

**Wordlist**

Here is a list of useful or new words from Headway 5th edition Upper Intermediate Student's Book.

*adj* = adjective *abbrev* = abbreviation *conj* = conjunction *phr v* = phrasal verb *phr* = phrase *pron* = pronoun

*adv* = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
autobiography	<i>n</i>	/ˌɔːtəbɪ'ɒɡrəfi/	The author wrote about her childhood in her <b>autobiography</b> .	1	
banter	<i>n</i>	/'bæntə(r)/	I miss the friendly, good-humored <b>banter</b> with my friends.	1	
beggar	<i>n</i>	/'begə(r)/	The child got lost in the city and became a <b>beggar</b> .	1	
blankly	<i>adv</i>	/'blæŋkli/	He looked at me <b>blankly</b> , with no emotion.	1	
bother	<i>v</i>	/'bɒðə(r)/	I don't think I'll <b>bother</b> with dessert.	1	
buddy	<i>n</i>	/'bʌdi/	I'm going to stay with my <b>buddy</b> Dave for a few days.	1	
cheers	<i>phrase</i>	/'tʃiə(r)z/	Some people say " <b>cheers</b> " to express gratitude.	1	
colloquial	<i>adj</i>	/'kɒləkwɪəl/	"Cheers" and "buddy" are examples of <b>colloquial</b> language.	1	
cramped	<i>adj</i>	/'kræmpt/	This ferry is so small and uncomfortable! It's a <b>cramped</b> ride.	1	
crisp	<i>adj</i>	/'krɪsp/	Up in the mountains, the air is <b>crisp</b> and clear.	1	
desire	<i>n</i>	/'diːzaɪə(r)/	Saroo's <b>desire</b> to find his family grew stronger.	1	
determine	<i>v</i>	/'diːtɜː(r)mɪn/	One important decision may <b>determine</b> the rest of your life.	1	
drag	<i>n</i>	/'dræɡ/	Doing the house chores can be a <b>drag</b> .	1	
familiar	<i>adj</i>	/'fæːmɪliə(r)/	The woman seemed <b>familiar</b> . I had seen that face before.	1	
flamingo	<i>n</i>	/'flæːmɪŋɡəʊ/	My favourite bird is the <b>flamingo</b> . I love the pink feathers!	1	
freak	<i>v</i>	/'friːk/	Don't <b>freak</b> , mum! The sharks I saw were just baby sharks.	1	
grasp	<i>v</i>	/'grɑːsp/	Saroo's mum couldn't <b>grasp</b> that her son had returned.	1	
great stuff	<i>n</i>	/'stʌf/	Thanks for getting those tickets for me. <b>Great stuff!</b>	1	
heartwarming	<i>adj</i>	/'hɑː(r)t.wɔː(r)mɪŋ/	The book tells a <b>heartwarming</b> story of love and friendship.	1	
hordes	<i>n pl</i>	/'hɔː(r)dz/	There were <b>hordes</b> of people pushing and rushing in Calcutta.	1	
housewarming	<i>adj</i>	/'haʊs.wɔː(r)mɪŋ/	The new neighbours are having a <b>housewarming</b> party.	1	
humid	<i>adj</i>	/'hjuːmɪd/	The weather in Calcutta is hot and <b>humid</b> in the summer.	1	
illiterate	<i>adj</i>	/'ɪlɪtərət/	Saroo was an <b>illiterate</b> child - he couldn't read or write.	1	
kit	<i>n</i>	/'kɪt/	I can't travel with my drum <b>kit</b> , so I always leave it at home.	1	
modest	<i>adj</i>	/'mɒdɪst/	She's a <b>modest</b> person. She doesn't like to boast.	1	
nap	<i>n</i>	/'næp/	I'm so tired. I'm going to take a <b>nap</b> .	1	
notorious	<i>adj</i>	/'nəʊːtɜːriəs/	Calcutta is <b>notorious</b> for its slums.	1	
novel	<i>n</i>	/'nɒv(ə)l/	He made a fortune with the first <b>novel</b> he wrote.	1	
orphanage	<i>n</i>	/'ɔː(r)f(ə)nɪdʒ/	Saroo got lost and was taken in by an <b>orphanage</b> .	1	
paradise	<i>n</i>	/'pærədaɪs/	The Galapagos islands felt like <b>paradise</b> .	1	
pelican	<i>n</i>	/'pelɪkən/	The <b>pelican</b> is a type of water bird.	1	
pups	<i>n pl</i>	/'pʌps/	The sea lions and their <b>pups</b> were relaxing on the rocks.	1	
remotely	<i>adv</i>	/'riːməʊtli/	Her face was <b>remotely</b> familiar, but who was she?	1	
shabby	<i>adj</i>	/'ʃæbi/	She lived in an old <b>shabby</b> house in a poor neighbourhood.	1	
shelter	<i>n</i>	/'ʃeltə(r)/	After the storm, we had to live in a temporary <b>shelter</b> .	1	
slum	<i>n</i>	/'slʌm/	He lived in a big city <b>slum</b> for many years.	1	
snorkel	<i>v</i>	/'snɔː(r)k(ə)l/	On the Galapagos islands, you can <b>snorkel</b> with sea turtles.	1	
source	<i>n</i>	/'sɔː(r)s/	The changing tide is a <b>source</b> of amazement to me.	1	
star-studded	<i>adj</i>	/'stɑː(r).stʌdɪd/	Her new film is <b>star-studded</b> . Many celebrities appear on it.	1	
sticky	<i>adj</i>	/'stɪki/	The weather is hot and humid, and it can get a little <b>sticky</b> .	1	
suppose	<i>v</i>	/'səːpəʊz/	I <b>suppose</b> what I miss most about my country is the food.	1	
swing	<i>v</i>	/'swɪŋ/	Having all that money could really <b>swing</b> it for us.	1	
tide	<i>n</i>	/'taɪd/	We watched the rising <b>tide</b> from the promenade.	1	
tongue	<i>n</i>	/'tʌŋ/	Everyone around me was speaking in an unfamiliar <b>tongue</b> .	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
upbeat	<i>adj</i>	/ˈʌpbɪ:t/	He's very optimistic and <b>upbeat</b> about his future.	1	
venture	<i>v</i>	/ˈventʃə(r)/	Saroo's mum didn't <b>venture</b> into Calcutta. It was too far.	1	
vivid	<i>adj</i>	/ˈvɪvɪd/	He had <b>vivid</b> memories about his childhood.	1	
vote	<i>n</i>	/vəʊt/	I'm a foreigner so I don't have a national <b>vote</b> here.	1	
wander	<i>v</i>	/ˈwɒndə(r)/	He was lost. All he could do was to <b>wander</b> the streets alone.	1	
weathered	<i>adj</i>	/ˈweðə(r)d/	Her face was <b>weathered</b> , but she was still beautiful.	1	
abolish	<i>v</i>	/əˈbɒlɪʃ/	We should <b>abolish</b> the Royal Family.	2	
aisle	<i>n</i>	/aɪl/	I'm used to walking down the <b>aisle</b> on planes.	2	
anxious	<i>adj</i>	/ˈæŋkʃəs/	Hotel owners are <b>anxious</b> about <i>Tripadvisor</i> feedback.	2	
awe	<i>n</i>	/ɔ:/	The sight of the Northern Lights filled me with <b>awe</b> .	2	
beeping	<i>adj</i>	/ˈbi:pɪŋ/	I heard the <b>beeping</b> sound when the machine finished.	2	
bleed	<i>v</i>	/bli:d/	I cut my finger and it started to <b>bleed</b> .	2	
botanist	<i>n</i>	/ˈbɒtənɪst/	A <b>botanist</b> is an expert in the scientific study of plants.	2	
buzzing	<i>adj</i>	/ˈbʌzɪŋ/	That <b>buzzing</b> fly is getting on my nerves!	2	
chute	<i>n</i>	/ʃu:t/	The aircrew showed us the position of the emergency <b>chute</b> .	2	
circumnavigate	<i>v</i>	/ˌsɑ:(r)kəmˈnævɪˌgeɪt/	Jeanne Baret was the first woman to <b>circumnavigate</b> the globe.	2	
clog	<i>v</i>	/klɒg/	We have to reduce plastic waste or this will <b>clog</b> the oceans.	2	
compensate	<i>v</i>	/ˈkɒmpenseɪt/	He bought a present to <b>compensate</b> for being late.	2	
consequence	<i>n</i>	/ˈkɒnsɪkwəns/	Ruined beaches is a <b>consequence</b> of too much plastic waste.	2	
consider	<i>v</i>	/kənˈsɪdə(r)/	Do you <b>consider</b> Hawaii a place where you can find paradise?	2	
crew	<i>n</i>	/kru:/	One of the <b>crew</b> members told us to disembark the aircraft.	2	
culprit	<i>n</i>	/ˈkʌlprɪt/	The real <b>culprit</b> of plastic waste is our shopping habits.	2	
current	<i>n</i>	/ˈkʌrənt/	The sea <b>currents</b> have created five garbage patches.	2	
devastating	<i>adj</i>	/ˈdevəˌsteɪtɪŋ/	Plastic waste may have <b>devastating</b> consequences.	2	
disbelief	<i>n</i>	/ˌdɪsbɪˈli:f/	He looked at her with <b>disbelief</b> . Was she in danger?	2	
donate	<i>v</i>	/ˈdɒnəˈneɪt/	My brother is undergoing surgery so I'm going to <b>donate</b> blood.	2	
dull	<i>adj</i>	/dʌl/	My life was a bit <b>dull</b> until I discovered parachuting.	2	
dump	<i>v</i>	/dʌmp/	It's strictly forbidden to <b>dump</b> rubbish overboard.	2	
expat	<i>n</i>	/ˈekspæt/	He's an American <b>expat</b> . He left the country when he was 20.	2	
fake	<i>adj</i>	/feɪk/	Don't believe everything you read online. Some news is <b>fake</b> .	2	
fancy	<i>v</i>	/ˈfænsɪ/	I really <b>fancy</b> a cup of tea.	2	
float	<i>v</i>	/fləʊt/	The best part of parachuting is when you <b>float</b> through the sky.	2	
freaky	<i>adj</i>	/ˈfri:ki/	It was <b>freaky</b> to walk down the aisle of the plane to jump out!	2	
freefall	<i>n</i>	/ˈfri:fo:l/	You get 60 seconds of <b>freefall</b> before the parachute opens.	2	
garbage	<i>n</i>	/ˈgɑ:(r)bɪdʒ/	There is a <b>garbage</b> patch in the Pacific made of plastic.	2	
glad	<i>adj</i>	/glæd/	I'm so <b>glad</b> you finally came!	2	
gobble	<i>v</i>	/ˈgɒb(ə)l/	Some small fish <b>gobble</b> tiny plastic fragments.	2	
grain	<i>n</i>	/greɪn/	There were billions of plastic flecks among the <b>grains</b> of sand.	2	
gravity	<i>n</i>	/ˈgrævəti/	Have you ever experienced zero <b>gravity</b> ?	2	
herbalist	<i>n</i>	/ˈhɜ:(r)bəlɪst/	She loved plants and worked as a <b>herbalist</b> .	2	
impose	<i>v</i>	/ɪmˈpəʊz/	All governments should <b>impose</b> a tax on plastic bags.	2	
infinite	<i>adj</i>	/ˈɪnfɪnət/	Our life is full of an <b>infinite</b> number of plastic products.	2	
isolated	<i>adj</i>	/ˈaɪsəˌleɪtɪd/	Hawaii is an <b>isolated</b> island in the middle of the Pacific Ocean.	2	

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jellyfish	<i>n</i>	/ˈdʒeliːfɪʃ/	We couldn't dive in the sea because there were <b>jellyfish</b> .	2	
jute	<i>n</i>	/dʒuːt/	Plastic bags can be replaced with natural <b>jute</b> bags.	2	
lethal	<i>adj</i>	/ˈliːθl/	The amount of plastic humans generate could be <b>lethal</b> .	2	
literally	<i>adv</i>	/ˈlɪt(ə)rəli/	When I jumped out the plane, I <b>literally</b> forgot to breathe!	2	
litter	<i>n</i>	/ˈlɪtə(r)/	Since 1994, plastic <b>litter</b> has increased by 140%.	2	
misleading	<i>adj</i>	/mɪsˈliːdɪŋ/	Room descriptions on the hotel website can be <b>misleading</b> .	2	
native	<i>adj</i>	/ˈneɪtɪv/	She's met a lot of <b>native</b> people, such as the Kuna Indians.	2	
navigation	<i>n</i>	/ˌnævɪˈgeɪʃ(ə)n/	The stormy weather made <b>navigation</b> more difficult.	2	
navy	<i>n</i>	/ˈneɪvi/	The two <b>navy</b> ships circumnavigated the globe.	2	
obscenity	<i>n</i>	/əbˈsenəti/	Single-use water bottles are a wasteful <b>obscenity</b> .	2	
patch	<i>n</i>	/pætʃ/	The garbage <b>patch</b> is double the size of France.	2	
peasant	<i>n</i>	/ˈpez(ə)nt/	She was born in the countryside to a <b>peasant</b> family.	2	
portion	<i>n</i>	/ˈpɔː(r)ʃ(ə)n/	I've only eaten one <b>portion</b> of vegetables today.	2	
rank	<i>v</i>	/ræŋk/	Parachuting <b>ranks</b> second in my bucket list.	2	
reject	<i>v</i>	/rɪˈdʒekt/	We need to <b>reject</b> the main culprits of plastic waste.	2	
remove	<i>v</i>	/rɪˈmuːv/	We volunteer to <b>remove</b> garbage from the beach.	2	
resign	<i>v</i>	/rɪˈzaɪn/	I'm not happy at work so I'm going to <b>resign</b> .	2	
rival	<i>n</i>	/ˈraɪv(ə)l/	An executive posted fake reviews of his <b>rival's</b> company.	2	
rush	<i>n</i>	/rʌʃ/	I felt a <b>rush</b> of cold air when I walked out.	2	
sailor	<i>n</i>	/ˈseɪlə(r)/	Jeanne Baret was a <b>sailor</b> who circumnavigated the globe.	2	
setting	<i>n</i>	/ˈsetɪŋ/	Hawaii has been the <b>setting</b> of countless TV series and films.	2	
shimmering	<i>adj</i>	/ˈʃɪmə(r)ɪŋ/	The Northern lights were like a <b>shimmering</b> curtain.	2	
slosh	<i>v</i>	/slɒʃ/	Tons of plastic <b>slosh</b> around in the sea.	2	
soil	<i>v</i>	/sɔɪl/	As they say, don't <b>soil</b> your own nest.	2	
spin	<i>v</i>	/spɪn/	The sight of blood made my head <b>spin</b> .	2	
spurn	<i>v</i>	/spɜː(r)n/	We need to publicly <b>spurn</b> the culprits.	2	
staggered	<i>adj</i>	/ˈstæɡə(r)d/	I was <b>staggered</b> to discover beaches covered in plastic.	2	
sting	<i>v</i>	/stɪŋ/	Don't go into the sea or the jellyfish will <b>sting</b> you.	2	
stress	<i>v</i>	/stres/	I'd like to <b>stress</b> that fake online reviews are an exception.	2	
stroll	<i>n</i>	/strɔːl/	The beach was just a <b>stroll</b> away from the hotel.	2	
user-generated	<i>adj</i>	/ˌjuːzə(r)ˈdʒenəreɪtɪd/	Many hotel review websites include <b>user-generated</b> content.	2	
vein	<i>n</i>	/veɪn/	The nurse found the <b>vein</b> and introduced the needle.	2	
voyage	<i>n</i>	/ˈvɔɪdʒ/	Have you ever been on a sea <b>voyage</b> ?	2	
wasteful	<i>adj</i>	/ˈweɪs(t)f(ə)l/	Using all that plastic is just <b>wasteful</b> .	2	
adapt	<i>v</i>	/əˈdæpt/	They are going to <b>adapt</b> my latest novel for film.	3	
alert	<i>v</i>	/əˈlɜː(r)t/	<b>Alert</b> the police! There's someone in the house!	3	
alien	<i>adj</i>	/ˈeɪliən/	Some people think the world is an <b>alien</b> and frightening place.	3	
alight	<i>v</i>	/əˈlaɪt/	His gaze came to <b>alight</b> on the hanging figure of the woman.	3	
anchorage	<i>n</i>	/ˈæŋkərɪdʒ/	Make sure the ladder has firm <b>anchorage</b> before you go up.	3	
anonymous	<i>adj</i>	/əˈnɒnɪməs/	An <b>anonymous</b> donor gave us £5,000 for the start-up.	3	
apparently	<i>adv</i>	/əˈpærəntli/	<b>Apparently</b> , he lives in a castle.	3	
beckon	<i>v</i>	/ˈbekən/	Why did he <b>beckon</b> to me? I'm certainly not following him!	3	
beehive	<i>n</i>	/ˈbiːhaɪv/	I'd love to have a <b>beehive</b> and harvest honey.	3	

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beekeeper	<i>n</i>	/ˈbiːkiːpə/	If you like bees so much, why don't you become a <b>beekeeper</b> ?	3	
bureaucracy	<i>n</i>	/ˈbjʊəˈrɒkrəsi/	Citizens have to get through much <b>bureaucracy</b> to get a permit.	3	
clinging	<i>adj</i>	/ˈklɪŋɪŋ/	I saw a <b>clinging</b> woman on the balcony!	3	
clutch	<i>v</i>	/klʌtʃ/	<b>Clutch</b> firmly to the railings or you may fall.	3	
commuter	<i>n</i>	/kəˈmjuːtə(r)/	I'm a <b>commuter</b> . I travel from home to work every day.	3	
congratulate	<i>v</i>	/kənˈgrætʃəleɪt/	Did you <b>congratulate</b> her on the good news?	3	
constituent	<i>n</i>	/kənˈstɪtʃənt/	Melodrama is a frequent <b>constituent</b> of real life.	3	
descend	<i>v</i>	/dɪˈsend/	Once she got to the top, she started to <b>descend</b> .	3	
discharge	<i>v</i>	/dɪsˈtʃɑː(r)dʒ/	It took the doctor ages to <b>discharge</b> me from hospital.	3	
dummy	<i>n</i>	/ˈdʌmi/	They used a <b>dummy</b> for the crash test.	3	
encounter	<i>v</i>	/ɪnˈkaʊntə(r)/	It's so uplifting when you <b>encounter</b> the kindness of strangers!	3	
entwine	<i>v</i>	/ɪnˈtwain/	I <b>entwined</b> my fingers with his.	3	
feebly	<i>adv</i>	/ˈfiːbli/	She smiled <b>feebly</b> , as if she was really tired.	3	
gas	<i>v</i>	/gæs/	He tried to <b>gas</b> himself, but fortunately, he didn't succeed.	3	
gaze	<i>n</i>	/geɪz/	His <b>gaze</b> followed her as she left the room.	3	
ghastliness	<i>n</i>	/ˈgɑːs(t)lɪnəs/	Not everything has to be about <b>ghastliness</b> and wrongdoing.	3	
gossip	<i>n</i>	/ˈgɒsɪp/	The rescue of the girl became the focus of <b>gossip</b> .	3	
hard-headed	<i>adj</i>	/ˈhɑː(r)dˈhedɪd/	I have a <b>hard-headed</b> , realistic view of history.	3	
haunting	<i>adj</i>	/ˈhɔːntɪŋ/	She usually writes <b>haunting</b> dramas which are truly evocative.	3	
hedge	<i>n</i>	/hedʒ/	A <b>hedge</b> surrounded the house creating a natural fence.	3	
interpretation	<i>n</i>	/ɪnˌtɜː(r)priˈteɪʃ(ə)n/	My first <b>interpretation</b> of the scene was clearly wrong.	3	
liquids	<i>n pl</i>	/ˈlɪkwɪdʒ/	Don't forget you can't take <b>liquids</b> onto planes.	3	
massacre	<i>n</i>	/ˈmæsəkə(r)/	Hundreds of people died in the attack. It was a <b>massacre</b> .	3	
matinee	<i>n</i>	/ˈmætiːni/	Don't miss the <b>matinee</b> performance on Saturday.	3	
melodrama	<i>n</i>	/ˈmeləˈdrɑːmə/	As an abandoned child, his early life was full of <b>melodrama</b> .	3	
memorable	<i>adj</i>	/ˈmem(ə)rəb(ə)/	Travelling to a war zone was a <b>memorable</b> experience.	3	
misogynistic	<i>adj</i>	/ˈmɪsədʒəˈnɪstɪk/	<b>Misogynistic</b> stories are not so popular these days.	3	
novelty	<i>n</i>	/ˈnɒv(ə)lti/	It was a relief when the <b>novelty</b> wore off.	3	
overqualified	<i>adj</i>	/ˌəʊvə(r)ˈkwɒlɪˌfaɪd/	I'm afraid you are <b>overqualified</b> for this position.	3	
paved	<i>adj</i>	/peɪvd/	There was a <b>paved</b> court down the alley.	3	
plot	<i>n</i>	/plɒt/	What's the <b>plot</b> or the story of the film?	3	
pour	<i>v</i>	/pɔː(r)/	Let me <b>pour</b> the boiling water for you.	3	
prolific	<i>adj</i>	/prəˈlɪfɪk/	Ruth Rendell was a <b>prolific</b> writer. She wrote many books.	3	
prompt	<i>adj</i>	/prɒmpt/	The <b>prompt</b> action of a neighbour saved my life.	3	
railings	<i>n pl</i>	/ˈreɪlɪŋz/	The girl was hanging from the <b>railings</b> of the balcony.	3	
recover	<i>v</i>	/rɪˈkʌvə(r)/	You'll have to stay in hospital until you fully <b>recover</b> .	3	
refreshing	<i>adj</i>	/rɪˈfreʃɪŋ/	It's <b>refreshing</b> to hear good news for a change.	3	
refugee	<i>n</i>	/ˌrefjuːˈdʒiː/	As a <b>refugee</b> myself, I know how hard it can be to flee home.	3	
regime	<i>n</i>	/ˈreɪˌʒiːm/	The old <b>regime</b> was against individual freedom.	3	
relieved	<i>adj</i>	/rɪˈliːvd/	I was <b>relieved</b> when I heard she was safe.	3	
rescue	<i>n</i>	/ˈreskjʊː/	The <b>rescue</b> of the girl became the focus of gossip.	3	
sequel	<i>n</i>	/ˈsiːkwəl/	I watched the first movie, but I haven't seen the <b>sequel</b> yet.	3	
shield	<i>v</i>	/ʃiːld/	I covered my eyes with my hand to <b>shield</b> them from the sun.	3	

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*adv* = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
speculation	<i>n</i>	/ˌspekjuːˈleɪʃ(ə)n/	It was all <b>speculation</b> . Nobody knew what was happening.	3	
squeaky	<i>adj</i>	/ˈskwiːki/	I can't stand her voice. It's so high-pitched and <b>squeaky</b> !	3	
stunt	<i>n</i>	/stʌnt/	She worked as a movie stuntwoman, doing all the dangerous <b>stunts</b>	3	
tenant	<i>n</i>	/ˈtenənt/	All the <b>tenants</b> agree the lift must be repaired.	3	
territorial	<i>adj</i>	/ˌterəˈtɔːriəl/	<b>Territorial</b> disputes are a common source of conflict.	3	
thriller	<i>n</i>	/ˈθrɪlə(r)/	Her new movie as director is a psychological <b>thriller</b> .	3	
tow	<i>v</i>	/təʊ/	If you park there, they will <b>tow</b> your car away.	3	
trailer	<i>n</i>	/ˈtreɪlə(r)/	Have you seen the <b>trailer</b> of the movie?	3	
twist	<i>n</i>	/twɪst/	In an unexpected <b>twist</b> , the villain becomes the hero.	3	
unarmed	<i>adj</i>	/ʌnˈɑː(r)md/	They opened fire on <b>unarmed</b> people.	3	
unwilling	<i>adj</i>	/ʌnˈwɪlɪŋ/	He was an <b>unwilling</b> hero. He didn't want to become one.	3	
vanishing	<i>adj</i>	/ˈvænɪʃɪŋ/	She looked at him in the <b>vanishing</b> light.	3	
vicious	<i>adj</i>	/ˈvɪʃəs/	The assault was extraordinarily <b>vicious</b> .	3	
weirdness	<i>n</i>	/ˈwɪəd(r)dnəs/	I loved the <b>weirdness</b> of the play. It made it interesting.	3	
whodunnit	<i>n</i>	/ˈhuːˈdʌnɪt/	The film is a <b>whodunnit</b> set in Egypt.	3	
windscreen	<i>n</i>	/ˈwɪn(d)skriːn/	There was a fine on my car's <b>windscreen</b> .	3	
abused	<i>adj</i>	/əˈbjuːzd/	The word 'literally' is so <b>abused</b> these days.	4	
anti-royalist	<i>n</i>	/ˌæntiˈrɔɪəlɪst/	I'm an <b>anti-royalist</b> . I think monarchy should be abolished.	4	
applaud	<i>v</i>	/əˈplɔːd/	I <b>applaud</b> people who live the life they want.	4	
atheist	<i>n</i>	/ˈeɪθɪst/	I'm an <b>atheist</b> : I think religion is a way of brainwashing people.	4	
bogus	<i>adj</i>	/ˈbɒɡəs/	Don't believe everything you read. That's clearly a <b>bogus</b> story!	4	
challenging	<i>adj</i>	/ˈtʃælɪŋ(d)ɪŋ/	Separating fact from fiction has become more <b>challenging</b> .	4	
charade	<i>n</i>	/ʃəˈrɑːd/	It looked respectable, but it was nothing more than a <b>charade</b> .	4	
coat	<i>v</i>	/kəʊt/	<b>Coat</b> the carrots in parmesan cheese. They taste delicious!	4	
coincidence	<i>n</i>	/ˌkəʊɪnˈsaɪd/	It wasn't a <b>coincidence</b> that the winner was a family member.	4	
convict	<i>v</i>	/kənˈvɪkt/	He's guilty of armed robbery and the judge will <b>convict</b> him!	4	
corridor	<i>n</i>	/ˈkɒrɪdɔː(r)/	My office is at the end of the <b>corridor</b> .	4	
credible	<i>adj</i>	/ˈkredəb(ə)l/	Make sure you read stories from <b>credible</b> news sources.	4	
deed	<i>n</i>	/diːd/	I ask forgiveness for my dreadful <b>deed</b> !	4	
deeply-held	<i>adj</i>	/ˌdiːpliˈheld/	The news challenged my <b>deeply-held</b> belief in democracy.	4	
diehard	<i>adj</i>	/ˈdaɪˈhɑː(r)d/	I'm a <b>die-hard</b> Arsenal supporter.	4	
dreadful	<i>adj</i>	/ˈdredf(ə)l/	My deed was <b>dreadful</b> and I apologize for it.	4	
emotional	<i>adj</i>	/ɪˈməʊʃ(ə)nəl/	My granddad travels with his dog for <b>emotional</b> support.	4	
exaggeration	<i>n</i>	/ɪɡˌzædʒəˈreɪʃ(ə)n/	There's a difference between <b>exaggeration</b> and an outright lie.	4	
extinct	<i>adj</i>	/ɪkˈstɪŋkt/	Mammoths went <b>extinct</b> thousands of years ago.	4	
fabrication	<i>n</i>	/ˌfæbrɪˈkeɪʃ(ə)n/	The news was a total <b>fabrication</b> .	4	
fantasist	<i>n</i>	/ˈfæntəsɪst/	Don't read that trash. It's been clearly written by a <b>fantasist</b> .	4	
fatal	<i>adj</i>	/ˈfeɪt(ə)l/	The wound was <b>fatal</b> and she died shortly after.	4	
frantically	<i>adv</i>	/ˈfræntɪkli/	The man searched the park <b>frantically</b> for his missing child.	4	
fringe	<i>adj</i>	/ˈfrɪndʒ/	Conspiracy theories often appear on <b>fringe</b> marginal websites.	4	
haunt	<i>v</i>	/hɔːnt/	The vision of him running after the bus will <b>haunt</b> me forever.	4	
havoc	<i>n</i>	/ˈhævək/	Hurricane Irma caused real <b>havoc</b> in the Caribbean.	4	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
hypocrite	<i>n</i>	/ˈhɪpəkraɪt/	She says she's vegan, but she eats bacon. She's a <b>hypocrite</b> .	4	
insert	<i>v</i>	/ɪnˈsɜː(r)t/	<b>Insert</b> the coins and select your destination.	4	
liberating	<i>adj</i>	/ˈlɪbəˌreɪtɪŋ/	Cycling after work feels so <b>liberating</b> !	4	
mainstream	<i>adj</i>	/ˈmeɪnˌstriːm/	I prefer going to <b>mainstream</b> news outlets to get the news.	4	
naturist	<i>n</i>	/ˈneɪtʃərɪst/	If he's a <b>naturist</b> , how come he's wearing clothes at home?	4	
oblige	<i>v</i>	/əˈblaɪdʒ/	The law <b>obliges</b> you to pay your taxes.	4	
pacifist	<i>n</i>	/ˈpæsɪfɪst/	I'm a total <b>pacifist</b> and believe war is never the answer.	4	
peel	<i>v</i>	/piːl/	Don't <b>peel</b> the apple, please. I like to eat it with the skin.	4	
phenomenon	<i>n</i>	/fəˈnɒmɪnən/	Some politicians take advantage of the fake news <b>phenomenon</b> .	4	
piercing	<i>n</i>	/ˈpɪə(r)ɪŋ/	Where did you get your new <b>piercing</b> done?	4	
post-truth	<i>adj</i>	/ˌpəʊstˈtruːθ/	I don't believe we live in a <b>post-truth</b> age.	4	
scalding	<i>adj</i>	/ˈskɔːldɪŋ/	The soup was <b>scalding</b> hot.	4	
scanner	<i>n</i>	/ˈskænə(r)/	An MRI <b>scanner</b> could be problematic if you have tattoos.	4	
scarred	<i>adj</i>	/skɑː(r)d/	He was <b>scarred</b> for life after the attack.	4	
shut-eye	<i>n</i>	/ˈʃʌt aɪ/	I tried to get some <b>shut-eye</b> during the bus ride.	4	
stale	<i>adj</i>	/steɪl/	This bread has gone <b>stale</b> .	4	
starving	<i>adj</i>	/ˈstɑː(r)vɪŋ/	I didn't eat before going to work and I was <b>starving</b> .	4	
stingy	<i>adj</i>	/ˈstɪndʒi/	You are a <b>stingy</b> friend, leaving me alone like that!	4	
technophobe	<i>n</i>	/ˈteknəʊfəʊb/	My son is a <b>technophobe</b> . He doesn't even have a smartphone.	4	
teetotaler	<i>n</i>	/tiːˈtəʊt(ə)lə(r)/	If he's a <b>teetotaler</b> , how come he's drinking wine?	4	
temptation	<i>n</i>	/ˈtempˈteɪʃ(ə)n/	The <b>temptation</b> was too great and I couldn't resist.	4	
unsuspecting	<i>adj</i>	/ˌʌnsəˈspektɪŋ/	The <b>unsuspecting</b> diners enjoyed the meal regardless.	4	
untruth	<i>n</i>	/ʌnˈtruːθ/	The story was full of exaggerations and <b>untruths</b> .	4	
vegan	<i>n</i>	/ˈviːɡən/	As a <b>vegan</b> , I don't eat food from animal sources.	4	
victory	<i>n</i>	/ˈvɪkt(ə)rɪ/	He won the tournament and everyone applauded his <b>victory</b> .	4	
water	<i>v</i>	/ˈwɔːtə(r)/	I could smell the food, which made my mouth <b>water</b> .	4	
xenophobe	<i>n</i>	/ˈzenəˌfəʊb/	Don't believe any of her stories about immigrants. She's a <b>xenophobe</b> .	4	
blaze	<i>n</i>	/bleɪz/	It took 50 firefighters to put out the <b>blaze</b> .	5	
boomerang	<i>n</i>	/ˈbuːməˌræŋ/	My son belongs to the <b>boomerang</b> generation. He left home and now he's back with us.	5	
chilly	<i>adj</i>	/ˈtʃɪli/	Pack a warm jumper. The evenings are still <b>chilly</b> .	5	
chore	<i>n</i>	/tʃɔː(r)/	Ironing is the household <b>chore</b> I hate the most.	5	
convinced	<i>adj</i>	/kənˈvɪnst/	I'm <b>convinced</b> you'll win the game. You're so good at it.	5	
debt	<i>n</i>	/det/	I asked for a student loan and now I have to pay my <b>debt</b> .	5	
defensive	<i>adj</i>	/dɪˈfensɪv/	Stop being so <b>defensive</b> and learn how to take criticism.	5	
differ	<i>v</i>	/ˈdɪfə(r)/	Their views on the matter <b>differ</b> greatly.	5	
discount	<i>v</i>	/ˈdɪsˌkaʊnt/	Don't <b>discount</b> that possibility. You may as well be lucky.	5	
enquiry	<i>n</i>	/ɪnˈkwɪəri/	Please contact me if you have another <b>enquiry</b> .	5	
excerpt	<i>n</i>	/ˈeksɜː(r)pt/	Listen to this <b>excerpt</b> from a radio programme. It's hilarious.	5	
fasten	<i>v</i>	/ˈfɑːs(ə)n/	Keep your seatbelt <b>fastened</b> in case of turbulence.		
flee	<i>v</i>	/fliː/	I'm going to <b>flee</b> the nest next summer to live with a friend.	5	
intuition	<i>n</i>	/ˌɪntjuːˈɪʃ(ə)n/	I trust my own <b>intuition</b> when it comes to books.	5	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
legacy	<i>n</i>	/ˈlegəsi/	My uncle left me a small <b>legacy</b> when he died.	5	
operator	<i>n</i>	/ˈɒpəˈreɪtə(r)/	Dial four if you want to talk to an <b>operator</b> .	5	
overstated	<i>adj</i>	/ˌəʊvə(r)ˈsteɪt/	The idea that we will rely heavily on technology is <b>overstated</b> .	5	
query	<i>n</i>	/ˈkwɪəri/	Go ahead and ask: what's your <b>query</b> ?	5	
reckon	<i>v</i>	/ˈrekən/	How do you <b>reckon</b> the world will be different when you're old?	5	
rooted	<i>adj</i>	/ˈruːtɪd/	I don't think we're <b>rooted</b> beings, like trees.	5	
seek	<i>v</i>	/siːk/	Don't think so much about the problem and <b>seek</b> solutions.	5	
standstill	<i>n</i>	/ˈstænd(st)ˌstɪl/	Remain seated until the plane comes to a complete <b>standstill</b> .	5	
turbulence	<i>n</i>	/ˈtɜː(r)bjʊləns/	Keep your seatbelt fastened in case of <b>turbulence</b> .	5	
upright	<i>adj</i>	/ˈʌpraɪt/	Put the seats in the <b>upright</b> position for take-off.	5	
volume	<i>n</i>	/ˈvɒljuːm/	The <b>volume</b> of calls increased dramatically after the show.	5	
accelerate	<i>v</i>	/əkˈseləreɪt/	The car <b>accelerated</b> and disappeared in the traffic.	6	
afford	<i>v</i>	/əˈfɔː(r)d/	I'd love to buy an electric car, but I can't <b>afford</b> it.	6	
apartheid	<i>n</i>	/əˈpɑː(r)tˌheɪt/	Elon Musk grew up in South Africa during the <b>apartheid</b> .	6	
assemble	<i>v</i>	/əˈsemb(ə)l/	I've just bought a new table. Will you help me <b>assemble</b> it?	6	
avoid	<i>v</i>	/əˈvɔɪd/	I can't <b>avoid</b> thinking it was all my fault.	6	
boom	<i>v</i>	/buːm/	If you want your business to <b>boom</b> , you have to work hard.	6	
budge	<i>v</i>	/bʌdʒ/	I don't agree, sorry. I won't <b>budge</b> on that.	6	
bully	<i>v</i>	/ˈbʊli/	There was this boy at school who used to <b>bully</b> me.	6	
demonstrate	<i>v</i>	/ˈdemənˌstreɪt/	Don't just say it. <b>Demonstrate</b> it!	6	
discipline	<i>n</i>	/ˈdɪsəplɪn/	There was too much <b>discipline</b> during his childhood.	6	
diversify	<i>v</i>	/daɪˈvɜː(r)sɪfaɪ/	If you want to grow your business, you have to <b>diversify</b> .	6	
dock	<i>v</i>	/dɒk/	The rocket is going to <b>dock</b> with the International Space Station.	6	
driven	<i>adj</i>	/ˈdrɪv(ə)n/	My wife is a <b>driven</b> businesswoman.	6	
endless	<i>adj</i>	/ˈendləs/	Most kids enjoy games which allow for <b>endless</b> creativity.	6	
enthusiastic	<i>adj</i>	/ɪnˌθjuːzɪˈæstɪk/	I like the project alright, but I'm not very <b>enthusiastic</b> .	6	
entire	<i>adj</i>	/ɪnˈtaɪə(r)/	The <b>entire</b> building had to be evacuated.	6	
feature	<i>n</i>	/ˈfiːtʃə(r)/	What is the main <b>feature</b> of the product?	6	
figure	<i>n</i>	/ˈfɪgə(r)/	This policewoman is my favourite LEGO <b>figure</b> .	6	
flatpack	<i>adj</i>	/ˈflætɹæk/	Is this a <b>flatpack</b> bookcase?	6	
harsh	<i>adj</i>	/hɑː(r)ʃ/	Don't be too <b>harsh</b> on him. He said he's sorry.	6	
horrified	<i>adj</i>	/ˈhɒrɪfaɪd/	I was <b>horrified</b> when I found out how expensive the sofa was.	6	
impressive	<i>adj</i>	/ɪmˈpresɪv/	The view from my window is <b>impressive</b> .	6	
invoice	<i>n</i>	/ˈɪnvoɪs/	I sent an <b>invoice</b> a month ago and I haven't been paid yet.	6	
lock	<i>v</i>	/lɒk/	Most building bricks <b>lock</b> together very easily.	6	
mail-order	<i>adj</i>	/ˈmeɪlˌɔː(r)də(r)/	I bought this dress from a <b>mail-order</b> catalogue.	6	
masses	<i>n pl</i>	/ˈmæsɪz/	I've got <b>masses</b> of homework to do.	6	
motto	<i>n</i>	/ˈmɒtəʊ/	'Live and let live'. That's my <b>motto</b> .	6	
quadruple	<i>v</i>	/ˈkwɒdrəp(ə)l/	Believe me, after the ad the sales will <b>quadruple</b> . You'll see.	6	
relocation	<i>n</i>	/ˌriːləʊˈkeɪʃ(ə)n/	We are planning a <b>relocation</b> of the warehouse.	6	
sane	<i>adj</i>	/seɪn/	Keep yourself busy if you want to keep <b>sane</b> .	6	
spare	<i>adj</i>	/speə(r)/	He made toys out of <b>spare</b> bits of wood.	6	
storage	<i>n</i>	/ˈstɔːrɪdʒ/	Flatpack furniture brought huge savings in <b>storage</b> .	6	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
store	<i>n</i>	/stɔː(r)/	They opened their first furniture <b>store</b> out of town.	6	
struggle	<i>n</i>	/'strʌɡ(ə)/	Life growing up was easy for me. Not a <b>struggle</b> !	6	
supplier	<i>n</i>	/sə'plaɪə(r)/	We need to find a new wood <b>supplier</b> .	6	
tape	<i>v</i>	/teɪp/	<b>Tape</b> the legs underneath the table. It will save space.	6	
umpteenth	<i>pron</i>	/'ʌmp'ti:n/	I've got <b>umpteenth</b> jobs to do this afternoon.	6	
unscrew	<i>v</i>	/ʌn'skruː/	You have to <b>unscrew</b> the bolts to open the toy.	6	
varnish	<i>n</i>	/'vɑː(r)nɪʃ/	If you put an extra layer of <b>varnish</b> , it will last longer.	6	
venture	<i>n</i>	/'ventʃə(r)/	My first business <b>venture</b> was a complete disaster.	6	
antiquated	<i>adj</i>	/'æntɪ,kweɪtɪd/	This phone may seem a little <b>antiquated</b> , but it works fine!	7	
astrologer	<i>n</i>	/ə'strɒlədʒə(r)/	An <b>astrologer</b> predicted my future when I was 14.	7	
blessing	<i>n</i>	/'blesɪŋ/	You have my <b>blessing</b> and I wish you happiness.	7	
bliss	<i>n</i>	/blɪs/	My married <b>bliss</b> didn't last long. I had to get back to India.	7	
bump	<i>v</i>	/bʌmp/	The bike <b>bumped</b> along the road.	7	
caste	<i>n</i>	/kɑːst/	I never really understood the Indian <b>caste</b> system.	7	
coaching	<i>n</i>	/kəʊtʃɪŋ/	<b>Coaching</b> could be very useful when you're learning a new job.	7	
companion	<i>n</i>	/kəm'pænjən/	I travelled with a <b>companion</b> in a camper van.	7	
consultancy	<i>n</i>	/kən'sʌltənsɪ/	Some <b>consultancy</b> services can be expensive.	7	
convert	<i>v</i>	/kən'veɜː(r)t/	Our relationship didn't <b>convert</b> into marriage.	7	
designated	<i>adj</i>	/'deɪzɪɡ,neɪtɪd/	You can smoke in the <b>designated</b> area only.	7	
ditch	<i>v</i>	/dɪtʃ/	Why don't you <b>ditch</b> that old bike and buy a new one?	7	
exhausted	<i>adj</i>	/'ɪɡzɔːstɪd/	I was <b>exhausted</b> after the 10-hour flight.	7	
fee	<i>n</i>	/fiː/	They charge a very high <b>fee</b> for their services.	7	
field	<i>n</i>	/fiːld/	I haven't found any job in my <b>field</b> .	7	
fond	<i>adj</i>	/fɒnd/	I'm rather <b>fond</b> of you.	7	
gender	<i>n</i>	/'dʒendə(r)/	The <b>gender</b> balance is 60% women, 40% men.	7	
hippy	<i>n</i>	/'hɪpi/	I biked along the <b>hippy</b> trail in the 1960s.	7	
initially	<i>adv</i>	/'ɪnɪʃ(ə)li/	<b>Initially</b> , I thought nothing made sense.	7	
inscribe	<i>v</i>	/'ɪn'skraɪb/	They are going to <b>inscribe</b> your name on the trophy.	7	
intense	<i>adj</i>	/'ɪn'tens/	Farewells are moments of <b>intense</b> emotions.	7	
introverted	<i>adj</i>	/'ɪntrəʊ,vɜː(r)tɪd/	<b>Introverted</b> people find it hard to socialize in large groups.	7	
knackered	<i>adj</i>	/'nækə(r)d/	I'm <b>knackered</b> . Can we stop for a rest?	7	
loaded	<i>adj</i>	/'ləʊdɪd/	They don't worry about money because they're <b>loaded</b> .	7	
mark	<i>v</i>	/mɑː(r)k/	I said goodbye to him, but I knew this wouldn't <b>mark</b> the end.	7	
matchmake	<i>v</i>	/'mætʃ,meɪkə(r)/	Why are you trying to <b>matchmake</b> me with him?	7	
notion	<i>n</i>	/'nəʊʃ(ə)n/	The <b>notion</b> of matchmaking seems odd to me.	7	
overcome	<i>v</i>	/.əʊvə(r)'kʌm/	I was <b>overcome</b> with emotion.	7	
portrait	<i>adj</i>	/'pɔː(r)trɪt/	That was the artist who drew my <b>portrait</b> .	7	
propose	<i>v</i>	/'prə'pəʊz/	She knelt down and <b>proposed</b> : 'I think we should get married'.	7	
pushbike	<i>n</i>	/'pʊʃbaɪk/	Can I borrow your <b>pushbike</b> to go to the shop?	7	
range	<i>v</i>	/reɪndʒ/	My clients <b>range</b> between the ages of 22 to 50.	7	
short-lived	<i>adj</i>	/'ɔː(r)t 'lɪvd/	My happiness was <b>short-lived</b> . I had to go back to work.	7	
sketch	<i>v</i>	/sketʃ/	First I <b>sketch</b> the portrait and then I draw it.	7	
soul-mates	<i>n pl</i>	/'səʊl,meɪts/	Me and my boyfriend are <b>soul-mates</b> .	7	



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English	Part of speech	Phonetics	Example sentence	Unit	My notes
synopsis	<i>n</i>	/si' nɒpsɪs/	I read the <b>synopsis</b> of the story and it didn't interest me.	7	
trek	<i>n</i>	/trek/	It was a long <b>trek</b> back to the hotel.	7	
understatement	<i>n</i>	/'ʌndə(r), steɪtmənt/	To say they liked each other was clearly an <b>understatement</b> .	7	
uneasy	<i>adj</i>	/'ʌn'i:zi/	I felt a little <b>uneasy</b> after the fight, so I apologized.	7	
untouchable	<i>adj</i>	/'ʌn'tʌtʃəb(ə)l/	He belonged to the <b>untouchable</b> caste.	7	
willpower	<i>n</i>	/'wɪl.pəʊə(r)/	I don't exercise regularly because I lack <b>willpower</b> .	7	
worship	<i>v</i>	/'wɜ:(r)ʃɪp/	I <b>worship</b> the ground you walk on.	7	
addicted	<i>adj</i>	/'æ'dɪktɪd/	My daughter is <b>addicted</b> to computers.	8	
adjacent	<i>adj</i>	/'æ'dʒeɪs(ə)nt/	Our hotel rooms are <b>adjacent</b> .	8	
authorities	<i>n pl</i>	/'ɔ:θɔrətɪz/	The park <b>authorities</b> came because he was destroying the bushes.	8	
board	<i>n</i>	/'bɔ:(r)d/	He built a sled out of a wooden <b>board</b> .	8	
bobsled	<i>n</i>	/'bɒbsled/	Have you ever tried <b>bobsled</b> ? It looks exciting.	8	
boiling	<i>adj</i>	/'bɔɪlɪŋ/	Don't eat the soup yet, it's <b>boiling</b> hot.	8	
camouflage	<i>v</i>	/'kæmə'flɑ:ʒ/	He <b>camouflaged</b> the tree houses with branches.	8	
cement	<i>n</i>	/'sɛ'ment/	<b>Cement</b> is mixed with other materials to make concrete.	8	
cinematography	<i>n</i>	/'sɪnəmə'tɒgrəfi/	I love the <b>cinematography</b> of this film. It's superb!	8	
comforting	<i>adj</i>	/'kʌmfə(r)tɪŋ/	After the funeral, we thanked everyone for their <b>comforting</b> words.	8	
command	<i>v</i>	/'kɔ'mɑ:nd/	My flat <b>commands</b> spectacular views of the park.	8	
dehydrate	<i>v</i>	/'di:haɪ'dreɪt/	After a 2-hour walk in the desert, we started to <b>dehydrate</b> .	8	
diabetes	<i>n</i>	/'daɪə'bi:tɪz/	People who eat too much sugar risk getting <b>diabetes</b> .	8	
dismantle	<i>v</i>	/'dɪs'mænt(ə)l/	I can help you <b>dismantle</b> the tree house if you want.	8	
dive	<i>v</i>	/'daɪv/	You have to push and <b>dive</b> on the sled.	8	
elaborate	<i>adj</i>	/'ɪləb(ə)rət/	That's quite an <b>elaborate</b> story you had told us.	8	
exception	<i>n</i>	/'ɪk'sepʃ(ə)n/	I know you usually have lunch at school. Today is an <b>exception</b> .	8	
fluid	<i>n</i>	/'flu:ɪd/	You lose energy and a lot of <b>fluid</b> when you exercise.	8	
glitter	<i>v</i>	/'glɪtə(r)/	Her golden earrings <b>glittered</b> in the sun.	8	
hectic	<i>adj</i>	/'hektɪk/	She had such a <b>hectic</b> life ... she never took a year off.	8	
hilarious	<i>adj</i>	/'hɪ'leəriəs/	That joke was <b>hilarious</b> . I couldn't stop laughing.	8	
hum	<i>v</i>	/'hʌm/	I sometimes <b>hum</b> to myself when I'm listening to my iPod.	8	
hurtle	<i>v</i>	/'hɜ:(r)t(ə)l/	I wouldn't like to <b>hurtle</b> down an ice track. It's too dangerous.	8	
improbable	<i>adj</i>	/'ɪm'prɒbəb(ə)l/	Most of his stories sound <b>improbable</b> .	8	
miserable	<i>adj</i>	/'mɪz(ə)rəb(ə)l/	We had <b>miserable</b> weather during our holidays.	8	
moan	<i>v</i>	/'məʊn/	I don't want to hear you <b>moan</b> about your lost Olympic dreams.	8	
mournful	<i>adj</i>	/'mɔ:(r)nʃ(ə)l/	He watched with <b>mournful</b> eyes the destruction of the houses.	8	
nail	<i>n</i>	/'neɪl/	Make sure you hammer the <b>nail</b> into the right place.	8	
nauseous	<i>adj</i>	/'nɔ:ziəs/	I was so nervous, I even felt <b>nauseous</b> .	8	
neglected	<i>adj</i>	/'ni'gʌlektɪd/	The tree houses were built in <b>neglected</b> corners of the park.	8	
nostril	<i>n</i>	/'nɒstrəl/	It was so cold my left <b>nostril</b> actually froze.	8	
obey	<i>v</i>	/'ə'beɪ/	If you want to visit the museum you have to <b>obey</b> some rules.	8	
panic	<i>v</i>	/'pænik/	It was dark and I was alone so I began to <b>panic</b> .	8	
praise	<i>n</i>	/'preɪz/	My teacher was generous in her <b>praise</b> of my project.	8	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
profusely	<i>adv</i>	/prə'fju:slɪ/	I thanked her <b>profusely</b> for her kind help.	8	
proverb	<i>n</i>	/'prɒvə:(r)b/	A <b>proverb</b> usually states a general truth.	8	
prune	<i>v</i>	/'pru:n/	When will you <b>prune</b> the cherry tree?	8	
publish	<i>v</i>	/'pʌblɪʃ/	Her new book of poems will <b>publish</b> in 2020.	8	
relief	<i>n</i>	/rɪ'li:f/	It was such a <b>relief</b> when they finally found the missing girl.	8	
ridiculous	<i>adj</i>	/'rɪ'dɪkjələs/	Don't be <b>ridiculous</b> ! Of course I didn't steal your sandwich.	8	
rumour	<i>n</i>	/'ru:mə(r)/	I heard he's been sacked, but it might just be a <b>rumour</b> .	8	
sled	<i>n</i>	/sled/	I'm taking my <b>sled</b> to slide downhill over the snow.	8	
solitude	<i>n</i>	/'sɒlə'tju:d/	I like living alone. I enjoy the freedom and the <b>solitude</b> .	8	
spot	<i>v</i>	/spɒt/	I knew he was up in the tree, but I couldn't <b>spot</b> him.	8	
sprint	<i>v</i>	/sprɪnt/	A quick <b>sprint</b> start is essential to win the race.	8	
stuffy	<i>adj</i>	/'stʌfɪ/	The taxi was <b>stuffy</b> and hot, so I opened the window.	8	
stunning	<i>adj</i>	/'stʌnɪŋ/	You look absolutely <b>stunning</b> !	8	
sweat	<i>v</i>	/swet/	I often <b>sweat</b> when I'm nervous.	8	
touching	<i>adj</i>	/'tʌtʃɪŋ/	Her story of reconciliation was very <b>touching</b> .	8	
undetected	<i>adj</i>	/'ʌndɪ'tektɪd/	The tree houses often went <b>undetected</b> for a long time.	8	
absent-minded	<i>adj</i>	/.æbs(ə)nt'maɪndɪd/	He often forgets where he puts things. He's so <b>absent-minded</b> .	9	
argumentative	<i>adj</i>	/.ɑ:(r)gju'mentətɪv/	Don't be so <b>argumentative</b> . Don't argue about everything.	9	
auction	<i>n</i>	/'ɔ:kʃ(ə)n/	I bought this vintage bike from an eBay <b>auction</b> .	9	
breadwinner	<i>n</i>	/'bred,wɪnə(r)/	I'm the <b>breadwinner</b> in my family. My husband looks after the kids.	9	
carefree	<i>adj</i>	/'keə(r),fri:/	I was so <b>carefree</b> when I was young,	9	
clumsy	<i>adj</i>	/'klʌmzi/	I'm always dropping things. I'm so <b>clumsy</b> .	9	
courtship	<i>n</i>	/'kɔ:(r)tʃɪp/	We had an old-fashioned <b>courtship</b> before he proposed.	9	
crouch	<i>v</i>	/'kraʊtʃ/	We had to <b>crouch</b> to avoid being seen by the school principal.	9	
dismal	<i>adj</i>	/'dɪzm(ə)l/	I had some <b>dismal</b> teachers when I was in primary school.	9	
distressing	<i>adj</i>	/'dɪ'stresɪŋ/	I don't read newspapers. I find them too <b>distressing</b> .	9	
dry	<i>adj</i>	/'draɪ/	Who says Latin is a <b>dry</b> subject? I think it's very interesting.	9	
dump	<i>adj</i>	/'dʌmpɪ/	You look <b>dump</b> in that dress.	9	
dusk	<i>n</i>	/'dʌsk/	Bye for now. I'll be back before <b>dusk</b> .	9	
easy-going	<i>adj</i>	/'i:zɪ'gəʊɪŋ/	I'm <b>easy-going</b> . Nothing really upsets me or angers me.	9	
ecstatic	<i>adj</i>	/'ɪk'stætɪk/	I was <b>ecstatic</b> ! He was just what I was looking for.	9	
flushed	<i>adj</i>	/'flʌʃt/	You look <b>flushed</b> . Are you sure you're feeling ok?	9	
freak	<i>n</i>	/'fri:k/	He was swept out to sea by a <b>freak</b> wave.	9	
furious	<i>adj</i>	/'fjʊəriəs/	I was so <b>furious</b> I slammed the door in his face.	9	
gangly	<i>adj</i>	/'gæŋgli/	You're not <b>gangly</b> . You're just tall and thin.	9	
genuinely	<i>adv</i>	/'dʒenjuɪnli/	The house <b>genuinely</b> reflects Victorian times.	9	
ghastly	<i>adj</i>	/'gɑ:s(t)li/	The weather was <b>ghastly</b> so we stayed in.	9	
giggle	<i>v</i>	/'gɪg(ə)l/	The joke was so good that I couldn't help but <b>giggle</b> .	9	
glow	<i>v</i>	/'gləʊ/	My remarks made the teacher <b>glow</b> with gratitude.	9	
gratitude	<i>n</i>	/'grætɪ'tju:d/	He expressed his <b>gratitude</b> to the audience.	9	
halcyon	<i>adj</i>	/'hælsɪən/	She loved old films because they represented a <b>halcyon</b> time.	9	
immaculate	<i>adj</i>	/'ɪmækjələt/	My home is <b>immaculate</b> . You won't find a bit of dust.	9	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
innocent	<i>adj</i>	/ˈɪnəs(ə)nt/	Those days were so <b>innocent</b> and carefree!	9	
insanely	<i>adv</i>	/ɪnˈseɪnli/	My boyfriend is <b>insanely</b> jealous.	9	
ladylike	<i>adj</i>	/ˈleɪdɪˌlaɪk/	Many still think it isn't <b>ladylike</b> to work in construction.	9	
last	<i>v</i>	/lɑːst/	Things were built to <b>last</b> in the old days.	9	
like-minded	<i>adj</i>	/ˌlaɪk ˈmaɪndɪd/	Our social life revolves around visiting <b>like-minded</b> friends.	9	
loo	<i>n</i>	/luː/	I can't believe your house has an outdoor <b>loo</b> !	9	
lovingly	<i>adv</i>	/ˈlʌvɪŋli/	He picked up the flowers <b>lovingly</b> .	9	
ordeal	<i>n</i>	/ɔː(r)ˈdiːl/	Shopping in supermarkets can be an <b>ordeal</b> .	9	
pantry	<i>n</i>	/ˈpæntri/	Everything in my <b>pantry</b> is Victorian, including the crockery.	9	
patronize	<i>v</i>	/ˈpætrənaɪz/	Don't <b>patronize</b> me! I know what I'm doing.	9	
pinny	<i>n</i>	/ˈpɪni/	I fastened my <b>pinny</b> round my waist and started cooking.	9	
plump	<i>adj</i>	/plʌmp/	He's short and a bit <b>plump</b> , so he rarely wears a suit.	9	
poke	<i>v</i>	/pəʊk/	Don't <b>poke</b> him in the back. He finds it annoying.	9	
protective	<i>adj</i>	/prəˈtektɪv/	My parents can be very <b>protective</b> sometimes.	9	
razor-sharp	<i>adj</i>	/ˌreɪzə(r) ˈʃɑː(r)p/	My math teacher had a <b>razor-sharp</b> wit. He was so much fun.	9	
resit	<i>n</i>	/ˈriː sɪt/	I failed my exam so I'll have to do a <b>resit</b> in May.	9	
restore	<i>v</i>	/rɪˈstɔː(r)/	I'm going to <b>restore</b> the house so it looks more modern.	9	
revolve	<i>v</i>	/rɪˈvɒlv/	My grandma's life <b>revolved</b> around my granddad.	9	
rotten	<i>adj</i>	/ˈrɒt(ə)n/	Don't take it badly, but you're a <b>rotten</b> cook.	9	
self-obsessed	<i>adj</i>	/self əbˈsest/	Your problem is you're <b>self-obsessed</b> .	9	
slam	<i>v</i>	/slæm/	Please shut the door gently, don't <b>slam</b> it.	9	
spoil	<i>v</i>	/spɔɪl/	Don't <b>spoil</b> your child with treats.	9	
stubborn	<i>adj</i>	/ˈstʌb(ə)r(ə)n/	Don't be so <b>stubborn</b> and listen to my suggestion.	9	
supportive	<i>adj</i>	/səˈpɔː(r)tɪv/	My parents were very <b>supportive</b> about my career change.	9	
tease	<i>v</i>	/tiːz/	My dad used to <b>tease</b> me all the time just for a laugh.	9	
tight	<i>adj</i>	/taɪt/	This skirt is too <b>tight</b> . I can't walk in it.	9	
treat	<i>n</i>	/triːt/	My mum always brought a <b>treat</b> from her business trips.	9	
twee	<i>adj</i>	/twiː/	I didn't like the film. It was a bit <b>twee</b> for my taste.	9	
tyre	<i>n</i>	/ˈtaɪə(r)/	I think you have to inflate this <b>tyre</b> . It looks a bit flat.	9	
waistcoat	<i>n</i>	/ˈweɪs(t)kəʊt/	He bought a <b>waistcoat</b> for his brother's wedding.	9	
whisper	<i>v</i>	/ˈwɪspə(r)/	She tends to <b>whisper</b> and I find it hard to hear what she says.	9	
wobbly	<i>adj</i>	/ˈwɒbli/	My legs feel a bit <b>wobbly</b> . I can't walk properly.	9	
yell	<i>v</i>	/jel/	You don't need to <b>yell</b> . I can hear you pretty well.	9	
amass	<i>v</i>	/əˈmæs/	Richard III <b>amassed</b> an army of 12,000 men near Leicester.	10	
banish	<i>v</i>	/ˈbænɪʃ/	In the past, they could <b>banish</b> you from your homeland.	10	
battle	<i>n</i>	/ˈbæt(ə)l/	He was killed in 1485 in a <b>battle</b> .	10	
beak	<i>n</i>	/biːk/	Male blackbirds have a yellow <b>beak</b> .	10	
big-headed	<i>adj</i>	/bɪɡ ˈhedɪd/	Despite her success, she isn't <b>big-headed</b> .	10	
brutality	<i>n</i>	/bruːˈtæləti/	The Vikings were notorious for their <b>brutality</b> .	10	
burial	<i>n</i>	/ˈberɪəl/	They found the site of Richard's <b>burial</b> .	10	
carve	<i>v</i>	/kɑː(r)v/	The Vikings <b>carved</b> the letters of the alphabet on stone tablets.	10	
coffin	<i>n</i>	/ˈkɒfɪn/	They buried him without a <b>coffin</b> .	10	
condition	<i>n</i>	/kənˈdɪʃ(ə)n/	The skeleton was found in good <b>condition</b> .	10	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
crops	<i>n pl</i>	/krops/	I grow my own vegetables and cereal <b>crops</b> .	10	
cruel	<i>adj</i>	/'kru:əl/	Sue says some really <b>cruel</b> things.	10	
cunningly	<i>adv</i>	/'kʌnɪŋli/	The document was <b>cunningly</b> hidden so no one could find it.	10	
curved	<i>adj</i>	/kɜ:(r)vɪd/	My spine is badly <b>curved</b> so I often have backache.	10	
deduce	<i>v</i>	/di'dju:s/	I won't give you the answer. You have to <b>deduce</b> it.	10	
deformed	<i>adj</i>	/di'fɔ:(r)mɪd/	The skeleton had a <b>deformed</b> spine.	10	
descendant	<i>n</i>	/di'sendənt/	Benedict Cumberbatch is a <b>descendant</b> of King Richard III.	10	
desolate	<i>adj</i>	/'desələt/	The place looked <b>desolate</b> . How could anybody live there?	10	
drown	<i>v</i>	/draʊn/	The sea is too rough. You'll <b>drown</b> if you dive in.	10	
embark	<i>v</i>	/ɪm'ba:(r)k/	I'm going to <b>embark</b> on a voyage of exploration as a marine biologist.	10	
excavate	<i>v</i>	/'ɛkskəveɪt/	They had to <b>excavate</b> in a car park to find Richard's skeleton.	10	
expedition	<i>n</i>	/'ɛkspeɪ'dɪj(ə)n/	My dad mounted an <b>expedition</b> to the Amazonia.	10	
extort	<i>v</i>	/'ɛk'stɔ:(r)t/	My ex-boyfriend tried to <b>extort</b> money from me.	10	
ferocious	<i>adj</i>	/'fɛ'rəʊʃəs/	The Vikings made a <b>ferocious</b> attack on an English monastery.	10	
friary	<i>n</i>	/'fraɪəri/	They buried his remains in a <b>friary</b> graveyard.	10	
funeral	<i>n</i>	/'fju:n(ə)rəl/	I read a poem at my father's <b>funeral</b> .	10	
genealogically	<i>adv</i>	/'dʒi:nɪə'lɒdʒɪk(ə)li/	I can't believe you are <b>genealogically</b> linked to my grandma.	10	
graveyard	<i>n</i>	/'grev.jɑ:(r)d/	My granddad is buried in the city's <b>graveyard</b> .	10	
grindstone	<i>n</i>	/'graɪnd.stəʊn/	They sharpened their weapons with a <b>grindstone</b> .	10	
hot-tempered	<i>adj</i>	/'hɒt'tempə(r)d/	Apparently, Erik the Red was <b>hot-tempered</b> and angered easily.	10	
hunchback	<i>n</i>	/'hʌntʃ.bæk/	Richard III had a deformed spine and was a <b>hunchback</b> .	10	
incessantly	<i>adv</i>	/'ɪn'ses(ə)ntli/	She talked <b>incessantly</b> for two hours.	10	
intrigued	<i>adj</i>	/'ɪn'tri:gd/	I wanted to know the end of the story. I was <b>intrigued</b> .	10	
jaw	<i>n</i>	/dʒɔ:/	My <b>jaw</b> hurts and all I can eat is soup.	10	
lamentable	<i>adj</i>	/'læməntəb(ə)l/	The monastery is in a <b>lamentable</b> state.	10	
light-hearted	<i>adj</i>	/'laɪt'hɑ:(r)tɪd/	The play wasn't <b>light-hearted</b> . It actually made you think.	10	
livestock	<i>n</i>	/'laɪv.stɒk/	I live in a farm where I tend the <b>livestock</b> .	10	
monastery	<i>n</i>	/'mɒnəst(ə)ri/	There used to be a <b>monastery</b> here. Now it's all ruins.	10	
muscular	<i>adj</i>	/'mʌskjələ(r)/	My legs aren't very <b>muscular</b> . I need to exercise more.	10	
nimble	<i>adj</i>	/'nɪmb(ə)l/	My child has a <b>nimble</b> mind. She's learns very quickly.	10	
ointment	<i>n</i>	/'ɔɪntmənt/	Rub this <b>ointment</b> on your legs twice a day.	10	
parliament	<i>n</i>	/'pɑ:(r)lɪmənt/	The Althing is the oldest <b>parliament</b> in the world.	10	
pillager	<i>n</i>	/'pɪlɪdʒə/	I didn't steal the money. I'm not a <b>pillager</b> .	10	
plead	<i>v</i>	/pli:d/	I'm not going to <b>plead</b> with them to set you free.	10	
portray	<i>v</i>	/'pɔ:(r)'treɪ/	The novel <b>portrays</b> life in the 19th century.	10	
raider	<i>n</i>	/'reɪdə(r)/	The Vikings were <b>raiders</b> .	10	
reign	<i>v</i>	/reɪn/	The Vikings <b>reigned</b> in Europe for 300 years.	10	
remarkably	<i>adv</i>	/'rɪ'mɑ:(r)kəbli/	The facial reconstruction looked <b>remarkably</b> similar to his portraits.	10	
saga	<i>n</i>	/'sɑ:gə/	The figure of Odin was taken out of a Viking <b>saga</b> .	10	
seize	<i>v</i>	/si:z/	Richard III <b>seized</b> the throne from his brother's sons.	10	
settlement	<i>n</i>	/'set(ə)lmənt/	They've found a new Viking <b>settlement</b> near the coast.	10	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
site	<i>n</i>	/saɪt/	Richard's burial <b>site</b> was found in a car park.	10	
skeleton	<i>n</i>	/'skelɪt(ə)n/	The <b>skeleton</b> was in good condition.	10	
skull	<i>n</i>	/'skʌl/	A facial reconstruction of the <b>skull</b> was made.	10	
somersault	<i>n</i>	/'sʌmə(ɹ),sɔ:lt/	He ended his routine in a <b>somersault</b> .	10	
spine	<i>n</i>	/'spain/	He had a disease which affected his <b>spine</b> .	10	
steady	<i>adj</i>	/'stedi/	I might be old, but I still have a <b>steady</b> hand.	10	
striking	<i>adj</i>	/'straɪkɪŋ/	He looked <b>striking</b> with his long red hair.	10	
subsequently	<i>adv</i>	/'sʌbsɪkwəntli/	There was a monastery here, which was <b>subsequently</b> destroyed.	10	
suet	<i>n</i>	/'su:t/	I used <b>suet</b> for the pastry, that's why it's so tasty.	10	
supple	<i>adj</i>	/'sʌp(ə)l/	My grandma is still quite <b>supple</b> . She exercises everyday.	10	
tend	<i>v</i>	/tend/	Could you <b>tend</b> the livestock while I'm away?	10	
thereby	<i>adv</i>	/ðeə(r)'baɪ/	He answered all the questions <b>thereby</b> winning the contest.	10	
throne	<i>n</i>	/θrəʊn/	Both brothers fought for the <b>throne</b> of England.	10	
tough	<i>adj</i>	/tʌf/	This steak is so <b>tough</b> . I can't chew it.	10	
trim	<i>adj</i>	/trɪm/	You're actually quite <b>trim</b> . Do you exercise a lot?	10	
tyrant	<i>n</i>	/'taɪrənt/	According to Shakespeare, Richard III was a hunchbacked <b>tyrant</b> .	10	
ultimately	<i>adv</i>	/'ʌltɪmətli/	Twelve thousand Vikings <b>ultimately</b> settled in Iceland.	10	
uncommonly	<i>adv</i>	/ʌn'kɒmənlɪ/	She was <b>uncommonly</b> relaxed before the exam.	10	
victim	<i>n</i>	/'vɪktɪm/	Don't blame him! He's the <b>victim</b> .	10	
warrior	<i>n</i>	/'wɒriə(r)/	The life of a <b>warrior</b> was hard in the 8th century.	10	
withered	<i>adj</i>	/'wɪðə(r)d/	He was born with a <b>withered</b> arm.	10	
youth	<i>n</i>	/ju:θ/	I've grown old now, but in my <b>youth</b> I could run a marathon.	10	
bizarre	<i>adj</i>	/bɪ'zɑ:(r)/	I had a <b>bizarre</b> dream last night.	11	
boast	<i>v</i>	/bəʊst/	I find it boring when people <b>boast</b> about their holidays.	11	
brainwave	<i>n</i>	/'breɪn,weɪv/	A scientist connected her son to a <b>brainwave</b> machine.	11	
button	<i>n</i>	/'bʌt(ə)n/	Will you help me undo the <b>button</b> ? I can't reach it at the back.	11	
buzz	<i>v</i>	/bʌz/	I couldn't sleep because I could hear a fly <b>buzz</b> .	11	
by-product	<i>n</i>	/'baɪ prɒdʌkt/	Butter is a <b>by-product</b> of milk.	11	
composition	<i>n</i>	/'kɒmpə'zɪʃ(ə)n/	A <b>composition</b> is a work of music or literature.	11	
contest	<i>n</i>	/'kɒntest/	A <b>contest</b> is a type of competition.	11	
densely	<i>adv</i>	/densli/	India is <b>densely</b> populated.	11	
dominant	<i>adj</i>	/'dɒmɪnənt/	Which is your <b>dominant</b> hand, the left or the right one?	11	
excrete	<i>v</i>	/'ɪk'skri:t/	The body can <b>excrete</b> up to 100 trillion bacteria a day.	11	
follicle	<i>n</i>	/'fɒlɪk(ə)l/	Some parasites inhabit hair <b>follicles</b> .	11	
form	<i>n</i>	/'fɔ:(r)m/	Another life <b>form</b> that keeps us company is the parasite.	11	
groggy	<i>adj</i>	/'grɒɡi/	I felt <b>groggy</b> after taking those pills.	11	
ground	<i>v</i>	/'graʊnd/	I was <b>grounded</b> for skipping my English lesson.	11	
hideout	<i>n</i>	/'haɪdaʊt/	As a kid, my tree house was my favourite <b>hideout</b> .	11	
inconsistency	<i>n</i>	/'ɪnkən'sɪstənsɪ/	There's some <b>inconsistency</b> between his words and his actions.	11	
itchy	<i>adj</i>	/'ɪtʃi/	My skin is dry and <b>itchy</b> .	11	
lens	<i>n</i>	/'lenz/	The <b>lens</b> is behind the iris and it helps refract light.	11	
mindboggling	<i>adj</i>	/'maɪnd ,bɒɡ(ə)lɪŋ/	Our bodies are host to a <b>mindboggling</b> number of bacteria.	11	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
monk	<i>n</i>	/mʌŋk/	He lived in a monastery as a <b>monk</b> .	11	
munch	<i>v</i>	/mʌntʃ/	Some parasites just <b>munch</b> dead skin cells.	11	
painstakingly	<i>adv</i>	/ˈpeɪnzˌteɪŋŋli/	Monks had to <b>painstakingly</b> transcribed every letter of a word.	11	
presumably	<i>adv</i>	/ˈpriːzjuːməbli/	<b>Presumably</b> I'm going to get a big bonus next month.	11	
proper	<i>adj</i>	/ˈprɒpə(r)/	I phoned her because I wanted to have a <b>proper</b> chat.	11	
random	<i>adj</i>	/ˈrændəm/	Some dreams look pretty <b>random</b> .	11	
recurring	<i>adj</i>	/rɪˈkɜːrɪŋ/	I had a <b>recurring</b> nightmare that I was eaten by a sea monster.	11	
refuse	<i>n</i>	/ˈrefjuːs/	Some parasites act as invisible <b>refuse</b> recyclers.	11	
rehearse	<i>v</i>	/rɪˈhɑː(r)s/	I have to <b>rehearse</b> before the audition.	11	
sack	<i>v</i>	/sæk/	I heard they're going to <b>sack</b> Susie.	11	
scabies	<i>n</i>	/ˈskeɪbiːz/	<b>Scabies</b> is a skin disease.	11	
signal	<i>n</i>	/ˈsɪgn(ə)l/	Flies have speedy brain <b>signals</b> .	11	
species	<i>n</i>	/ˈspiːʃiːz/	How many <b>species</b> live in or on the human body?	11	
swat	<i>v</i>	/swɒt/	Why is it so difficult to <b>swat</b> a fly?	11	
tedious	<i>adj</i>	/ˈtiːdiəs/	Copying books during the Middle Ages was a <b>tedious</b> task.	11	
tense	<i>v</i>	/tens/	Don't <b>tense</b> your <b>muscles</b> . You're trying to relax.	11	
transcribe	<i>v</i>	/trænˈskraɪb/	Monks spend their lives <b>transcribing</b> books.	11	
trick	<i>v</i>	/trɪk/	Are you trying to <b>trick</b> me into giving you money?	11	
urgently	<i>adv</i>	/ˈɜː(r)dʒ(ə)ntli/	He needed his medicine <b>urgently</b> so I ran to the pharmacy.	11	
vast	<i>adj</i>	/vɑːst/	<b>Vast</b> numbers of bacteria live in our body.	11	
adolescent	<i>n</i>	/ˌædəˈles(ə)nt/	Most <b>adolescents</b> aren't ready to sleep until late at night.	12	
apparent	<i>adj</i>	/əˈpærənt/	It's become <b>apparent</b> that we must consider our body clocks.	12	
attitude	<i>n</i>	/ˈætɪˌtjuːd/	What's your <b>attitude</b> to punctuality?	12	
beautician	<i>n</i>	/ˈbjuːˌtɪʃ(ə)n/	I went to a <b>beautician</b> to get a beauty treatment.	12	
bonding	<i>n</i>	/ˈbɒndɪŋ/	I find workplace <b>bonding</b> very important.	12	
burst	<i>n</i>	/bɜː(r)st/	A <b>burst</b> of physical activity in the morning might be risky.	12	
ensorship	<i>n</i>	/ˈsensə(r)ʃɪp/	You can't deny there was <b>ensorship</b> in the media in those days.	12	
circadian	<i>adj</i>	/sɜː(r)ˈkeɪdiən/	<b>Circadian</b> rhythms act as our inner body clocks.	12	
cloud	<i>v</i>	/klaʊd/	Lack of sleep can <b>cloud</b> your mind.	12	
cortisol	<i>n</i>	/ˈkɔː(r)tɪzɒl/	<b>Cortisol</b> is a stress hormone.	12	
cushy	<i>adj</i>	/ˈkʊʃi/	I can't complain. I have a <b>cushy</b> life as a gardener.	12	
dash	<i>v</i>	/dæʃ/	If you don't want to <b>dash</b> , just leave a little bit earlier.	12	
dawdle	<i>v</i>	/ˈdɔːd(ə)l/	I love to <b>dawdle</b> on Sunday mornings.	12	
dawn	<i>v</i>	/dɔːn/	A new day is about to <b>dawn</b> and so the cycle begins again.	12	
dementia	<i>n</i>	/dɪˈmenʃə/	Getting light during the day helps with <b>dementia</b> .	12	
deposit	<i>n</i>	/dɪˈpɒzɪt/	They won't give us a mortgage until we get the <b>deposit</b> .	12	
digest	<i>v</i>	/daiˈdʒest/	As the body <b>digests</b> food it produces insulin.	12	
downsize	<i>v</i>	/ˈdaʊnˌsaɪz/	She had to <b>downsize</b> the garden when she got old.	12	
enemy	<i>n</i>	/ˈenəmi/	When you have a cold, your body fights that internal <b>enemy</b> .	12	
expenses	<i>n pl</i>	/ɪkˈspensɪz/	This bill is for work so you can put it on <b>expenses</b> .	12	
eyesight	<i>n</i>	/ˈaɪˌsaɪt/	Our <b>eyesight</b> becomes weaker with age.	12	
folks	<i>n pl</i>	/fɒks/	I met some <b>folks</b> at the pub.	12	
frantic	<i>adj</i>	/ˈfræntɪk/	My life is often <b>frantic</b> , running from one place to another.	12	

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gently	<i>adv</i>	/ˈdʒentli/	It's best to <b>gently</b> move into the day.	12	
insomnia	<i>n</i>	/ɪnˈsɒmniə/	I suffer from <b>insomnia</b> so I'm tired most of the time.	12	
insulin	<i>n</i>	/ˈɪnsjʊlɪn/	<b>Insulin</b> triggers the release of serotonin and melatonin.	12	
intense	<i>adj</i>	/ɪnˈtens/	It's best to avoid <b>intense</b> bursts of activity in the morning.	12	
internal	<i>adj</i>	/ɪnˈtɜː(r)n(ə)l/	Our immune system fights our <b>internal</b> enemies at night.	12	
lousy	<i>adj</i>	/ˈləʊzi/	Time is a <b>lousy</b> beautician.	12	
muse	<i>v</i>	/mjuːz/	I have no time to <b>muse</b> on my problems.	12	
non-stop	<i>adj</i>	/ˌnɒnˈstɒp/	My dad worked <b>non-stop</b> for years before he retired.	12	
peak	<i>n</i>	/piːk/	Mental performance is at its <b>peak</b> from 10:00 to 12:00 p.m..	12	
prioritize	<i>v</i>	/praɪˈɔːrɪtaɪz/	I <b>prioritize</b> . I do the important things and put off the rest.	12	
productivity	<i>n</i>	/ˌprɒdʌkˈtɪvəti/	My <b>productivity</b> drops when I'm tired.	12	
puberty	<i>n</i>	/ˈpjuːbə(r)tɪ/	My eldest daughter has reached <b>puberty</b> .	12	
redundancy	<i>n</i>	/rɪˈdʌndənsi/	Sadly, I've been told I'm on the <b>redundancy</b> list.	12	
refreshed	<i>adj</i>	/rɪˈfreʃt/	I felt <b>refreshed</b> after the holiday.	12	
release	<i>n</i>	/rɪˈliːs/	Insulin triggers the <b>release</b> of serotonin and melatonin.	12	
screech	<i>v</i>	/skriːtʃ/	His brother hit him, making him <b>screech</b> .	12	
shattered	<i>adj</i>	/ˈʃætə(r)d/	I'm absolutely <b>shattered</b> after the conference.	12	
shift	<i>v</i>	/ʃɪft/	Body clocks <b>shift</b> forward after puberty.	12	
shove	<i>v</i>	/ʃʌv/	You don't have to <b>shove</b> people out of the way!	12	
smoothly	<i>adv</i>	/ˈsmuːðli/	Everything was running <b>smoothly</b> so I left the office.	12	
soar	<i>v</i>	/sɔː(r)/	A sudden increase of activity makes our blood pressure <b>soar</b> .	12	
stimulant	<i>n</i>	/ˈstɪmjələnt/	Cortisol can be a useful <b>stimulant</b> in the morning.	12	
struggle	<i>v</i>	/ˈstrʌɡ(ə)l/	I <b>struggle</b> at night because I suffer from insomnia.	12	
tackle	<i>v</i>	/ˈtæk(ə)l/	How do you <b>tackle</b> all the things you have to do each day?	12	
thicken	<i>v</i>	/ˈθɪkən/	Our blood <b>thickens</b> while we sleep.	12	
trigger	<i>v</i>	/ˈtrɪɡə(r)/	Insulin <b>triggers</b> the release of serotonin.	12	
vigorous	<i>adj</i>	/ˈvɪɡ(ə)rəs/	Is <b>vigorous</b> exercise a good kick-start?	12	
vital	<i>adj</i>	/ˈvaɪt(ə)l/	You'd assume a love of animals is <b>vital</b> for a vet.	12	