation, 106. paragraph, 107. packed, 108. tick

109. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
110. un____g a USB stick *v.* to disconnect the plug of electrical equipment from the electricity supply
111. 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
112. 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
113. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
114. 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
115. le____e championship *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 109. develop, 110. unplug, 111. verge, 112. wince, 113. brain, 114. bedtime, 115. league

116. 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
117. shopping re____ds cards *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
118. carpentry wo_____op *n.* a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group
119. sta_____cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
120. a pla_____nd on the roof *n.* an area where many people go for recreation, especially at a school or in a park
121. 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
122. a heavy sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
123. re_____k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
124. work pe____t *v.* to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization

ANSWERS: 116. roadrunner, 117. reward, 118. workshop, 119. statistics, 120. playground, 121. recharge, 122. schedule, 123. rethink, 124. permit

125. aesthetic gra_____ion *n.* the feeling of being pleased or satisfied as a result of achieving something or having something you want
126. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
127. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
128. attain critical pr____e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
129. the tra_____ty of the environment *n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment
130. ref_____ng drink *adj.* providing a sense of renewal, revitalization, or invigoration; pleasantly rejuvenating or reenergizing; offering relief or respite from fatigue or monotony
131. a China-based jou_____st *n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
132. ch_____t race *n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing

ANSWERS: 125. gratification, 126. improvisation, 127. promote, 128. praise, 129. tranquility, 130. refreshing, 131. journalist, 132. chariot

133. ho__r around the table *v.* to stay in one place in the air
134. a corrupt pol_____an *n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.
135. antidiarrheal ag__t *n.* a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously
136. re__x at home *v.* to become or cause someone to become less active or tense and calmer
137. be__h conference *n.* a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice
138. a cl__h of viewpoints *n.* a fight or argument between two groups of people; a loud noise caused by striking against something
139. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
140. her de_____te screams *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

ANSWERS: 133. hover, 134. politician, 135. agent, 136. relax, 137. bench, 138. clash, 139. gear, 140. desperate

141. creep dow_____rs *adv.* on or to a lower or ground floor of a building
142. mo___g experience *adj.* causing strong emotions or feelings, especially sadness or sympathy
143. re__w a contract *v.* to begin or resume something again after an interruption
144. give an ov_____ew *n.* a general description or summary of a subject
145. beginning of the ind_____al revolution *adj.* of or relating to or resulting from industry
146. high-ca_____r executive *n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel
147. rev_____ary change *adj.* relating to or characterized by a complete or dramatic change
148. 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
149. the n_b of the bone *n.* the central and most important point or core; a small, pointed piece or protuberance
150. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen

ANSWERS: 141. downstairs, 142. moving, 143. renew, 144. overview, 145. industrial, 146. caliber, 147. revolutionary, 148. envy, 149. nub, 150. dread

151. improve no____y *adv.* particularly; especially; in a way that is worthy of attention
152. aerial y__a *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation
153. freelance tu__r *n.* a person who teaches or gives private instruction in a particular subject or skill
154. render gra_____us service *adj.* given or done without charge or payment
155. above p_r performance *n.* a state of being equal to someone or something
156. sp__k a chain reaction *v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
157. g_m membership *n.* a place equipped for exercise and other physical training
158. extra b__k *n.* a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention
159. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
160. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 151. notably, 152. yoga, 153. tutor, 154. gratuitous, 155. par, 156. spark, 157. gym, 158. buck, 159. obsess, 160. diet

161. help ta___e climate change *v.* to try to deal with a complex problem or situation
162. se_____le approach *adj.* having good sense or judgment; reasonable; practical; marked by a perception of the importance or seriousness of something
163. s__p across the country *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
164. wet-b__b thermometer *n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball
165. i_y plant *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
166. political ba_____sh *n.* a strong negative reaction to something; a movement back from an impact
167. a con_____nal style *adj.* based on or following traditional rules, standards, customs, etc.
168. keep the flagpole er__t *v.* to construct or build something; to cause to rise; (adjective) upright or vertical
169. sa__r the taste *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: 161. tackle, 162. sensible, 163. skip, 164. bulb, 165. ivy, 166. backlash, 167. conventional, 168. erect, 169. savor

170. make an ex_____on *n.* something that is not included in a general rule or pattern; a person or thing that is excluded or stands apart from others
171. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
172. an aw__l error *adj.* causing fear, dread, or terror; very bad or unpleasant
173. set te__o *n.* the speed at which a piece of music is performed
174. thin-and-light la____p *n.* a portable computer that is small enough to be carried around easily and used on your lap
175. sl__e a glance *v.* to move or cause to move smoothly along a surface without interruption
176. the r__r gate *adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult
177. st__g his face *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
178. ov_____ad a muscle *v.* to put too much a load in or on something
179. self-com_____ary region *adj.* serving to complete or enhance something in a way that is suitable or pleasing

ANSWERS: 170. exception, 171. achieve, 172. awful, 173. tempo, 174. laptop, 175. slide, 176. rear, 177. sting, 178. overload, 179. complementary

180. barren of cr____ve spirit	<i>adj.</i> relating to or involving the use of skill and original and unusual ideas to create something
181. co____ve of an idea	<i>v.</i> to have or develop an idea, a plan, etc. in mind; to become pregnant
182. cu____te a field	<i>v.</i> to prepare and foster land for growing crops or plants
183. ur__n planning	<i>adj.</i> relating to or located in a town or city
184. wi____m literature	<i>n.</i> the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
185. co____te environment	<i>adj.</i> of or relating to a large company
186. j__y verdict	<i>n.</i> a group of people called upon to render a verdict or judgment in a legal trial; a group of people chosen for a special purpose or task
187. fi____e resources	<i>adj.</i> having a limit or restriction of size, time, etc.
188. inc____lly discovered	<i>adv.</i> by the way; as an aside or in passing
189. the crosswise di____on	<i>n.</i> a measurable extent of a particular kind, such as width, height, or length
190. ov____ew of recent trends	<i>n.</i> a general description or summary of a subject
191. a seafaring na____n	<i>n.</i> a large organized community of people living in a particular country or region and having a particular culture
192. talk with gu__o	<i>n.</i> great enthusiasm, enjoyment, and vigor in doing something; zest or keenness

ANSWERS: 180. creative, 181. conceive, 182. cultivate, 183. urban, 184. wisdom, 185. corporate, 186. jury, 187. finite, 188. incidentally, 189. dimension, 190. overview, 191. nation, 192. gusto

193. on his own be ___f *n.* represent; advantage, benefit, the interest of someone
194. be __h board *n.* a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice
195. 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
196. dr __n excess liquid *v.* to empty or dry something by removing the liquid from it
197. in ____al organs *adj.* of or relating to the inside of something
198. wo ____op attendee *n.* a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group
199. fi ____y management *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
200. com _____ary therapies *adj.* serving to complete or enhance something in a way that is suitable or pleasing
201. the mi ____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
202. mo ____g ceremony *adj.* causing strong emotions or feelings, especially sadness or sympathy
203. express my ap ____al *n.* the belief that someone or something is good or acceptable

ANSWERS: 193. behalf, 194. bench, 195. sting, 196. drain, 197. internal, 198. workshop, 199. fishery, 200. complementary, 201. mindset, 202. moving, 203. approval

204. p__g him with updates *v.* to make a high-pitched, ringing sound; to send a brief electronic message or signal to another computer or device to check its availability or connection status
205. 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
206. beauty s__t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
207. a ta__o word *adj.* prohibited or restricted by social custom
208. ex____t a bad attitude *v.* to show something in public for people to enjoy or to provide them with information
209. agricultural org____ion *n.* a group of people who work together for a shared purpose
210. dull si__t *n.* the ability to see; anything that is seen
211. sq__h a rebellion *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
212. und____ate course *n.* a student who is studying for their first degree at a university or other higher education institution
213. adjust the ti____le *n.* a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals

ANSWERS: 204. ping, 205. enema, 206. spot, 207. taboo, 208. exhibit, 209. organization, 210. sight, 211. squash, 212. undergraduate, 213. timetable

214. an unexpected si__t *n.* the ability to see; anything that is seen
215. 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
216. z_p code *n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently
217. c__t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
218. unilateral dec_____on *n.* a formal or explicit statement or announcement
219. enc_____ng sign *adj.* giving hope, confidence, or support; inspiring
220. 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
221. a ch__k of money *n.* a thick and solid mass or piece of something

ANSWERS: 214. sight, 215. urbanization, 216. zip, 217. cult, 218. declaration, 219. encouraging, 220. roadrunner, 221. chunk

222. his conclusion was ob____s *adj.* easy to see, discover or understand
223. ge___e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
224. b_n any type of cloning *v.* to officially or legally forbid or refuse to allow something
225. ec____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
226. official sta_____cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
227. 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
228. 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
229. technical dr_____g *n.* the act of making a picture with a pencil, pen, or other instruments on paper, cardboard, or other material
230. a good grounding in mat_____cs *n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

ANSWERS: 222. obvious, 223. gentle, 224. ban, 225. economy, 226. statistics, 227. recharge, 228. disillusion, 229. drawing, 230. mathematics

231. there is no other alt_____ve *n.* one of two or more available possibilities or choice
232. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
233. the ca_____r of a vein *n.* a level of excellence or worth of someone or something; diameter of a tube or gun barrel
234. al__t system *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
235. de___e topic *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
236. dr__d getting old *v.* to be very afraid of or worried about something that is going to happen or that might happen
237. ho_____ic education *adj.* relating to or dealing with the whole of something rather than just its parts
238. y__a teacher *n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

ANSWERS: 231. alternative, 232. damage, 233. caliber, 234. alert, 235. debate, 236. dread, 237. holistic, 238. yoga

239. re___x test *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
240. certified pro_____nal secretary *adj.* having or showing the skill appropriate to a particular job; competent or skillful
241. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
242. b__e array *n.* a unit of digital information that consists of 8 bits, typically used to represent a single character of text or a small amount of computer code
243. ind_____al alcohol *adj.* of or relating to or resulting from industry
244. psy_____gy experiment *n.* the scientific study of mind and behavior
245. noun ph___e *n.* a group of words that mean something specific when used together
246. constant sp_____al striving *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
247. dec_____te approach *v.* to slow down or reduce the speed of something; to decrease in speed
248. 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

ANSWERS: 239. reflex, 240. professional, 241. gear, 242. byte, 243. industrial, 244. psychology, 245. phrase, 246. spiritual, 247. decelerate, 248. treadmill

249. la___h a spaceship into orbit *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
250. te___r touch *adj.* gentle and delicate; showing care and consideration for others; easily injured or hurt; offering a bid or proposal in the process of negotiation
251. su_____t a plot *v.* to consider anything to be actual or probable
252. ad_____se on social media *v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it
253. under his lea_____ip *n.* the ability, act, or status of leading a group of people or an organization
254. a fountain of wi___m *n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
255. ho__r between life and death *v.* to stay in one place in the air
256. as___ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
257. al__t consumers to the dangers *v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action
258. experience or___m *n.* the peak of sexual pleasure during sexual activity, which typically involves intense physical and emotional sensations

ANSWERS: 249. launch, 250. tender, 251. suspect, 252. advertise, 253. leadership, 254. wisdom, 255. hover, 256. aspect, 257. alert, 258. orgasm

259. di____ct public opinion *v.* to draw someone's attention away from what they are trying to do
260. or__n bleeding *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
261. dr____g for design *n.* the act of making a picture with a pencil, pen, or other instruments on paper, cardboard, or other material
262. part of the he____g process *n.* the process of becoming or making somebody or something well again
263. ob____s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
264. trigger a re____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
265. 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
266. 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
267. silly 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

ANSWERS: 259. distract, 260. organ, 261. drawing, 262. healing, 263. obsess, 264. reaction, 265. gladiator, 266. adrenaline, 267. pun

268. 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
269. unproductive sl_____r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
270. artistic ren_____ce *n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music
271. la____h a big attack *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
272. a tiny ch__k of meat *n.* a thick and solid mass or piece of something
273. pl__d for mercy *v.* to make a serious and urgent request or appeal, especially for help or mercy
274. an unt_____le coincidence *adj.* too unlikely or shocking to imagine or accept
275. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
276. inv_____te a data leak *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

ANSWERS: 268. rehabilitate, 269. slacker, 270. Renaissance, 271. launch, 272. chunk, 273. plead, 274. unthinkable, 275. discovery, 276. investigate

277. mi__o bubble *n.* extremely small in scale or scope; one millionth
278. ri__d structure *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
279. feeling of tra_____ty *n.* a state of calmness or peacefulness; absence of agitation, disturbance, or turbulence; a peaceful or serene environment
280. j__y duty *n.* a group of people called upon to render a verdict or judgment in a legal trial; a group of people chosen for a special purpose or task
281. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
282. syn_____us terms *adj.* having the same or a similar meaning as another word or phrase
283. 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
284. pro_____ity growth *n.* the state or quality of being productive; the rate at which a company or individual produces goods or services, often measured in terms of output per unit of input, such as labor, capital, or time
285. the in_____al economy *adj.* of or relating to the inside of something

ANSWERS: 277. micro, 278. rigid, 279. tranquility, 280. jury, 281. medical, 282. synonymous, 283. mentality, 284. productivity, 285. internal

286. a written ap_____al *n.* the belief that someone or something is good or acceptable
287. un___g the power cord *v.* to disconnect the plug of electrical equipment from the electricity supply
288. the runner's p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
289. an interstate hi_____y *n.* a main road, especially one connecting major towns or cities
290. the ba_____sh from the community *n.* a strong negative reaction to something; a movement back from an impact
291. cr_____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
292. engineering und_____ate *n.* a student who is studying for their first degree at a university or other higher education institution
293. t_p keyboard with an index finger *v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
294. a hea_____ing story *adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses
295. traditional me_____al *adj.* of or relating to the treatment or cure of disease
296. in___t gaze *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

ANSWERS: 286. approval, 287. unplug, 288. pace, 289. highway, 290. backlash, 291. creative, 292. undergraduate, 293. tap, 294. heartrending, 295. medicinal, 296. intent

297. 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
298. su_____t that he is sick *v.* to consider anything to be actual or probable
299. hi_____y system *n.* a main road, especially one connecting major towns or cities
300. fr_____an orientation *n.* a first-year student, typically in college or high school
301. em_____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
302. earn el__e status *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
303. f_e calculation *n.* a sum of money charged for a particular service
304. low pro_____ve capacity *adj.* resulting in or making a lot or a significant amount of something, especially something of value
305. hea_____ing melody *adj.* causing intense sorrow, grief, or anguish; deeply moving or distressing; capable of eliciting or arousing strong emotional responses
306. a baseball le___e *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 297. gladiator, 298. suspect, 299. highway, 300. freshman, 301. embrace, 302. elite, 303. fee, 304. productive, 305. heartrending, 306. league

307. 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
308. continue he_____ng into a risky business *adv.* with great speed or force; in a rush, or without caution
309. b__k the trend *n.* a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention
310. ur__n property owners *adj.* relating to or located in a town or city
311. tr_____c jam *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
312. tu__r student *n.* a person who teaches or gives private instruction in a particular subject or skill
313. 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
314. the in___t of a question *n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something
315. sl__e a card across the table *v.* to move or cause to move smoothly along a surface without interruption

ANSWERS: 307. tortoise, 308. headlong, 309. buck, 310. urban, 311. traffic, 312. tutor, 313. upshot, 314. intent, 315. slide

316. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
317. a jar of j_m *n.* a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit
318. class obs_____on day *n.* the act or activity of carefully examining or monitoring something or someone
319. heavy tr_____c *n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time
320. pe___t application *v.* to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
321. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
322. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
323. non-syn_____us mutation *adj.* having the same or a similar meaning as another word or phrase
324. fl__k of sheep *n.* a gathering of sheep, goats, or birds
325. ch_____od development *n.* the state or time of being a child

ANSWERS: 316. generation, 317. jam, 318. observation, 319. traffic, 320. permit, 321. nation, 322. movement, 323. synonymous, 324. flock, 325. childhood

326. ag__t system *n.* a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously
327. an el_____nt speaker *adj.* able to speak or write clearly and impressively
328. 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
329. field of gene th_____y *n.* the act of caring for someone through medication, remedial training, etc.
330. jou_____st on a magazine *n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media
331. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
332. huge military bu_____p *n.* the accumulation or increase of something over time
333. hea_____er position *n.* the chief administrator or principal of a school or educational institution, typically in charge of its daily operation and management

ANSWERS: 326. agent, 327. eloquent, 328. cram, 329. therapy, 330. journalist, 331. tip, 332. buildup, 333. headmaster

334. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
335. for in_____ce *n.* a particular example or single occurrence of something
336. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
337. poison i_y *n.* an evergreen climbing or ground-creeping woody plant that often grows up trees or buildings
338. enc_____ng approval *adj.* giving hope, confidence, or support; inspiring
339. a chemical eq_____on *n.* the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign
340. horse s__d *n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support
341. a romance-pa___d movie *adj.* extremely full of people; very crowded
342. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 334. treatment, 335. instance, 336. environment, 337. ivy, 338. encouraging, 339. equation, 340. stud, 341. packed, 342. stick

343. a well-equipped pla_____nd *n.* an area where many people go for recreation, especially at a school or in a park
344. improved pro_____ity *n.* the state or quality of being productive; the rate at which a company or individual produces goods or services, often measured in terms of output per unit of input, such as labor, capital, or time
345. ch_____h a stuffed animal *v.* to hold someone or something dear; to feel or show affection for someone or something
346. 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
347. ma____p artist *n.* colored substances used on someone's face to improve or change their appearance
348. academic ta__o *adj.* prohibited or restricted by social custom
349. s__n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
350. 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
351. un_____ed lifestyle *adj.* not feeling rushed

ANSWERS: 343. playground, 344. productivity, 345. cherish, 346. pun, 347. makeup, 348. taboo, 349. scan, 350. brigade, 351. unhurried

352. ir__y humor *n.* the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect
353. get in____t access *adj.* happening immediately, with no delay
354. no____e achievement *adj.* worthy of attention or notice; remarkable or significant; deserving to be recognized or remembered
355. am__e a baby with a rattle *v.* to entertain or divert the mind; to make someone laugh
356. mo____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
357. 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
358. industrial ren____ce *n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music
359. su____ly attacked by an enemy *adv.* quickly and unexpectedly
360. 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

ANSWERS: 352. irony, 353. instant, 354. notable, 355. amuse, 356. movement, 357. throttle, 358. Renaissance, 359. suddenly, 360. hypocrisy

361. 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
362. 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
363. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
364. w__p bitter tears *v.* to cry tears because of sadness, rage, or pain
365. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
366. r__k amateur *n.* a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
367. commercial fi_____y *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
368. de_____t settings *v.* to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options

ANSWERS: 361. litmus, 362. adrenaline, 363. brain, 364. weep, 365. conversation, 366. rank, 367. fishery, 368. default

369. damage to internal or__ns *n.* a part of the body of an animal or plant that has a particular purpose and performs a specific job
370. de_____te attempt *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
371. exam ti_____le *n.* a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals
372. 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
373. on a qu__t for happiness *n.* a long or challenging search for something
374. ext_____lar study *adj.* outside the regular curriculum or program of courses
375. em_____al health *adj.* relating to people's feelings
376. music st___o *n.* a room or building where creative or artistic work is produced; a television or radio production company
377. get to the n_b *n.* the central and most important point or core; a small, pointed piece or protuberance
378. a pol_____an in the ruling party *n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.

ANSWERS: 369. organ, 370. desperate, 371. timetable, 372. savor, 373. quest, 374. extracurricular, 375. emotional, 376. studio, 377. nub, 378. politician

379. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
380. inv_____te the matter *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
381. ch_____t builder *n.* a two-wheeled horse-drawn battle vehicle used in ancient Egypt, Greece, and Rome for warfare and racing
382. 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
383. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
384. die su_____ly *adv.* quickly and unexpectedly
385. sing with gu__o *n.* great enthusiasm, enjoyment, and vigor in doing something; zest or keenness
386. economic re___m *n.* the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem
387. 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

ANSWERS: 379. decide, 380. investigate, 381. chariot, 382. cauldron, 383. dial, 384. suddenly, 385. gusto, 386. reform, 387. brigade

388. dec_____ss data *v.* to reduce the pressure or tension on something or someone
389. the b__z of a cicada *v.* to make a continuous, low humming sound such as the one bee makes; an exciting and active atmosphere
390. join the mai_____am *n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people
391. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
392. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
393. inc_____lly mentioned *adv.* by the way; as an aside or in passing
394. 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
395. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
396. re_____d with his fame *v.* to make a loud, deep sound that echoes
397. develop a ho_____ic vision *adj.* relating to or dealing with the whole of something rather than just its parts

ANSWERS: 388. decompress, 389. buzz, 390. mainstream, 391. damage, 392. mindset, 393. incidentally, 394. verge, 395. diet, 396. resound, 397. holistic

398. am__e and entertain visitors *v.* to fill with wonder, surprise, or admiration
399. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
400. psy_____gy of crowd *n.* the scientific study of mind and behavior
401. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
402. irregular heart rh___m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing
403. mental bu_____t *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
404. b__z marketing *v.* to make a continuous, low humming sound such as the one bee makes; an exciting and active atmosphere
405. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
406. 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
407. a traffic j_m *n.* a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit

ANSWERS: 398. amaze, 399. decision, 400. psychology, 401. mass, 402. rhythm, 403. burnout, 404. buzz, 405. eventually, 406. cauldron, 407. jam

408. ch____h relationships *v.* to hold someone or something dear; to feel or show affection for someone or something
409. lactic acid bu____p *n.* the accumulation or increase of something over time
410. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
411. heated qu____l *n.* an argument or dispute between two or more people
412. reh____ate wildlife *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
413. ill____ion artist *n.* a picture or diagram in a book, magazine, or newspaper that is used to explain or decorate the text; the act or process of explaining something
414. b__e code *n.* a unit of digital information that consists of 8 bits, typically used to represent a single character of text or a small amount of computer code
415. 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
416. in samba rh____m *n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

ANSWERS: 408. cherish, 409. buildup, 410. refer, 411. quarrel, 412. rehabilitate, 413. illustration, 414. byte, 415. mentality, 416. rhythm

417. ex_____e weather events *adj.* very great in amount or degree
418. de_____le result *adj.* worth having or achieving; pleasing, attractive, or sought after
419. the height of a p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
420. sq___h a package *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
421. rel_____on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
422. phi_____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
423. sc___e resources *adj.* not abundant or plentiful, and therefore not easy to find or obtain
424. c__b anxiety *v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk
425. a com_____ve price *adj.* involving competition or competitiveness
426. love him non_____ss *adv.* in spite of what has just been said or done; nevertheless
427. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 417. extreme, 418. desirable, 419. pile, 420. squash, 421. relaxation, 422. philosophy, 423. scarce, 424. curb, 425. competitive, 426. nonetheless, 427. environment

428. 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
429. a lily b__b *n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball
430. sp_____al leader *adj.* relating to or affecting the human spirit or soul as opposed to material or physical things
431. b__g his fist on a desk *v.* to hit or cause to hit something in a way that makes a loud noise
432. t__s the bottle into a trash can *v.* to throw something carelessly with a light motion
433. se_____le decision *adj.* having good sense or judgment; reasonable; practical; marked by a perception of the importance or seriousness of something
434. 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
435. 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

ANSWERS: 428. urbanization, 429. bulb, 430. spiritual, 431. bang, 432. toss, 433. sensible, 434. consumerism, 435. salute

436. re__w its corporate image *v.* to begin or resume something again after an interruption
437. educational ill_____ion *n.* a picture or diagram in a book, magazine, or newspaper that is used to explain or decorate the text; the act or process of explaining something
438. ad_____se the campaign *v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it
439. dr__n water from the swamp *v.* to empty or dry something by removing the liquid from it
440. 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
441. re_____d in an enclosure *v.* to make a loud, deep sound that echoes
442. lea_____ip by politicians *n.* the ability, act, or status of leading a group of people or an organization
443. a quick te__o *n.* the speed at which a piece of music is performed
444. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
445. dec_____on of independence *n.* a formal or explicit statement or announcement
446. 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

ANSWERS: 436. renew, 437. illustration, 438. advertise, 439. drain, 440. acupuncture, 441. resound, 442. leadership, 443. tempo, 444. reaction, 445. declaration, 446. upshot

447. fr__k weather *n.* an abnormality that is not typical or expected
448. 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
449. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
450. de___e competition *n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
451. br__e pedal *n.* a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
452. p__g me when you have arrived *v.* to make a high-pitched, ringing sound; to send a brief electronic message or signal to another computer or device to check its availability or connection status
453. 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

ANSWERS: 447. freak, 448. tortoise, 449. decide, 450. debate, 451. brake, 452. ping, 453. throttle

454. dispel do__ts *n.* a feeling of being uncertain about something, especially about how good or accurate it is
455. fall he_____ng *adv.* with great speed or force; in a rush, or without caution
456. c__e various authorities *v.* to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened
457. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
458. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
459. by____d for luxury *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
460. on be____f of our management *n.* represent; advantage, benefit, the interest of someone
461. a c__p of wood *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
462. a peaceful la_____pe *n.* an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance
463. b__g a phone down *v.* to hit or cause to hit something in a way that makes a loud noise

ANSWERS: 454. doubt, 455. headlong, 456. cite, 457. relation, 458. consume, 459. byword, 460. behalf, 461. chip, 462. landscape, 463. bang

464. nontechnical as___ts of the job *n.* one part or feature of a situation, problem, subject, etc.
465. notable in_____ce *n.* a particular example or single occurrence of something
466. d__l down the tension *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
467. fl__k of spectator *n.* a gathering of sheep, goats, or birds
468. site of the ex_____on *n.* a violent release induced by a chemical or nuclear reaction
469. die from ov_____rk *v.* to work excessively hard or too much; the condition of working excessively or beyond one's capacity, leading to fatigue, stress, and illness
470. at your own p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
471. el_____nt writing *adj.* able to speak or write clearly and impressively
472. fas_____ard 10 seconds *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
473. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
474. do aw__l damage *adj.* causing fear, dread, or terror; very bad or unpleasant

ANSWERS: 464. aspect, 465. instance, 466. dial, 467. flock, 468. explosion, 469. overwork, 470. pace, 471. eloquent, 472. fast-forward, 473. improvisation, 474. awful

475. org_____ion chart *n.* a group of people who work together for a shared purpose
476. I don't care a c__p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
477. arrange my sc_____le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
478. 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
479. 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
480. 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
481. office sl_____r *n.* a person who is lazy or avoids work and responsibilities; someone who lacks motivation or ambition
482. de_____le effect *adj.* worth having or achieving; pleasing, attractive, or sought after

ANSWERS: 475. organization, 476. chip, 477. schedule, 478. overwork, 479. hothouse, 480. starve, 481. slacker, 482. desirable

483. show pa____ce
- n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
484. st____e crop
- adj.* essential, crucial, or regularly used
485. ri__d rules
- adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
486. 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
487. mi__o force sensor
- n.* extremely small in scale or scope; one millionth
488. pro_____ve meeting
- adj.* resulting in or making a lot or a significant amount of something, especially something of value
489. first-aid tr_____nt
- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
490. feeling e__y toward him
- 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: 483. patience, 484. staple, 485. rigid, 486. uplift, 487. micro, 488. productive, 489. treatment, 490. envy

491. com_____ve position *adj.* involving competition or competitiveness
492. b_n gender-related job discrimination *v.* to officially or legally forbid or refuse to allow something
493. no_____y different *adv.* particularly; especially; in a way that is worthy of attention
494. sh_____ng balance *adj.* constantly changing or moving
495. 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
496. eat or_____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
497. 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
498. fr_____an year *n.* a first-year student, typically in college or high school
499. the re____d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
500. a t__l road *n.* money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly

ANSWERS: 491. competitive, 492. ban, 493. notably, 494. shifting, 495. bedtime, 496. organic, 497. disillusion, 498. freshman, 499. reward, 500. toll

501. the su____e commander	<i>adj.</i> highest in rank, level, or importance
502. me_____al chemistry	<i>adj.</i> of or relating to the treatment or cure of disease
503. li___s solution	<i>n.</i> 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
504. opp_____on campaign	<i>n.</i> the act of disagreeing or resisting; the state of strong disagreement
505. bo___r with details	<i>v.</i> to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something
506. ma_____de meat	<i>n.</i> 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
507. re___m movement	<i>n.</i> the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem
508. re_____on of inclusion	<i>n.</i> the way two persons or groups of people feel and act toward one another
509. nonstop tr_____ll	<i>n.</i> 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

ANSWERS: 501. supreme, 502. medicinal, 503. litmus, 504. opposition, 505. bother, 506. marinade, 507. reform, 508. relation, 509. treadmill

510. a selfish de____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
511. no____e success *adj.* worthy of attention or notice; remarkable or significant; deserving to be recognized or remembered
512. my in____te affairs *adj.* having a very close friendship, personal
513. te____r age *adj.* gentle and delicate; showing care and consideration for others; easily injured or hurt; offering a bid or proposal in the process of negotiation
514. ex____e sports *adj.* very great in amount or degree
515. l__p to a conclusion *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
516. up____t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
517. fi____e decimal *adj.* having a limit or restriction of size, time, etc.
518. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
519. ado____nt girl *n.* a young person who is in the process of developing from a child into an adult
520. di____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do

ANSWERS: 510. decision, 511. notable, 512. intimate, 513. tender, 514. extreme, 515. leap, 516. uplift, 517. finite, 518. cycle, 519. adolescent, 520. distract

521. an exc_____on of surprise *n.* a sudden outcry or shout, especially one expressing strong emotion
522. ov_____ad the circulatory system *v.* to put too much a load in or on something
523. we are non_____ss confident *adv.* in spite of what has just been said or done; nevertheless
524. a li____r equation *adj.* of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph
525. obs_____on instrument *n.* the act or activity of carefully examining or monitoring something or someone
526. l____p of faith *v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward
527. wor_____ic habits *n.* a person who is addicted to work; a person who works excessively
528. universal pr____e *n.* an expression that shows approval and admiration of the achievements or characteristics of someone or something
529. supply ch____n *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
530. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 521. exclamation, 522. overload, 523. nonetheless, 524. linear, 525. observation, 526. leap, 527. workaholic, 528. praise, 529. chain, 530. encourage

531. fas_____ard to the good part *v.* to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording
532. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
533. s__p breakfast *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
534. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
535. ref_____ng shower *adj.* providing a sense of renewal, revitalization, or invigoration; pleasantly rejuvenating or reenergizing; offering relief or respite from fatigue or monotony
536. am__e everyone *v.* to fill with wonder, surprise, or admiration
537. w__p for joy *v.* to cry tears because of sadness, rage, or pain
538. r__r children *adj.* at, toward, or near the back part of something; (verb) to look after a child until it is an adult
539. pro_____nal athlete *adj.* having or showing the skill appropriate to a particular job; competent or skillful

ANSWERS: 531. fast-forward, 532. discovery, 533. skip, 534. cultivate, 535. refreshing, 536. amaze, 537. weep, 538. rear, 539. professional

540. the gen_____on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
541. co_____ve a child *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
542. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
543. enforce rev_____ary justice *adj.* relating to or characterized by a complete or dramatic change
544. 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
545. bu_____t syndrome *n.* the state of being exceedingly exhausted or unwell, either physically or mentally, as a result of overworking
546. 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
547. in a ge____e voice *adj.* having or showing a kindly or tender nature; soft and mild
548. st____e commodities *adj.* essential, crucial, or regularly used

ANSWERS: 540. generation, 541. conceive, 542. economy, 543. revolutionary, 544. acupuncture, 545. burnout, 546. sham, 547. gentle, 548. staple

549. capital-sc___e country *adj.* not abundant or plentiful, and therefore not easy to find or obtain
550. s__n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
551. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
552. exc_____on mark *n.* a sudden outcry or shout, especially one expressing strong emotion
553. a rock fr__k *n.* an abnormality that is not typical or expected
554. no do__t about the news *n.* a feeling of being uncertain about something, especially about how good or accurate it is
555. un_____ed pace *adj.* not feeling rushed
556. em_____al distress *adj.* relating to people's feelings
557. acc_____te a chemical reaction *v.* to make something faster or earlier; to cause to develop or progress more quickly
558. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

ANSWERS: 549. scarce, 550. scan, 551. communal, 552. exclamation, 553. freak, 554. doubt, 555. unhurried, 556. emotional, 557. accelerate, 558. conversation

Session 3: Fill in the Blanks

1. He was unpopular because of his _____ adherence to the rules.
adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending
2. He stumbled _____ down the stairs, tumbling to the bottom.
adv. with great speed or force; in a rush, or without caution
3. The computer hard drive had plenty of storage space but was running low on available _____.
n. a unit of digital information that consists of 8 bits, typically used to represent a single character of text or a small amount of computer code
4. She put her phone in the ____ pocket of her backpack.
n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently
5. 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
6. She stood on the podium and _____ an audience.
v. to examine something hastily, with the eyes or with a machine, to get information

ANSWERS: 1. rigid, 2. headlong, 3. bytes, 4. zip, 5. adrenaline-pumping, 6. scanned

7. The community greatly respected and sought after the older adult's _____.
- n.* the quality of being wise, or the ability to use your knowledge and experience to make sensible decisions
8. I regretted making an _____ mistake in my final exam.
- adj.* causing fear, dread, or terror; very bad or unpleasant
9. 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
10. 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
11. Her beauty resulted from a good night's sleep rather than _____.
- n.* colored substances used on someone's face to improve or change their appearance
12. The new start-up company carved out a large _____ of the market within a year.
- n.* a thick and solid mass or piece of something
13. 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
14. 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

ANSWERS: 7. wisdom, 8. awful, 9. winced, 10. upshot, 11. makeup, 12. chunk, 13. tranquility, 14. pleaded

15. It would be best if you _____ out all those old magazines.
- v.* to throw something carelessly with a light motion
16. If you don't specify a different option, the computer will _____ to its original settings.
- v.* to fail to fulfill an obligation or pay a debt when it is due; to fail to meet expectations or perform as required; to choose or accept a predetermined option or condition without making a deliberate selection or choice; (noun) the pre-set or automatic settings that a system or program uses when the user has selected no other options
17. The _____ of the country is struggling due to the recent political instability.
- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
18. I gave witness on her _____.
- n.* represent; advantage, benefit, the interest of someone
19. Her _____ manner relaxed everyone there.
- adj.* having or showing a kindly or tender nature; soft and mild
20. Please don't _____ me while I'm studying.
- v.* to draw someone's attention away from what they are trying to do
21. The class was composed of both _____ and graduate students.
- n.* a student who is studying for their first degree at a university or other higher education institution

ANSWERS: 15. tossed, 16. default, 17. economy, 18. behalf, 19. gentle, 20. distract, 21. undergraduate

22. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
23. Doctors are gradually coming around to the idea of using _____ medicines.
n. one of two or more available possibilities or choice
24. We _____ the topic because it was too complicated.
v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
25. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
26. She had a master's degree in _____.
n. the scientific study of mind and behavior
27. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
28. I have to _____ my passport by the middle of September.
v. to begin or resume something again after an interruption
29. The government is proposing a _____ to the healthcare system to make it more accessible and affordable for all citizens.
n. the act of improving or correcting something that is wrong or bad; a change made to correct a flaw or problem

ANSWERS: 22. Communal, 23. alternative, 24. skipped, 25. promote, 26. psychology, 27. relaxed, 28. renew, 29. reform

30. He has a flair for _____.

- n.* the science dealing with the logic of quantities, shapes, spaces, and arrangement

31. The primary purpose of the _____ is pain relief.

- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

32. 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

33. His thinking is _____ in the country's culture.

- n.* the ideas, opinions, beliefs, etc., that are considered normal or accepted by most people

34. The _____ approach to healthcare considers the person's physical, mental, and emotional well-being.

- adj.* relating to or dealing with the whole of something rather than just its parts

35. 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

36. There was a chemical _____ of the lime with the groundwater.

- n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

37. The kidney is an _____ component of the body.

- adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

ANSWERS: 30. mathematics, 31. treatment, 32. sting, 33. mainstream, 34. holistic, 35. decelerate, 36. reaction, 37. organic

38. She _____ the memories of her childhood.

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

39. We must _____ a new system to streamline our workflow and increase efficiency.

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

40. The magician's tricks _____ the audience.

- v.* to fill with wonder, surprise, or admiration

41. When a _____ of birds flies in, the hunt begins.

- n.* a gathering of sheep, goats, or birds

42. The cops _____ him of being the killer.

- v.* to consider anything to be actual or probable

43. 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

44. The _____ team worked quickly to save the patient's life.

- adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

45. The _____ of the situation is that he won the lottery on the day he lost his job.

- n.* the expression of one's meaning by using language that usually signifies the opposite, typically for humorous or rhetorical effect

ANSWERS: 38. cherished, 39. develop, 40. amazed, 41. flock, 42. suspected, 43. treadmill, 44. medical, 45. irony

46. He _____ himself by playing video games during his free time.

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

47. The devil can _____ Scripture for his purpose.

v. to refer to something such as a passage, book, etc. as evidence for a theory or as a reason why something has happened

48. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

49. She increased her _____ by planning out her tasks for the day.

n. the state or quality of being productive; the rate at which a company or individual produces goods or services, often measured in terms of output per unit of input, such as labor, capital, or time

50. The player quickly went to the _____ side of the defender.

adj. at, toward, or near the back part of something; (verb) to look after a child until it is an adult

51. Only a small number of _____ utilities offer sanitation services.

adj. relating to or located in a town or city

52. 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

53. This remote _____ is rarely visited.

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 46. amused, 47. cite, 48. obvious, 49. productivity, 50. rear, 51. urban, 52. uplift, 53. spot

54. That accident was something _____ with my long experience.

adj. too unlikely or shocking to imagine or accept

55. People tend to make _____ predictions.

adj. of, relating to, or consisting of lines or length; able to be expressed as a straight line, especially on a graph

56. The two friends had a minor _____ but quickly made up and resumed their conversation.

n. an argument or dispute between two or more people

57. In this society, discussing politics in public is a _____ subject.

adj. prohibited or restricted by social custom

58. 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

59. Be careful not to _____ the laundry machine.

v. to put too much a load in or on something

60. These infections have the potential to impact practically every _____ system.

n. a part of the body of an animal or plant that has a particular purpose and performs a specific job

61. 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

ANSWERS: 54. unthinkable, 55. linear, 56. quarrel, 57. taboo, 58. savor, 59. overload, 60. organ, 61. brigade

62. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
63. The bankruptcy of the giant conglomerate _____ turmoil in the stock market.
- v.* to start something or make it grow, especially suddenly; to emit a tiny piece of fire or electricity
64. To expand the company, we must ____ new human resources.
- v.* to hit someone or something quickly, gently, and often repeatedly; to use existing resources, such as energy, knowledge, etc.
65. Human _____ responses vary widely depending on the society to which they belong.
- adj.* relating to people's feelings
66. His pleasant face turned cold in an _____.
- adj.* happening immediately, with no delay
67. He's utterly _____ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else
68. Each ancient tribe has its _____ traditions.
- n.* the process of becoming or making somebody or something well again
69. A balanced ____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 62. discovery, 63. sparked, 64. tap, 65. emotional, 66. instant, 67. obsessed, 68. healing, 69. diet

70. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
71. Healing a broken heart requires _____ as it takes time to heal.
- n.* the ability to remain calm and composed in the face of adversity, delay, or frustration; the capacity to tolerate or endure difficult or unpleasant situations without becoming upset or angry
72. Yoga is a great way to promote _____ and reduce stress.
- n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
73. I can _____ my friend's computer to see if it's online.
- v.* to make a high-pitched, ringing sound; to send a brief electronic message or signal to another computer or device to check its availability or connection status
74. The new employee proved extremely _____ completing projects ahead of schedule.
- adj.* resulting in or making a lot or a significant amount of something, especially something of value
75. A smaller car will _____ less fuel.
- v.* to spend something, especially fuel, energy, or time, in a large amount
76. I need to finish this report by tonight, so I'll be working on my _____ all day.
- n.* a portable computer that is small enough to be carried around easily and used on your lap

ANSWERS: 70. environment, 71. patience, 72. relaxation, 73. ping, 74. productive, 75. consume, 76. laptop

77. A well-known analyst described the market _____ in the morning session.
n. a general description or summary of a subject
78. She works at a recording _____ in Los Angeles.
n. a room or building where creative or artistic work is produced; a television or radio production company
79. The _____ on my bike broke, leaving me stranded.
n. a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
80. Please get the desk _____.
adv. on or to a lower or ground floor of a building
81. 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
82. 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
83. We bought a Spanish _____ book.
n. a group of words that mean something specific when used together
84. The _____ class was excited to start their first year of college.
n. a first-year student, typically in college or high school

ANSWERS: 77. overview, 78. studio, 79. chain, 80. downstairs, 81. improvisation, 82. enema, 83. phrase, 84. freshman

85. Folk music is now experiencing a _____.
- n.* a new growth in activity or enthusiasm in anything, particularly art, literature, or music
86. He was recruited to play in the professional _____.
- n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
87. 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
88. 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
89. This approach employs both _____ and macro analysis methods.
- n.* extremely small in scale or scope; one millionth
90. The drama is fascinating and action-_____.
- adj.* extremely full of people; very crowded
91. Overall _____ are approximately 400x200mm.
- n.* a measurable extent of a particular kind, such as width, height, or length
92. His professional experience includes all _____ of media production.
- n.* one part or feature of a situation, problem, subject, etc.

ANSWERS: 85. renaissance, 86. league, 87. rehabilitate, 88. consumerism, 89. micro, 90. packed, 91. dimensions, 92. aspects

93. 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
94. 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
95. He ate the delicious meal with _____ savoring every bite.
- n.* great enthusiasm, enjoyment, and vigor in doing something; zest or keenness
96. 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
97. 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
98. She is talented at _____ and has won several awards for her artwork.
- n.* the act of making a picture with a pencil, pen, or other instruments on paper, cardboard, or other material
99. The results of that election put a _____ on political reform.
- n.* a device used to slow or stop a moving vehicle, typically by applying pressure to the wheels
100. 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: 93. marinade, 94. workaholic, 95. gusto, 96. sham, 97. overworked, 98. drawing, 99. brake, 100. medicinal

101. Her sudden _____ drew everyone's attention.

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

102. After the party, they had to clean up _____ of dirty dishes.

n. a collection of objects positioned one on top of another; a large sum of something, such as money

103. The government tried to _____ the commercialization of this development.

v. to make something faster or earlier; to cause to develop or progress more quickly

104. The country's _____ has decided to take large-scale measures against global warming.

n. the ability, act, or status of leading a group of people or an organization

105. He had fond memories of his _____ spent playing in the park with his friends.

n. the state or time of being a child

106. 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

107. I spotted a majestic _____ with large antlers standing at the forest's edge.

n. a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention

108. We should _____ mildly violent video games from a child's development perspective.

v. to officially or legally forbid or refuse to allow something

ANSWERS: 101. exclamation, 102. piles, 103. accelerate, 104. leadership, 105. childhood, 106. heartrending, 107. buck, 108. ban

109. Solar gravity creates _____ pressures and temperatures.

adj. very great in amount or degree

110. She is very _____ in her thoughts.

adj. based on or following traditional rules, standards, customs, etc.

111. That adventurer traveled in _____ of buried treasure.

n. a long or challenging search for something

112. The economy is growing at a supercharged _____.

n. the speed at which someone or something moves, or the rate at which something happens or changes

113. 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

114. The _____ in the book helped me understand the concept better.

n. a picture or diagram in a book, magazine, or newspaper that is used to explain or decorate the text; the act or process of explaining something

115. Shares in the company finally fell below their _____ value.

n. a state of being equal to someone or something

116. The beachfront property had a _____ location with stunning ocean views.

adj. worth having or achieving; pleasing, attractive, or sought after

117. 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

ANSWERS: 109. extreme, 110. conventional, 111. quest, 112. pace, 113. caliber, 114. illustration, 115. par, 116. desirable, 117. urbanization

118. 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

119. We have to _____ our company's product lineup for further growth.

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

120. 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

121. The skillful _____ helped me improve my grades in math.

- n.* a person who teaches or gives private instruction in a particular subject or skill

122. 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

123. They _____ customers with a premium for loyal patronage.

- v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

124. The mobile application industry is a _____ one.

- adj.* involving competition or competitiveness

125. We want to _____ our company through your media.

- v.* to draw attention to something such as a product, service, or event in public to encourage people to buy, use, or attend it

ANSWERS: 118. litmus, 119. rethink, 120. dread, 121. tutor, 122. verge, 123. encouraged, 124. competitive, 125. advertise

126. 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
127. Night fishing has a lot of _____.
- n.* a thing given in acknowledgment of service, hard work, achievement, etc.
128. He was promoted to the _____ of captain in the military.
- n.* a position in a hierarchy of status or authority; (verb) to take or have a position relative to others
129. The food chain causes a material _____.
- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
130. Who answers _____ knows little.
- adv.* quickly and unexpectedly
131. 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
132. The shredder in the print room often has paper _____.
- n.* a situation in which something becomes stuck because of a dense crowd of people, vehicles, etc.; a preserve of crushed fruit
133. Please don't _____ me while I'm trying to concentrate.
- v.* to disturb, annoy, or cause inconvenience or worry to someone; to take the trouble or effort to do something

ANSWERS: 126. salute, 127. rewards, 128. rank, 129. cycle, 130. suddenly, 131. burnout, 132. jams, 133. bother

134. The company is set to _____ its new product line next month.
- v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time
135. 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
136. She was the _____ to the rule, as she managed to graduate college in only two years.
- n.* something that is not included in a general rule or pattern; a person or thing that is excluded or stands apart from others
137. 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
138. The _____ of stress over time can lead to health problems.
- n.* the accumulation or increase of something over time
139. My father tried to _____ mathematics into my head since childhood.
- v.* to hit or cause to hit something in a way that makes a loud noise
140. The _____ over climate change continues to be a hot topic in politics.
- n.* a formal discussion or argument of opposing viewpoints, often to persuade others to adopt a specific position; a public discussion, often on an issue of current interest, in which participants offer opinions and differing perspectives
141. The study found that the treatment was _____ effective in most cases.
- adv.* particularly; especially; in a way that is worthy of attention

ANSWERS: 134. launch, 135. gladiator's, 136. exception, 137. weep, 138. buildup, 139. bang, 140. debate, 141. notably

142. _____ design has become more focused on human nature aspect than ever before.
adj. of or relating to or resulting from industry
143. The two art pieces were hung on opposite walls and acted as _____ elements in the room's decor.
adj. serving to complete or enhance something in a way that is suitable or pleasing
144. The detective carefully _____ the true identity of the murderer.
v. to make known or disclose something that was previously hidden, secret, or unknown; to unveil or show something that was concealed or not visible
145. You _____ a bill in the change machine, and the coins pop out.
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
146. Trends in the fashion industry are so _____ that it is challenging to keep up with them.
adj. constantly changing or moving
147. The teacher will not _____ any students to leave the classroom early.
v. to allow for something to happen or be done; (noun) the act of giving a formal, usually written, authorization
148. There is no _____ car park nearby.
n. money that you have to pay to use a particular road, bridge, etc.; (verb) to ring slowly
149. 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

ANSWERS: 142. Industrial, 143. complementary, 144. revealed, 145. stick, 146. shifting, 147. permit, 148. toll, 149. chariot

150. They each choose _____ to battle.

adv. in spite of what has just been said or done; nevertheless

151. He was heavily involved in _____ activities and was president of the debate club.

adj. outside the regular curriculum or program of courses

152. X-rays revealed a small tumor in his _____.

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

153. The FBI _____ went undercover to infiltrate the criminal organization.

n. a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously

154. The drama series mainly received _____.

n. an expression that shows approval and admiration of the achievements or characteristics of someone or something

155. The lawyer's ____ for the case was \$10,000.

n. a sum of money charged for a particular service

156. The _____ leader promised his followers that they would achieve enlightenment if they followed his teachings.

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

ANSWERS: 150. nonetheless, 151. extracurricular, 152. brain, 153. agent, 154. praise, 155. fee, 156. cult

157. Her dress was a disturbing _____ of colors.

n. a fight or argument between two groups of people; a loud noise caused by striking against something

158. 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

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

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

160. Recent electoral shocks have shaken the political _____ in Europe.

n. an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance

161. The sound of the drums _____ through the concert hall.

v. to make a loud, deep sound that echoes

162. The phrase "big shot" and "important person" are _____.

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

163. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

164. 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

ANSWERS: 157. clash, 158. throttle, 159. spiritual, 160. landscape, 161. resounded,

162. synonymous, 163. decision, 164. byword

165. I always put a _____ mark next to the items on my grocery list after buying them.
n. a light, sharp, repetitive sound or action; a mark indicating that something is correct or has been done; any of two families of small parasitic arachnids with barbed proboscis
166. The majority of the people on the island are _____ folk.
n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
167. The judge instructed the _____ on the law and the evidence presented in the trial.
n. a group of people called upon to render a verdict or judgment in a legal trial; a group of people chosen for a special purpose or task
168. 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
169. I'm going to take the _____ to get to my destination faster.
n. a main road, especially one connecting major towns or cities
170. 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
171. Fresh water is becoming increasingly _____ in many parts of the world.
adj. not abundant or plentiful, and therefore not easy to find or obtain
172. A broken gas pipe triggered the _____.
n. a violent release induced by a chemical or nuclear reaction

ANSWERS: 165. tick, 166. fishery, 167. jury, 168. nub, 169. highway, 170. acupuncture, 171. scarce, 172. explosion

173. I sat on the _____ in the park and enjoyed the beautiful scenery.

- n.* a long, flat surface, often elevated and supported by legs, used for sitting, working, or displaying objects; persons who administer justice

174. Timely education about birth control might help reduce _____ pregnancies.

- n.* a young person who is in the process of developing from a child into an adult

175. The _____ party strongly disagreed with the government's proposed legislation.

- n.* the act of disagreeing or resisting; the state of strong disagreement

176. The athlete was able to _____ over the hurdle with ease.

- v.* to jump or spring into the air, often with the feet leaving the ground or a surface below; to move quickly or suddenly, often forward or upward

177. The airline's _____ showed a delay of three hours for our flight to London.

- n.* a schedule or plan that shows the times at which particular events or activities are intended to occur; a list of train, bus, or airplane departures and arrivals

178. Foreign TV crews and _____ can go as they please in various locations during the Olympics.

- n.* a person who collects and writes news stories or articles for newspapers, magazines, radio, television, or other online media

179. 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

ANSWERS: 173. bench, 174. adolescent, 175. opposition, 176. leap, 177. timetable, 178. journalists, 179. tortoise

180. The younger _____ has different values and beliefs than the older one.
- n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
181. The _____ lost his position in the end due to the scandal.
- n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.
182. 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
183. 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
184. 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
185. The _____ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture
186. 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
187. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

ANSWERS: 180. generation, 181. politician, 182. squash, 183. pun, 184. roadrunner, 185. nation, 186. reflex, 187. decide

188. The _____ of the dancers on stage was graceful and elegant.

- n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

189. Please _____ to the instruction manual for further assistance.

- v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support

190. She took an _____ walk through the park, enjoying the peaceful surroundings.

- adj.* not feeling rushed

191. The _____ of the music was slow and soothing.

- n.* the speed at which a piece of music is performed

192. She checked her _____ before embarking on the hike.

- n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

193. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.

- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

194. So far, the meeting is going according to _____.

- n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 188. movement, 189. refer, 190. unhurried, 191. tempo, 192. gear, 193. damage, 194. schedule

195. Article VII, _____ 2 of the United States Constitution stipulates a presidential veto.

- n.* a distinct section of a piece of writing intended to separate ideas, usually consisting of at least one sentence and beginning on a new line

196. 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

197. I will introduce some _____ on learning English in this class.

- n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

198. The _____ office has decided to lay off 10% of the workforce.

- adj.* of or relating to a large company

199. The overgrown _____ cleaved to the ruined castle walls.

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

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

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

201. Two birds were _____ overhead.

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

202. 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

ANSWERS: 195. Paragraph, 196. hothouse, 197. tips, 198. corporate, 199. ivy, 200. gym, 201. hovering, 202. recharge

203. She is the president of a large international _____.

n. a group of people who work together for a shared purpose

204. 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

205. The _____ scientist made groundbreaking discoveries in the field of medicine.

adj. worthy of attention or notice; remarkable or significant; deserving to be recognized or remembered

206. 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

207. All the supervisor has to do is assign tasks that make his subordinates more _____.

adj. relating to or involving the use of skill and original and unusual ideas to create something

208. 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

209. I like to _____ through commercials when watching TV shows.

v. to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

ANSWERS: 203. organization, 204. cram, 205. notable, 206. metaphysics, 207. creative, 208. disillusioned, 209. fast-forward

210. He tried to ____ his anger during the argument with his friend.

- v.* to restrain, limit, or control something; to reduce or put a stop to something undesirable; (noun) the raised edge or barrier along the edge of a street, road, or sidewalk

211. ____ is the start, not the end, of intelligence.

- n.* a feeling of being uncertain about something, especially about how good or accurate it is

212. He was _____ when he lost all his money by gambling.

- adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

213. Human beings have a _____ lifespan, so we yearn for the idea of immortality.

- adj.* having a limit or restriction of size, time, etc.

214. Many people find that regular ____ practice can help reduce stress and anxiety.

- n.* a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

215. 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

216. 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

ANSWERS: 210. curb, 211. Doubt, 212. desperate, 213. finite, 214. yoga, 215. gratification, 216. headmaster

217. 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
218. 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
219. 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
220. I underwent aversion _____ for my addiction to alcohol.
n. the act of caring for someone through medication, remedial training, etc.
221. He has a _____ demeanor and always presents himself in a polished manner.
adj. having or showing the skill appropriate to a particular job; competent or skillful
222. She _____ after a long day at work with a yoga class.
v. to reduce the pressure or tension on something or someone
223. It's _____ to wear a helmet when riding a bike.
adj. having good sense or judgment; reasonable; practical; marked by a perception of the importance or seriousness of something
224. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another

ANSWERS: 217. cauldron, 218. mentality, 219. starve, 220. therapy, 221. professional, 222. decompressed, 223. sensible, 224. relations

225. Rice and beans are a _____ food in many cultures.

adj. essential, crucial, or regularly used

226. This project took a lot of time to get the president's _____.

n. the belief that someone or something is good or acceptable

227. In the hospital, she will remain under constant _____.

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

228. The _____ leader inspired others to join the fight for freedom and democracy.

adj. relating to or characterized by a complete or dramatic change

229. Push the button and let the water _____ away.

v. to empty or dry something by removing the liquid from it

230. The _____ demonstrate that poverty and unemployment are genuine problems.

n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

231. I can't _____ he'd want to harm us.

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

232. We can use this campaign as a bargaining _____ in the negotiations.

n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

233. 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: 225. staple, 226. approval, 227. observation, 228. revolutionary, 229. drain, 230. statistics, 231. conceive, 232. chip, 233. mindset

234. The workers were able to _____ the tent in just a few minutes.

v. to construct or build something; to cause to rise; (adjective) upright or vertical

235. Other technology industries _____ similarly explosive growth.

v. to show something in public for people to enjoy or to provide them with information

236. Upon reaching _____ the body releases a surge of hormones, including oxytocin and endorphins.

n. the peak of sexual pleasure during sexual activity, which typically involves intense physical and emotional sensations

237. If necessary, you can _____ the front seats forward.

v. to move or cause to move smoothly along a surface without interruption

238. The test results were _____ and showed improvement.

adj. giving hope, confidence, or support; inspiring

239. Many famous _____ are within walking distance.

n. the ability to see; anything that is seen

240. Very few educational _____ go to Oxford or Cambridge.

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

241. 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

ANSWERS: 234. erect, 235. exhibit, 236. orgasm, 237. slide, 238. encouraging, 239. sights, 240. elites, 241. slacker

242. Ethics is a branch of _____.

- n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

243. The company faced a _____ from customers after the recall.

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

244. The President made the _____ of war.

- n.* a formal or explicit statement or announcement

245. We decided to take a detour to avoid the construction _____ on the main road.

- n.* the movement of vehicles, people, or goods along a route or through a transport system; the amount of such movement in a particular place or at a particular time

246. The woods _____ the house.

- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection

247. I heard the _____ of conversation from the next room.

- v.* to make a continuous, low humming sound such as the one a bee makes; an exciting and active atmosphere

248. Sipping an ice-cold lemonade on a hot summer day is a _____ experience.

- adj.* providing a sense of renewal, revitalization, or invigoration; pleasantly rejuvenating or reenergizing; offering relief or respite from fatigue or monotony

249. These articles cite five _____ of climate change.

- n.* a particular example or single occurrence of something

ANSWERS: 242. philosophy, 243. backlash, 244. declaration, 245. traffic, 246. embrace, 247. buzz, 248. refreshing, 249. instances

250. Your _____ reflects your thoughts.

- n.* an informal talk between two or more people to exchange their views, ideas, information, etc.

251. _____ I know the answer to that question.

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

252. The company's cybersecurity team _____ the CEO to potential threats.

- v.* to warn or arouse to a sense of danger; (adjective) paying close attention or being in a state of readiness for action

253. She gave an _____ speech at the graduation ceremony.

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

254. The committee _____ several apparent inconsistencies.

- v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

255. University is a great place to _____ our minds and expertise.

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

256. The light _____ has burned out.

- n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball

257. 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

ANSWERS: 250. conversation, 251. Incidentally, 252. alerted, 253. eloquent, 254. investigated, 255. cultivate, 256. bulb, 257. hypocrisy

258. He _____ the phone number and waited for an answer.

- v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

259. There is a woods with a creek near the school _____.

- n.* an area where many people go for recreation, especially at a school or in a park

260. He bought a new _____ to attach the strap to his watch.

- n.* a small object with a head on one end and a sharp point on the other, used for fastening clothing, leather, or other materials; an animal used for breeding, typically a male horse or bull that is of superior breeding stock; (verb) to decorate or adorn with studs; to provide with studs for support

261. He has an _____ knowledge of American history.

- adj.* having a very close friendship, personal

262. The prime minister canceled visits to other countries to resolve _____ disputes.

- adj.* of or relating to the inside of something

263. The _____ pleasure of life is the conviction that we are loved.

- adj.* highest in rank, level, or importance

264. 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

ANSWERS: 258. dialed, 259. playground, 260. stud, 261. intimate, 262. internal, 263. supreme, 264. bedtime

265. 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

266. The newborn baby was swaddled in a soft and _____ blanket.

- adj.* gentle and delicate; showing care and consideration for others; easily injured or hurt; offering a bid or proposal in the process of negotiation

267. Please _____ the heater before you go to bed.

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

268. I will work hard to _____ my goals and realize my dreams.

- v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

269. 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

270. The government is determined to _____ sharp inflation.

- v.* to try to deal with a complex problem or situation

271. His _____ speech about his struggles with addiction brought tears to the audience's eyes.

- adj.* causing strong emotions or feelings, especially sadness or sympathy

272. The corporation _____ dominated the entire tobacco business.

- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 265. hallelujah, 266. tender, 267. unplug, 268. achieve, 269. envy, 270. tackle, 271. moving, 272. eventually

273. In this class, you will learn how to solve quadratic _____.

- n.* the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign

274. The designer's _____ was to create a minimalist aesthetic for the interior of the building.

- n.* a strong determination or attention to do or achieve something; (adjective) having a strong determination to do or achieve something

275. The _____ accident caused the car to flip over and land on its roof.

- n.* an abnormality that is not typical or expected

276. The artist held a _____ to teach students how to paint with watercolors.

- n.* a place where people work, especially one where they do manual or practical work; a brief intensive course for a small group

277. The _____ of people who do not own property is politically impotent.

- n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

278. The _____ violence in the movie was unnecessary and disturbing.

- adj.* given or done without charge or payment

279. He beat out a jazz _____ on the cajones.

- n.* a strong regular repeated pattern of sounds, words, or musical notes that are used in music, poetry, and dancing

ANSWERS: 273. equations, 274. intent, 275. freak, 276. workshop, 277. mass, 278. gratuitous, 279. rhythm