

Glossary





Glossary

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a change of tack (id): a change of strategy or approach

abandon (v): to abandon something is to leave it or to give up on it and decide not to help it

absorbing (v): to absorb something is to take it in, usually gradually (slowly)

abundance (n): if there is an abundance of something, there is more than enough of that something

acceleration (n): the increase in speed at which something happens; the fact that something is getting faster and faster

accumulations (n): build-ups of something, for example snow; amounts of something that has been collected

actuality (n): reality

adaptations (n): changes made in order to suit different conditions

addictive (adj): if something is addictive, once you have had it or experienced it once, you are likely to want to have it or experience it again and again

afforded (v): if you afford someone something, you allow them to have it

aforementioned (adj): something aforementioned was mentioned or talked about or discussed earlier in the conversation or piece of writing

akin (adj): having the same or similar qualities

amass (v): collect in large quantities

amassing (v): gathering or collecting

anxiety (n): tension; worry or nervousness about something happening now or which might happen in the future

apocalypse (n): a very serious event resulting in huge amounts of destruction or very negative change

appalled (adj): if you are appalled at something, you are shocked by it in a very negative way; disgusted

applicant (n): an applicant is someone who formally/officially requests or applies for something, such as a job or course

application (n): a use of something for a specific purpose

appreciably (adv): noticeably; if something changes appreciably, it changes in a noticeable or significant way

apt (adj): appropriate

archipelago (n): a group of small islands

arachnids (n): a scientific classification/group of small animals that have four pairs of legs which includes scorpions and spiders

as a matter of course (id): something done as a matter of course is done as a usual part of the ways things happen and is not something special or unusual

assertion (n): a claim/statement made by someone or some group, which they insist is true

assumption (n): an assumption is something which you accept as truth without looking for proof or evidence to confirm that it is true

at a glance (id): a glance is a quick look at something; at a glance means on first look or having very quickly reviewed

attention-grabbing (adj): something which is attention-grabbing gets a lot of notice or attention or focus

batting an eyelid (id): if you don't bat an eyelid, you don't react in an expressive way to something or you don't give it a second thought; you show no sign of surprise when something happens

beaching (n): a beaching of whales is an instance of whales becoming stranded on a beach / the coastline

beyond dispute (id): certain

blanket (v): if something blankets something else, it covers it

blinded by (phr v): if a person is blinded by something, they cannot see clearly because of that something or their thinking is affected and unclear because they only see that something

blot (n): a blot on the landscape is an eyesore or something that looks unpleasant and not very suitable to where it is

branched out (phr v): when snowflakes branch out, their branches or connections grow in size and develop

by default (id): by definition; because of its nature or design; by design; naturally

calculable (adj): able to be calculated or figured out or worked out in sums/numbers

camaraderie (n): a feeling of friendship amongst people who work together, are a team or share an experience

capacitive (adj): something which is capacitive can hold an electrical charge;

cascade effect (id): a cascade effect is an inevitable set of consequences or chain of events which happen

case-by-case basis (id): if you examine, fight or review something on a case-by-case basis, you take a separate decision according to the unique set of facts of each particular situation

caught between a rock and a hard place (phr v): if you are caught between a rock and a hard place, you have two options or choices, neither of which is desirable

chaos (n): a lack of any order; a state of total confusion

claimant (n): a claimant in a court case is a person who is asking for some form of compensation because of a wrong they claim/assert has been done to them

clear-cut (adj): if something is clear-cut, it is straightforward or obvious

climatic (adj): of or related to the climate (general weather conditions)

clocked (v): if something is clocked at a speed, it is registered or recorded as reaching that speed

closure (n): the closure of something (e.g. a shop) is the shutting or closing down of that thing

coalition (n): a collection of individuals or animals who/which come together to form a group for a particular purpose for a particular amount of time

coaxed (v): to coax is to gently persuade

coexist (v): if things coexist, they live or exist together at the same time and in the same place

collectively (adv): as a group

commenced (v): to commence is to begin something

commercially (adv): of or related to money; if a business is commercially viable, it is likely to make money

commissioned (adj): something which is commissioned is ordered to be done by a person/organisation; for example a commissioned report is a report that a person/organisation has asked to be produced for them/it

commissioned (v): if you commission a study or assessment, you ask someone to do a study or assessment for you, usually for a fee

committee (n): a committee is a small group chosen to represent and make decisions for a larger group

compensation (n): money or other benefits received for something that has been lost or to make up for a problem or bad experience

complex (adj): if a (biological) structure becomes more complex, more parts or functions are added to that structure

complexities (n): if something (such as a problem) has a lot of complexities, it has many parts and is difficult to understand and/or find an answer to

adv: adverb
 adj: adjective
 phr v: phrasal verb
 v: verb
 n: noun
 prep: Preposition
 conj: Conjunction
 id: idiom



complications (n): things which make something more difficult/complicated to achieve/do than expected

composition (n): what something is made of or composed of or made up of

compounded (v): if you compound something, such as a problem, you make it worse

comprehensively (adv): substantially; thoroughly; completely

comprised of (phr v): made of

con artists (n): people who try to trick you out of money or for some other gain by pretending to be your friend

conceivably (adv): if something is conceivable, it is possible to believe, imagine or happen; believably

conceived of (phr v): to conceive of an idea or notion is to come up with or think of it

concepts (n): ideas/notions/principles

conductive (adj): providing the right conditions for something (usually a positive something) to happen or exist

congest (v): if something congests, it gets blocked or crowded

congregate (v): to congregate is to gather together in a group

conjoin (v): to conjoin is to join or connect together

constant (adj): happening all the time or a lot

constructively (adv): in a way that is useful and intended to help or improve

consumption (n): the consumption of something is the amount used or eaten of that something; consumption is the use or eating of something

contemplated (v): to contemplate something is to think carefully and seriously about it or reflect on it (usually for a long time)

contention (n): a point of contention is a point or topic or subject of debate or disagreement

conventional (adj): typical/normal/usual

conversion (n): the process of changing one thing into another

conveyed (v): carried

countless (adj): if there are countless numbers of something, there are very many or too many to be counted

craved (v): to crave something is to have a very strong desire for that thing

creepy (adj): scary or unnerving or so strange and unnatural as to make you feel frightened

criteria (n): criteria are standards by which you judge, decide about or cope with something

critters (n): creatures/animals

culpable (adj): someone who is culpable is to blame or considered responsible for an undesirable outcome

debated (v): when something is heatedly debated, it is discussed in a passionate or emotional way and there is a lot of disagreement about it

deliberation (n): the act of considering or discussing something (often in a formal context)

dense (adj): thick; having parts which are close together or difficult to see through

derail (v): if something derails a train, it causes it to go off the train tracks

designated (v): to be designated is to be chosen for a particular purpose

differentiate (v): to show the difference/contrast between two things that are being compared

differentiated (v): to differentiate is to find the differences in two things which are compared

dire (adj): extremely bad or serious

disclose (v): to disclose something is to make it more widely or publicly known

dismiss (v): to dismiss something is to decide that it is not worth

taking into consideration or that it is not valid in any way

disordered (adj): in a confused and badly disorganised state

disperse (v): to disperse is to spread out over a large area

disproving (v): to disprove someone is to prove them wrong; to show that someone or something is wrong

dispute (v): a disagreement, argument or conflict

domain (n): an area of influence over which a person has some influence or control

downright (adj): extremely

dubious (adj): if you say something (a claim, for example) is dubious, you do not trust that it is true; you doubt that it is true

dynamics (n): the dynamics of something are how it works or functions or the processes that make it work or function

echo-location (n): a form of navigation; the use of sound waves and echoes to determine where objects are in space

ecosystem (n): all the living things in a given area and how they interact with one another and their environment

element of surprise (id): if someone has the element of surprise, no-one is expecting them to do what they intend to and they can use this to their advantage

elimination (n): the elimination of something is its total removal

encumbers (v): if something encumbers you, it makes it difficult for you to achieve your task

environs (n): the environs are the area surrounding a particular place, for instance a town

envision (v): to envision something is to imagine or visualise something that is likely or desirable to happen in the future

epilepsy (n): a medical condition which causes fits or seizures in a person

evicted (v): if someone is evicted, they are forced to leave

evoked (v): to cause to remember or feel (e.g. a memory or emotion)

exaggerated (adj): made to seem more important/better/worse than it really is

excess (adj): more than is needed or usual

exclusively (adv): only

exemplify (v): to exemplify something is to be a good example of that something

exhibit (v): if you exhibit a quality or trait, you demonstrate that you have that quality

existence (n): if you have a certain type of existence, you have a certain way of life; the existence of something is the fact that it exists or 'is'

expedition (n): an organised journey (usually a long one) for a specific purpose

exploitation (n): exploitation is taking advantage of something/s or someone/people

exploration (n): exploration is the act of searching or finding out about something

exterminated (v): to exterminate something is to kill all of that particular something in a particular place or at a particular time

extinction (n): the extinction of something causes a situation where it no longer exists

eyesore (n): an eyesore is something which is not pleasant to look at

fake (adj): not real

famed (adj): famous

famine (n): the state of not having enough food

fancied (v): to fancy something is to want or desire that thing

fangs (n): sharp teeth

faux (adj): fake; not real but made to seem real

fight ... tooth and nail (phr v): if you fight tooth and nail, you try very hard to get what you want



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final nail in the coffin (*id*): the final nail in the coffin is the event/incident which causes the failure or ending of something which was already on its way to failure

flakes (*n*): a flake of snow is a small, thin piece of snow

flawed (*adj*): imperfect

foliage (*n*): the leaves of a plant or tree

forfeit (*v*): to forfeit something is to give it up or surrender it or lose it

formations (*n*): structures; natural arrangements of things

full throttle (*id*): if something goes at full throttle is goes at full speed

fundamentally (*adv*): in an important way

fundamentals (*n*): the fundamentals of something are the main or most important parts or rules of that something

fundraising (*n*): raising/gathering/collecting money for some particular purpose (often charitable)

gag-inducing (*adj*): if something is gag-inducing, it is likely to cause you to get sick

gems (*n*): a gem is a precious stone; if you describe something as a gem, you mean it is very special

got the short straw (*phr v*): if you get the short straw, you get a bad deal or you are given the least enjoyable task/duties

gradual (*adj*): a gradual reduction is a slow reduction, one that happens over a period of time

gradually (*adv*): if something is done gradually, it is done slowly over a particular distance or period of time

grand (*adj*): great; important or large in degree or amount

grappled (*v*): if you grapple with an idea or concept, you struggle with it; you try to broach or understand or deal with it better

guerrilla (*n*): a type of great ape native to parts of Africa

habitat (*n*): the natural surroundings/environment in which animals or plants live

hapless (*adj*): unfortunate/unlucky

harassing (*v*): to harass someone is to annoy or upset them in a serious way (usually not on a one-off occasion but over a period of time)

harassment (*n*): behaviour that annoys or upsets someone (that is generally repeated over a period of time and which is serious enough that it could lead to legal action)

harmonious (*adj*): if a place is harmonious, it is a very pleasant and peaceful place

harness (*v*): to harness something is to control it to use its power

hazy (*adj*): unclear

headcases (*n*): headcases is an informal term for people who are crazy or whose actions are so reckless or illogical as to be beyond the doing of someone with a sound mind

heatedly (*adv*): passionately/emotionally

heretofore (*adv*): until now or before this point

horrific (*adj*): if something is horrific, it is very bad or shocking

hotspots (*n*): a hotspot is a place where something particular is likely to happen

humble (*adj*): modest; ordinary or not very special or important

humbling (*adj*): a humbling experience is one that makes a person understand they are less important or special than they thought before

humidity (*n*): how much water there is in the air

hypothetically (*adv*): in theory; theoretically; imagined or suggested but not necessarily real/correct/true

ignorance (*n*): lack of knowledge or understanding or information

impenetrable (*adj*): impossible to see or go through

implications (*n*): consequences; the effects an action or decision will have in the future

impoverished (*adj*): poor

in due course (*id*): if something is expected to happen in due course, it is expected to happen at a particular point in time in the future or at the right time in the future

in line with (*phr v*): if something is in line with something else, it is similar to that something else

in principle (*id*): in theory

in vain (*id*): if something is done in vain, it is done without the desired result or without success

inclined (*adj*): if you are inclined to do something, you are likely or want to do it

inclusively (*adv*): inclusively means including everyone or everything of something

inconsistent (*adj*): not staying the same; unreliable; unpredictable

inconveniences (*n*): inconveniences are things that hinder or get in the way of doing something

incredibly (*adv*): if you say 'Incredibly, the car started,' you mean that you didn't expect the car to start - it is hard to believe it started; remarkably; if something is incredibly hot, it is very or extremely hot

indistinguishable (*adj*): if two things are indistinguishable, they are impossible to tell apart; you cannot tell the difference between them

infinite (*n*): without limits; extremely large

infrastructure (*n*): the basic systems and/or services

initiative (*n*): an initiative is a plan or process to achieve something or solve a problem

innate (*adj*): if a quality or characteristic is innate, it is something which has been possessed since birth (as opposed to something developed or learned); natural

innovative (*adj*): something which is innovative is a very new, clever and creative way of doing something; someone who is innovative can think up new, clever and creative ways to do things

insight (*n*): insight is understanding - at a deeper level - of something

insignificant (*adj*): not very important or significant

inspected (*v*): if something is inspected it is looked at or examined

instantaneously (*adv*): if something happens instantaneously, it happens immediately without any delay

interpreted (*v*): to interpret something is to form an opinion of what it is or means

interference (*n*): if there is human interference in something, human actions have had an impact on that something and it hasn't been allowed to happen naturally

intricate (*adj*): complicated or detailed

invaluable (*adj*): priceless; impossible to place a value on; of very significant value

invasive (*adj*): moving into all areas and difficult to stop from doing so and progressing further

irrespective (*adv*): whether or not; not taking into consideration or allowing for

irritating (*adj*): annoying

Jurassic Park (*id*): the Jurassic period was a particular part of the time during which dinosaurs inhabited the earth; Jurassic Park is a film about dinosaurs

lagging (*adj*): something which is lagging is progressing slowly or not fully up to date

landholders (*n*): people who own land

landowners (*n*): a landowner is a person who owns a piece of land

leafy (*adj*): a place which has a lot of trees with foliage (see foliage)



leech (n): if something leeches off or from something else, it takes away from that something else

life-altering (adj): something which is life-altering changes your life in a very significant way for better or worse

lifeblood (n): the thing that is most important to the continued success and/or existence of something else

likeness (n): similarity

logistical (adj): of or related to the process of planning and organizing to ensure that resources are put where they are needed, so that an activity/process can happen effectively

loners (n): loners are people/animals who do not like to hang out or socialise with other people; loners prefer to be on their own rather than in groups

magnitude (n): the magnitude of something is the extent/level/seriousness of that thing

mainstream (n): something is mainstream when it is considered normal or conventional; for example, a normal way of behaving or a normal set of ideas

manifestation (n): a manifestation of something is a way it appears or presents

maximise (v): to get the most out of something; to make something as great/large/good/effective as possible

maximise (v): to maximise something is to make it as great as possible in amount, size or importance; for example, if you maximise your potential, you make the most of it

microscope (n): a scientific instrument which uses lenses to enlarge objects for inspection/examination

migration (n): migration is movement from one region or place to another (and sometimes back again)

misconception (n): a misconception is an incorrect belief or idea which has resulted from a misreading or misunderstanding of the situation

molecular (n): the simplest unit of a chemical substance, usually a group of two atoms or more

momentum (n): if something is gaining momentum, it is developing at a faster pace than before

motion (n): a motion is a formal suggestion made and voted on at a meeting

multiple (adj): many

muscular dystrophy (n): this is a medical condition which is hereditary or passed down from one generation to the next that causes weakness of the muscles and their wasting away

naïve (adj): innocent or not worldly

naked eye (id): to the naked eye means as seen with/through the human eye without the use of any special aids or equipment

navigating (v): to navigate is to direct/show/find the way through something; to find a good and safe route through something

navigational (adj): of or related to finding your way; a navigational error is an error made when trying to determine the correct direction in which to go

naysayers (n): people who say something is not possible or is going to fail; people who are generally and consistently negative about something

necessitated (v): made necessary

needle in a haystack (id): when you describe finding something as like looking for a needle in a haystack, you mean that it is likely to be extremely difficult to find/locate that something

neglect (n): a serious lack of care or attention

nigh on (id): almost

nocturnal (adj): happening in or active during the night

nomadic (adj): if someone is nomadic, they do not live in one place all the time, but, instead, move about from place to place, making each new place they visit their temporary home

noteworthy (adj): something which is noteworthy is deserving of

our interest, attention or consideration

notion (n): a notion is an idea or concept

notoriously (adv): famously, but in a bad way

notwithstanding (prep): despite the fact

novel (n): a long story in print form about imaginary/fictional characters and events

obesity (n): the fact of being extremely overweight, such that your health is in danger/compromised

obstacle (n): something which blocks and prevents movement or action

occurrence (n): an occurrence of something is an instance of that something happening

offensive (adj): insulting

opposition (n): if you are in opposition to something, you disagree with that something

oscillations (n): oscillations are repeated movements from one direction to another

out of the blue (id): unexpectedly

outlet (n): an outlet for expressing something is a way in which it can be expressed

outlook (n): the outlook is the prospect or chance of something

overlook (v): to overlook something is to not take that something into account/consideration when making a decision

overrunning (v): if a species overruns a place, a situation occurs where a great number or too many of that species are present in the place, so many as to cause harm or a difficult situation

panel (n): a flat rectangular piece of wood or some other material

paradise (n): a place that is perfect; a place or position of great happiness or contentment

parasitic (adj): in relation to electricity, a parasitic effect on a generator of electricity causes a loss of electricity

parasitic capacitance (n): relates to electricity - unwanted capacitance (where capacitance is the ability of something to store an electric charge); parasitic capacitance involves an electrical charge being taken away from one thing by another

party faithful (id): the party faithful in this context are people who love to party and have fun; the party faithful can also be people who are loyal to a political party or certain group

patently (adv): obviously; in a way that is clear

peaks (n): the peak is the highest point of something; peaks are highs

peculiar (adj): strange

penetrate (v): to penetrate is to move into or through something

perceivably (adv): noticeably

perception (n): a perception is a belief or opinion of something, which may or may not be true

perspective (n): a perspective is a point of view

pest (n): a pest is an insect or animal that is a nuisance or is annoying or causes problems for humans, e.g. locusts are pests which eat crops and mice are pests which can invade homes

pestering (v): annoying

phenomenon (n): a thing that exists and can be seen, felt, tasted, etc., especially something unusual or interesting

placement (n): the placement of something is where it is located or situated

plagues (n): a plague of insects is a huge collection or group of those insects all in the one place, where the group causes some form of harm by its presence

pod (n): the collective word for a group of whales

pointing the finger of blame (phr v): to point the finger of blame is to accuse someone or something of being the cause of a problem

portion (n): a part or share of something bigger/larger



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portrayal (n): a portrayal is a representation or description of something, for example an actor gives a portrayal of their character

posit (v): if you posit something, you suggest it or put it forward

practicality (n): the quality of being suitable for a specific occasion or use

precipitation (n): rain or another form of water-fall from clouds, e.g. snow, hail, sleet, etc.

precisely (adv): exactly

predation (n): predation is the act of hunting, feeding on or killing other animals

predicament (n): a bad/problematic/unpleasant situation that it is hard to get out of

predictably (adv): as predicted; as expected

prehistory (n): the time in history before there were any written records

prematurely (adv): before the expected/correct/due/sensible time; too soon; early

prisms (n): transparent glass or plastic objects that diffract light (separate it out into its different colours)

prolonged (adj): something which is prolonged continues for an extended amount of time; it continues for a very long amount of time

prompted (v): if something prompted something else, it made or contributed to making that something else happen

prosthesis (n): a prosthesis is an artificial body part, such as an arm or a leg

protestations (n): actions of protest or disagreement or complaint

prove wanting (id): if you prove wanting when you do something, it means that you do not do it properly or well enough

puzzling (adj): if something is puzzling, it is difficult to explain/understand

pygmy (n): a member of one of several native African tribes; pygmies are typically a lot shorter in height than other humans

quest (n): a long search or effort to locate something which is difficult to find

ranging from ... to (id): the range of something is the amount or number of that something between an upper and lower limit

raw (adj): in a natural and wild state

readymade (adj): if something is readymade, it is in its finished form and is available for use

realisation (n): the moment/instant when you understand something clearly

recipe for disaster (id): if you say something is a recipe for disaster, you mean that doing that something is likely to cause significant problems or trouble

recklessly (adv): without any care or concern

reengineer (v): to reengineer something is to change it to improve how it works

regrettably (adv): sadly; if you say something had to be done regrettably, you mean you are sorry it had to be done

reinvent (v): to reinvent something is either to produce something new out of something which already exists or to improve something or think of a new use for it; if you reinvent something, you take that something and improve it in a way that makes it markedly/substantially better

reiterate (v): to reiterate something is to say it again, emphasise or stress it; to reiterate a point is to emphasise it

relentlessly (adv): all the time / without stopping

reliability (n): how well something works

relief (n): a form of pain relief is something which makes you less aware of the pain or makes you feel the pain or soreness less

replicating (v): to replicate is to make or do something again in exactly the same way as before

resemblance (n): similarity; if two things have a resemblance, they look very similar

resemble (v): to look like or similar to

resignation (n): the act of resigning; the act of telling your employer that you are leaving your job by choice

resolve (v): if you resolve a problem or bad situation, you fix it; if a problem or bad situation is resolved, it is fixed

respectively (adv): relating to two or more items listed previously, in the same order as previously listed

responsive (adj): if you are responsive to an appeal or request, you are quick to react to it in a positive manner

retracted (v): to retract something is to take it back or admit that it was false

revelation (n): a revelation is a surprise or shock, often an unpleasant or very unexpected one

reverse (v): if you reverse something, you turn it back in the direction it came from; if you reverse a decision/policy, you change that decision/policy, or withdraw it altogether

revoked (v): to revoke an agreement/permission/law is to officially decide that it is no longer in place

rezone (v): to rezone land is to assign it to a new planning zone or grouping

rezoning (n): when a rezoning of land takes place, the land is assigned to a new planning zone/area/group/category

roaming (v): to roam is to move about or travel, particularly without a sense of purpose or a particular reason for doing so

rowdy (adj): if you describe someone as rowdy, you mean they are noisy and possibly aggressive/violent

rustle (v): to rustle is to make a soft, dry noise; for example, leaves rustle when they move about

scorpions (n): animals similar to insects and closely related to spiders that have long bodies and curved tails that deliver a sting which usually live in dry areas

scrutiny (n): very close attention; a careful and detailed examination of something

scurry (v): to scurry is to move very quickly with short steps

seemingly (adv): apparently; appearing to be something, particularly when it is not really that thing

segment (n): one of the smaller groups or amounts of a larger group

self-proclaimed (adj): said or announced about yourself

semblance (n): if you have lost all semblance of common sense, you show no signs of having any common sense; a semblance is a sign or portion of something that is not full or what was hoped for

short-sighted (adj): if someone takes a short-sighted view, they do not consider the long-term consequences of their actions

shy away from (phr v): to shy away from something is to avoid or evade or keep away from it or from doing it

silk (n): spider silk is the material spiders create their webs with

simplification (n): a simplification of something is a less complicated or intricate version of that thing which makes it clearer or easier to understand

solely (adv): only

speculate (v): to speculate about something is to come up with ideas for why it happened/occurred without being sure of the reason

speculation (n): speculation is the activity of guessing the answers or consequences of something without having sufficient information to know for certain

stamina (n): the physical or mental strength needed to do something which will take a long time



stranded (adj): stuck; unable to leave a place because exit is not possible, there is a lack of transport or similar

stranding (n): when there is a stranding of whales, the whales get stuck on the beach or on some other land type

strictly speaking (id): being completely accurate; precisely

stride (n): a long step

strikingly (adv): remarkably

stroll (n): a slow, relaxed walk, especially for pleasure

sucking (v): sucking is pulling a liquid or air in; if a lifeform sucks something out of something else, it takes it out

sucks (v): if you suck something out of something else, you pull or take that thing out of it; if you suck the pleasure out of doing something, you remove the pleasure from doing it

suing (v): to sue someone is to take legal action against them, making a claim for some form of compensation for harm they have done to you (accidentally or on purpose)

superficially (adv): at/on the surface only; if two things look superficially similar, they only appear similar until they are inspected closely

superior (adj): better; if something is superior to something else, it is better than that something else

supposed (adj): intended or claimed

sustain (v): to cause or to allow something to continue for a period of time; to keep alive or active or functioning

swayed (v): if something swayed an argument, it had an influence on deciding the outcome of the argument; if something swayed from side to side, it moved from side to side

sympathise (v): to sympathise is to empathise with or care about someone's bad situation or problems

tangential (adj): something which is tangential is different from and not directly connected to something else; for example, a tangential argument is not (completely) connected to the last one made

tangentially (adj): if you move tangentially in a discussion, you begin to talk about something that is not directly connected to the previous topic

tangible (adj): real/meaningful

the bottom line (id): the bottom line is the most important or significant fact in a situation

threat (n): a threat is something which endangers or may harm another thing

throw me (phr v): if something throws someone for a moment, it confuses them or puts them off what they are thinking about or the task they are trying to achieve

tip of the iceberg (id): if something is the tip of the iceberg, it is only a small part of something such as a problem or issue; it implies the problem or issue is far greater as a whole

trait (n): characteristic

trek (n): a long and typically difficult walk

trek (v): to walk a long distance, usually in the countryside (through forests, mountains, etc.)

tumours (n): tumours are masses of diseased cells that cause lumps or illnesses; cancerous lumps

turbine (n): a type of machine that turns blades or 'arms' in order to produce power; the blades are usually turned by the power of the wind

uncharacteristically (adv): not typically; unusually; if someone is uncharacteristically something, it means they are not normally that thing

undergo (v): if something undergoes a change, that change happens; it experiences that change

undergrowth (n): a collection of small bushes, trees or plants growing near the ground in a forest

unearthed (v): uncovered/found/discovered

unforeseen (adj): not predicted/expected

uniformly (adv): in the same way; not different or changed in any way

unintentionally (adv): not on purpose

untapped (adj): untapped resources are resources that have not been exploited or used

untold (adv): so great in number that it is hard to or cannot be calculated

untouched (adj): not changed, interfered with or spoiled in any way

unviable (adj): not achievable/workable/doable

up for debate (id): if something is up for debate, no conclusion has yet been reached about it; it is still being discussed or talked about with different views being shared

up in arms (id): to be up in arms about or over something is to be very upset or angry about that something

uproarious (adj): extremely loud/noisy

utopian (adj): if a place is utopian, everything there works perfectly and is as it should be

utterly (adv): totally

vanish (v): to make something vanish is to make it disappear

venom (n): a type of poison some animals produce

veracity (n): truthfulness; the quality of being truthful, honest or accurate

viability (n): the feasibility of something; the chance of that something being achieved or successful

viable (adj): if something is viable it is able or likely to work or succeed or function as intended

viral (adj): something which goes viral quickly becomes popular online; something which is viral is extremely popular online

virtually (adv): almost

volunteer (v): if you volunteer to do something, you offer to do it without being asked, and usually without pay or receiving benefits

widespread (adj): if something is widespread, it is everywhere; it occurs or appears in a lot of places

wiggling (v): moving from side to side with short, quick, irregular movements

wild (adj): if you describe something as wild, you mean it is extreme, violent or uncontrolled

wind-induced (adj): if something is wind-induced, it is caused or generated by wind

wreak havoc (phr v): if something wreaks havoc, it creates or causes a lot of destruction or serious problems

yields (v): if something yields something else, it produces that something else or causes it

Glossary | Test 2

abandon (v): to abandon is to leave behind

absorption (n): the process of taking something into another substance; e.g. the absorption of water by a cloth

accreditation (n): official approval

addition (n): the process of adding something to something else

adversity (n): difficulty (usually serious)

affording (v): giving

alarmingly (adv): shockingly; surprisingly in a bad way

algae (n): very simple and usually small rootless plants that live in or near water

allayed (v): if you allay something, you cause or help it to feel less

altitudinal (adj): of or related to altitude (height above sea level)

analogy (n): a story or comparison of/about two different things which is used to explain better one of those things



Glossary

apathy (n): a lack of interest in something, often something important

apparition (n): a supernatural or otherworldly (not of this world) person or thing

app-basher (n): an app-basher is a critic of apps or of one particular app; someone who says negative things about apps or a particular app

applauding (v): in this context, welcoming or approving of something; giving something a positive reception

appliance (n): a device, machine, or piece of equipment, especially an electrically one which is used in the house, such as a dishwasher

apprenticeship (n): the period of time spent working as an apprentice (which is someone who has agreed to work for a skilled person for a fixed period of time and often for low payment, in order to learn that person's skills), or the name for a programme/scheme offering workers such a service/opportunity

arduous (adj): difficult

ascended (v): climbed up

ascent (n): the ascent of a mountain is the act of climbing up it

association (n): connection

assurance (n): if you give someone your assurance, you give them your promise

astronauts (n): people who travel into space

at risk (phr v): to be at risk from something is to be threatened by it or in danger from it

attributable (adj): if something is attributable to something else, it is caused by that something else

attribute (v): if you attribute something to something else, you say/suggest that something was caused by that something else

aurora/s (n): the aurora is a natural light phenomenon which appears in the sky in the Arctic or Antarctic

awe (n): wonder/amazement

banquet (n): a large formal meal for many people

bar (n): the bar of our expectations is the level at which we set our expectations of what should or is going to happen

bares its teeth (id): when something or someone bares their teeth, they show their dangerous or hazardous or threatening side

battling (v): fighting/trying to achieve something in a difficult situation

beloved (adj): loved very much

better than the sum of their parts (id): if a group or team performs better than the sum of their parts, they perform better as a team than they would do individually

bitter (n): sour

blaze (n): a blaze of passion is moment of extreme/intense passion

bleached (adj): made colourless

bleaching (n): the bleaching of something is the removing of colour from that thing

bleak (adj): in a bleak situation, there is very little hope for the future

bliss (adj): pure joy; extreme happiness

blissful (adj): extremely happy

bracket (n): if you fall into or are part of a bracket, you are part of that category or group

brethren (n): fellow members; loyal followers

bridges the gap (id): if something bridges the gap in/to something else, it makes it possible for that something else to be achieved/resolved/reached

burst (n): a burst of passion is a sudden flow or expression of passion (feeling)

busted (v): if you bust a myth or common belief, you prove that it is not correct

bypass (v): to bypass is to avoid or ignore

calibre (n): quality / excellence

call a spade a spade (id): if you call a spade a spade, this means you say truthfully and exactly what something is

calorific (adj): containing a large number of calories

capacity (n): the capacity to do something is the ability to do that something

cardiovascular (adj): related to the heart or blood vessels

catastrophic (adj): disastrous

certitude (n): certainty

chaos (n): mayhem; a state of total confusion and disorder

charismatic (adj): someone who is charismatic has a special power that naturally makes them able to influence other people and attract their attention and admiration

cite (v): if you cite something, you mention it as proof or an explanation for something else

clams (n): a type of sea creature with a shell split/divided into two parts which has a soft body protected by that shell

clog (v): block; to clog is to cause something to become blocked or filled so that movement or activity is difficult

come into play (phr v): if something comes into play, it becomes a factor in something else

come on in leaps and bounds (id): to come on in leaps and bounds is to improve/develop/progress very much

compatibility (n): able/capable of living in harmony together

complication (n): something which makes another thing harder to do/achieve

condiments (n): substances, such as salt and pepper, that you add to food to improve its taste

conditioning (n): your physical conditioning is your physical health; how fit you are

conductive (n): providing the right conditions/circumstances for something positive/good to happen/exist

confounded (v): if you confound your critics or people who say something bad about you, you prove them incorrect/wrong

connotations (n): in this case, negative connotations are negative implications/results/effects/consequences

conscience (n): your conscience is the part of you that judges how moral your own actions are and makes you feel guilty about bad things that you have done or things you feel responsible for

consumption (n): the process of eating or using

contaminate (v): to contaminate something is to make it less pure or to make it poisonous

contrary to (id): opposite to

coral (n): a rock-like substance formed in the sea by a specific group of small animals

corrupt (n): using your position or power in a dishonest way in order to get an advantage, especially for money

cost-prohibitive (adj): something which is cost-prohibitive is extremely expensive to buy/do; it is so expensive that it would make you think twice about spending money on it

countless (adj): too many to count; very many

cracks (n): cracks in a relationships are problems in the relationship

creep (v): to creep in is to enter slowly, usually without being noticed

crew (n): the team of people who work together on something, such as an airplane

criteria (n): plural of criterion; standards by which you judge or decide about how to cope with something

critical (adj): something which is status critical on the endangered species list is critically endangered; in other words, the animal is very rare and under threat of extinction



culling (n): a culling of animals, usually of one particular species, is the killing of a large number of animals of that particular species

current (n): a current of water is a movement/flow of water in a particular direction, e.g. the Labrador Current

cyclones (n): intense/serious storms

damning (adj): something is damning when it shows clear evidence of wrongdoing, guilt or bad behaviour

decay (n): the state of being gradually damaged or made worse

decline (n): when something becomes less in amount/level/importance/quality/strength

deluded (adj): to be deluded is to believe things that are not real or which are very untrue

demeanour (n): how you look and/or behave

dental (adj): of or to do with dentistry or the teeth

depicted (v): showed

depiction (n): presentation; showing; representation; how something is represented/shown

depleting (adj): reducing

depths (n): the depths are the very deepest parts

descent (n): the descent of a mountain is the act of climbing down it / going down it

deservedly (adv): if something happens deservedly, it deserves to happen / it has been earned

destiny (n): fate / what will happen in the future / a force some people believe controls their life

detrimental (adj): something which is detrimental causes great harm or damage to something else

devote (v): to give your time or effort completely/totally to something or someone which you believe in

digit (n): number

diminished (adj): reduced

dine on (phr v): to dine on something is to eat it

dire (adj): very bad/serious/extreme

disbelief (n): the state of not believing

discipline (n): self-control, even in difficult situations

discrete (adj): a discrete location is one where there are not many people or one where you meet in order to avoid attention or notice

disillusion (n): the state of not being able to believe something or of being very confused or disappointed by something

disperse (v): separate out over a wide area; spread or move across a wide area

displaced (v): removed

disposal (n): the act of getting rid of something, especially by throwing it away

dispose (v): to dispose of something is to get rid of it

disproportionate (adj): too large or too small in comparison to something else, or not deserving its importance or influence

disproved (v): if something is disproved, it is proved or shown to be wrong/incorrect

disqualification (n): the act of being thrown out or removed from something such as a competition because of incorrect/unfair action or actions against the rules

diversity (n): a range of different things or people

doom and gloom (id): if something is all doom and gloom, it is very negative and there is no clear upside or positive to take from it

downtime (n): downtime is leisure time or free time; time when you can relax away from work

duped (v): tricked

eating their dust (phr v): if you leave your opponent eating your dust, you beat them by a large amount

economically (adv): in a way that relates to money; financially

ecosystem (n): all the living things in an area and how they affect each other and their environment

ejecting (v): ejecting is leaving; if someone ejects a plane, they leave the plane by a very quick method, usually a method designed only to be used in emergencies

ejector button (n): the ejector button is a button in a human-driven machine that can eject/remove the driver from the machine very quickly (usually designed for emergency use)

emerge (v): to emerge is to appear

emphasize (v): highlight; draw attention to

enabling (v): making possible / facilitating / making able to

encounter (v): come across / meet

endanger (v): to endanger is to put under threat of harm of some sort

endangered (adj): an endangered species is a species that is close to extinction / disappearing from the Earth

endurance (n): the ability to stay doing something difficult, unpleasant or painful for a long time

endure (v): to endure something is to suffer something which is difficult/unpleasant

essential (adj): very important; key to success

estimated (adj): used when saying what the cost/amount/value/size/level/etc. of something is believed to be

euphoria (n): pure joy; extreme happiness

evoked (v): to make someone feel an emotion is to evoke that emotion

exaggerated (adj): made seem larger, more important, better or worse than in reality

expectation (n): what we expect to happen

expedient (adj): helpful or useful in a given situation, but often not morally acceptable or right

experimentation (n): the process of trying methods, activities, etc. to discover what effect they have

exploited (v): to exploit is to use or take advantage of

exposure (n): the fact of being affected by or experiencing something because of being in a particular place or situation

expulsion (n): the act of forcing someone or something to leave a place

fabricating (v): making up something that is not true

facetious (adj): lacking serious or honest intent

fad (n): a fad is a style/activity/interest that is very popular for a short period of time

fan base (n): fans of something specific, such as a singer or band, collectively referred to or considered as one group

far-reaching (adj): something far-reaching has a great influence/effect on many people/things

fatalities (n): deaths

fate (n): destiny; a power which some people believe controls all events and happenings in life

fate-bestowed (adj): something which is fate-bestowed is granted or given by nature/luck/destiny rather than earned

faults (n): a fault in a race or competition is a point/score/mark against the competitor

favourably (adv): advantageously/positively

fearsome (adj): scary/frightening

feasibility (n): the possibility that can be made, done, or achieved, or is reasonable

fighting chance (id): if you give something a fighting chance of happening, you give it some chance of happening, even if the chance is usually very small in this case

filter feeders (n): sea creatures which eat other tiny sea life by taking in this sea life through their mouths in large quantities of water and then sending the water back out of their bodies



Glossary

flamboyant (adj): behaving confidently in a way that suggests you want to be noticed / get attention

fleeting (adj): brief; short

fountain (n): a stream of water which is forced up into the air through a small hole (especially for decorative effect to look nice), or the structure in a lake or pool from which this water flows

fragile (adj): if something is fragile, it is easily damaged, broken or harmed

freeze-dried (adj): something preserved by the process of first freezing and then drying

funnelled (v): to put something through a funnel or something that acts like a funnel, where a funnel is an object that has a wide round opening at the top, sloping sides, and a narrow tube at the bottom, which is used for pouring liquids or powders into containers with narrow necks

fuss (n): a fuss is a show of worry

fuzz (n): a covering of short thin soft hairs, or a mass/collection of tightly curled and often untidy hair

gazing (v): to gaze at something is to look at it for a long time, often in amazement/admiration or while lost in thought about something else

gender bias (n): gender bias involves treating one gender, male or female, better or worse than the other

gives ... edge (id): to give someone an edge is to give them some form of positive help or advantage that is likely to improve their chances of succeeding / achieving what they set out to do

glance (n): a quick look at someone or something

goes without saying (id): if something goes without saying, it is obvious or clear and people know it without having to be told it

grain (n): a seed or seeds from a plant, especially a plant like a grass such as rice or wheat; in this case, ones which are eaten / for consumption

gratitude (adj): thankfulness; the feeling or quality of being grateful

gravity (n): the force that makes things fall to the ground

grooming (n): the grooming of a person or animal is the cleaning of that person or animal, often, where an animal is concerned, with a brush

habitat (n): the natural environment of an animal or plant

habitation (n): the act of living in a building or some other type of dwelling

harmoniously (adv): friendly and peacefully; in a beneficial way to all parties/groups/things involved

host (n): a host nation for an event is the country which is holding / hosting / putting on the event

hosting (n): the hosting of something is the holding or putting on of that something, such as an event

hunt (v): to hunt is to follow or go after prey (an animal) of some kind in the hope of killing that prey

ignominy (n): shame

ilk (n): a particular type

immeasurably (adv): so large or great that it cannot be precisely/exactly known or calculated

immensity (n): seriousness

immersion (n): immersion in something is becoming completely involved in it

impartial (adj): independent of the two sides involved in something, such as a dispute; not supporting any of the sides involved in an argument

impressive (adj): worthy of respect or admiration

impulse (n): a sudden, strong wish/desire to do something

in context (id): to put something in context is to explain or demonstrate it with an example or more information to make it easier to understand

in jeopardy (id): at risk / under threat

in sight (id): if something is in sight, it is in view and can be seen or it is close by or close to happening

inadequate (adj): not enough; not good enough; too small in amount

incapable (adj): not able; unable

incidentally (adv): used to introduce something not as important as the main subject/point, but which is connected to it in some way or to some degree

indebtedness (n): the fact of being in debt or of owing money to someone or some organisation

indictment (n): an indictment is a sign that something is wrong; a damning indictment is a very strong, clear sign that something is wrong

indiscriminate (adj): random; without careful thought or planning in such a way as to cause harm

induce (v): cause to occur/happen

indubitably (adv): unquestionably; undoubtedly

infrastructure (n): the basic systems and services, such as transport and power supplies, that a country or organization uses in order to work effectively

initial (adj): early; first

input (n): in this case, contribution

instances (n): cases of something happening

intake (n): the amount/volume of a particular substance that is eaten or drunk during a particular time

intensity (n): the quality of being felt very strongly or of having a very strong/profound effect

intervention (n): the act of intervening or getting involved in something; e.g. you can intervene in an argument between two people or in a situation to try to improve it

invertebrates (n): animals with no backbone/spine such as worms

justified (adj): when something is justified, there is a good reason for it

knowhow (n): knowledge/ability (of a practical kind)

knowingness (n): having knowledge of or certainty about something

lab rats (n): lab rats are rats used in experiments in a laboratory for scientific purposes; when humans are referred to as lap rats, it means they are part of experiments themselves

layman's terms (id): if you say something in layman's terms, you say that thing in everyday language that is easy to understand

lie in wait (phr v): to lie in wait for someone or something is to hide somewhere waiting until that someone or something appears or hoping that that someone or something appears

light at the end of the tunnel (id): the light at the end of the tunnel is the positive or good outcome that comes after difficulty has been experienced or the potential good or positive thing that can be expected to happen once a difficult experience has finished

limelight (n): the limelight is a place or position where there is a lot of public attention or interest

linguists (n): someone who studies / can speak one or more foreign languages is a linguist

literally (adv): using the real or original meaning; for example, it is literally freezing is said by someone trying to emphasise that it truly is very cold

literature (n): written artistic works, especially those of high value/quality, e.g. the works (writings) of Charles Dickens

localised (adj): limited to a particular area; only affecting a particular area

lottery (n): if something is described as being a lottery, it depends on luck/chance

luck wouldn't hold (id): if someone says your luck won't hold,



they mean that your fortunes/situation will eventually change for the worse or disimprove

lures (v): if something lures something else, it attracts that something else

maintenance (n): a situation/circumstance in which something continues to exist or is not allowed to become less

make use (phr v): to make use of something is to use that something constructively or to benefit you

manifestation (n): appearance

massive (adj): huge

masters (n): if we are masters of our fate/destiny, we control our fate/destiny

match (n): a person's match is someone very well suited to them for forming a relationship

materialised (v): appeared

maturity (n): in this context, adulthood

mayhem (n): chaos; a disordered or totally confused state

meaningless (n): irrelevant / not important

mechanism (n): a part of a machine / a set of parts that work together

media (adj): of or related to the media

merits (n): value; worth

microgravity (adj): a microgravity environment is one where a gravitational force has been artificially added through human action (see *gravity*)

microscopic (adj): very small; so tiny as to be only visible under a microscope; not visible to the naked eye

mischief (n): behaviour, especially a child's, that is slightly bad but which is not intended to cause serious harm or damage

misery (n): extreme/great unhappiness

misfortune (n): a case of bad luck

misgiving (n): a misgiving is a (usually slight) worry or concern you have about something else

misperception (n): an incorrect belief

mission control (n): the place/location on earth from which a journey into space is controlled

mistaken identity (id): a case of mistaken identity is an instance/case where a person or thing is wrongly thought to be another person or thing

modifications (n): changes to something, usually to improve it

monitoring (v): watching or noticing particular things

monopolised (v): to monopolise something is to control all or most of it in a way that prevents others from having it

mortality (adj): death

mountaineering (adj): of or related to mountain climbing

much-coveted (adj): something which is much-coveted is desired a lot or in great demand

myth (n): a common belief that is untrue

mythology (n): myths in general, where myths are ancient stories or sets of stories, especially explaining the early history of a group of people or about natural events and facts

naked eye (n): the naked eye is the eye on its own; for example, if you say something looks perfect to the naked eye, you mean it looks good just viewing it through your eyes without using any special equipment which enhances/improves your vision/view

narrowly (adv): if you narrowly avoid something, you barely or just about avoid it; e.g. he narrowly avoided defeat

navigate (v): to navigate is to find a route/way through something

none other than (id): said to show that someone or something is a surprising or exciting example/choice

non-perishable (adj): something which is not perishable does not decay quickly (see *decay*)

notion (n): Idea

nutrients (n): substances that animals or plants need in order to live and grow

nutritionists (n): experts on the subject of nutrition

oblivious (adj): not aware, especially of something happening around you

obstacles (n): things that block or make difficult movement or action

odds (n): the odds of something happening are the chances or probability of that thing happening

of late (id): recently

omen (n): a sign that some future event will take place

opposition (n): your opposition are your opponents; the people you are competing against

optimise (v): to optimise is to make something as good or effective as it can be

optimism (n): the quality of being full of hope and focusing on the good/positive points of something

optimist (n): someone who always sees the positives or bright side of things

orbital (adj): in orbit (where orbit means travelling on a curved path around something; in this case through space around the planet Earth)

organs (n): parts of the body that perform particular functions/jobs

otherworldly (adj): not of this world

outdone (v): if you are outdone by someone else, they perform better than you and win / beat you / become more successful than you

outsiders (n): people not directly involved in a situation or people outside of a particular group

overcast (adj): cloudy

overwhelming (adj): very great or very large

panel (n): see Test 1 glossary

panic (n): a strong, sudden feeling of fear that prevents or makes difficult acting or thinking in a reasonable/logical way

parasitic (adj): of, caused by or relating to parasites (parasite - an animal or plant that lives in or on another animal or plant and feeds off it)

party of (n): a party of climbers is a group of climbers

patently (adv): in a very clear way

peaks (n): mountain tops; hill tops

per se (id): from Latin, meaning by or of itself

perception (n): a perception is a belief or opinion, often held by many people and based on how things seem

period film (n): a film set in a particular period of / at a particular time in history

perpetual (adj): neverending; continuing forever in the same way

persevere (v): to persevere is to try to do or continue doing something in a determined way, despite having problems

perversity (n): unexpected strangeness

pessimistic (n): thinking that bad things are more likely to happen or emphasizing the bad part of a situation

phenomenon (n): a thing that exists and can be seen, felt, tasted, etc., especially something unusual or interesting

phobia (n): a fear of something; e.g. a phobia of spiders, arachnophobia

photosynthesis (n): a process by which a plant uses the sun's energy to produce its own food

physical (adj): of or relating to the body

physiology (n): the scientific study of the way in which the bodies of living things work

pickpocketed (v): if you have been pickpocketed, you have had



Glossary

the possessions/belongings you are carrying stolen without being aware of it happening; literally, you have had some or all of the things in your pocket/s stolen

pilot (v): if you pilot something, you drive/control it

pivotal (adj): central or very important

plankton (n): a type of very tiny sea creature

platform (n): a usually long flat raised area/structure

portrait (n): picture; depiction; portrayal

portrayed as (phr v): if something is portrayed as something else, it is shown as that something else

precisely (adv): exactly

predators (n): predators are animals that hunt, kill or eat other animals

prematurely (adv): too early; before the right time

prey on (phr v): to prey on something is to kill that something, usually in order to eat it

primarily (adj): mainly; for the most part

privileged (adj): if someone is privileged, they have an advantage or enjoy something special which most other people or another group of people to which they are compared do not have or cannot enjoy

profile (n): a profile of someone or something is a view of that someone or something, usually from the side

progressed (v): if something progressed, it continued or developed

propagating (v): causing to increase in number, amount or similar

prospective (n): your prospective employer is the employer you hope will hire you; someone who you describe as prospective is someone you hope will soon become that thing, e.g. a prospective buyer of your car is someone who may / you hope might buy your car

prosper (v): to prosper is to do extremely well

rave reviews (id): rave reviews are very positive reviews

recolonise (v): to recolonise an area is to move back into that area on a permanent basis

recruitment (n): the process/act of finding people to work for a company or become a new member of an organization

reef (n): a line of rocks/sand just above/below the surface of the water

reflected in (phr v): if something is reflected in something else, it is shown as true/fact by or there is evidence of the something in that something else

refreshing (adj): pleasantly different/interesting

refrigeration (n): the process of making or keeping something, especially food or drink, cold so that it stays fresh, usually in a fridge

regeneration (n): the act/process of improving a place/system/thing, especially by making it more active/successful

registration system (n): a registration system is a system for recording names or information

reliant (adj): if something is reliant on something else, it depends on that something else for some reason

reluctantly (adv): someone who is reluctantly doing something is doing that something slowly or hesitantly or doing it because they have to rather than because they want to

remarkably (adv): incredibly/amazingly

remotely (adv): if you access something remotely or contact someone/something remotely, you do so from a distance

repercussions (n): consequences, usually negative; the effect that an action/event/decision has on something else, where usually a bad effect

restraints (n): something that limits the freedom of someone or something, or that prevents something from growing or increas-

ing; things that hold something in place

resumption (n): the resumption of something is the starting of doing that something again

reverse (n): the reverse is the opposite

rich (adj): if there are rich sources of something, there is a plentiful/abundant supply/presence of that something

rid (v): if something rids itself of something else, it gets rid of that something else

scale (n): the scale is the amount/level/degree/extent of something

scarcely (adv): almost not; barely at all

scenic (adj): having beautiful natural features

screenwriter (n): a screenwriter writes the story for a film

self-defence (n): if someone is acting in self-defence, they are protecting themselves because they have been forced to by the dangerous or threatening acts of someone else

self-preservation mechanism (n): a self-preservation mechanism is a process or way of acting or behaviour that helps to preserve/protect the processor/actor

sensationalised (adj): presenting in a way that is more shocking or exciting than reality

shady (adj): a shady area is an area which is protected from getting direct sunlight

shunned (v): avoided/ignored

sightings (n): instances/occasions where something is seen

silverware (n): silver cups or trophies won in sports or other competitions

sincerity (n): honesty

sniffed at (id): if something is not to be sniffed at, it ought not to be ignored or discounted

sober (adj): serious

solo (adj): alone / on your own

spiritual (adj): relating to deep feelings and beliefs, especially religious beliefs

squad (n): the squad is all the players, including the ones that don't start every game or are not on the substitutes bench; all the players available to a team

square meals (id): a satisfying meal that provides you with enough nutrition to remain healthy is a square meal

squid (n): a sea animal with a long body and ten arms located close to the mouth

starfish (n): a flat-shaped sea-living/sea-dwelling animal that has five arms growing from its body in the shape of a star

starvation (n): starvation is the state of being without food for an extended/long period of time, a state which can often lead to death

starve (v): to starve is to not eat or get nutrition over a long period of time

statistics (n): a collection of numerical facts or measurements

stave off (phr v): to stave off something is to defend against it or stop it from happening

stereotypical (adj): having the expected or typical qualities

stern (adj): a stern test is a serious or difficult test

stiff (adj): stiff odds are difficult odds (see *odds*)

storm ... in a teacup (id): a storm in a teacup is something which seems or is made to seem quite serious but really isn't; something about which a lot of fuss is made for no reason because it is not very serious or important

stretch (n): a stretch of land is a piece of land; a continuous area of land

stubble (n): short facial hair

stunning (adj): very impressive or shocking; extremely beautiful

summiteers (n): people who reach the top of mountains

summits (n): mountain tops



superstitions (n): beliefs not based on reason or knowledge or science, often ones related to magic

sustain (v): to sustain something is to cause or allow it to continue for a period of time

sustenance (n): food

swap (v): to swap something is to give something in exchange for something else

sweeps (v): to sweep is to brush; to move quickly and powerfully

swiftly (adv): happening/moving quickly or within a short space of time

symbiosis (n): a relationship between two animals or plants whereby each contributes positively to the conditions necessary for the continued existence of the other

symbiotic (adj): a relationship which is symbiotic is a relationship between two plants or animals that benefits both parties to the relationship

tackling (v): to tackle prey is to take on or hunt or attempt to kill that prey (animal type)

take a turn for the worse (phr v): when a situation takes a turn for the worse, it gets worse

take us back full circle (id): take/bring us back to the beginning or initial situation/problem

talent scout (n): a talent scout is someone whose job it is to find/spot people who are talented at something or some things in particular

tangible (adj): real and not imaginary; for example, a tangible threat is a real threat

technical (adj): if a mountain hike is technical, it requires climbing skills

tempest (n): a very severe/violent storm

the late (id): if you refer to someone as 'the late', you mean that they are already dead

the media (n): the internet, newspapers, magazines and television considered as one single group

thriving (adj): being very successful

tissues (n): a group of connected cells in a plant or animal which are similar to one another in form and purpose, e.g. soft tissue

to spare (id): if you win the title with two games to spare, you win it with two games left/remaining

tolerance (n): the ability to deal with something unpleasant/harmful or annoying in an improved way that helps a person/thing's continued existence

tornadic (adj): of or related to a tornado (type of localised or small storm); very forceful/strong

trailing (v): if something is trailing something else, it is following behind that something else

trepidation (n): fear/worry/concern surrounding what is going to occur

triggers (n): triggers are things that start/initiate/set off something else, such as a process

turbulence (n): turbulence is strong sudden movements of air often felt when flying in an aircraft

unconditionally (adv): without any conditions or terms

undeniable (adj): cannot be denied; cannot be questioned

undeniably (adv): without question; certainly

underestimate (v): to underestimate is to fail to guess, understand, realise or appreciate the real cost, size, importance, difficulty, etc. of something

underprivileged (adj): people who are underprivileged come from a poor background or are poor, and do not have the opportunities or resources normally afforded to/enjoyed by/given to people

unlikely (adv): not very likely; not probable or likely to happen

unpredictable (adj): impossible to predict; likely to change suddenly and without reason

unproductive (adj): not producing very much or not having positive results

unrelenting (adj): never stopping; never becoming weaker

unscrupulous (adj): behaving in a way that is dishonest or unfair in order to get what you want

upper reaches (n): the upper reaches are the highest points/elevations

upsurge (v): a sudden and unusually large rise or increase in something

vacuum (n): a space from which most or all of the matter has been removed, or where there is little or no matter (matter being any physical substance in the universe)

viable (adj): feasible/likely to succeed

victims (n): someone or something that has been hurt, damaged or killed or which has suffered as a result of something or someone else

vulnerable (adj): at risk from or threatened with harm

warranted (adj): if something is warranted, it is justified or necessary

weight (n): if you put more weight on/in something, you give it more importance

welfare (n): health

wellbeing (n): the state of feeling/being healthy and happy; welfare or general health

wiser souls (id): a wise soul is a person who has a lot of wisdom or knowledge

withstand (v): strong enough to oppose/fight off/not be changed by something

witnessed (v): to be witnessed is to be seen

yields (n): amounts of something

Glossary | Test 3

a stone's throw (id): if something is a stone's throw away, it is very near

abounding (adj): existing in large numbers

abounds (v): exists in large numbers or quantities

absentee ownership (n): the fact of owning a place but not living there

abused (v): cruelly or violently treated

account for (phr v): explain; provide an explanation for

accessible (adj): able to be reached

adequately (adv): satisfactorily; sufficiently

adrenalin junkie (id): someone who loves to do very adventurous and exciting sports or activities, for example base jumping

advocates (n): supporters

affairs (n): matters, concerns or issues

afforded (v): granted or given

agenda (n): see *centrist agenda*; an agenda is an aim

aggravated (adj): made worse

akin (adj): if something is akin to something else, it is like that something else or has some of the same qualities

albeit (conj): although

alien to (adj): strange and unfamiliar to

all the rage (id): if something is all the rage, it is fashionable or popular or trending at the moment

allure (n): charm

amateur (adj): a person who takes part in an activity for pleasure, not as a job and not getting paid, is an amateur; the highest amateur level is the highest level you can compete at as an amateur



Glossary

ambience (n): the atmosphere or character of a place

ample (adj): more than enough

anecdotal (adj): anecdotal evidence is evidence that is not based on facts or careful study but is just based on what a lot of people say or think

antelope (n): a deer-like mammal with horns and long thin legs that can run very fast

apathy (n): a lack of interest; voter apathy is a lack of interest amongst voters in voting or taking part in the political process

apologist (n): a person who supports a particular belief, especially an unpopular one

appetite (n): desire

appetite for (phr v): desire for

apprehending (v): to apprehend someone is to catch or arrest them

aptly (adv): appropriately; suitably

arc (n): a curved line or part of a circle

artificial (adj): made by people, often as a copy of something natural

astounding (adj): very shocking or surprising

at the coalface (id): in real working conditions; at work

attrition (n): gradually making something weaker or destroying it

authentic (adj): real

avail of (phr v): make use of

backing (n): support

bang for your buck (id): if you get good bang for your buck, you get better value or a better reward for the money you spend

banjo (n): a small string musical instrument

begs the question (id): if something begs the question, it causes you to ask that particular question

beguiling (adj): charming

behold (v): to behold is to look at

bewildered (adj): confused and uncertain

bewilderment (n): confusion

bitterness (n): a feeling of anger and unhappiness

bizarrely (adv): strangely and unusually

black sheep (id): if you describe someone as a black sheep, you suggest that they do not fit in with everyone else in a particular group (the suggestion usually has a negative meaning); for instance, *I am the black sheep of my family* means I am different to the rest of my family

blends right in (phr v): if something blends right in, it fits or looks suitable in its surroundings

blind (n): people who cannot see or who have very very poor sight

blind to (adj): if you are blind to the benefits of something, you do not see those benefits and are ignorant of or about them

bliss (n): perfect happiness; perfection

blissfully ignorant (id): extremely happy and unaware of something

blotting (v): spoiling; making look less nice

boast (v): if you boast something, you possess that something

bottling everything up (phr v): if you bottle something up, you refuse to talk about it or express how you are feeling

bottom line (id): the bottom line is the most important fact in a situation

bragging rights (id): if you have bragging rights, it means you have done something impressive that gives you reason to boast / act in a very proud way; for example, *Well done. You beat me easily even though I'm five years older than you - you definitely have the bragging rights*

brainstorming meeting (n): a meeting where a group of people suggests lots of possible new ideas for development

breadwinners (n): the breadwinner is the member of the family that earns the money the family needs

breakout (n): escape

broadened (adj): made wider

budget conscious (adj): a traveller who is budget conscious cares a lot about how much money they are spending because they have a limit

bushmen (n): the San Bushmen are a native African people who traditionally live a nomadic life, moving around from place to place and hunting wild animals and gathering wild plants for food

buzz (n): sense of excitement

calf (n): the name for the young of various large mammals

cancer screening (n): testing or examining to discover if you have cancer

canine (adj): of or relating to dogs

canines (n): dogs

cast off (phr v): left alone or abandoned

cease (v): stop

centrist (adj): at the centre of the range of political opinions

centrist agenda (id): a centrist agenda is a desire to support the centre political party or parties – the party or parties that are neither too far left (socialist) or right (capitalist) in their beliefs and principles

chimps (n): chimpanzees (members of the family of great apes)

cloudy (adj): unclear

coalition (n): a government that is formed or made up of a number of different political parties working together

cocooned (v): protected and kept safe or kept away from things

coincidental (adj): happening by chance or luck

combo (n): combination

coming to terms with (id): if you come to terms with something, you gradually accept a bad or unusual situation

command (n): control of or over; your command of a language is your control of and ability to use the language

commemorated (v): to commemorate is to officially remember something with a special ceremony

composition (n): a musical composition is a piece of music someone has written

compounding (adj): making worse

comprehending (v): to comprehend is to completely understand

compromise (v): to compromise is to reduce your demands or change your opinions in order to reach an agreement with another person, group or party

compulsion (n): desire; strong feeling of wanting

concept (n): idea or principle

conclusive (adj): ending any doubt or proving that something is true

condescending (adj): treating a person as if you are more intelligent or important than them

conditioning (n): your physical conditioning is the state of health of your body

confess to (phr v): admit to

conservative (adj): a conservative party is a political party that supports businesses, is against high taxes and does not agree with much government involvement in industry; a capitalist party

conserved (v): to conserve something is to keep it from being damaged or wasted

considerably (adj): significantly or noticeably

contagious (adj): a contagious habit or feeling spreads quickly among people

content (adj): satisfied or happy

contraband (n): goods that are taken into or out of a country il-



legally and in secret

contradictory (adj): if two or more things are contradictory, they are very different from one another

contrariwise (adv): on the contrary; on the other hand

contrary to (adj): if something is contrary to your expectations, it is the opposite of what you were expecting

corpse (n): dead body

correlation (n): a connection or relationship between two or more things

couch potatoes (id): a couch potato is someone who leads a relatively sedentary or inactive life - literally, someone who sits on the couch watching a lot of TV

counterproductive (adj): having the opposite effect than intended or wanted

coverage (n): the reporting of a particular important event or subject

crave (v): desire

craze (n): an activity that is extremely popular for a short amount of time

crazed (adj): crazy/mad/reckless

credit (n): praise

curious (adj): peculiar; strange and unusual

current (n): See Test 2 glossary

damn (v): criticise

dedicated (v): to dedicate something, such as an achievement or victory, to someone is to publicly say that something was done in their honour

deliberate (adj): intentional or planned

demographics (n): the number and characteristics of people who form a particular group, in this case, voters

demoted (v): to demote is to lower in rank or position or status

detection (n): the fact of discovering or noticing something

determination (n): the ability and desire to continue to try to do something even though it is difficult

detract (v): make something seem less deserving of admiration

diagnosis (n): a judgement about what a particular illness or health problem is, made after examining the patient

diffract (v): to diffract is to break up light into its different colours and send them off in different directions

diffraction (n): the process of causing a change in the direction of light (sending the different colours of light off in different directions)

dimensions (n): measurements or size, e.g. height, length and width

disheartened (adj): discouraged

dispelled (v): to dispel is to remove a false idea

dispersion (n): the separation of light into different colours

distasteful (adj): unpleasant or unacceptable

distress (n): a feeling of extreme worry, sadness or pain

divisive (adj): describes something that causes a lot of disagreement between people

do away with (phr v): to do away with is to get rid of or destroy

domestic (adj): a domestic animal is an animal that is not wild and which is either kept as a pet or to produce food

drop in the ocean (id): a drop in the ocean is a very small amount compared to the total amount

droplets (n): small drops

dwarf planet (n): a dwarf planet is a body of matter in space that looks like a small planet but does not meet all the scientific criteria for or specifications of a planet

dwarfish (adj): very small

echoed (v): repeated

ecstatic (adj): extremely happy or pleased

elevated (adj): high; elevated land is land that is high above sea level

elite (adj): an elite field is a group made up of people who are excellent at something

emerged (v): appeared

emerging (v): to emerge is to appear by coming out of something or out from behind something

empathic (adj): having the ability to imagine how someone else thinks or feels

empowering (v): to empower someone is to give someone the authority, skills, etc. needed to do something themselves

en route (adv): on the way to or from a place

endorsement (n): approval; the act of saying you approve of something

engage (v): to engage with or in something is to become involved with or in that thing

essentially (adv): basically

evolutionary (adj): relating to the way in which living things develop over thousands and millions of years

evolved (adj): highly developed

excessively (adv): too; overly

exclusivity (n): the fact of only being for people who are rich or of high social class

exemplify (v): to exemplify is to be a typical example of something

exhausted (adj): extremely tired

expended (v): to expend is to use or spend time, effort or money

exploit (v): take advantage of

extent (n): amount

exterior (n): outside

extremes (n): the extremes are the sets of beliefs and the political parties considered to be unacceptable to most people

eyesore (n): an unpleasant or ugly sight

fad (n): a style or fashion or trend that is popular for only a short amount of time

faint (adj): not strong or clear

fall out of the loop (id): lose touch or contact

fan base (n): see Test 2 glossary

fascination (n): the fact of finding something extremely interesting

fatal (adj): deadly

fatalities (n): deaths

finer details (id): the finer details are the details or pieces of information that are important and need to be considered very carefully

first-class (adj): if you describe someone as first-class at something, you mean they are excellent at that something

fluke (n): the result of chance or luck instead of skill and planning; accident

foe (n): enemy

follow in their footsteps (id): if you follow in someone's footsteps, you do the same thing as that person previously did

food for thought (id): something worth seriously considering or thinking about

footage (n): a piece of film

footing (n): the way that something operates and the set of conditions that influence it

foregone conclusion (id): a result that is obvious or clear to everyone even before it happens

formations (n): a formation is the way something is naturally made



Glossary

- foster (v):** encourage
- frenzied (adj):** uncontrolled and excited
- garish (adj):** unpleasantly bright or standing out too much
- garishly (adv):** distastefully or unpleasantly
- gem (n):** in this sense, a very good place
- generate (v):** produce
- genes (n):** a part of your DNA that controls physical behaviour and development and which is passed on to you from your parents
- get a kick out of (id):** if you get a kick out of something, you enjoy doing it very much or get great satisfaction from doing it
- getaway (n):** a getaway is a place you go to to escape from or have a break from your everyday life
- go full circle (id):** return to where you were when you started
- go-kart (n):** a go-kart is a type of small four-wheeled vehicle used for racing
- grasp (v):** take quickly
- gratification (n):** see *instant gratification*
- great apes (n):** the group of animals that includes gorillas, orangutans, and chimpanzees
- grinding out (phr v):** doing the same boring thing again and again
- grooming (v):** developing and maintaining
- grounds (n):** land that surrounds a building and is part of the same property
- habitation (n):** a place that's lived in
- hailing from (v):** if you hail from a place, you come from that place; if you hail from a family, you come from that family
- handicaps (v):** makes more difficult
- hankering (n):** desire or strong wish
- harsh (adj):** more severe than necessary
- haven (n):** a safe or peaceful place
- hectic (adj):** busy, fast or full of activity
- hefty (adj):** large in amount, size, force or distance, etc.
- heightened (adj):** if your senses are heightened, they are improved and you are more aware
- high-maintenance (adj):** if something is high-maintenance, it requires a lot of work and effort
- hindsight (n):** the ability to understand a situation or an event only after it has happened
- holes in a ... theory (id):** if there are holes in a theory, the theory does not make complete sense
- hooked (adj):** if you get hooked on something, you become addicted to that something; you enjoy doing that something so much that you want to do it again and again
- hotly (adv):** in a passionate, angry or excited way
- hubs (n):** centres
- humble (adj):** ordinary; not very special or important
- hypothesised (adj):** a possible but not yet proven explanation for something
- hypothetical (adj):** imagined or suggested but not necessarily true or real
- ideologically opposed (id):** if two people or political parties are ideologically opposed, their beliefs and principles are the complete opposite of one another
- idyllic (adj):** extremely pleasant, beautiful or peaceful
- ignominy (n):** shame
- ill intentions (id):** bad intentions; an intention is something that you want or plan to do
- ill-informed (adj):** badly informed
- immeasurably (adv):** so large or great that it cannot be measured or known exactly
- immensely (adv):** extremely
- in the long run (id):** eventually; at a time that is far away in the future
- inaccurate (adj):** not completely correct or exact
- incident (n):** an unpleasant event
- incidentally (adv):** by the way; used before saying something that is not as important as the main subject of discussion, but which is connected to it in some way
- inclined to (adj):** likely to
- inclusive (adj):** trying to include as many different types of people as possible and treating them all fairly and equally
- inconclusive (adj):** not having a clear result or giving a clear decision
- indigenous (adj):** native; naturally existing in a place or country rather than arriving from somewhere else
- indulge (v):** if you do not indulge, you do not allow yourself to have or do something
- indulgent (adj):** wasteful; excessive
- inevitably (adv):** in a way that cannot be avoided
- inner (adj):** inside
- inspection (n):** examination; a careful look at something
- instant gratification (id):** if you want instant gratification, you want to instantly/immediately be rewarded/satisfied
- intensity (n):** strength
- intensively (adv):** involving a lot of effort and activity over a short period of time
- interaction (n):** communicating or relating to other people
- interfere (v):** to interfere is to involve yourself in a situation when your involvement is either not wanted or not helpful
- intimated (v):** made clear without directly saying
- intrinsic (adj):** extremely important
- irrespective (adv):** without considering; not needing to allow for
- isolation (n):** the condition of being alone, especially when this makes you feel unhappy
- just be the ticket (id):** if something is just the ticket, it is exactly what you need or want; if something might just be the ticket, it might be exactly what you need or want
- keenly (adv):** competitively; reasonably
- lamentation (n):** regret; a sense of sadness and feeling sorry
- late starter (id):** a late starter in a sport or activity is someone who starts / takes up that sport or activity relatively late in life, usually late in their childhood years; for example *I was a late starter at tennis as I only began playing aged 12*
- leafy (adj):** pleasant with a lot of trees and plants
- lean (v):** in this sense, young people decided to lean in the other direction means young people decided to cast their votes for a party with the opposite set of principles and beliefs
- leave a ... hole in your wallet (id):** if something will leave a hole in your wallet, it will cost quite a lot of money
- let their hair down (id):** if you let your hair down, you allow yourself to relax and have fun
- like a duck to water (id):** if you take to something like a duck to water, you are a natural at it; you are very good at it from the very beginning or from a very early stage
- lo and behold (id):** something you say when you are telling someone about something surprising which happened
- logistical (adj):** related to planning and organising
- longevity (n):** living for a long time
- lose touch (id):** if you lose touch with someone, you lose contact with them; you no longer keep in contact with them
- lucrative (adj):** producing a lot of money
- luminescence (n):** soft lighting
- lunar (adj):** of or relating to the moon
- lure (v):** in this sense, trick you



main players (id): the important, most powerful or most successful groups involved in something

majority (n): the difference in the number of votes between the winning party and the party that finished in second place in an election

make ends meet (id): have just enough money to pay for the things you need (the essentials like food and shelter)

make light of (id): if you make light of something, you act as if that something is not serious; you make a joke of it

mandate (n): authority or the power to do something given to an elected group

mariners (n): sailors

marvelled at (phr v): to marvel at is to show great surprise at or admiration for something

marvellous (adj): extremely good

massive (adj): huge

mature (adj): older

mere (adj): used to emphasise that something is not large or far or important

meritorious (adj): deserving of great praise

merits (n): advantages

miniscule (n): tiny; extremely small

misalignment (n): the fact of not being arranged correctly or as they should be

misleading (adj): causing someone to think or believe something that is not true

mock (v): laugh at or make fun of

mod-con (n): the machines and devices that make ordinary jobs in the home easier, like the iron, washing machine, kettle and so on

momentarily (adv): for a very short amount of time

motive (n): reason for doing something

motives (n): reasons for doing something

multiple (adj): very many

nasty (adj): unpleasant

navigation (n): the act of finding a way from one place to another

near-death experience (id): an experience where someone almost dies

necessary evil (id): something unpleasant which has to be accepted in order to achieve a particular result

neglected (v): not given enough care or attention to

nerds (n): a nerd is a person who is extremely interested in only one subject, especially computers, and knows a lot about that subject

nomadic (adj): moving from place to place rather than living in one area all the time

nought (n): nothing

nuisances (n): annoyances; things that trouble or annoy you

obesity (n): the situation of many people being extremely fat in a way that is dangerous to their general health

on face value (id): face value is how something first appears before you examine it more carefully

on the scent of (id): if you are on the scent of something, you are following, tracking or pursuing that something

on their deathbeds (id): dying

opposed (adj): see *ideologically opposed*; completely different

orbit (v): to orbit is to follow a curved path around a planet or star

outlasted (v): to outlast is to stay energetic longer than

outlawed (v): made illegal

outsider (n): a person who is not involved with a particular group or who does not come from or live in a particular place they are visiting

overcome (v): to overcome your fear is to succeed in controlling

or dealing with it

overnighting (adj): for staying overnight

overwhelming (adj): very great or large

paid less heed (id): paid/given less attention

paler (adj): less colourful than usual

pandering (v): to pander is to try to please people by doing or saying what you think they want you to do or say

pandering to (phr v): to pander to is to do or provide exactly what a person or group wants, especially when it is not acceptable, reasonable, or approved of, and usually in order to get some personal advantage

payback (n): an advantage or benefit received from something

peer (n): a person who is the same age as you, or who is in the same social position as you, or who has the same abilities as you in a particular group

penning (v): writing

pensioners (n): people who are retired from work and who receive a pension (a pension is a payment, usually by the government, to a person who is too old to work)

pent-up (adj): pent-up feelings are ones that are not expressed or released

perceptions (n): beliefs or opinions held by many people based on how things look or seem

perpetually (adv): always

perpetuated (v): to perpetuate is to cause to continue

persevere (v): see Test 2 glossary

persistently (adv): regularly over a long period of time

perspective (n): point of view; way of thinking about something

phantom (adj): describes something that appears to exist but has not been proven to in fact

phenomenon (n): See Test 2 glossary

philosophies (n): a philosophy is a system of beliefs, values and principles

phrase (v): to phrase something is to express it with a particular choice of words

pilgrimage (n): a special route travelled by pilgrims for religious or spiritual reasons

pinpointing (v): finding the exact position of something

placates (v): stops someone from feeling angry

pointedly (adv): in a direct and obvious way

polls (n): the polls are the places where people vote in a political election

port of call (id): a port of call is a place you stop for a short time along the route of a journey

portfolio (n): if a dog has something in its portfolio, it is a skill or talent it has

posts (n): border control posts are places where a border is protected by border guards

precipitation (n): See Test 1 glossary

precise (adj): exact

precisely (adv): exactly

precludes (v): prevents

premature (adj): done too soon; too early

preoccupied (adj): thinking or worrying about something too much

prerequisite (n): a prerequisite is something that must happen or exist before something else can happen or exist

prime (n): best quality; when you are in the prime of your existence, you are at your healthiest and most successful

profit-driven (adj): if something is profit-driven, the main motivation or reason for it is to make money

proliferation (n): the fact of increasing suddenly and a lot in



Glossary

number

prompted (v): if something prompts you to do something else, it makes you decide to do that something else

prone to (adj): likely to suffer from

proportion (n): the number or amount of a group that did something when compared to the whole group

prospect (n): a medal prospect is a medal contender; a person people think could win a medal in an event

protest (n): a strong complaint expressing disagreement, disapproval or opposition; a protest vote is a vote against the main political parties to show that you are dissatisfied with them

provoked (v): to provoke is to cause a reaction

proximity (n): the state of being near; nearness

put many people off (phr v): if you put someone off doing something, you discourage them from doing that thing

put off (phr v): discourage

quarry (n): a large, man-made hole in the ground where stone is dug up for use as building materials

quasi (adj): used to show that something is almost but not completely the same as something else; for example, a quasi work placement is almost but not quite the same as a work placement

quirky (adj): unusual in an attractive and interesting kind of way

ranks (n): your progress through the ranks is your progress up through the different levels

rated (v): if you are rated a potential winner, you are regarded as or thought of as a potential winner

raved about (phr v): if you rave about something, you praise it very much

readily (adj): immediately

reassuring (adj): making you feel less worried

reclaimed (v): to reclaim is to take back

recuperation (n): the act of relaxing and getting your strength back

refinance (v): if you have to refinance your mortgage, you have to agree a new schedule of repayments with your bank

reflected (v): to reflect is to send back in the direction something came from

refract (v): cause to change direction or separate; to refract is to cause light to separate into its different colours and change direction

refracted (v): see refract

refraction (n): the fact of light being caused to separate out into its different colours and change direction

regime (n): a particular system for doing something; for example, your exercise regime is your system for exercising

relevance (n): the extent to which something is useful or related to what is happening

remarkably (adv): surprisingly; incredibly

remote (adj): far away from built-up areas like towns and cities

repertoire (n): a dog's repertoire of tricks is his total collection of tricks

reserved (v): to reserve something is to keep it for a particular purpose or time

resilience (n): the quality of being able to return to a good state or condition after experiencing problems

resounding (adj): very great

return (n): if you get a return on investment, you get a particular amount of profit

return the favour (id): if you return a/the favour, you do something for someone because they did something for you

revelation (n): surprising fact

rock-bottom (adj): if you describe prices as rock-bottom, they are as low as they can go

rocket scientist (id): if you describe someone as a rocket scien-

tist, you suggest/imply that they are very clever

rose-tinted glasses (id): if you view life through rose-tinted glasses, you only see and remember the positive things that happen, creating an unrealistic view of life

ruled out (phr v): to rule out is to stop considering as a possibility

sacrificed (v): gave up

sage (adj): wise

scent (n): a smell produced by an animal as a signal to other animals; the smell of something

screening (n): a test or examination to discover if there is something wrong with you

self-gratification (n): making yourself happy; pleasing yourself

selfless (adj): caring more about other things or people than yourself

sentiments (n): thoughts, opinions or ideas based on feelings about a situation

sharp (adj): a sharp drop is a sudden and very significant fall or drop in something

sheet music (n): music in written form

shift (n): a move or change of position

shone through (phr v): if your talent shines through, it becomes very obvious or clear

skillset (n): the range of things that someone is good at

sloggers (n): people who work very hard over a long period

sneaking up (phr v): to sneak up is to approach very quietly

sniff out (phr v): discover

snobbery (n): behaviour and opinions typical of a snob, which is a person who only likes people of a high social class (important, rich or powerful people)

soar (v): rise very quickly to a high level in the air

sound (adj): if you have sound finances, you have well-managed finances; your financial situation is secure

speculative (adj): based on a guess and not on information or facts

spurts (n): a sudden short period of increased activity is a spurt

squash (n): a type of racquet/racket sport

stamina (n): the physical strength to do something that will take a long time

stark (adj): severe or extreme

state of affairs (id): the situation at a particular time

stealth (n): movement that is quiet and careful because you don't want to be seen or heard

stemmed from (phr v): started or developed as a result of; was caused by

stopover (n): a stopover is a short break somewhere on the way to another place

strictest (adj): most correct

striking (adj): very unusual or very attractive

stroll (n): a slow, relaxed walk

stunt (n): an exciting action that is or appears dangerous and usually needs to be done by someone very skilled; a stunt diver, in this sense, is a skydiver who is very skilled and does stunts

substituting (v): replacing; using something instead of something else

suitors (n): a suitor is a man who wants to marry a particular woman

superior to (adj): better than

surroundings (n): the place where someone is and the things that are in that place

sustainable (adj): able to continue over a period of time

swift (adj): fast/quick



symbol (n): sign

take precedence over (id): be more important than; be more of a priority than

tan (n): pleasantly brown or dark skin caused by being out in the sun a lot

tandem jumps (n): a tandem jump (e.g. a tandem skydive) is when two people jump together (attached to one another), with one normally being an expert and the other being a learner/beginner

terrain (n): an area of land, when considering its natural features

the (only) order of the day (id): the most common or important thing

the big screen (id): if you watch something on the big screen, you watch it in the cinema; if something appears on the big screen, it appears in cinemas

the end did not justify the means (id): the result did not provide a good enough reason for the method used or action taken to get it

the long haul (id): a long period of time

theoretical (adj): related to an explanation or concept that has not been proven

thrilled (v): delighted

tick ... boxes (id): if you are determined to tick as many boxes as you can when you visit a place, you want to do as many things as you can so that you can say you have done them

tilt (n): a sloping or angled position

tiresome (adj): annoying, boring or making you lose patience

toiled (v): worked very hard

toing and froing (id): changing from one direction to another; going backwards and forwards

took to it (phr v): if you take to something, you start to do it often; if you take to something like a duck to water, you discover that you have a natural ability to do that something well

track (v): to track is to follow

tremendously (adv): extremely

trend (v): to trend is to come into fashion; to become popular

tribes (n): a tribe is a group of people who share the same language, culture and history that live together

turned out (phr v): the people who turned out to vote are the people who went out and voted

turnout (n): the turnout in an election is the number of people who voted

ukulele (n): a type of string musical instrument similar to but smaller than a guitar and with fewer strings (four rather than five or six)

undergoes (v): to undergo is to experience something that causes change

unjustifiable (adj): unacceptable and wrong because there is no good or fair reason for it

unwarranted (adj): without a good reason

unwind (v): relax and allow your mind to be free from worry

upbringing (n): the way in which you were treated and educated when young

urbanites (n): people who live in cities

urbanity (n): city life

urge (n): strong wish or desire

urgency (n): importance

vacant (adj): a vacant role is not filled or occupied by someone

valid (adj): acceptable; able to be accepted; based on truth

vast (adj): extremely big

venting (v): to vent is to express something negative, usually in a forceful way

vested interests (id): vested interests are people or groups that take an interest in something because they can get an advantage

from that thing happening or continuing

vexations (n): things that anger or worry you

victor (n): winner

visible (adj): able to be seen

vivacity (n): literally liveliness, but in this sense, the brightness of the colour

voluntouring (n): taking part in voluntourism

voluntourism (n): voluntourism is a type of holiday in which you work as a volunteer (which means without being paid for your work) to help people or causes in the places you visit

vouch for (phr v): to vouch for is to say that you know from experience that something is true; confirm

weight of the world on one's shoulders (id): if you feel the weight of the world on your shoulders, it feels like you have a lot of serious problems to deal with

wholesale (adv): completely

wisdom (n): knowledge and experience

worldly (adj): having a lot of experience of life

worming (n): worming an animal is giving it a medicine to kill any worms that might be living inside it

yearning for (phr v): to yearn for is to desire or wish strongly for

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a stone's throw (id): if something is a stone's throw away, it is very close

abandon (v): to abandon is to leave, usually forever

absence (n): the fact of not existing

abundance (n): if the Atacama desert provides something in abundance, this means it provides more than enough of that thing; more than enough

adoring (adj): showing very strong love for

already mentioned (adj): mentioned already; mentioned before

akin (adj): if something is akin to something else, it has the same qualities as that something else

aloft (adj): in a higher position in the air

alternative living (n): a way of life that is different from what is considered normal

altitude (n): height above sea level

apathy (n): behaviour that shows no interest or energy and shows that someone is unwilling to take action, especially in relation to something important

apparent (adj): able to be seen or understood

arid (adj): very dry and without enough rain

arteries (n): tubes that carry blood away from the heart

artificial (adj): made by people, often as a copy of something natural; unnatural

aspire (v): to aspire is to hope to achieve something or be successful, and to want that something very much

assemblage (n): a group of people

astronomy (n): the study of the stars and other objects in space

attributed (v): to attribute is to think that someone has a certain quality or feature

autism (n): a condition that starts in young children, which limits the development of social and communication skills

avalanches (n): an avalanche is a large amount of ice, snow and rock falling down a mountainside

average Joe (n): a typical person

avid (adj): extremely enthusiastic, eager or interested

band (n): a group of people with a shared interest

barristers (n): a barrister is a special type of lawyer that can give legal advice and argue a case in courts



Glossary

- battle (n):** a fight between armed forces
- beloved (adj):** loved very much
- bereft (adj):** if you are bereft of something, you do not have it and you feel a great loss
- bestowed (adj):** given
- bestowed (v):** to bestow is to give something
- bigtime (n):** the bigtime is the state of being successful or famous
- blissfully (adv):** in this sense, completely in a good way
- blossom (v):** to blossom is to become more attractive and successful
- blow (n):** a hard hit with a hand or weapon
- bluff (n):** an attempt at tricking or deceiving someone or something
- bonanza (n):** a large amount of something good
- bond (n):** a close connection between two or more people
- bonded (adj):** connected; joined
- bounty (n):** a large amount
- breaks (n):** the breaks are the opportunities
- brethren (n):** fellow members; loyal followers
- buy into (phr v):** if you buy into something, you completely believe in that thing
- cackle (n):** a loud, high, unpleasant laughing sound
- call your bluff (id):** to call someone's bluff is to make them prove what they are saying is true; for example, lions don't tend to call your bluff if you stand there and pretend you are not afraid of them, because they only false charge you
- canine (n):** of or related to dogs
- capacity (n):** ability to do something
- capitulation (n):** the act of accepting defeat too easily
- capture (v):** to record or take a picture of
- carrion (n):** dead or decaying meat
- cast (v):** to cast your vote is to vote; to place your vote
- casualties (n):** people injured or killed during war
- ceded (v):** in this sense, to cede is to admit or concede
- cement jungles (id):** built-up areas like cities and towns
- chemistry (n):** a quality that exists when two people understand and are attracted to one another
- cholera (n):** a serious infection of the bowels caused by drinking dirty, infected water or eating infected food, which causes diarrhoea, vomiting, and often death
- climaxes (n):** a climax is the most important or exciting point in a story
- closing statement (n):** a lawyer's final statement in court at the end of a trial
- commercial (adj):** related to buying and selling; related to trade
- compensatory (adj):** that balances one influence against another so that there is no great difference as a result
- competent (adj):** able to do something well
- component (n):** a part that combines with other parts to form something bigger
- composition (n):** the parts that something is made of
- composure (n):** the feeling of being calm, confident and in control
- comprise (v):** to have as parts; to make up
- compromising (adj):** a compromising position is one that could potentially cause damage, hurt or harm
- conceived of (phr v):** to conceive of something is to imagine or think of that something
- confided in (phr v):** to confide in someone is to share your feelings or secrets with them because you trust them not to tell anyone else
- consistency (n):** the physical nature of a substance, especially a liquid, e.g. thick, smooth, etc.
- conspire (v):** to conspire is to plan secretly with other people to do something bad, illegal, against the rules or against someone's wishes
- convey (v):** to convey is to express a thought, feeling or idea so that it is understood by others
- conviction (n):** a strong belief or a feeling of certainty that what you are doing is right
- coop ... up (phr v):** to coop up is to keep someone or something in a closed space
- cornices (n):** an overhanging mass of snow on a hill or mountain, with no ground under it
- cowed (adj):** frightened
- crave (v):** strongly desire
- credit (n):** praise
- crossed my mind (id):** if something crosses your mind, you think of it
- crouch (v):** to crouch is to bend your knees and lower yourself so you are close to the ground and leaning forward slightly
- cues (n):** a cue is signal for someone to do something (where a signal is a message)
- culprit (n):** the reason - person or thing - for something bad happening
- dared (v):** to dare is to be brave enough to
- daunting (adj):** making you feel slightly frightened or worried
- decentralised (v):** to decentralise is to move the control of an organization or government from a single place, e.g. big city, to several smaller ones, e.g. rural towns
- decidedly (adv):** certainly and obviously
- deck (n):** a deck of cards is a full pack of cards
- dedicated (v):** gave a lot of something, such as time or energy
- default (adj):** usual; normal; standard
- dejected (adj):** unhappy, disappointed and without hope
- deliberate (adj):** planned or intentional
- demonstrable (adj):** able to be proved or shown
- denser (adj):** thicker
- density (n):** the population density is the number of people living in a place compared to the size of that place; the greater the number of people, the higher the density
- depicted (v):** to depict is to represent or show something
- depleted (adj):** reduced
- deposit (v):** to deposit is to leave something somewhere
- deprivation (n):** a situation in which you do not have things or conditions that are usually considered necessary for a pleasant and comfortable life
- depth (n):** the state of having serious qualities
- descended (v):** in this sense, to descend is to happen or come down suddenly
- despair (n):** hopelessness and worry
- destabilise (v):** to make less stable (more likely to move or change)
- dethroned (v):** to dethrone is to remove a king or queen from their position of power
- devastated (adj):** completely destroyed (emotionally, very shocked and upset)
- devoted (v):** to devote is to give your time and effort completely to something
- devoting (v):** to devote is to give your time and effort completely to something you believe in
- devotion (n):** loyalty and love or care for someone or something
- dimensions (n):** a dimension is a measurement of something in a particular direction, e.g. its height, width and length are dimen-



sions

dip (n): a dip is a quick swim

discount (v): not consider; dismiss

disembarkation (n): the act of leaving

disinclined to (adj): to be disinclined to do something is to not want to do that thing

dismiss (v): to dismiss is to decide that something or someone is not important or worth considering

disproportionate (adj): too large or small in comparison to something else

disrupt (v): to prevent something from continuing as usual or as expected

distinctively (adv): in a way that is easy to recognize because it is different from other things

distress (n): a feeling of extreme worry, sadness or pain

dominant (adj): more important, strong or noticeable than anything else of the same type

down to earth (id): reasonable, practical and friendly

draw the line (id): where you draw the line, is where you fix your limit; if you draw the line at something, it means you will never do that something because you think it is wrong

dwelling (n): place to live

echoes (v): if a sound echoes or a place echoes with a sound, you hear that sound again (and again) because you are in a large, empty space

ecosystem (n): all the living things in an area and the way they affect each other and the environment

elation (n): a state of extreme happiness or excitement

elevations (n): the elevation of a place is its height above sea level; heights

emerging (v): to emerge is to appear out of something

emotive (adj): causing strong emotions

empathic (adj): having the ability to imagine how somebody else feels or thinks

employ (v): use

encounters (n): an encounter is a meeting, especially one that happens by chance

endure (v): to endure is to suffer something difficult, unpleasant or painful

enhance (v): improve

ethnic minorities (n): an ethnic minority is a group of people of a particular race or nationality living in a country or area where most people are of a different race or nationality

evaporated (v): disappeared

evolution (n): the way in which living things change and develop over time

exacerbating (v): to exacerbate is to make something that is already bad worse

exactness (n): accuracy

excavations (n): large holes or channels in the ground, dug especially with a machine

exclusively (adv): only

exemplify (v): be a good or typical example of

exhaustion (n): the state of extreme tiredness

exhibit (v): show

expanse (n): a large, open area of land, water or sky

exposed (v): uncovered; to expose is to remove what is covering or hiding something so that that something can be seen

extensive (adj): covering a large area, or having a great range; extensive research is a great amount of research

extremes (n): extreme beliefs and political parties are considered by most people to be unreasonable and unacceptable, so if

you vote for the extremes, you vote for a party that has such unacceptable beliefs

faintest (adj): faint means not strong or clear, or slight

fall (n): the fact of being defeated or of losing power

fallen (v): in this sense, been killed

farmhands (n): farm workers

fate (n): what happens to a particular person or thing

fearsome (adj): frightening

fend for (phr v): in this sense, to fend for is to take care of or provide for; to fend for yourself is to provide for yourself

ferocious (adj): frightening and violent

field (n): the field is a place where you are working or studying in real situations, as opposed to a science lab or office

fired (v): to fire is to cause a strong emotion in someone

first impressions (id): your first impressions of someone or something are the ideas or opinions you form when you first meet or experience them

flaws (n): a fault, mistake or weakness

flee (v): to flee is to escape by running away

flock (v): to flock is to move or come together in large numbers

foes (n): enemies

forge (v): to forge something is to make or produce that thing, especially with some difficulty

forth (adv): forward

fortitude (n): courage and strength over a long period

frantic (adj): in a hurried state of excitement and confusion

frayed (v): if your nerves fray, you gradually become upset or nervous

fulfilling (adj): rewarding; making you feel happy and satisfied

futile (adj): having no effect or achieving nothing

gargantuan (n): huge; very large

gaze (n): to look at someone or something for a long time

genders (n): the two genders are male and female

generate (v): produce

geological (adj): related to geology (which is the study of rocks and similar substances)

gestured (v): gesture is to express or emphasise something with gestures (movements of the hand, arm, body or face)

getting my head around it (id): if you get your head around something, you come to accept or understand that something even though it is difficult

give out (phr v): if a part of your body gives out, it stops working

globalisation (n): the increase of trade and cooperation around the world

go through the motions (id): to go through the motions is to do something without thinking it is important and without being very interested in it

gratified (v): to gratify is to satisfy a wish or need

gratitude (n): the feeling of being grateful

grave (adj): serious, in a bad way

gravity (n): the force that attracts objects towards one another

hapless (adj): unlucky and usually also unhappy

harshest (adj): most severe; most unpleasant

haste (n): (too much) speed

hasty (adj): done in a hurry, without the necessary care or thought

havoc (n): confusion and disorder, especially causing damage or trouble

hibernation (n): the act of spending the winter sleeping

hideaway (n): in this sense, a place people hide from the view of animals so they can observe them

hit home (phr v): if you hit home a point, you emphasise it in



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order to cause the listener to realise exactly what you're trying to say

horizon (n): the line at the furthest place you can see, where the sky seems to touch the land or sea

household names (n): household names are famous people that most of us know of

hubs (n): the hub is the central or main part of something, where there is most activity

human-triggered (adj): caused or started by humans

humid (adj): when the air contains a lot of tiny water droplets

hunky dory (id): very satisfactory and pleasant

hush (n): a sudden, calm silence

hype (n): positive discussion around something/someone which attracts a lot of interest in that thing/person

hyperbole (n): a way of speaking or writing that makes something seem bigger, better or more than it actually is; exaggeration

hypersensitive (adj): in this sense, easily influenced by

ideologies (n): an ideology is a set of beliefs or principles, especially one on which a political system, party, or organization is based

idyllic (adj): extremely pleasant, beautiful or peaceful

ignorance (n): lack of knowledge, understanding or information about something, or in general

illusion (n): something that is not really what it seems

imbued (v): to imbue is to fill someone or something with a quality or feeling

immersed (v): completely involved in

immune (adj): protected against; not able to be hurt by

impoverished (adj): very poor

in demand (id): if something is in demand in this sense, it is very popular

in vain (id): unsuccessfully

inability (n): the lack of ability to do something

incapable (adj): unable to do something

inclusive (adj): trying to include as many different types of people as possible, and treating them fairly and equally

inclusivity (n): the act or belief of trying to include as many different types of people as possible, and treating them fairly and equally

incremental (adj): small

incurable (adj): not able to be cured

indefinitely (adv): for a period of time with no fixed end

indifferent (adj): not thinking about or interested in something or someone

indigenous (adj): native; naturally existing in a place or country rather than arriving there from another place or country

indistinguishable (adj): impossible to see the difference when compared to another thing

infectious (adj): able to be passed from one person to another

infrequently (adv): not very often

inhabit (v): live in a place

innate (adj): natural; a quality you were born with, not one you learned

innately (adv): by the fact of being born with

insight (n): a clear, deep understanding of a complicated problem or situation

intense (adj): very heavy; extreme

intensity (n): power, force or strength

interconnected (adj): connected or related to one another

interference (n): an occasion of preventing something from working efficiently or developing effectively; in this case, the interference of light would prevent stargazing from happening

interpret (v): to interpret is to decide what the intended meaning of something is

intervene (v): to deliberately become involved in a situation in order to improve it or prevent it from getting worse

intimacy (n): a situation of very close friendship with someone

intuitively (adv): understanding or knowing something immediately based on feelings not facts

inversion (n): a phenomenon that produces low-lying cloud

isolate (v): to keep a person or animal separate from other people or animals, by putting that person or animal in a different place

kidding ourselves (id): if you kid yourself, you believe something that is not true, usually because you want it to be true

kin (n): your close relatives; family

labour of love (id): if your work is a labour of love, it is something you do because you enjoy it, not for money or praise or any other reason

lee (adj): the lee side of a slope is the side of the slope not exposed to the wind; the side with shelter from the wind

likelihood (n): possibility; chance

loneliness (n): the fact of being alone

looming (v): to loom is to appear as a large, often frightening or unclear, shape or object

lounge about (phr v): to spend your time relaxing, sitting or lying down somewhere, doing very little

luminescence (n): light

lush (adj): full of green plants, grasses and trees

made redundant (phr v): if you are made redundant, you lose your job because your employer no longer needs you

magnitude (n): the large size or importance of something

malaria (n): a tropical disease that you get from being bitten by a particular type of mosquito

maximise (v): to maximise is to make something as great in amount, size or importance as possible

mega (adj): in this sense, informally, very

mellowed (v): to mellow your performance is to make your performance less dramatic and more relaxed

microcosm (n): a small place, society or situation which has the same characteristics as something much larger

migrate (v): to migrate is to travel to a different place, especially when the season changes

mingled (v): to mingle is to move around and talk to other people at a social event

miniature (adj): describes something that is a very small copy of another thing

miserable (adj): very unhappy

mnemonic (n): a memory technique; a short poem or special word that helps you remember something

moderate (adj): not extreme, and therefore acceptable to most people

modest (adj): not large (in size or amount)

modestly (adv): in a size or amount that is not that large or great

momentarily (adv): for a very short time

motley (adj): made up of many different types that don't appear to go together

multitude (n): a multitude is a large number of people or things

muscle (n): bodily tissues that can tighten or relax to produce movement

muster (v): to muster is to produce or encourage something, such as support or courage

needle in a haystack (id): if you compare looking for something to finding a needle in a haystack, it means it is extremely difficult or nearly impossible to find that thing

notoriously (adv): famously, in a bad way



obsessing (v): thinking about all the time

off the agenda (id): if something is off the agenda, it is not to be considered

omnivorous (n): naturally able to eat both meat and plants

optical (adj): relating to the ability to see

optimal (adj): best; most likely to bring advantage or success

optimism (n): the quality of being full of hope and emphasising the good parts of a situation, or a belief that something good will probably happen

orators (n): people who give public speeches

organs (n): an organ, e.g. the heart, is a part of the body that performs a particular job

ounce (n): a very small amount

outlook (n): a person's way of understanding and thinking about something

overdramatised (v): when you dramatisise something, you make it seem more exciting, dangerous or important than it really is; something is overdramatised if too much dramatising has occurred

overwhelming (adj): difficult to deal or cope with

palpable (adj): so obvious that it can easily be recognised, seen or known

part and parcel (id): if you say that something is part and parcel of something else, you mean that it is always an unavoidable feature of that something else

perspire (v): sweat: pass liquid through the skin

phenomenon (n): something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting

pierced (v): to pierce is to go into or through something, making a hole in it using a tool with a sharp point

pitifully (adv): pathetically; in this sense, too easily and without putting up a fight

pivotal (adj): central and very important

plains (n): a plain is a large area of flat land

plumes (n): a plume of smoke is a tall, thin mass of smoke rising up into the air

poles apart (id): completely opposite

polled (v): if you poll someone, you ask for their opinion as part of a general study

possessed (adj): in a wild and uncontrolled way

possessed (v): if you are possessed of some quality, you have that quality

post (n): role or position

post-haste (adv): as fast as possible

practise (v): if you practise law, you work as a lawyer; to do some form of important skilled work which requires a lot of training

precipitation (n): water that falls from clouds to the ground, e.g. rain, snow, sleet or hail

preconceptions (n): a preconception is an idea or opinion formed before enough information or facts are available to form it correctly

predators (n): animals that hunt, kill and eat other animals

prevail (v): to prevail is to get control or influence

prevalence (n): the fact of something existing or occurring often

prevalent (adj): existing very commonly or happening often

prey (n): an animal that is hunted and killed for food by another animal is that other animal's prey

pride (n): a pride of lions is a family or group of lions

primeval (adj): ancient; existing from a very early point in time

pristine (adj): in very good condition

profoundly (adv): deeply; extremely

promote (v): encourage

prospectus (n): a document giving details on the activities of a

college, school, business, etc.

protectorate (n): in this sense, the relationship between mothers and the children they control and protect

psychiatry (n): the part of medicine that studies mental illnesses

psychology (n): the scientific study of how the human mind works and influences behaviour

put people off (phr v): if you put someone off doing something, you make them dislike the idea of doing that something, or you discourage them from doing that something

put you down (phr v): if someone puts you down, they criticise you and try to make you feel less important

rapid (adj): very fast or sudden

rat race (id): a way of life in modern society in which people compete with one another for power, influence and money

razed (n): to raze is to completely destroy

reassuring (adj): making you feel less concerned or worried

recall capacity (n): in this case, your recall capacity is your ability to bring a memory of a past event back into your mind; to recall is to bring a memory back into your mind

recollection (n): the ability to remember things

redundancy (n): a situation in which someone loses their job because their employer no longer needs them

rehearse (v): to practise in order to prepare for a public performance

reinvent (v): to reinvent is to produce something new based on something which already exists

remoteness (n): the fact of being a long way from any towns, cities or built-up areas

resemblance (n): the fact that two people or things look like each other or are similar in some other way

resent (v): to resent is to feel angry because you have been forced to accept something or someone that you did not like

resolve (n): strong determination

resurrected (v): to resurrect is to bring back to life or back into existence

retain (v): in this sense, keep stored in your memory

retreat (n): to retreat is to go away from a place or person in order to escape something

revolutionary (adj): completely new and having a very positive effect

rewire (n): to put a new system into effect

rewiring (n): in this case, the process of changing the way the brain operates or functions

ridge (n): a high, long, narrow edge along a mountain

ridiculousness (n): stupidity; silliness

robust (adj): strong and healthy

roughly (adv): approximately; about; around

rousing (adj): making people feel excited and ready to take action

rudimentary (n): simple or basic

rumbled (v): to rumble is to make a continuous low sound

savvy (adj): knowledgeable, skilled and able

scale (n): size

scattered (adj): covering or spread out across a wide area

scavengers (n): a scavenger is a bird or animal that feeds on dead animals which it has not killed itself

septical (adj): doubting that something is true or useful

seismic (adj): related to or caused by an earthquake

seldom (adv): rarely; almost never

semblance (n): in this case, evidence or remains

sensory (adj): of or related to the senses, i.e. smell, taste, hearing, sight, touch



Glossary

set anyone's head turning (*id*): if you set someone's head turning, you cause them to take notice of or pay attention to you: you impress them

sharpen (*v*): if you sharpen your memory, you improve it

sheer (*adj*): used to emphasise how great, important or powerful a feeling is: total

shielded from (*phr v*): protected from

silhouette (*n*): a dark shape seen against a light surface

sincerity (*n*): honesty

sinew (*n*): a strong piece of tissue in the body connecting muscle to bone

slab avalanche (*n*): a slab avalanche occurs when a huge block of snow separates and falls down the mountainside

slope (*n*): the side of a hill or mountain

sloppy (*adj*): not taking care or making enough effort

snowslips (*n*): another word for avalanches

solitary (*adj*): a solitary leopard is the only leopard in a place

spawn (*v*): to spawn is to produce eggs

spectrum disorder (*n*): a spectrum is a range of different positions between two extreme points; a spectrum disorder is an illness that can present in a range of different forms, from least severe to most severe

speculate (*v*): to guess possible answers or outcomes when you do not have enough information to know for sure

spiritual (*adj*): related to deep feelings and beliefs, especially religious ones

spontaneous (*adj*): happening in a natural and sudden way

spooked (*v*): to spook is to frighten

spouse (*n*): husband or wife

stable (*adj*): not likely to move or change

stalking (*v*): to stalk an animal is to follow it closely without being seen or heard, usually in order to try to catch or kill it

stare (*n*): a long look with the eyes wide open

statistical (*adj*): related to statistics (statistics are numerical facts)

stealth (*n*): very quiet and careful movement (so as not to be seen or heard)

stimuli (*n*): a stimulus is a thing that causes certain activity or energy in someone

stretch (*n*): a continuous area of land or water

stretches (*v*): to stretch is to spread over a large area or distance

striking (*adj*): very unusual or easily noticed, and so attracting a lot of attention

strings (*n*): a series of related things or events

strongholds (*n*): in this sense, a stronghold is a place where the species is successful and there is a relatively large number of the species there

struggle (*n*): a struggle is a very difficult task that you can only do through great effort

summits (*n*): mountain tops

superficial (*adj*): on the surface only

superficially (*adv*): on the surface only

superior (*adj*): better than other things of the same type; better than average

sustained (*v*): to sustain is to cause or allow something to continue for a period

tangibly (*adv*): in a real, noticeable way

tell-tale (*adj*): unmistakable; revealing

tepid (*adj*): not very warm

terrain (*n*): an area of land, when considering its natural features

thawing (*adj*): changing from a solid, frozen state to a liquid or soft one

thundered (*v*): to thunder is to shout angrily or speak in a very loud voice

tiresome (*adj*): annoying and causing you to lose patience

traverse (*v*): to traverse is to move or travel through an area

treadmill (*n*): an exercise machine for running on

trends (*n*): patterns; a trend is a general development or change in a situation or in the way that people are behaving

trigger (*v*): start, set off or cause

turbulence (*n*): sudden, strong movements within air or water

undertone (*n*): a particular but not obvious characteristic that a piece of writing, film, speech, event, or situation, etc. has

underwhelmed (*adj*): feeling no excitement about or admiration for

undisputed (*adj*): if you say something is undisputed, you mean that everyone agrees about it

unique (*adj*): unusual or special in some way, or the only one of its type

unleash (*v*): to unleash is to suddenly release a violent force that cannot be controlled

unorthodox (*adj*): different from what is expected or usual

unravelling (*v*): fell apart; went wrong; started to be destroyed

unremarkable (*adj*): ordinary and not interesting

unscathed (*adj*): without getting hurt; without injuries or damage being caused

urban sprawl (*n*): the spread of a city into the surrounding area

utilisation (*n*): the fact of using something in an effective way

utilise (*v*): to utilise is to use something in an effective way

utterly (*adv*): completely

vanished (*v*): disappeared

veins (*n*): tubes that carry blood to the heart

ventured (*v*): to venture is to risk going somewhere or doing something that might be dangerous or unpleasant

verdict (*n*): an opinion or decision made after judging the facts that are given, especially one made at the end of a trial

veritable (*adj*): used to describe something as another, more exciting, interesting, or unusual thing, as a way of emphasizing its character

vested interests (*id*): a vested interest is a strong personal interest in something because you could get an advantage from that thing

viable (*adj*): able to succeed or work as intended

virtually (*adv*): almost

vital (*adj*): necessary for the success or continued existence of something

vulnerability (*n*): weakness

warriors (*n*): a warrior is a soldier, usually one with skill and experience from fighting in the past

wary (*adj*): not completely trusting or certain; cautious

wasteland (*n*): an area of land near a city that is not used to grow crops on and is not built on - is not used in any way

weary (*adj*): very tired

whisker away (*id*): if something is a whisker away, it is very close
whispering (*v*): to whisper is to speak very quietly using the breath not the voice, so that only the person(s) closest to you can hear

wily (*adj*): intelligent, having a very good understanding of situations, possibilities, and people, and often willing to use tricks to achieve a goal

wimpishness (*n*): cowardice; the fact of lacking bravery, strength or confidence

wired (*v*): how your brain is wired is how your brain functions

withdrawal (*n*): behaviour by which a person prefers to be on their own and does not want to talk with other people



wrath (n): extreme anger
wreaking (v): to wreak is to cause something to happen in a violent and uncontrolled way
wreaking havoc (id): to cause confusion and disorder, especially causing damage or trouble
younglings (n): children

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abundance (n): if you have something in abundance, you have more than enough of that thing
abyss (n): a very deep hole that seems to have no bottom and go on forever
acclaimed (adj): publicly approved or praised
accomplishment (n): achievement; something that is successful, or that is achieved after a lot of work or effort
adaptable (adj): able or prepared to change in order to suit different conditions
addictive (adj): an addictive activity is one that you can't stop doing once you've started it
adhere to (v): if you adhere to something, you continue to obey or believe in that something
adjust (v): to adjust is to change something slightly, especially to make it more correct, effective or suitable
adolescents (n): young people who are developing into adults
affirmative (adj): the evidence in the affirmative is the evidence confirming something; the supporting evidence
affirmatively (adv): positively; 'yes'
affirmative (n): if something is in the affirmative, it is positive, shows agreement or means 'yes'
mentioned (adj): mentioned already
agent (n): a person or thing that produces a specific effect or change
aggressive (adj): acting in an angry or violent way towards another person
ailment (n): illness
allegedly (adv): if something is said allegedly, it is said without giving or having proof
altitude (n): height above sea level
ambitious (adj): needing a great amount of skill or effort to be achieved
articulate (v): to articulate is to express in words
artificial (adj): if you say a thing is artificial, you mean it is a man-made copy of something natural
artificially (adv): if something happens artificially, it does not happen in a natural way
aspirations (n): an aspiration is something that you hope to achieve
assertion (n): claim; a statement which you strongly believe is true
assets (n): an asset is a useful or valuable quality
astronomy (n): the scientific study of the universe and of objects that exist naturally in space, such as the moon, the sun, planets, and stars
astrophysicist (n): a person who studies the behaviour of the stars and other objects in space
authority (n): people with power to make decisions or make people obey certain rules are authority figures
auxiliary (adj): additional/supplementary/reserve
awe-inspiring (adj): causing you to feel great respect or admiration
awful (adj): an awful lot of something is a very large amount of that thing
backing (n): if you have someone's backing, you have their support
battling (adj): if someone has battling qualities, they never give up or stop trying; they keep fighting for the result they want
beset (v): to be beset by something is to be having a lot of trouble with that something
betraying (v): to betray a promise or mantra is to not do what was promised or not keep to the mantra
blossom (v): develop and become stronger
bookmakers (n): people who accept bets on events, and who pay out money risked on a particular result, if that result happens
bracket (n): a group with fixed upper and lower limits
break-neck speed (id): incredibly fast
breeder (n): a dog breeder is a person who breeds dogs (to breed dogs is to keep dogs for the purpose of producing more, usually to sell on for money)
bridges the ... gulf (id): if something bridges the gulf or gap between two things, it helps to bring or link those two things closer together
broadcast (v): send out a message publicly
busted (v): to bust a myth is to prove that it is false
by default (id): in this sense, naturally or by design
calling for his head (id): if you are calling for someone's head, you want them to be forcibly removed from their position
captured (v): if you capture the imagination of people, they are very interested in or excited about you or what you do
cast off (phr v): in this sense, cast off into the abyss of the lower leagues means abandoned to face life in the lower leagues or divisions
cautious (adj): acts in a very careful and considered way, often slowly and uncertainly
caveat (n): a statement that limits another more general statement
cementing (v): if you cement your first-team place, you secure it and make it yours in a more permanent way
chemistry (n): a quality that exists where two people are attracted to one another or naturally understand one another very well
cherish (v): love, protect and care for something or someone that means a lot to you
cinematography (n): the art and methods of film photography
circuitously (adv): in a way that is not straight or direct
cite (v): to cite is to mention something as proof for a theory or as a reason for why things happened
colony (n): a group of animals, insects or plants of the same type that live together
coming of age (id): someone's coming of age is the time when they become an adult
commitment (n): a willingness to give your time and energy to do something that you believe in
commotion (n): a sudden, short period of noise, excitement, movement or confusion
compensate for (phr v): to compensate for is to provide something good or useful in place of something else
competence (n): the ability to do something well
competent (adj): able to do something well
complementary (adj): useful together
complimentary (adj): praising or expressing admiration
conceal (v): hide; prevent something from being seen or from being known about
concord (n): agreement (agreement and peace between countries or people)
conflicting (v): if two different beliefs, facts or opinions conflict, they are very different from one another



Glossary

- confrontational (adj):** causing or involving angry disagreement
- consumer advice bureau (n):** this is a public service offering help and advice to people who buy goods and services
- contenders (n):** a contender is someone who competes with other people in order to try to win
- convert (n):** to cause to change in form or character
- conveys (v):** to convey is to express a thought, feeling or idea in a way that other people can understand
- correlate (v):** if two or more facts, numbers, opinions, etc. correlate, there is a link or relationship between them
- coy (adj):** deliberately keeping something secret
- critters (n):** creatures
- crown (n):** in this sense, the crown is the prize or the trophy
- cultivated (v):** to cultivate is to try to develop or improve
- curious mind (id):** a person has a curious mind if they like to learn more about things in general and tend to ask a lot of questions
- cursory (adj):** quick and usually not detailed
- daunting (adj):** challenging; making you feel slightly worried or frightened of your ability to achieve something
- debating (v):** if you debate something, you have a formal discussion about it in which both sides of the argument are heard
- demotion (n):** in football, a move to a lower division or league
- densely (adv):** with a lot of things close together
- density (n):** the number of people or things in a place when compared with the size of the place
- depict (v):** to depict is to represent or show something in a picture or story
- depiction (n):** how something is represented or shown
- depleted (adj):** reduced
- deposit (n):** an amount of money you pay as the first part of the total payment for something
- despaired (v):** to despair is to feel hopeless and to feel that there is nothing you can do to improve a difficult or worrying situation
- despondent (n):** very unhappy with no hope or enthusiasm
- determined (adj):** wanting to do something very much and not allowing any person or any challenge/difficulty to stop you
- detrimental (adj):** causing harm or damage
- devastating (adj):** causing a lot of damage or destruction
- dialogue (n):** conversation
- dim (adj):** not bright; not giving or having much light
- discordant (adj):** not being in agreement
- discounting (v):** not considering; not including
- discrimination (n):** treating a person or particular group of people differently, especially in a worse way to how you treat other people, because of their skin colour, sex, sexuality, etc.
- disobeying (v):** to disobey is to refuse to do something you are told to do
- disperse (v):** to disperse is to spread across or move away over a large area, or to make something do this
- disposition (n):** the specific type of character a person has
- dispute (n):** argument or disagreement
- disputing (v):** if you dispute something, you disagree with that something and argue over it
- disseminate (v):** to spread or give out something, especially news, ideas or information
- disturbed (adj):** not thinking or behaving normally due to emotional or mental problems
- diversity (n):** the fact of many different types of people being included in something
- divulge (v):** to divulge something is to make that something known, where before that something was secret
- docile (adj):** quiet and easy to influence, persuade, or control
- down-lighting (n):** street lighting that points downward so as not to produce much light pollution
- dual (adj):** double
- eclipsed by (phr v):** if something is eclipsed by something else, the something else becomes much more important, good, successful, etc.
- elaborate (adj):** containing a lot of detail, or with many detailed parts
- embodied (v):** to embody an idea or quality is to represent it very accurately
- embraced (v):** to embrace is to accept enthusiastically
- empathic (adj):** able to understand or share someone's feelings or experiences by imagining what it would be like to be in their situation
- empathy (n):** the ability to understand or share someone's feelings or experiences by imaging what it would be like to be in their situation
- employed (v):** to employ is to use
- endured (v):** to endure is to suffer something difficult, unpleasant or painful
- engagement (adj):** an engagement is a formal agreement to marry someone; an engagement gift is a gift to celebrate a couple's engagement
- engagement (n):** the act of being or getting involved with someone or some thing
- engaging (adj):** pleasant, attractive and charming
- engaging (v):** to engage is to become involved with or have contact with someone or something
- enhanced (v):** to enhance is to improve in quality, amount or strength
- enlightening (adj):** giving you more information and understanding of something
- enriched (v):** to enrich is to improve the quality of something by adding something else
- enrolled (v):** to enrol is to put yourself or someone else onto the official list of members of a course, college, or group
- enrolling (v):** to enrol is to put yourself or someone else onto the official list of members of a course, college, or group
- epic (adj):** extremely large or good
- ethnic (adj):** relating to a specific race of people
- evocative (adj):** making you remember or imagine something
- evolve (v):** to evolve is to develop gradually over time
- excel (v):** to excel at something is to be extremely good at that thing
- exception (n):** somebody or something that is not included in a rule, group, or list or that does not behave in the expected way
- exhibit (v):** show
- exploit (v):** take advantage of
- expression (n):** the act of saying what you think or showing how you feel in some way through words, art or actions
- external (adj):** coming from outside; in this case, an external agent is something outside of the patient's own body, e.g. their art
- externalised (v):** to externalise is to openly express feelings, especially bad feelings like anger
- externalising (v):** to externalise is to openly express feelings, especially bad feelings like anger
- façade (n):** the front of a building, especially of a large or attractive building
- facilitates (v):** to facilitate is to make something easier or possible
- faint (adj):** weak; not strong or clear
- fantastical (adj):** of or related to imaginary things; related to fantasy



- fascinating (adj):** extremely interesting
- fickle (adj):** likely to change your feelings or opinions suddenly without any good reason
- fighting chance (id):** a small but real possibility that something can be achieved/done
- fitting (adj):** suitable
- flat (adj):** if someone's speech is described as flat, they speak in the same dull tone in a way that is not enthusiastic
- flawed (adj):** not perfect; containing mistakes
- flexible (adj):** able to change or be changed easily according to the situation
- flora (n):** plants; all the plants of a particular place
- fluent (adj):** if you are fluent in a language, you can speak it easily, well and quickly
- fluently (adv):** if you speak a language fluently, you speak it easily, well and quickly
- fork out (phr v):** pay an amount of money for (especially without wanting to)
- formbook (n):** a competitor's form is their ability to be successful over a period of time; the formbook is a record of success over a period of time suggesting which competitor or competitors are most likely to succeed in the next event
- frequency (n):** the number of times something happens within a particular period
- frustration (n):** feeling annoyed or losing confidence because you cannot achieve what you want
- fulsome (adj):** a fulsome life is a more full and rewarding life
- fundamentally (adv):** in a basic and important way
- galloping (v):** when a horse gallops, it runs very fast in such a way that all four feet are off the ground at the same time; when a rider gallops, they ride a horse that is doing this
- galvanised (v):** to galvanise is to cause someone to suddenly take actions, especially by shocking or exciting them
- gave rise to (phr v):** to give rise to is to cause
- generate (v):** to generate revenue is to produce revenue
- generous (adj):** larger than normal or than expected
- glamorous (adj):** attractive in an exciting and special way
- graphology (n):** the study of the way people write letters and words
- grasp (v):** if you grasp a chance or opportunity, you take that chance or opportunity and make the most of it
- greenery (n):** green plants
- guarded (adj):** careful not to show how you really feel or give too much away
- habitat (n):** the natural environment in which an animal or plant species lives
- habitation (n):** in this sense, areas where humans live in large numbers
- hair-raising (adj):** very exciting, and often also frightening
- hastily (adv):** too fast
- having the last laugh (id):** to have the last laugh is to finally get an advantage from an argument or disagreement, especially when it appeared that you would not
- heart-warming (adj):** causing feelings of pleasure and happiness
- heavyweight (n):** a heavyweight actor is a very famous actor with significant power and influence
- hectic (adj):** full of activity or very busy and fast
- hemisphere (n):** one of two halves of the earth, especially above or below the equator
- hindered (v):** to hinder is to limit the ability of someone to do something, or to limit the development of something
- hoggers of the limelight (id):** when you hog something, you take or use more than your share of it; hoggers of the limelight
- take or use more than their share of the limelight
- icebreaker (n):** an icebreaker is an action that makes people who don't know each other more relaxed together
- ice ... broken (id):** when you break the ice, you make a person you have not met before feel more relaxed by your actions
- illegible (adj):** not readable
- immense (adj):** extremely large in size or degree
- impact (n):** the powerful effect something has on a person, people or situation
- impatience (n):** the feeling of being annoyed, either by someone's mistakes or because you have to wait
- implorations (n):** an imploration is an act of asking someone to do something in a very sincere, emotional and determined way
- in existence (id):** if something is in existence, it exists
- inclination (n):** a feeling that you want to do a particular thing, or the fact that you prefer or are more likely to do that thing
- inclined to (adj):** if you are inclined to do something, you are likely to or want to do it
- indicative (v):** if something is indicative of something else, it is a sign that that something else exists, is true or is likely to happen
- indigenous (adj):** native; naturally existing in a place or country rather than arriving from another place
- inflated (v):** to inflate is to make something increase in size, amount, area or importance
- inhibitions (n):** feelings of embarrassment or worry that prevent you from saying or doing what you want
- initiative (n):** a new plan or process to achieve something or solve a problem
- innate (adj):** something you were born with, not something learned
- insatiable (adj):** too great to be satisfied
- insight (n):** a clear, deep and sometimes sudden understanding of a complicated problem or situation
- instil (v):** to instil is to put a feeling, idea or principle slowly into someone's mind, so that it has a strong influence on the way that person thinks or behaves
- instinctively (adv):** not thought about, planned or learned through training
- instrumental (adj):** the most important influence
- interaction (n):** when two or more people communicate with one another or react to one another
- internalise (v):** if you internalise your thoughts or feelings, you do not allow them to show even though you are thinking about them
- interpret (v):** to interpret is to decide what the intended meaning of something is
- interpretations (n):** explanations or opinions about what something means
- intimidating (adj):** something or someone is intimidating if they make you feel frightened or nervous
- intrusive (adj):** affecting someone in an annoying way that makes them feel uncomfortable; not respecting privacy
- intuitive (adj):** based on feelings rather than facts or truth
- invasive (adj):** moving into all areas of something and hard to stop
- inversion (n):** a phenomenon that produces low-lying cloud
- irrelevant (adj):** not related to what is being discussed or considered; not important to what is happening
- irrespective (adv):** not needing to allow for; without considering
- irresponsible (adj):** not thinking enough or not worrying about the possible results of what you do
- irreversible (adj):** not possible to change; impossible to return to a previous condition



Glossary

is up to her ears (id): if someone is up to their ears in something, they have a very large amount of that something to do

isolated (adj): not near to other places

jot down (phr v): write down

justified (adj): if you are justified in doing something, you have a good reason for doing that thing

keep closer tabs (phr v): to keep tabs on someone or something is to watch that someone or something carefully

knuckle down (phr v): to knuckle down is to start working hard or studying hard

largescale (adj): involving many people or things, or happening over a large/wide area

leaky (adj): if a team has a leaky defense, they let in a lot of goals; the opposition tend to score a lot against them

likelihood (n): chance; possibility

limelight (n): public attention and interest

lingua franca (n): the lingua franca is a language used for communication between people or groups of people who speak different languages

linguists (n): a linguist is someone who studies foreign languages or can speak them very well

literary (adj): connected with literature (written artistic works)

lofty (adj): high; if you have lofty ambitions, your ambitions are very difficult or challenging and will require great effort or skill

loops (n): the curved shape of certain letters in some people's handwriting

lowlands (n): lowlands are large areas of flat land that are at or not much higher than sea level; they are normally bordered by highlands, or mountainous areas

lush (adj): full of green, healthy plants, grass and trees

maintenance (n): you describe something as high maintenance if it requires a lot of work

mantra (n): a word or phrase that is often repeated which expresses a strong belief or viewpoint

means (n): in this sense, money

mechanism (n): a way of doing something that is planned or part of a system

mediocre (adj): not very good; average at best

medium (n): a method or way of expressing something

metaphorical (adj): see *metaphor*

metaphorically (adv): using the language of metaphors, where a metaphor is an expression that describes a person or object by referring to something else that has similar characteristics to that person or object

metaphors (n): a metaphor is an expression that describes a person or object by referring to something else that has similar characteristics to that person or object

meticulous (adj): very careful with great attention to every detail

mighty (adj): very large, powerful or important

mind-set (n): your mind-set is your attitudes and opinions which result from past experience

mingling (v): to move around and talk to other people at a social occasion

miniscule (adj): tiny; extremely small

miraculous (adj): very effective, surprising or difficult to believe

misconception (n): an idea that is wrong because it is based on a failure to understand the situation

mistreatment (n): the act of treating a person or animal badly, cruelly or unfairly

modest (adj): not large in size or amount

moisture (n): a liquid such as water in the form of very small drops, either in the air, in a substance, or on a surface

mojo (n): a quality in you other people find appealing, one which

makes you successful and full of energy

momentum (n): the force that keeps an object moving or an event developing after it has started

monopolise (v): to monopolise is to control something completely

multitude (n): a multitude of something is a large number of that thing

mutual (adj): the same

myth (n): a commonly believed but false notion or idea

naked (adj): if you feel naked, you feel like nothing is hidden; everything is on show for people to see

native tongue (n): the first language that you learn

navigate (v): to navigate is to direct the way of travel or the route; if you navigate through issues, you find a way of dealing with them

navigated (v): to navigate is to direct the way of travel or the route; if you navigate through issues, you find a way of dealing with them

needy (adj): wanting too much love or attention

neutral (adj): neutral fans are fans who do not support either/any of the teams involved

neutralises (v): to neutralise something is to stop that something from having an effect

no end in sight (id): if there is no end in sight to something, that something looks set to continue for a very long time

noteworthy (adj): deserving attention because it is important or interesting

notoriously (adv): famously, in a bad way

nudged out (phr v): to nudge out is to push out or remove from

obsession (n): something or somebody you think about all the time

obstacle (n): something which blocks you and prevents you from moving forward or taking actions, or which makes moving forward or taking action more difficult

odds-on (adj): very probable; almost certain

offerings (n): things you give or offer to somebody or some group, etc.

optimise (v): to optimise is to make something as good as possible; to make something the best it can be

orchards (n): land areas where fruit trees are grown

outback (n): the outback is the areas of Australia that are far away from towns and cities

outlook (n): the likely future situation

outlying (adj): far away from built up areas like towns and cities; far from the centre of a place

outspoken (adj): expressing strong views in a direct way without worrying if people are offended by this

outstanding (adj): very much better than what is normal or usual

overcome (v): to overcome is to defeat or to succeed in dealing with something

overwhelming (adj): very great or very large and difficult to fight against

pay dividends (id): if something pays dividends, it rewards you financially or in some other way

peacemaker (n): a peacemaker is someone who tries to stop other people from arguing or fighting

pedigree (n): a pure breed dog whose parents and relatives can be traced back to the same pure breed (type)

penned by (phr v): written by

pent-up (adj): not allowed to be expressed or released

people-oriented (adj): -oriented shows the direction in which something is aimed; if you are people-oriented, you are a people person

perilous (adj): very dangerous



perpetrator (n): a perpetrator is a person who has committed a crime or violent/harmful act

phenomenon (n): a phenomenon is something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting

pilgrimage (n): a visit or journey to a place that is considered special

plight (n): an unpleasant condition or situation, especially a serious, sad or difficult one

ploy (n): something which is done or said in order to get an advantage, often dishonestly

portray (v): to portray is to represent or describe someone or something, usually in an artistic work such as a film, book or painting

pragmatic (adj): someone who is pragmatic solves problems in a sensible way based on the conditions that exist, not based on fixed rules or ideas

precious (adj): of great value because it is rare, expensive or important

prequels (n): a prequel is a film, book or play that develops the story of an earlier film, book or play, by telling you what happened in part of the story before the earlier film, book or play

prevailing winds (n): winds that usually blow in a particular direction

prime-time (adj): the time when the largest number of people are typically watching TV

probing (n): the act of cautiously trying to get information from someone about a specific thing

probing (v): to probe is to try to find out information other people do not want you to know

proceedings (n): a series of events that occur in a planned and controlled way

proclaiming (v): to proclaim is to announce something publicly or officially, particularly something positive

product (n): the product of something is the result of that thing

progressively (adv): gradually

prolific (adj): producing a great number or amount of something

prominent (adj): very well known and important

prompt (v): to prompt is to make something happen or to cause something to happen

propensity (n): the fact that someone is likely to behave in a certain way, usually a bad way

proportions (n): in this sense, importance or seriousness

proposal (n): a marriage proposal is an offer of marriage; a suggestion to another to get married

propose (v): to propose is to ask someone to marry you

prospects (n): chances

prospered (v): to prosper is to become successful

protagonist (n): the or one of the main characters in a story

protocol (n): the system of rules and acceptable behaviour used at special events and occasions; rules for how to behave in a given situation

proress (n): great ability or skill

pseudoscience (n): a system of thought or a theory that is not formed in a scientific manner

psychology (n): the scientific study of how the human mind works and how it influences behaviour

pull at the heartstrings (id): to pull at the heartstrings is to cause strong feelings of love or sympathy

pursue (v): to pursue is to try to discover information about a subject

pushy (adj): behaving unpleasantly by trying to get someone to do something, or by trying too hard to get or achieve something you want

puts paid (phr v): to put paid to something is to finish or destroy that something

qualification (n): an extra piece of information that limits the effect of something that you say or write

quarrelling (v): to quarrel is to have an angry disagreement

ranch hands (n): a ranch is a large farm, and a ranch hand is a worker who does physical work on a large farm

ranks (n): the members of a group or organisation

rarity (n): the quality of being very unusual or uncommon

ravaged (v): to ravage is to cause great damage

raving (v): to rave is to praise something very much

read me like an open book (id): if you read someone like an open book, you can easily tell what they are thinking or feeling

reasoned (v): to reason is to make judgements based on practical facts or what is known

rebellious (adj): difficult to control because they do not behave in the expected or correct way

receptions (n): the reception is the way people react to someone or something; for instance, how they react to the release of a new book is their reception to the release of the new book

rechannelling (v): to redirect something into a particular place or position

reckless (adj): doing something dangerous and not worrying about the risks or consequences

reckoned on (phr v): expected; predicted

recovery (n): the process of getting well again after an injury or illness

relegation (n): the act of moving a football or other team to a lower division or league

remote (adj): far away in distance from built-up areas

render (v): to render is to cause someone or something to be in a particular state; to make into something

reprise (v): to reprise is to repeat

reputation (n): the opinion which people in general have about someone or something

reserved (adj): a reserved person does not often show their feelings or express their thoughts

resilience (n): the quality of being able to return quickly to good condition after experiencing difficulties or problems

resistance (n): the act of refusing to accept something, or of fighting against something which is attacking you

resolving (v): to resolve is to solve or end a problem or difficulty

restriction (n): a restriction is an official limit on something

revenue (n): income that a company regularly receives

revenue stream (n): a revenue stream is a regular source of revenue (income)

revolutionised (v): to revolutionise is to completely change something so that it is better

rival (n): a person or group competing for the same thing in the same area

romanticism (n): of or relating to romance and love

roundabout way (id): a roundabout way is not a simple, direct or quick way; an indirect way

salivating (adj): becoming excited

scarcity (n): a situation in which something is not easy to find or get

sceptic (n): a person who doubts the truth or value of an idea or belief

sceptical (adj): doubting that something is useful or true

scepticism (n): the fact of doubting something is true or useful

schizophrenia (n): a serious mental illness in which a person cannot understand what is real and what is imaginary



Glossary

scrutinise (v): to scrutinise is to examine something very carefully to find out information

scrutinised (v): to scrutinise is to examine something very carefully to find out information

self-consciousness (n): the state of being nervous or uncomfortable because you are worried about what people think about you or your actions

sequels (n): a sequel is a film, book or play that develops the story of an earlier film, book or play by telling you what happens next in the story

setbacks (n): a setback is something that occurs which delays or prevents a process from developing

sheer (adj): used to emphasize how very great, important, or powerful a quality or feeling is

shielded from (phr v): to shield from is to protect from

shortcomings (n): faults or flaws; a shortcoming is a failure to reach a particular standard

slim (adj): if there is a slim chance of something happening, the chance of that thing happening is very low

slot (n): a prime-time slot is a prime-time position in the TV schedule (see *prime-time*)

smothered (adj): if someone feels smothered, they feel like they are getting too much love and attention, and they do not feel independent or free

solitude (n): the situation of being alone without other people

soulmate (n): someone with whom you have a very special relationship with that you know very well and love very much

spare part (id): if you feel like a spare part in a group, you feel that you are not a proper member of the group; you don't fully fit in with the group or serve a useful purpose

spiritual (adj): relating to deep feelings and beliefs, particularly religious ones

spontaneous (adj): occurring, taking place or done in a natural, and usually sudden, way, without planning and without being forced

spring to mind (id): if something springs to mind, you suddenly think of it

spur (v): to spur is to encourage an activity or development, or to make it happen faster

squad (n): a football team's squad is all the players involved in training and playing for the football team

stacked up (id): if the odds are stacked up against you, it means that your chances of succeeding are very low

stargazing (n): the act of observing the stars in the sky

steadfast (adj): staying the same way for a long time and not changing quickly or unexpectedly

steepest (adj): rising or falling at the sharpest angle

stiffest (adj): the stiffest challenge is the most difficult one

stifled (v): to stifle is to prevent something from happening or continuing, or from being expressed

stigma (n): a strong feeling of disapproval which most people in a society have about something, especially when this is unfair

stream (n): see *revenue stream*

stretch (n): a continuous area of land or water

string of (id): a string of good results is a series of good results in a row

struck (v): to strike is to cause someone to have a feeling or idea about something, or to cause someone to suddenly think about something

stubborn (adj): determined to do what you want and refusing to do anything else

stumbling blocks (n): a stumbling block is a problem or obstacle that must be overcome; something which prevents action or agreement

style over substance (id): if you describe someone or something as style over substance, you mean they look good but they don't get the right results or don't have true value or usefulness

substitute (n): a person or thing that is used instead of another person or thing

superficial (adj): never thinking about things that are important or serious

superficially (adv): on the surface only

supposed (adj): claimed; used to show that you do not believe that someone or something really is what a lot of other people think them to be

suspicious (adj): feeling doubt or no trust

swashbuckling (adj): behaving in a brave and exciting way

synchs (v): in this sense, connects

take ... as gospel (id): if you take something as gospel, you believe it to be completely true without question

temperament (n): the part of your character that affects how you behave and your mood

tension (n): a feeling of nervousness before an important or difficult occasion/event

terminal (adj): the terminal point is the end point

terminates (v): ends, finishes or stops

terrain (n): an area of land, when talking about its natural features

the norm (id): if something is the norm, it is normal or usual

therapy (n): a form of treatment that helps someone feel better or grow stronger

thunderous (adj): extremely loud or enthusiastic

touche (exc): used to admit that someone has made a good point against you in a debate, argument or discussion

treacherous (adj): very dangerous

trials (n): tests or challenges

tribulations (n): problems or difficulties

tribute (n): something that you say, write, do or give that shows your respect and admiration for someone or something

truce (n): an agreement to stop fighting or arguing for a specific period of time

true to its roots (id): if something stays true to its roots, it stays true to where it comes from or to what is originally was

unashamedly (adv): without shame; without hiding behaviour or opinions

undeniably (adv): without question; definitely; certainly

underlying (adj): real or actual, but not immediately obvious

unfolds (v): if a story or situation unfolds, it develops and becomes clear

universal (adj): existing everywhere or involving everybody

unnerving (adj): making less confident and slightly scared

unprecedented (adj): never having occurred or existed in the past

unpredictable (adj): likely to change suddenly and without reason; therefore, not able to be predicted or relied on

unresolved (adj): not solved or ended

unsupervised (adj): if you are supervised, you are watched to make sure you are acting correctly; if you are unsupervised, this does not happen

unwittingly (adv): without knowing or planning

upbeat (adj): positive

uphill (adj): an uphill challenge is a very difficult challenge

urbanisation (n): the process by which more and more people leave the countryside to live in cities, and by which cities grow as a result

usurped (v): to usurp is to take control of a position of power or influence or status



utensil (n): a utensil is a tool with a specific use, especially a kitchen or household tool

vain (adj): too interested in your own appearance or achievements

vantage points (n): a place, especially a high place, that provides a good, clear view of an area

verified (v): to verify is to prove that something exists or is true, or to make sure that something is correct

vessel (n): something or someone that has a particular quality or that is used for a particular reason

vested (adj): if you are vested in an issue, you have a particular interest in that issue

violence (n): actions or words intended to hurt people

viral (adj): something is viral if it quickly becomes very popular on the internet

vitality (n): energy and strength for life

vulnerable (adj): able to be easily physically, mentally or emotionally influenced, hurt or attacked

welfare (n): in this case, physical health

well-adjusted (adj): a person who acts reasonably with good judgement is well-adjusted; their behaviour is not difficult or strange

wellbeing (n): health; feeling healthy and happy

whereabouts (n): your whereabouts is your current location

willed (v): if you will something to happen, you try very hard to make it happen by the power of your thoughts

withdraw (v): to take or move out or back; to withdraw from the limelight is to remove yourself from the limelight

wizardry (n): the skills of a wizard, where a wizard is a man believed to have magical powers

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aboriginal (adj): describes the first people of a country - the first people to have existed there

absence (n): the fact of not being where they are usually expected to be; the fact of not existing

academia (n): the part of society, especially universities, which is connected to studying and thinking

accolade (n): praise and approval

adventurous (adj): exciting; full of adventure

affiliation (n): connection

afforded (v): granted or given

affords (v): grants, gives or offers

aficionados (n): experts; people who are very interested in and enthusiastic about a subject

airtime (n): in this sense, airtime is time or credit you buy to use on your mobile phone

alien (adj): unfamiliar

altitude (n): height above sea level

amassed (v): collected over a long period

ancient (adj): very old

anomaly (n): something that is different from what is usual or what normally happens

anthems (n): a song that has special importance for a particular group of people

anticipated (v): to anticipate is to imagine or expect that something will happen

anticipation (n): the act of imagining or expecting that something will happen

aplenty (adj): available in large amounts

aplomb (adj): confidence and style

appetite (n): the feeling of wanting or needing or desiring something

armoury (n): qualities that can be used to achieve a certain aim

at a premium (id): for an amount that is more than you would usually pay

at his disposal (id): able to be used by him

authentic (adj): real

awe (n): if you are in awe of someone, you have great respect and admiration for that person

back up (phr v): if you have to back up a performance, you have to provide evidence that the performance was not lucky by performing well again

ballads (n): love songs

bated breath (id): with bated breath means in an anxious, worried or excited way

beavers (n): a beaver is an animal with smooth fur, sharp teeth, and a large, flat tail

betrayals (n): a betrayal of your trust is a case of someone breaking their promise to you or not being loyal to you

betrayed (v): if you are betrayed by someone, they break their promise to you and are not loyal to you

big boys (n): the big boys are the most important people in an activity or area

billing (n): information, especially about a performance, event or something new

blots (v): if something blots something else, it spoils that something else or leaves a mark on it

boom (n): a boom in something is an increase in that thing

bought into (phr v): accepted and supported

bracket (n): a group with fixed upper and lower limits

breath of fresh air (id): something or someone that is new and different and makes everything seem more exciting

bribes (n): money that you give to someone so that they will do something for you

brim-full (adj): totally full

bursary (n): an amount of money given to a person by a school, university or organisation to pay for them to study

buzz (n): atmosphere (a good atmosphere of excitement)

capacity (n): the total amount that can be contained

caption (n): a short piece of text under a picture in a newspaper, magazine or book

casting my mind back (id): trying to remember

catchy (adj): pleasing and easy to remember

caters (v): if you cater to a group, you provide a service for or serve that group

cause for concern (id): reason to worry

channel (v): to channel something is to direct that something into a particular place or in a particular way

chaotic (adj): in a state of chaos (total confusion with no order)

chatter (n): in this sense, general talk and conversation in the background

coincided with (phr v): to coincide with is to happen at or near the same time as

commence (v): start

commendation (n): praise

commensurate (adj): in a correct and suitable amount compared to something else

commissioned (v): to commission is to formally ask for a special piece of work to be done

complex (adj): involving a lot of different but related parts; complicated

compositions (n): pieces of writing

conceived (v): to conceive is to invent a plan or idea

concept (n): a principle or idea



Glossary

conditioning work (n): conditioning work is exercise that improves the physical condition of your body

conducted (v): performed or carried out

confidant (n): a person you trust and share your feelings and secrets with

contemporary (adj): modern; existing and happening now

contenders (n): contenders are people, teams or groups that compete to try to win something; if you are an annual contender, you have a good chance of winning every year

conundrum (n): a problem that is difficult to deal with

conventions (n): a convention is a usual or accepted way of behaving

convert (v): to convert is to change in form or character

conviction (n): belief

copycats (n): a copycat does exactly the same thing as someone else rather than use ideas of their own

corruption (n): illegal, bad or dishonest behaviour

cost-prohibitive (adj): expensive

crafting (v): to craft is to make or create in a skilled way

crafty (adj): clever

craved (v): desired

critically (adv): in a way that is very bad or serious

cultivated (v): to cultivate is to develop or improve something

currency (n): the money used in a particular country at a particular time

customary (adj): usual or traditional

customs (n): a custom is a way of behaving or a belief that has existed for a long time; traditions

cut short (phr v): stop something before it has finished

dam-building (n): a dam is a wall of sticks and earth across a river; dam-building is the activity of building such walls

dawn (n): the period of the day when the light from the sun begins to appear in the sky

dearth (n): an amount or supply that is not large enough

decibel (n): noise

deft eye (id): if you have a deft eye, you are skilled at spotting something

delved into (phr v): to delve into is to examine something carefully in order to discover more information about it

deducted ... from (phr v): if something detracts from something else, it takes away from or reduces or lessens the enjoyment or experience of that something else

devoted (v): to devote is to give your time and effort completely to something

devotees (n): loyal fans; people who strongly admire something

dictate (v): make necessary

diehard (adj): diehard music fans are extremely loyal music fans

differentiates (v): to differentiate is to show or find the difference between two things

discounting (n): reductions in the usual price

dismiss (v): decide that something is not worth considering

diversity (n): the fact of having a range of different people from different backgrounds in your community

dorms (n): a dorm is a large room with many beds

dotted (v): spread across

drawing to a close (id): if something is drawing to a close, it is coming to an end; ending or finishing

drove (v): to drive is to make something happen; to cause to happen

dulcet (adj): soft and pleasant sounds

dusk (n): the time before night when the light is disappearing but it is not yet fully dark

dying breed (id): if you describe something as a dying breed, you mean there are not many things like it around anymore

edge (n): a competitive edge is a competitive advantage

elite (n): the elite are the best

endangered (adj): may soon not exist because there are so few alive

enriched (adj): improved in quality because something else has been added to it

entail (v): involve

enthusiast (n): a person who is very interested in something

entrepreneurs (n): people who start up their own businesses

environmentalists (n): people who are interested in or who study the environment and try to protect it, especially from damaging human activities

envisaged (v): to envisage is to imagine or expect something in the future, particularly something good

envision (v): to envision is to imagine or expect something that is likely in the future

eponymous (adj): with the same name; in this case, Indie Fest is for indie rock music

evades (v): to evade is to avoid or escape from something

evasion (n): tax evasion involves illegally avoiding paying tax

evokes (v): to evoke is to make someone feel an emotion

exceptional (adj): much better or greater than usual

expedition (n): an organised journey for a particular purpose

exploit (v): take advantage of

exploitation (n): being taken advantage of

explosion (n): a large increase in the number of something that happens very quickly

extinction (n): a situation in which something no longer exists

façade (n): a false appearance

facet (n): aspect or part

factored (v): influenced; played a role

fall flat (id): if a performance falls flat, it is boring or dull and there is no atmosphere or excitement

fashion (v): to fashion is to make something

fathom (v): understand

feat (n): big achievement

fire in our bellies (id): if you have fire in your belly, you have a lot of passion and determination to succeed

fizz (v): in this sense, perform well and cause excitement

fledgling (adj): new and without experience

floating (v): in this sense, there were nerves floating around amongst us means all of us were experiencing some nerves

fluency (n): the ability to speak a language easily, well and quickly

folklore (n): the traditional stories and culture of a group of people

footfall (n): in this sense, people walking

formula (n): method; standard or accepted way of doing something

fossil (n): the shape of a bone, a shell, or a plant or animal that has been preserved in rock for a very long period

found out (phr v): if someone or something is found out, it is discovered that they have done something bad or wrong

frontline (n): the frontline is the part of an army that is closest to the enemy

frowned upon (phr v): strongly disapproved of

fusion (n): fusion music combines two or more different genres of music, e.g. rock and RnB, together

futile (adj): pointless; having no effect or achieving nothing

garnered (v): gathered or collected or received



glamping (n): glamorous camping - camping in comfort and luxury

glance (n): a quick, short look

granted (v): to grant is to give or allow

gratitude (n): the feeling of being grateful or thankful

guardianship (n): the state and duty of being a guardian, which is a person who has a legal right and responsibility to take care of another person

guise (n): appearance

gushing (adj): expressing a positive feeling, especially praise

hallowed turf (id): hallowed means very respected because it is of great importance and turf refers to the ground; in other words, the important football pitch inside Croke Park

hampered by (phr v): to be hampered is to be prevented from doing something easily; slowed down

hands-on (adj): if something is hands-on, you have to actually do physical work or get involved physically

harassing (v): to harass is to annoy or upset someone, usually over a period of time

harassment (n): behaviour that annoys or upsets someone

hardcore (adj): very loyal and dedicated

harsh (adj): unpleasant, cruel or severe

headbanger (n): a person who moves their head up and down rapidly when listening to hard rock or heavy metal music

hectic (adj): very busy and fast; full of activity

held down (phr v): to hold down a job is to manage to keep a job

heritage (n): culture and traditions

hindsight (n): the ability to understand an event or situation only after it has already happened

hit it off (phr v): to hit it off is to like someone and become friendly with them immediately

homesickness (n): the feeling of being lonely or unhappy because you are away from home for a long period

hormone (n): a type of chemical made by living cells that influences the development, growth, performance, etc. of the body

hospitality (n): the act of being friendly and welcoming to guests or visitors

humble (adj): not special or very important or successful

hype (n): a situation in which something is advertised or discussed a lot in newspapers, magazines, etc. in order to attract people's attention to it

impacted (v): had an influence on

impractical (adj): hard to do in reality

impression (n): an idea or opinion about what something or someone is like

in check (id): if you keep costs in check, you keep control of costs

in the flesh (id): in real life

incentives (n): things that encourage a person to do something

inclusivity (n): the quality of trying to include many different types of people and treat them all fairly and equally

inconsiderable (n): very small and unimportant or not worth considering

indefinite (adj): without clear limits

indigenous (adj): an indigenous sport of a country is a sport that is native to or first began to be played in the country

inject new life into (id): if you inject new life into something, you greatly improve something that was old or getting old; to inject is to introduce something new

intently (adv): in a way that shows great attention

interactive (adj): designed to involve the user

interfaces (n): an interface is a connection between a person and a computer

intricate (adj): complicated; having a lot of details and therefore difficult to understand

itineraries (n): an itinerary is a detailed plan of a journey

jack of all trades (id): a jack of all trades is someone who can do many different tasks or jobs

jump on the back of our success (id): if you jump on the back of someone's success, you try to benefit from their success

keenly (adv): competitively

keeps the cogs turning (id): to keep the cogs turning is to keep something operating or running

kit (n): a set of things, such as tools or equipment, used for a particular purpose or activity

knack for (id): talent for

lament (v): regret

lamented (v): to lament is to regret or express sadness and a feeling of sorrow about something

last-minute-whim (adj): a whim is a sudden wish or idea, so the last-minute-whim option is the choice you make at the last possible moment

let down (adj): disappointed

light entertainment (id): entertainment that is not serious and involves activities such as singing, dancing or telling jokes

likewise (adv): the same; similarly

limitless (adj): without limit

line-up (n): the groups that have been brought together to take part in an event

lion's share (id): the lion's share of something is the biggest share of that thing

live up to (phr v): to live up to something is to be as good as something

look down on (phr v): to look down on someone is to think you are better than them

lucrative (adj): producing a lot of money

lure ... back (phr v): attract back

mainstream (n): considered normal, usual and conventional

majoring (v): to major is to study something as your main subject

mammals (n): a mammal is an animal of which the female feeds her young with milk from her own body

manuscript (n): the original copy of a book

mask (n): if you wear a public mask, you hide your true character/personality and act differently in public

mass (adj): very large

materialise (v): to materialise is to come into being or come into existence

meandering (adj): moving slowly in no particular direction and with no clear purpose, or a road or route that does this

means (n): money or wealth

medium (n): a method or way of expressing something

melange (n): a mixture or group of different things or people

merits (n): if performers have very questionable merits for inclusion in the rock category, they probably don't deserve to be included in that category

microfinance (n): the activity or business of providing financial services to poor people or new businesses in poor countries

migrated (v): when an animal migrates, it travels to a different place, usually when the season changes

modified (adj): changed so that it can be used for a new or different purpose

molecules (n): a molecule is the simplest unit of a substance, usually a group of two or more atoms

mull ... over (phr v): to mull something over is to think about it carefully for a long time



Glossary

- multiple (adj):** very many
- mythical (adj):** existing only in stories
- never looked back (id):** if you never look back, you do not regret doing something and continue to be successful after doing it
- newcomers (n):** acts that have recently arrived on the music scene
- no-frills (adj):** providing only the very basic things
- novelty (n):** something which is interesting because it is new and unusual
- oblivious (adj):** not aware of
- obsession (n):** something or someone you think about all the time
- oft-misty (adj):** oft- is a way of saying often, so oft-misty means often misty, where mist is a thin fog produced by small water droplets in the air
- on my very doorstep (id):** very close to me
- on the line (id):** if something is on the line, it is at risk
- opposition (n):** the team being played against in a competition
- order of the day (id):** if something is the order of the day, it is very common or very important; in this case, very common
- orphans (n):** children whose parents are dead
- out of this world (id):** extremely good
- outcasts (n):** outcasts have no place in their group or society because their group or society refuses to accept them
- outnumber (v):** be greater in number than
- out-of-body experience (id):** an experience in which you feel like you have left your own body and you can see it from outside, usually from above
- overgrazing (n):** grazing is feeding on grasses and other small plants; overgrazing is doing this too much such that the habitat is damaged as a result
- overlanding (n):** travelling in a vehicle on land over large distances
- overriding (adj):** more important than anything else
- owed to (phr v):** if you owe something to yourself, you need to or deserve to do that something because it will be good for you
- paid dividends (id):** caused good results
- palaeontology (n):** the study of fossils as a way of getting information about the history of life on earth
- palpable (adj):** obvious
- pandered to (phr v):** if you pander to someone, you do exactly what they want, particularly when it is not reasonable, and usually in order to get some sort of advantage from your actions
- par for the course (id):** normal or as you would expect
- partake (v):** take part; participate
- passed away (phr v):** died
- payoff (n):** benefit or reward
- pedigree (n):** if you have no pedigree in a sport, you have no history of doing well in that sport
- perks (n):** an advantage or something extra you get for doing an activity or job
- personified (adj):** if you are something personified, you are a perfect example of that thing
- perturb (v):** worry
- petered out (phr v):** gradually stopped or disappeared
- philosophy (n):** system
- physiologically (adv):** relating to how the body works
- physiology (n):** the way in which the body works
- pick up (phr v):** if you pick up an injury, you get an injury
- pilots (v):** to pilot is to fly a plane or control a ship
- pinching ourselves (id):** if you are pinching yourself, it means you can barely believe what is happening
- pitch in (phr v):** contribute
- pitched (v):** to pitch a tent is to erect or put up the tent
- pitched as (phr v):** in this sense, sold as or marketed as
- pitching (v):** putting up; erecting
- planted (v):** fixed or secured; put firmly and strongly in place
- pleasurable (adj):** enjoyable
- plethora (n):** a very large amount of something
- populous (adj):** a populous place has a lot of people living in it
- porters (n):** a porter is a person whose job is to carry things
- possessed (v):** to possess a quality is to have that quality
- practicality (n):** the quality of being suitable for a particular use
- precede (v):** to precede is to come before
- predators (n):** a predator is an animal that hunts, kills and eats other animals
- pre-ordained (adj):** intended or destined to happen
- presence (n):** the fact that someone or something is in a place
- pristine (adj):** in very good condition
- privilege (n):** an opportunity to do something special and enjoyable
- privileged (adj):** having an advantage because of your wealth, status or position
- prizing (v):** using force to lift something off something else
- proceedings (n):** a series of events that happen in a planned and controlled way; in this sense, the match or game
- procrastinate (v):** to procrastinate is to keep delaying
- professorship (n):** the position of a professor in a university
- proficient (adj):** skilled and experienced
- profound (adj):** in an extreme way
- proliferate (v):** to suddenly increase a lot in number
- promised land (n):** in this sense, the place you really want to get to
- pronounced (adj):** very noticeable
- prompt (v):** to prompt is to make someone decide to do something
- pronunciation (n):** how words are said or spoken
- propose (v):** suggest
- proposition (n):** an offer or suggestion
- pry the two apart (phr v):** to pry apart is to move apart using effort
- punches far above its weight (id):** has more influence, power or success than it should given its limited resources
- purpose-built (adj):** designed or built for a specific use
- quasi- (pref):** used to show that something is almost but not quite something else, e.g. a quasi-currency is like a currency in ways but not quite an actual currency
- question ... on everyone's lips (id):** the question on everyone's lips is the question everyone is asking or discussing
- racked up (phr v):** to rack up is to gradually get more of something
- radical (adj):** very significant; extreme
- ranks (n):** the members of a group or organisation
- rapidly (adv):** suddenly and quickly
- realms (n):** a realm is an area of interest or activity
- rebrand (n):** a rebrand is a change in how a product is marketed or presented to the public
- recollect (v):** to recollect is to remember something
- recollection (n):** the ability to remember things
- recuperation (n):** to become well again and get your strength back after an illness
- redressed the balance (id):** if you redress the balance, you make the situation fairer and more equal



reinvent the wheel (*id*): to reinvent the wheel is to waste time trying to create something that somebody has already created

reinvigorated (*adj*): healthier and more energetic; more full of life

relented (*v*): to relent to something is to allow that something when you had previously refused to allow it

relentless (*adj*): continuing in a severe or extreme way; continuous

reluctantly (*adv*): in a way that is slow because you are not really willing to do it

remote (*adj*): a long way from any built-up areas, such as towns and cities

repertoire (*n*): all the music that a band can perform or that a band knows

replicate (*v*): copy; do something again in exactly the same way

repress (*v*): to repress is to not allow something to be expressed

reputation (*n*): the opinion that people in general have about something or someone

re-sits (*n*): exams you have to sit or take again because you failed the first time

resolve (*n*): strong determination

revelation (*n*): an extremely pleasant surprise

rival (*adj*): competing

romanticism (*n*): things that seem exciting and mysterious

roots (*n*): family origins; family background

roughly (*adv*): approximately

roused (*v*): to rouse is to make more active and excited

ruins (*adj*): the remains or broken parts that are left of old buildings

scarcity (*n*): rarity; a situation in which something is not easy to get or find

scars (*n*): a scar is a sign of damage to a person's mental state

scenic (*adj*): having beautiful natural features

sceptical (*adj*): doubting that something is useful or true

scholarship (*n*): an amount of money given by a school or university to pay for the studies of a gifted student who does not have much money

scooting (*v*): to scoot is to go quickly

scoured (*v*): searched very carefully

self-preservation (*n*): behaviour based on the idea that you need to protect yourself from harm

sell out (*phr v*): if you sell out to big business, you forget about your traditional values and do whatever makes the most money

senior (*adj*): senior level in the sport of hurling is adult level; the senior game is the game played by adults

sentimental (*adj*): strongly influenced by emotional feelings

sequel (*n*): a book, play or film that continues the story of a previous book, play or film

serenading (*v*): to serenade is to sing in order to impress or excite someone

set our sights (*id*): if you set your sights on something, you aim for that something; you make that something your goal

set up residence (*id*): if you set up residence somewhere, you move into and live there

shifts (*v*): if something shifts something else, it causes that something else to move or change position

showcase (*v*): to showcase is to show the best qualities or parts

skirts (*v*): to skirt is to go around the edge of

slant (*n*): a particular way of looking at or showing something; informally, your slant on something is your angle on or opinion of that thing

squeeze every last penny (*id*): if you squeeze every last penny from someone, you get as much money as possible from them

stabilising (*v*): to stabilise is to become fixed and stop changing

stakes (*n*): the stakes are the potential reward for the winner of a match or competition

stamp our mark on (*id*): if you stamp your mark on something, you have a big impact or a big effect on that something

stand a chance (*id*): if you don't stand a chance of doing something, that means you have no chance of doing that thing

staunch (*adj*): loyal

steers (*v*): to steer is to control the direction of a vehicle

stellar (*adj*): of an extremely high standard; impressive

stemmed from (*phr v*): to stem from is to start or develop as a result of; to result from

stimulating (*adj*): interesting with lots of exciting things happening

string (*n*): a series of related things

subsequent (*adj*): following; happening after something else

substitute (*n*): a thing used instead of another thing

suffocating (*adj*): preventing you from improving or developing in a positive way

surrender (*v*): in this sense, lose

sustainable development (*n*): economic development that is carried out without damaging natural resources permanently

swear off (*phr v*): to swear off is to make a decision to stop doing, using or being involved with something harmful

swell (*n*): the slow upward and downward movement of the sea with large, smooth waves

tackle (*v*): deal with

tackling (*v*): to tackle is to try to deal with

tag (*n*): label; a word or phrase used to describe the characteristics of something

tailored to (*phr v*): designed specially to

tailor-made (*adj*): specially made for a particular purpose

take note (*phr v*): if you take note of something, you notice or pay attention to it; if you stand up and take note of something, you give that something a lot of attention where you didn't give it very much before

take the punt (*id*): if you take the punt, you take a risk on something

taken ... by storm (*id*): if you take somewhere by storm, you become really successful there or make a very positive impression there

taken under the wing (*id*): if you take someone under your wing, you start to protect and take care of them

target readership (*n*): the particular group of readers who your book is aimed at

tarnished (*adj*): damaged

terrain (*n*): an area of land, when considering its natural features

the lengths we go to (*id*): the lengths you go to are the level or amount of effort you put in to achieve something

throw the spotlight on (*id*): if you put/throw/turn the spotlight onto something, you put the attention or focus on that thing

ticks all the right boxes (*id*): if something ticks all the right boxes, it is exactly what you want or are looking for

tide (*n*): the rise and fall of the sea that happens twice daily

titillate (*v*): to titillate is to make excited

tones (*n*): the quality of someone's voice

torrent (*n*): a sudden large or too large amount of something, especially something that is uncontrolled

trackable (*adj*): able to find the source or follow back to the source

tracked (*v*): to track is to record the progress or development of something over a period



Glossary

trade-off (n): a situation in which you accept something bad in order to have something good

trailing (adj): if you leave your competition trailing, you leave them behind so that they are losing; you are more successful than they are

transition (n): a change from one form or type to another

translates into (phr v): in this sense, results in or causes

tried and tested (id): used many times before and proven to be successful

triggered (v): caused to start

triggers (v): to trigger is to cause something to start

turnaround (n): a change from one thing to its opposite; reversal

turned their backs on (id): if you turn your back on something, you stop supporting or being involved in that something

underage (adj): underage hurling is hurling for the different age groups below senior (adult) level;

underdog (n): an underdog in a competition is a person or team considered very unlikely to win

undertaking (n): a job, challenge or piece of work

unearthing (v): finding; uncovering

unfeasible (adj): not able to be done or achieved

unheralded (adj): undiscovered; unfamiliar; unknown

unravel (v): in this sense, separate herself from

unrivalled (adj): without equal; better than any other of the same type

uptake (n): in this sense, the rate of purchase

utopia (n): paradise

utterly (adv): completely

vanishing (v): disappearing

vanquished from (phr v): in this sense, overcome and removed from

vantage point (n): a place, especially a high one, which provides a good and clear view

vehicular (adj): of or relating to vehicles (cars, buses, etc.)

veritable (adj): literal or actual

veteran (adj): very experienced

vouch for (phr v): in this sense, confirm or say that something is true

vulnerable (adj): if you are vulnerable to something, you are not protected from it

waited on hand and foot (id): if someone is waited on hand and foot, they are served and treated very well, as if they are special, and everything is done for them

wave (n): a larger than usual number

wealth (n): a large amount of something good

wear off (phr v): to wear off is to gradually disappear or stop taking effect

white lie (id): a lie that is told in order to be polite or to prevent someone from being upset by the truth

without fail (id): always

would-be (adj): wanting or trying to be

write it off (phr v): dismiss; decide that something is not important or worth considering

advocate (n): supporter

afforded (v): given

agenda (n): an aim or reason for doing something

aggrieved (v): unhappy and angry because of unfair treatment

aimlessly (adv): without any specific purpose

aloft (adv): in a high position in the air

ambience (n): atmosphere; the character of a place

amicable (adj): pleasant and friendly

amid (prep): in the middle of; surrounded by

anticipation (n): a feeling of excitement about something that is going to happen in the near future

apartheid (n): a political system in which people of different races are separated

applause (n): the sound of people clapping their hands to show approval

apportioned (v): to apportion is to give or share something out

apprehensive (adj): worried or nervous about something that is going to happen

arias (n): an aria is a piece of music in an opera sung by one person

armoury (n): the things or qualities that can be used to achieve a particular aim

aroused (v): to arouse is to cause someone to have a particular feeling

assault (n): violent attack

assertion (n): a statement or claim that you strongly believe is true

at home (id): if you are or feel at home, you feel comfortable and relaxed

atomic (adj): in this sense, very great (just like the force of an atomic bomb)

attributed (v): to attribute is to say or think that something is the result or work of something or someone else

avenues (n): methods or ways of doing something

awe-inspiring (adj): causing you to feel great respect or admiration

beacon (n): in this sense, a sign or signal

bemusement (n): the state of being slightly confused

bereft of (adj): not having something or feeling a great loss

beset (adj): having to deal with a lot of something that causes problems

bested (v): defeated

betrayed (v): to betray is to show something without meaning to

bewilderment (n): the state of being very confused

blaring (v): making an unpleasantly loud noise

blips (n): a blip is a temporary change that does not have any special or permanent meaning

blow (n): a hard hit with the hand, a weapon or a piece of equipment

bore a striking resemblance (id): if you bear a resemblance to somebody, you look like that person; if you bear a striking resemblance to somebody, you look very like that person

boundary (n): the line that marks the edge

break out (phr v): escape

brimming with (phr v): full of

bucks this trend (id): to buck a trend is to be obviously different to the way something is generally developing

buddies (n): friends

budget (n): in this sense, how much money there is to spend

bundle (n): in this sense, when you describe a person as a bundle of joy, you mean they are full of joy

calibre (n): quality

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abyss (n): a very deep hole that seems to have no bottom

ace (n): an ace in tennis is an unreturnable serve

actualise (v): to make something that could possibly happen actually occur

adoring (adj): showing very strong love or affection for someone

adoringly (adv): showing very strong love or affection

adorn (v): decorate



- capital (n):** resources
- capitulation (n):** in this sense, accepting defeat without putting up a good fight or defense
- capped (v):** to cap in this sense is to finish off in a good way
- captive (adj):** kept in a closed space and not allowed to move about freely
- caress (v):** touch in a gentle and loving way
- caught my eye (id):** got my attention
- celestial (adj):** of or relating to the skies
- charitable (adj):** giving money, food or help for free to those in need
- cited (v):** to cite is to mention something as a reason for why something else happens
- clasp (v):** holding tightly
- comeback (n):** a comeback is an attempt to win from a losing position; a successful comeback is a win from a losing position
- commotion (n):** a sudden, short period of noise, confusion, or excited movement
- commute (n):** a regular journey between work and home
- complexity (n):** the state of having many parts and being difficult to understand
- compound (v):** make worse
- compulsory (adj):** if something is compulsory, it must be done
- conducive (adj):** providing the right conditions for something good to happen or exist
- constructively (adv):** in a useful or productive way intended to help or improve
- contrarily (adv):** on the other hand; on the contrary
- controversial (adj):** causing disagreement, debate and discussion
- convert (v):** change in form and character
- convey (v):** to convey is to express a thought, feeling, or idea so that it is understood by other people
- counterintuitively (adv):** not happening in the way you would expect
- counterproductive (adj):** having the opposite effect to the one that is wanted or intended
- credit (n):** praise
- crescendo (n):** increase in danger, excitement or action
- crown (n):** victory in a sports competition
- cruelly (adv):** in an extremely unkind way, causing pain
- daunting (adj):** making you worried about your ability to achieve something
- deadline (n):** a time or day by which something must be completed
- deaf (adj):** not able to hear
- deceptive (adj):** making you believe something that is not true
- decider (n):** if a tennis match goes to a decider, it goes into a last/final set where the winner of that set will win the match
- defaults (v):** if you default on a loan or mortgage, you fail to make the repayments
- delusion (n):** belief in something that is not true
- demographics (n):** populations and the different groups that make them up
- deposit (n):** an amount of money you pay in order to secure a house purchase
- descent (n):** a movement down
- determinedly (adv):** wanting to do something very much and not allowing anyone or any difficulties stop you from doing it
- devote (v):** give your time and effort to something
- devotion (n):** great care and effort
- disguise (n):** if you are in disguise, you appear to be something you are not; you dress up so that people won't recognise you
- dispensed with (phr v):** to dispense with something is to get rid of that something or, in this sense, get that something over with and finished
- distinction (n):** the difference between two similar things
- diversity (n):** the range of different people
- divulged (v):** to divulge is to make something secret known
- domain (n):** an area over which a person or group has control
- dotted (v):** spread across an area
- double-bagel (adj):** a double bagel in tennis is when one player wins no games at all and loses the match in two straight sets, so the score is 6-0, 6-0
- draped (v):** to drape is to put something such as a piece of cloth loosely over something else
- dubious (adj):** doubtful; not to be trusted
- dwelt on (phr v):** to dwell on something is to keep thinking about or talking about that something
- eager (adj):** enthusiastic; wanting very much to do or have something, particularly something interesting or enjoyable
- elite (adj):** most successful and best
- elusive (adj):** difficult to find, catch or achieve
- embark (v):** to embark on something is to start something new or exciting
- embraced (v):** to embrace is to hold someone tightly with both arms
- employed (v):** used
- empowerment (n):** the process of gaining freedom and power to do what you want or to control what happens to you
- endeavour (n):** the attempt to do something
- endorse (v):** approve in a public way
- endured (v):** to endure is to suffer something difficult, unpleasant or painful
- engrossed (v):** if you are engrossed in something, you are so interested in it that you give it your full attention
- enraptured (adj):** filled with great pleasure and excitement
- entrusted (v):** to entrust is to give someone a thing or duty for which they are responsible
- envisioned (v):** to envision is to imagine or expect that something is a likely or desirable possibility in the future
- equality (n):** the right of different groups of people to have a similar social position and receive the same treatment
- equitability (n):** the quality of being fair to everyone
- equitable (adj):** fair to everyone of all groups
- esteem (n):** if you hold someone in high esteem, you respect them and have a high opinion of them
- ethnic (adj):** relating to a specific race of people
- evaporated (v):** in this sense, vanished or disappeared
- exclusive (adj):** limited to only one person or to one group of people
- execution (n):** the legal punishment of killing a person
- exemplify (v):** to exemplify is to be or give a typical example of something
- exhaustion (n):** the state of being extremely tired
- expectancy (n):** the feeling that something exciting or pleasant is going to occur
- exploded (v):** broke up into pieces in the air violently
- explosive (adj):** very loud and sudden
- exposed (v):** to expose is to make public something bad or dishonest
- exposed to (phr v):** if you are exposed to severe weather, you experience that severe weather directly
- exposition (n):** a clear and complete explanation of an idea or theory
- extinct (adj):** not now existing



Glossary

- exuberance (n):** the quality of being very energetic
- eye-balling (adj):** if you are eye-balling someone, you are looking at them eye-to-eye; you are staring them in the eyes
- eye-raising (adj):** very noticeable
- famed (adj):** famous or known to many people
- fanciful (adj):** not likely to succeed or happen
- fathom (v):** understand
- feasted (v):** to feast on is to eat in large amounts
- fed up (adj):** bored, annoyed or disappointed
- feedback (n):** information or statements of opinion about something, such as a new product or method, that can tell you if it is successful or liked
- fidgeting (v):** continuous, small movements, often due to nerves, which can be annoying
- fluke (n):** something good that happened as a result of chance or luck rather than skill or planning
- foe (n):** enemy or opponent
- fork out (phr v):** pay
- formidable (adj):** large, powerful or very difficult
- frame of mind (id):** way of thinking at a particular time
- fraying (v):** if your nerves fray, you gradually become upset or annoyed
- frost nip (n):** an injury caused by being exposed to extreme cold
- functionality (n):** all the operations performed by a piece of equipment
- gargantuan (adj):** very large
- gastronomic (adj):** relating to the preparation and eating of good food
- gave way to (phr v):** was replaced by
- get your mitts on (id):** get hold of; find
- giggling (v):** to giggle is to laugh repeatedly in a quiet but uncontrolled way
- gives them the edge (id):** gives them an advantage
- glance (n):** a quick, short look
- glorious (adj):** deserving great admiration, praise or honour
- go the extra mile (id):** if you go the extra mile, you put in extra effort - more than usual or expected - to do something
- go toe to toe (id):** if you go toe to toe with someone, you compete with them directly, taking all their best shots and giving them yours
- grasp (n):** the act of holding on to something
- grounded (adj):** if you stay grounded, you avoid getting too excited and remain calm
- guarantee (v):** if you guarantee another person's loan or mortgage, you agree to pay the loan or mortgage back if the other person cannot
- habitation (n):** small areas of habitation are small areas that are lived in
- hankering for (id):** if you have a hankering for something, you have a strong wish or desire for that thing
- haunts (n):** a haunt is a place often visited
- have a significant bearing (id):** have a significant influence
- head and shoulders above (id):** if something is head and shoulders above something else, it is a lot better than that something else
- hectic (adj):** full of activity
- heroines (n):** female heroes
- high-flying (adj):** extremely successful
- hogged the limelight (id):** if you hog the limelight, all the attention is focused on you
- hold her head up high (id):** if you can hold your head up high, it means that you have nothing to be ashamed of; you can be proud of yourself
- homogenous (adj):** consisting of people who are very similar to one another or of the same race or ethnicity
- humble (adj):** not special or very important
- hurdles (n):** problems you have to deal with before you can make progress
- hurriedly (adv):** too quickly
- ignited (v):** to ignite is to cause to start burning, or to cause a dangerous or angry situation to begin
- imminent (adj):** likely to happen very soon
- in a different light (id):** in a different way; from another angle or perspective
- incarcerated (v):** put in prison
- incentives (n):** an incentive is something that encourages a person to do something
- indicative of (adj):** a sign of
- inertia (n):** lack of activity
- inevitable (adj):** certain to happen and unable to be avoided
- inferior (adj):** not as good as
- inglorious (adj):** shameful
- initiative (n):** a new plan or process to achieve something or solve a problem/issue
- innate (adj):** natural; an innate quality is one you are born with, not one that you learn
- inquisitive (adj):** wanting to discover as much as you can about things
- instantaneous (adj):** happening immediately, without delay
- intellect (n):** the ability to understand and think in an intelligent way
- intentionally (adv):** deliberately
- interference (n):** an occasion of someone or something getting involved in a situation when their involvement is not wanted or is not helpful
- interior (n):** the inside part of something; in this case, the interior is the part of Iceland away from the coast at its centre
- intimated (v):** to intimate is to make clear what you think without saying it directly
- intimately (adv):** in a close and more detailed way
- intriguing (adj):** very interesting
- intuitions (n):** our intuition is our ability to immediately understand or know something based on feelings rather than facts
- intuitively (adv):** known immediately based on feelings rather than facts
- invariably (adv):** always; without exception
- irks (v):** annoys
- irritation (n):** anger or annoyance
- jetlag (n):** a feeling of tiredness and confusion after making a long plane journey
- kit (n):** a set of tools used for a particular activity
- known ... what buttons to press (id):** if you know what buttons to press, you know what to do to get the reaction you want from a person
- lacking (adj):** if something is lacking, there is not enough of it
- lap (n):** the top surface of the upper part of the legs of a person who is sitting down with their legs together
- lean towards (phr v):** if you would lean towards something, this something is what you would probably pick/choose
- letting my hair down (id):** if you let your hair down, you allow yourself to behave very freely and to really enjoy yourself
- limb (n):** a limb is an arm or leg
- limelight (n):** public attention and interest
- living it up (id):** if you are living it up, you are having a very good time and really enjoying yourself
- macro (adj):** large; relating to the whole



make ... head nor tail (id): if you cannot make head nor tail of something, you cannot understand what is happening

mandated (v): required to perform an action

marathon (adj): used to describe something that takes a long time and makes you very tired

memorable (adj): worth remembering or likely to be remembered

merits (n): advantages

micro (adj): small

midst (n): the middle of a group of people or things

mind-wrecking (adj): a mind-wrecking assault is an attack that destroys or attempts to destroy the opponent's mind - to make them mentally unstable

misleading (adj): causing to believe something that is not true

moist (adj): slightly wet

monopolise (v): control something completely

monopolised (v): controlled completely; dominated

monumentally (adv): extremely

more ... than meets the eye (id): if there is more to something than meets the eye, it is more difficult to understand or involves more things than you thought at the beginning

morphed into (phr v): gradually changed into

mortgages (n): a mortgage is an agreement that allows you to borrow money from a bank in order to buy a house

multiplied (v): increased very much in number

mutual (adj): feeling the same thing

neglect (n): a situation in which you do not give enough care or attention to someone or something, or the state of not getting enough care or attention

neglectful (adj): not giving enough care or attention

niche (n): a job or position that is very suitable for you, especially one you like

nought (n): nothing

novice (n): a person who is not experienced

obligations (n): responsibilities

obstacle (n): an obstacle is something that blocks you so that movement, going forward, or action is prevented or made more difficult

obstructed (v): blocked

occupied (v): to occupy is to fill a place

on a par (id): the same as or equal to

on all three counts (id): on all counts means in relation to all the points made or all the things mentioned or under consideration

on the cards (id): likely to happen

optimal (adj): best; most likely to succeed or bring advantage

outlook (n): a person's way of thinking about things

outskirts (n): the outskirts are the areas on the edge of a town or city

overawed (adj): intimidated and frightened by

overwhelming (adj): very great or very large

owes (v): if something or someone owes much to something or someone else, it has that something or someone else to thank

owing to (prep): due to; because of

palate (n): literally, the top part of the inside of the mouth

panic (n): a sudden strong feeling of fear that prevents reasonable thought or action

partners in crime (id): people who are partners in crime are doing or experiencing the same thing together

pass (n): if an aircraft makes a pass, it flies past something

patently (adv): obviously; in a way that is very clear

pathetic (adj): showing no ability, effort or bravery and so unlikely to be respected by people

per se (adv): by or of itself

permit (v): allow

persuasions (n): a persuasion is a particular set of beliefs

perturbed (adj): worried

philosophy (n): the way a person or group thinks about and deals with something

phoenix (n): in ancient stories, an imaginary bird that set fire to itself every 500 years and was born again, rising from its ashes

photogenic (adj): having a face or appearance that looks attractive in photographs

piece of cake (id): easy

pinpoint (v): in this sense, say the exact

pitch-black (adj): completely black/dark

pivotal (adj): central and very important

pleasantries (n): polite remarks

ponder (v): to ponder is to think carefully about something

pool (n): a quantity of a particular thing

precluded from (phr v): prevented from doing something

predestination (n): fate; destiny

predetermine (v): decide in advance

prematurely (adv): too soon

preoccupying (v): if something preoccupies your mind, it is the main thought in your mind, causing other things to be forgotten

priced out (phr v): if you are priced out of the market, prices are too high and you cannot afford them

pristineness (n): the state of being in a very good condition

prolonged (adj): continuing for a long time

prominent (adj): very well known and important

property ladder (id): a series of stages in owning houses in which you buy a small house or apartment first and a bigger or more expensive house when you have enough money, and so on

proportion (n): the number or amount of a group or part of something when compared to the whole

psychological (adj): of the mind

put a halt (id): to put a halt to something is to stop that something from happening

quaint (adj): attractive because of being unusual, especially old-fashioned

quirky (adj): unusual in an interesting and attractive way

radically (adv): dramatically; significantly

rapid (adj): very fast or sudden

rapturous (adj): showing extreme pleasure and excitement

reaffirmed (adj): in this sense, shown to be true again

rebel (v): react or fight against

reconciliation (n): a situation in which two people or groups of people become friendly again after they have argued or fought

reengaged (v): to reengage is to become involved or have contact again

refrain from (phr v): to refrain from doing something is to avoid doing or stop yourself from doing that thing

refugees (n): people who have escaped from their own country because of war or for political, religious or economic reasons

rehabilitating (v): to rehabilitate is to return something or someone to a good condition

reinvention (n): the recreating of something in a new way

rendition (n): a particular way of performing a song or piece of music

repetition (n): the act of doing or saying something again

resentful (adj): feeling angry because you have had to accept something you do not like

resilience (n): toughness

resolve (n): strong determination



Glossary

restores (v): to restore is to return someone or something to an earlier good condition or position

rubbed me up the wrong way (id): if someone rubs you up the wrong way, they annoy you without intending to

rush hour (n): the busy part of the day when towns and cities are crowded and there is a lot of traffic on the roads

rut (n): if you are in a rut, you are stuck in a job or activity too long and you need to make yourself change that job or activity

sage (adj): wise

sanctuary (n): protection or a safe place

sanity (n): the state of having a healthy mind and not being mentally ill

scale (n): the size or level of something

scalp (n): if you claim someone's scalp, you beat them

set the bar very high (id): if you set the bar very high, you have high expectations

shabby (adj): unacceptable

shackles (n): something that prevents you from doing what you want to do

shut-eye (n): sleep

siblings (n): brothers and/or sisters

sipping (v): to sip is to drink, taking a small amount at a time

slew (n): a large amount or number

smashed (v): to smash is to cause something to move with great force

smirking (n): to smirk is to smile in a way that expresses satisfaction or pleasure

snide (adj): containing unpleasant criticism that is not stated in a direct way

sparked (v): to spark is to cause the start of something

spirit (n): a particular way of thinking, feeling or behaving

spring to mind (id): to spring to mind is to come quickly into your mind

stablemate (n): part of the same group/organisation (in this case, part of the same coaching setup)

stalemate (n): a situation in which neither group or person involved can win or get an advantage and no action can be taken

stapled (adj): fastened together

sternest (adj): most difficult

sticking to (phr v): to stick to your principles is to continue to believe in and follow your principles

stiff (adj): difficult

stifle (v): to prevent or try to prevent something from happening or continuing

stimulated (adj): excited and interested

stimulation (n): intellectual stimulation is something that causes you to develop intellectually

stimuli (n): a stimulus is something that causes growth or activity

stimulus (n): something that causes activity or growth

strain (n): pressure

strangle (v): to try to hurt someone badly by pressing or holding their throat so that they cannot breathe

streaming (v): flowing

street-smartened (adj): if you are street smart, you have had a lot of life experiences and learned from them and how to deal with them; you have a lot of life experience though not necessarily any qualifications

stricken (adj): suffering severely from

strolls (n): a stroll is a slow walk in a relaxed manner

submission (n): the act of allowing someone to have power over you or to beat you

submitted (v): if you submit to someone's demands, you allow them to have their way and get what they want

subsequent (adj): happening after something else

substitute (n): a thing that can be used instead of another thing; replacement

succession (n): a number of similar events that happen one after another

succumb to (phr v): accept something bad

superior (adj): better than

surrender (v): to surrender is to admit defeat or give up

swooped (v): to swoop is to move very quickly and easily through the air, down from a height

tangible (adj): real

tantalisingly (adv): causing desire and excitement

taste blood (id): if you can taste blood, you sense your opponent is getting weaker and you are about to win

tempered (v): to temper is to make less strong or extreme

tenor (n): a male singer with a high voice

thesis (n): a long piece of writing on a particular subject, particularly one for a university qualification

transcend (v): go beyond the range or limits of

trembled (v): shook

trial (adj): test

trump card (id): your trump card is an advantage you have over another person or other people that makes you more likely to succeed, especially one that they do not know about

ultimate (adj): most extreme example of

unaffordable (adj): too expensive to buy

underdog (n): the person considered least likely to win

unleashed (v): suddenly released

unmitigated (adj): complete (often describing something very bad or unsuccessful with no positive side)

unravel (v): go wrong; fall apart; fail

unsettling (adj): causing worry or anxiety

upbringing (n): the way you are treated and educated when you are young

upper classes (n): people of the highest social ranks, who are usually rich

urban (adj): of or relating to the city

validation (n): proof that something is correct

vast (adj): extremely big

versatile (adj): able to be used for many different purposes

vital (adj): extremely important

volition (n): the power to make your own decisions

vying for (phr v): competing for

wander (v): to wander is to walk around slowly in a relaxed way

waxed lyrical (phr v): to wax lyrical is to talk about something with a lot of interest and excitement in a very positive way

went into overdrive (id): overdrive is a state of great activity, effort or hard work; to go into overdrive is to go into this state

whetted (v): to whet is to increase your interest in and desire for something

wilderness (n): a large area which is in its natural state and has not been built on or used for growing crops

wily (adj): intelligent and willing to use tricks to achieve your aim

woo (v): to woo is to give someone a lot of attention to try to persuade them to marry you

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abandoning (v): to abandon is to leave a place

actuality (n): reality

adequate (adj): enough for a particular reason or purpose
admission (n): the act of admitting something or agreeing something is true
advances (n): attempts to start a romantic relationship
aghast (adj): suddenly filled with strong feelings of shock or worry
air of (n): if there is an air of optimism, things appear optimistic; manner or appearance
ajar (adj): slightly open
alight (adj): lit; on fire; burning
aloft (adj): high up in the air
along the line (id): on the way
aloof (adj): not friendly or willing to take part in things
amass (v): to amass it to collect or get a large amount of something
ample (adj): more than enough
ancestors (n): people related to you who lived a very long time ago
ancestral (adj): of or related to ancestors
appetite (n): if there is an appetite for something, there is a demand for or desire for that thing
appliances (n): devices, machines or pieces of equipment that are used in the home, e.g. irons, kettles, etc.
apprehensions (n): fears; worries about what is going to happen
arboriculturist (n): a person who designs landscapes and selects suitable trees and plants for a given environment as their job
arborist (n): a tree surgeon; a person who plants and cares for trees and shrubs as their job
aspiration (n): a hope or dream
assumed (adj): accepted as true without question or proof
at a crossroads (id): at a stage in life where you have to make a very important decision
attire (n): formal clothing
attributes (v): to attribute is to say that something is the result of something else
backs up (phr v): supports
baggage (n): beliefs and feelings caused by past experiences that influence how you behave
be all and end all (id): the most important thing
bear a resemblance (id): if something bears a resemblance to something else, it looks like that something else
begrudge (v): to begrudge is to feel unhappy because you think someone has something that they do not deserve
beloved (adj): much loved
benefits (n): social welfare benefits are payments or services provided by the government to help poor, ill or old people
bested (v): defeated
beyond him (id): if you say that something is beyond you, you mean that you do not think you are capable of doing it
bleak (adj): not at all hopeful; hopeless
blossom (v): become more attractive, successful or confident
bore no signs (id): showed no evidence
breakdowns (n): a breakdown is a period of mental illness which results in anxiety, difficulty sleeping, difficulty thinking, loss of confidence and hope, and a feeling of great sadness
brittle (adj): delicate and easily broken
brought forward (phr v): to bring forward is to change the schedule so that something happens earlier than first planned
buoyant (adj): successful or making a profit
burdening (v): to burden someone is to trouble them with something difficult or unpleasant
burn the midnight oil (id): to burn the midnight oil is to work late into the night

calling (n): if you describe a job as your calling, you mean you think it is what you were born to do - the job you are most suited to
candle burned out prematurely (id): if your candle burns out, you die; if your candle burns out prematurely, you die too young
career suicide (id): if you accuse someone of career suicide, you mean that they have taken an action that is going to end or ruin their career
careered (v): moved fast in an out of control way
carved out (phr v): to carve out is to create using your skills
cascade (n): a large amount, flowing like a waterfall
cauldron (n): in this sense, a situation characterised by strong emotions
caused such a stir (id): if something causes a stir, it gets a lot of attention and creates a lot of interest and excitement
cavalier (adj): wild and carefree, in this sense
caveat (n): a statement that limits a more general statement
chaotically (adv): in a state of total confusion and disorder
chimed (v): to chime is to ring in a pleasant way
chore (n): task or job, often a boring or unpleasant one
clutches (n): a hold on someone or something
cognizance (n): awareness
coincides with (phr v): to coincide with is to happen near or at the same time as
come to a head (id): if something comes to a head, the point is reached where you have to take action and do something about it
comeback (n): a very good and real attempt to return and win, when it looked like you would lose
comfort zone (id): your comfort zone is a situation in which you feel comfortable, where your ability and determination are not really tested
commemorating (v): officially remembering by way of a public ceremony or event
commuters (n): people who regularly travel from home to work
components (n): parts that combine with other parts to form the whole of something
comprehend (v): understand
compromise (v): to compromise is to accept that you will reduce your demands or change your opinion in order to reach an agreement with someone
conceive of (phr v): imagine
conclusive (adj): ending any doubt and proving something is true
concrete jungle (id): a concrete jungle is a city or large built-up area with not a lot of green spaces
condition (n): the particular state that something is in; the human condition is the state of being human
conductive (adj): providing the right conditions for something good to happen or exist
connections (n): people you know who can help you
consign (v): in this sense, send to or get rid of
consultancy (n): a company that gives advice on a particular subject
contentment (n): the state of being happy or pleased with your situation and not constantly wishing for more or for it to improve
contractor (n): a person that agrees to supply their service under temporary contract rather than as a full-time company employee
contrived (adj): artificial and difficult to believe
conviction (n): belief
correspondence (n): letters or emails, especially business letters or emails
corruption (n): illegal, bad or dishonest behaviour
courageous (adj): very brave
coursing (v): flowing quickly
coveted (adj): strongly desired



Glossary

cowering (v): to cower is to lower your body in fear and move backwards

crane (n): a tall metal structure, with a horizontal part used for lifting and moving heavy objects

cultivate (v): to prepare land for growing and to grow trees, plants or crops there

customs (n): ways of behaving or beliefs that have been established for a long time

daring (adj): brave and taking risks

dawned on (phr v): if something dawns on you, you finally understand it after a period of not understanding

dearth (n): an amount or supply that is not large enough

deceased (adj): dead

deeds (n): actions; acts

depth (n): how deep something is; the distance from the top to the bottom of something

detained (v): to detain is to force someone to stay in a specific place

detrimental (adj): causing harm or damage

devastating (adj): causing a lot of damage and destruction

devotion (n): loyalty to something

differs (v): to differ is to be different; to not be like something

diligently (adv): carefully, using a lot of effort

directorship (n): the position of director of a business

disavow (v): to disavow is to break all your connections with or end your relationship with something

discontentment (n): a feeling of wanting a better or improved situation

discounted (v): dismissed; to discount is to decide something is not worth considering or giving attention

disinclined to (adj): not wanting to do something

dispute (n): an official argument or disagreement between workers and employers

dispute (v): to dispute is to disagree with what someone says

disruption (n): an interruption to the usual way that something works

dimensions (n): a dimension is a measurement of something in a particular direction, especially its height, length, or width

drew (v): to draw a feeling from something is to get that feeling from that something

embedded (adj): if something is embedded, it is fixed in place and very hard to remove

endured (v): suffered

engagement (n): interest; getting involved in the story

engrossing (adj): very interesting and requiring all your attention

enigmatic (adj): mysterious and difficult to completely understand

enlarge (v): make bigger

envision (v): to envision is to imagine something that is desirable in the future

envy of (id): if you are the envy of someone else, they wish they were like you or had what you have

epic (adj): extremely good

evaporated (v): disappeared

exclusive (adj): limited to only one person or one group of people

exhibiting (v): showing; displaying

exploits (n): brave things that someone has done

external (adj): outside

eyebrows may have been raised (id): if something raises eyebrows, it causes surprise, shock or disbelief

façade (n): false appearance

facts speak for themselves (id): if the facts speak for themselves, the proof/truth is very clear

falls (v): to fall is to happen or come at a particular time

family-oriented (adj): oriented shows the direction in which something is aimed, so family-oriented is aimed at the family

fantastical (adj): not reasonable; unreal; imaginary

fatality (n): death

fate (n): a power that some people believe controls events

fathom (v): understand

feats (n): accomplishments; achievements

fiancee (n): the woman a person is engaged to marry is their fiancée

fight off (phr v): defend against

fittingly (adv): appropriately; suitably

flashed across (phr v): to flash is to show something for a short time

flee (v): run away

flop (n): a flop is a very unsuccessful book/film/etc.

folks (n): people

follow in the footsteps (id): if you follow in someone's footsteps, you do the same thing they did

for the long run (id): if you are here for the long run or the long haul, you are going to be here for a long period of time

forgoing (v): doing or going without; giving up

fragile (adj): easily damaged, broken or harmed

frank (adj): honest

fraternity (n): the golfing fraternity is the community of professional golfers and past professionals

freelancing (n): doing particular pieces of work for different organisations, rather than working as the employee of just one

function (n): purpose

gag-inducing (adj): causing to get sick

gaping (adj): very large

genre (n): a style with a specific set of characteristics, e.g. the crime genre or the romance genre

gestured for (phr v): to gesture is to use a gesture to express something; to gesture for something to happen is to show with gestures what you want to happen

given up the ghost (id): to give up the ghost is to finally accept that something or someone is not going to succeed

glowing (adj): full of praise

good cause (id): if you have good cause for doing something, you have a good reason for doing it

got the better of me (id): when someone or something gets the better of you, it defeats you

graphic (adj): very clear and powerful

grasp (v): to grasp is to quickly take something into your hands and hold it very firmly

green-eyed monster (id): the green-eyed monster is jealousy

gritty (adj): brave and determined

grudgingly (adv): resentfully; reluctantly; unwillingly; not because you want to but because you have to

guidance (n): help and advice about how to do something or how to deal with something

hand on heart (id): speaking honestly and saying exactly how you really feel

hands-on (adj): a hands-on role is one where you are closely involved in organising, managing or doing everything

hanging up the boots (id): if you hang up your boots, you retire from your job

harmony (adj): if two things are in harmony, they seem right or suitable together



harness (n): a piece of equipment with straps and belts used to hold a person in place

hath (v): an old-fashioned way of saying has

haunt him (v): to haunt someone is to cause that person repeated suffering and anxiety

heed (n): notice; attention

heralded (v): was a sign of

hierarchical (adj): arranged in an order from most to least important; business hierarchies are often pyramid-like or triangular in shape

hindered (v): limited his ability to do something

hints at (phr v): to hint at something is to suggest it in a subtle or indirect way

hold off (phr v): delay

home bird (id): a home bird is someone that prefers to be at home than to travel

hot on the heels (id): if something happens hot on the heels of something else, it happens just after that something else

idolised (v): to idolise is to admire and respect someone very much

ill will (id): bad feelings

ill-advised (adj): not wise

immeasurable (adj): so large or great that it cannot be exactly measured or known

imminent (adj): likely to happen very soon

in a nutshell (id): using as few words as possible

in anger (id): if you do something in anger, you do it with much passion and energy

in the doldrums (id): unsuccessful and showing no progress or development

in vain (id): unsuccessfully

incapable (adj): unable to do something

incentives (n): tax incentives are tax reductions or special tax rates offered by the government in order to attract big companies

inclusive (adj): an inclusive group or organisation tries to include many different types of people and treat them all the same

indefinitely (adv): for a period of time with no fixed end

inescapably (adv): unavoidably; in this sense, describing something that was certainly going to happen

inevitably (adv): in a way that cannot be avoided

infrastructure (n): the basic systems and services of a country, such as roads, schools, etc.

inhabitants (n): people who live in a particular place

inhabiting (v): living in

in-house (adj): an in-house position is a position of employment within an organisation

inspected (v): to inspect is to examine something or look at it carefully

intense (adj): strong or extreme

intensity (n): strength

invariably (adv): always

invigorating (adj): making feel more energetic and full of life

justify (v): be a good reason for

keep his feet on the ground (id): if you keep your feet on the ground, you stay calm and see things for how they really are now, and you don't get excited about what is possible in the future

labour of love (id): hard work that you do because you really enjoy it, not for the money

lacking (v): to lack something is to not have enough of that thing

laudable (adj): deserving praise

legacy (n): something that is part of your history or that remains from an earlier time

legend (n): someone very famous and admired for their skill or ability

lightning strike (n): describes when workers suddenly stop working and go on strike without giving any notice to their employer first

likely (adj): probable

lion-heart (adj): describes someone with a lot of bravery and determination

live and breathe (id): if you live and breathe something, it is extremely important to you

long-term (adj): continuing for a long time into the future

lose little sleep (id): if you lose sleep over something, you worry or stress about that something; if you lose little sleep, you don't really worry

lucrative (adj): producing a lot of money

lunar (adj): of or related to the moon

made the break (id): if you make the break, you end a relationship or connection; in this case, the break was from being employed

making great strides (id): making good progress

manifest (adj): obvious

manifestation (n): in this sense, bringing into existence

many moons ago (id): a long time ago

marvel at (phr v): to marvel at is to show great surprise at and admiration for

masterpiece (n): a book written with great skill that is highly regarded

mercilessly (adv): showing no mercy (where mercy is kindness that makes you forgive someone)

merit (n): worth

merits (n): the quality of being good and deserving of praise

meticulous (adj): very careful with great attention to every detail

microcosm (n): a small place which has many of the characteristics of a larger place

miniature (adj): describes something that is a very small copy of another item

minister (n): a religious leader in some churches

minority sport (n): a minority sport in a country is a sport that not a large number of people from that country play

misguided (adj): done for the wrong reasons

misinformation (n): information intended to trick or deceive people

mission (n): an important job that someone is sent somewhere to do

missionary (n): a person sent to a foreign country to teach their religion to the people living there

momentarily (adv): for a very short time

monkey on his back (id): if you have a monkey on your back, you have something difficult or unpleasant that you have to worry about all the time and you can't get rid of

mouthful (n): a word or phrase that is hard to say

multiply (v): increase a lot in number

mutual (adj): the same

naysayers (n): people who say something is not possible

nearly-man (n): a nearly man comes close to winning but never actually does win

neglect to (phr v): fail to; to neglect to do something is to not do that thing

newfound (adj): only recently started

non-fictitious (adj): real

obligation (n): an obligation is something you must do

obsolete (adj): not in use anymore because it has been replaced by something newer



Glossary

- obtaining (v):** getting
- off course (id):** in the wrong direction
- offering (n):** something that you give or offer to people
- ominous (adj):** suggesting something unpleasant is probably going to happen
- on the cusp (id):** if you are on the cusp of something, you are very close to doing or achieving that thing; on the edge
- on the radar (id):** in this sense, to be expected
- on the warpath (id):** angry and likely to punish
- ongoing (adj):** continuing to exist or develop
- onlooking (adj):** watching
- opened doors (id):** if something opened doors, it gave you new opportunities
- optimism (n):** the quality of being full of hope and positive thoughts
- outing (n):** in this sense, it means first journey into writing
- outlasted (v):** lasted longer than
- outrageous (adj):** shocking or hard to believe
- outweigh (v):** be greater or more important than
- outweighed (v):** to outweigh is to be greater or more important than something else
- overcame (v):** succeeded in controlling and dealing with
- overnight (adv):** very quickly
- overwhelmed (v):** caused to feel sudden strong emotions that are very hard to deal with and control
- paltry (adj):** very small
- panning (n):** severe criticism
- paperwork (n):** the part of a job that requires you to write letters and reports and keep records
- passing (n):** the passing of someone is their death
- pay ... heed (id):** if you pay heed to something, you give it a lot of attention
- peers (n):** in this sense, fellow authors
- pent up (phr v):** to pen is to confine or restrict; pent up means confined, restricted, repressed or bottled up
- peripheral (adj):** something peripheral is not as important as something else
- perks (n):** benefits
- persevere (v):** to persevere is to continue to try to do something in a determined way despite having problems
- pertained (v):** to pertain to is to relate to
- phases (n):** stages in the process of development
- pinch myself (id):** you have to pinch yourself when you do not believe something is real or really happening
- piques the reader's interest (id):** arouses or stimulates the reader's interest
- plaguing (v):** causing worry and pain to someone over a period of time
- played catch-up (id):** tried to reach the same standard as others after falling behind them
- plucky (adj):** brave
- portal (n):** an entrance or way into something
- posit (v):** suggest
- post (prep):** after
- pounced (v):** to pounce is to jump or move quickly in order to catch
- practice (n):** a business that involves a lot of skill or training
- precarious (adj):** a situation that is likely to get worse
- predestined (adj):** something which is predestined is controlled by fate or destiny
- preparedness (n):** the state of being prepared or willing to do something; readiness; willingness
- pretence (n):** a way of behaving that is intended to trick people
- prized it free (phr v):** to prize something free is to use force to free it
- prodigious (adj):** extremely great in potential, talent or ability
- profile (n):** description of someone
- promising (adj):** showing potential to succeed
- pronouncement (n):** an official announcement
- proof ... in the pudding (id):** this means that you can only judge the quality or truth of something after it has been tried, experienced or has happened
- prospect (n):** the possibility of something good happening in the future
- prospective (adj):** potential; possible
- prosperity (n):** the state of being successful and wealthy
- protagonist (n):** a main character in the story
- protestations (n):** a protestation is the act of forcefully complaining about something
- provocation (n):** an action or statement designed to make someone angry or upset
- pseudonym (n):** a name someone uses instead of their real name
- public domain (n):** if something is in the public domain, it is available for everyone to see
- puny (adj):** small and weak
- put off (phr v):** discourage
- put people off (phr v):** discourage people from doing something
- put them behind him (phr v):** if you put something behind you, you forget about it and stop thinking about it
- raising the white flag (id):** surrendering; giving up or admitting defeat
- rates (n):** the rate of tax is the level of tax
- razing (v):** to raze is to completely destroy
- realisation (n):** the moment of understanding something
- realm (n):** kingdom or world
- realms (n):** a realm is an area or world
- reclusive (adj):** living alone and not going outside or talking to people
- redemption (n):** the act of improving something bad; recovery
- redundancy (n):** a situation where someone loses their job because their employer no longer needs them
- redundant (adj):** having lost your job because your employer doesn't need you anymore
- reinvent (v):** to reinvent yourself is to change your job or lifestyle and behave in such a way that you seem very different
- remotely (adv):** in a little or slight way
- replicate (v):** to replicate is to do something again in the same way
- resemblance (n):** the fact that two people or things look alike in some way
- reserve judgement (id):** if you reserve judgement, you don't make a decision now on whether it's good or bad, you wait until you know more
- resigning himself to (phr v):** to resign yourself to something is to accept something you do not like because you cannot change it
- resolute (adj):** determined
- resolution (n):** an ending or solution to a difficult problem
- retained (v):** to retain something is to keep it; if you retain someone's support or faith, you keep their support or faith
- revenue (n):** revenue is money in the form of income that the government regularly receives
- riddled by (adj):** full of
- riposte (n):** an answer or reply to criticism
- rivalry (n):** a situation in which people compete for the same thing



roared ... back into contention (id): to roar back into contention in a competition is to impressively or dramatically give yourself a great chance of winning when it looked like you would lose

rookie (n): a person who is new to an activity

sacrifice (n): the act of giving something up

sans (adj): without

scarcely (adv): almost not

sceptical (adj): doubting about the truth or usefulness of something

second-tier (adj): not the top level, the level below that

see it through (id): to see it through is to continue until it is finished

set the bar ... high (id): if you set the bar high, you expect your level to be very high; be very ambitious

shift (n): change of direction or policy

shifted (v): moved

shoddy (adj): badly or carelessly made or produced

shouldering (v): carrying the weight or pressure of

side-lines (n): the act of watching but not taking part

skill set (n): in this case, the range of skills needed for a certain job

slothful (adj): lazy or very slow

social welfare (n): services provided by the government to help the poor, ill or old

solo (adj): alone; on your own

solstice (n): there are two solstices each year; one when the Sun is directly above the most northern point it ever reaches and the other when the Sun is directly above the most southern point it ever reaches

speck (n): a speck is a very small mark, piece or amount

spoke out (phr v): to speak out is to say what you think in public

sponsorship (n): the act of providing a person with money so they can do their activity, usually in return for them advertising your product

stagnating (v): staying the same and not developing

stakes (n): the potential reward if you win or succeed

stalemate (n): a situation in which neither group can win or get an advantage and no agreement can be reached, and it appears that no action can be taken to solve the problem or change the situation

stars align (id): when the stars align for a person, everything happens in a good way for them

status quo (id): the status quo is the current situation

stellar (adj): extremely high quality or standard

stereotype (n): a set idea people have about what someone is like, particularly when the idea is wrong

stick it out (phr v): to stick it out is to continue to the end of a difficult and unpleasant situation

sticking point (n): a point of discussion on which it is not possible to reach agreement

stigma (n): a strong feeling of disapproval most people in society have about something, particularly when this feeling is very unfair

stormed onto ... centre stage (id): if you storm onto centre stage, you make a big, impressive entrance and get noticed by a lot of people

strain (n): pressure; something that makes you feel nervous or worried

strained (adj): under pressure; somewhat nervous and worried

straw that breaks the camel's back (id): the straw that breaks the camel's back is the last in a series of unacceptable events that finally causes action to be taken to stop something

strayed from (phr v): to stray from is to move away from

strike action (n): a situation in which a group of workers refuse

to work because they are not happy with their pay or working conditions

stunned (adj): shocked and surprised

subconscious (n): the part of the mind that affects your behaviour and remembers and notices things without you realising it

succession (n): a number of similar events that happen one after another

sufficient (adj): enough

summarily (adv): in this case, suddenly and without much thought

surreal (adj): like a dream; not seeming real

surrendering (v): if you surrender something, you give up or lose that thing

sustained (v): to sustain is to cause or allow to continue for a period of time

swore to (v): to swear to do something is to promise to do that thing

sympathetic (adj): understanding about and caring towards

sympathetically (adv): in a way that shows you care about another person's suffering or problems

taken its toll on me (id): if something takes its toll on you, it causes you harm or suffering

tally (v): to tally is to match or agree with something else

tangentially (adv): in a different but linked direction

tangible (adj): real

tantalisingly (adv): in this sense, it was very close but he could not get it, so causing desire and excitement that could not be satisfied

tedious (adj): boring

tediously (adv): boringly

tellingly (adv): importantly; significantly

termination (n): the end of something

the making of me (id): if you say something was the making of you, you mean that the experience really helped you to develop in a positive way as a person

thinning (n): thinning trees involves removing some branches to leave others more room to grow, or removing whole trees to leave more space for others

throw a curveball (id): do something unexpected

time will tell (id): this means we will only find out in the future

time-consuming (adj): taking up or using up a lot of time

top drawer (id): if something comes from the top drawer, it is of very high quality

tore ... to shreds (id): to tear to shreds is to criticise very heavily

tormentors (n): people who cause another person suffering and worry

trade-offs (n): sacrifices

tragically (adv): very sadly

transparency (n): the quality of being done in an open and clear way without any secrets

trauma (n): severe emotional and physical shock and pain

tree surgeon (n): a person who plants and cares for trees and shrubs as their job

trodden on (phr v): to tread on something is to put your foot on it; to stand on

troubled (adj): having problems or difficulties

tug (n): a sudden strong pull

tugs at the heartstrings (id): causes strong feelings

turbulence (n): confusion, disorder and difficulty

tyrant (n): a ruler who has unlimited power and uses it unfairly and cruelly

ultra (pref): extremely



Glossary

unanimous (adj): in total agreement

unassuming (adj): shy and modest; quiet with no wish for admiration or attention

unbeknownst (adj): without a particular person knowing

undeniable (adj): certainly true

under no obligation (id): not required to

undercooked (adj): in this sense, not developed enough

undersell (v): when you sell yourself, you try to persuade someone of your worth by pointing out all your strengths; when you undersell yourself, you don't do this very well

universal (adj): involving everyone

unjust (adj): unfair

unleashed (v): to unleash is to suddenly release a violent force in an uncontrolled way

unremarkable (adj): very ordinary and uninteresting

unsettling (adj): causing worry or anxiety

unswerving (adj): always strong

up sticks (id): to up sticks is to take all the things you own and go and live in another place

uplifting (adj): making you feel better

vain (adj): unsuccessful

validated (v): to validate is to prove that something is correct

vanquished (v): defeated

vanquishing (v): defeating

veracity (n): the quality of being true; truth

verging on (phr v): if something verges on a particular state, it is almost that state

vested interests (n): people or organisations who have a strong interest in a project, business, etc.

vibrancy (n): energy, enthusiasm and excitement

vigorously (adv): forcefully and energetically

virtual unknown (id): if you describe somebody as a virtual unknown, you mean that they are not famous in any way; very few people have heard of them

virtuoso (n): a person who is extremely skilled at something

vital (adj): extremely important

vocation (n): a type of work you feel you are really suited to

void (n): a large hole or empty space

walks of life (id): if people come from all walks of life, it means they come from different types of jobs and all levels of society

ward off (phr v): to ward off is to prevent something dangerous or unwanted from harming you or coming close to you

warrior (n): an experienced soldier

wayward (adj): out of control

weep (v): to weep is to cry tears

weight seemed to have been lifted (id): if a weight has been lifted from a person, they feel under less pressure and strain

welcomed with open arms (id): given a very warm and friendly welcome

whetting (v): if you whet somebody's appetite for something, you increase their interest in that thing or their wish for that thing

whimper (v): to whimper is to make a series of small, weak sounds to express pain or unhappiness

wholly (adv): totally

wield (v): in this sense, use powers as a weapon

woeful (adj): very bad; awful

wooden (adj): showing little expression or emotion

wooded (v): to woo is to give a lot of attention to a woman in order to persuade her to marry you

work ethic (n): your work ethic is your attitude to work or how hard you work

workforce (n): all the people of working age in the country

workload (n): the amount of work to be done in a particular period of time

wowing (v): impressing; making them feel respect and admiration

wrath (n): extreme anger

youngling (n): child