

1 Do You Mind?

page 5

- 1.1 **gelada** (n) /gəl'ada/
a rare species of monkey native to Ethiopia
• *Unlike other monkeys, geladas spend most of their time eating grass in the meadows of Ethiopia.*
- 1.2 **bare** (v) /beə(r)/
uncover sth so that it is visible • *The burglar took to his heels when the large family dog bared its teeth and growled at him.*
➤ bareness (n), bare (adj), barely (adv)

Reading

pages 6-7

- 1.3 **interaction** (n) /,ɪntər'ækʃn/
the act of communicating with or reacting to others • *Teachers are under pressure to create positive interactions between local children and immigrant students.* ➤ interact (v), interactive (adj), interactively (adv)
- 1.4 **individual** (n) /,ɪndɪ'vɪdʒuəl/
a particular person who behaves in a unique way • *Our genetic code is what makes us all individuals so no two people are quite the same.* ➤ individuality (n), individually (adv)
- 1.5 **unknown (to sb)** (adv) /,ʌnbɪ'nəʊn tu: 'sʌmbədi/
without sb knowing • *Unknown to us, the boss had heard our entire conversation.*
- 1.6 **sustain** (v) /sə'steɪn/
experience or suffer sth unpleasant • *Lance sustained a severe leg injury when he fell off his bike.* ➤ sustainability (n), sustainable (adj)
- 1.7 **neuroscience** (n) /'nju:ərəʊsəɪəns/
the science of studying the brain and nervous system • *As research methods in neuroscience develop, there is more evidence to explain how people experience different emotions.* ➤ neuroscientist (n)
- 1.8 **miraculous** (adj) /mɪ'rækjələs/
extraordinary and unexpected • *The patient made a miraculous recovery and was back to work long before anyone expected.* ➤ miracle (n), miraculously (adv)
- 1.9 **foreman** (n) /'fɔ:mən/
a worker who is responsible for leading a group of other workers, especially in construction or factory work • *The factory foreman told the workers to take a break while the machines were being serviced.*
- 1.10 **dynamite** (n) /'daɪnəmaɪt/
a highly explosive substance • *Several sticks of dynamite were used to blow up the old block of flats.* ➤ dynamite (v)
- 1.11 **blast** (v) /blɑ:st/
destroy sth by using explosives • *The explosion had blasted a hole in the side of the building.* ➤ blast (n)
- 1.12 **rod** (n) /rɒd/
a long thin straight pole • *Ted lost his balance and fell off the ladder when he was putting up the new curtains on the rod.*
- 1.13 **compact** (v) /kəm'pækt/
compress the parts of sth closely together into a more solid state or into a smaller space
• *After the household waste is collected, it is compacted into large blocks to take up less space.* ➤ compact (n), compact (adj)
- 1.14 **ignite** (v) /ɪg'naɪt/
cause sth to start burning • *The heat of the sun through broken glass can be enough to ignite dry grass and cause a wildfire.*
➤ ignition (n)
- 1.15 **subsequent** (adj) /'sʌbsɪkwənt/
coming after sth else • *The cause of the accident was unknown until the subsequent enquiry was conducted.* ➤ subsequently (adv)
- 1.16 **propel** (v) /prə'pel/
push sth/sb forward usually causing rapid movement • *The strong current propelled the raft towards the rocks.* ➤ propeller (n), propellant (n), propulsion (n)
- 1.17 **exit** (v) /'eksɪt/
leave; go out • *James exited the room without saying goodbye.* ➤ exit (n)
- 1.18 **skull** (n) /skʌl/
the bone that gives structure to the head and protects the brain • *Wearing a motorcycle helmet reduces the risk of injury to the skull in the event of an accident.*
- 1.19 **against all odds** (expr)
/ə'genst ɔ:l ədz/
despite seeming impossible • *Against all odds, the climbing team made it to the top of K2.*
- 1.20 **initially** (adv) /ɪ'nɪʃəli/
at first • *Paul's parents were initially surprised at his decision to leave home, but they soon came round to the idea.* ➤ initial (n), initial (adj)
- 1.21 **semicomatose** (adj)
/'semi 'kəʊmətəʊs/
almost unconscious • *Gwen was still semicomatose when we saw her after her operation, so she didn't seem to realise where she was.*

- 1.22 physically** (adv) /'fɪzɪkli/
involving the body rather than the mind
• *Robin still found cycling physically challenging months after breaking his ankle.*
➤ physical (adj)
- 1.23 mentally** (adv) /'mentəli/
involving the mind rather than the body
• *Solving crosswords and other puzzles can be mentally stimulating.* ➤ mentality (n), mental (adj)
- 1.24 inappropriate** (adj) /,ɪnə'prəʊpriət/
not suitable • *I hadn't realised it would be a formal dinner, so my jeans and T-shirt were quite inappropriate for the occasion.*
➤ inappropriateness (n), inappropriately (adv)
- 1.25 acquaintance** (n) /ə'kweɪntəns/
sb you know but are not close friends with
• *Laura has a large number of acquaintances on social media sites, most of whom she has never met personally.* ➤ acquaint (v)
- 1.26 hold down** (phr v) /həʊld daʊn/
manage to keep a job • *John had difficulty in holding down two jobs at once as he was utterly exhausted.*
- 1.27 epileptic** (adj) /,epɪ'leptɪk/
related to epilepsy, an illness affecting the brain • *Tom became epileptic as a result of a head injury.* ➤ epilepsy (n)
- 1.28 seizure** (n) /'si:zə(r)/
an attack of an illness that strikes suddenly
• *Aunt Hilda was admitted to hospital after her heart seizure.* ➤ seize (v)
- 1.29 post-traumatic** (adj) /,pəʊst.trɔ:ˌmæt.ɪk/
as a result of a serious shock or injury, especially to the brain • *Naser suffered from post-traumatic stress after his town was bombed.*
- 1.30 disinhibition** (n) /,dɪsɪnhɪ'bɪʃn/
the state of having no feeling of embarrassment or shyness to restrict behaviour • *Certain drugs, which have caused people to experience sudden social disinhibition and lead to self-destructive behaviour, are banned in Australia.*
➤ disinhibit (v)
📖 Opp: inhibition
- 1.31 frontal lobe** (n) /'frʌn,təl ləʊb/
one of the two parts of the brain which control behaviour, personality, etc. • *In the past, mental illness was treated by removing all or part of the frontal lobes.* ➤ lobotomy (n), lobotomise (v)
- 1.32 cognitive** (adj) /'kɒgnətɪv/
related to the processes of thinking and understanding • *It's amazing how children's cognitive development varies according to their upbringing.*
- 1.33 inhibit** (v) /ɪn'hɪbɪt/
restrict sb's actions by causing them to feel shy or embarrassed • *Students felt that their new teacher inhibited them from learning with her strict manner.* ➤ inhibition (n)
- 1.34 self-awareness** (n) /self ə'weənəs/
a sense of understanding your own behaviour and who you are • *Watching how you behave on video can lead to a greater sense of self-awareness.* ➤ self-aware (adj)
- 1.35 solid** (adj) /'sɒlɪd/
certain • *Though Ken was the prime suspect in the murder investigation, the police had no solid proof to arrest him.* ➤ solidify (v), solidly (adv)
- 1.36 trauma** (n) /'trɔ:mə/
the effect of a serious shock or injury, especially on the brain • *Alex needed the help of a psychologist to help him through the trauma of his parents' divorce.* ➤ traumatise (v), traumatic (adj), traumatically (adv)
- 1.37 introductory** (adj) /,ɪntrə'dʌktəri/
intended to introduce you to a subject or activity • *The college offers a range of short introductory courses for foreign students.*
➤ introduce (v), introduction (n)
- 1.38 sought-out** (adj) /sɔ:t aʊt/
desired; wanted • *The most sought-out paintings fetched a good price at the auction.*
➤ seek (v), seeker (n)
- 1.39 ground-breaking** (adj) /'graʊndbreɪkɪŋ/
making a new and important discovery
• *Before the ground-breaking discovery of antibiotics, people used to die from infections that are now curable.* ➤ groundbreaker (n)
📖 Also: groundbreaking
- 1.40 temperament** (n) /'tempərəmənt/
your manner of behaving or reacting towards others • *Lucy's calm temperament makes her an ideal school counsellor.* ➤ temperamental (adj), temperamentally (adv)
- 1.41 track** (v) /træk/
follow the progress of sth/sb • *Our tutor gives us monthly tests to track our academic progress.* ➤ tracker (n)
- 1.42 well-being** (n) /wel 'bi:ɪŋ/
the state of good physical and psychological health • *Having enough sleep is as important as diet and exercise for your overall well-being.*
- 1.43 infancy** (n) /'ɪnfənsi/
the stage of life from birth to early childhood
• *Children's psychological development depends greatly on the stimulus they receive during their infancy.* ➤ infant (n), infantile (adj)

- 1.44 invaluable** (adj) /ɪnˈvæljuəbl/
very useful • *The internet has become such an invaluable source of information that we now feel quite deprived if we cannot get online.*
> value (v), value (n)

Mind and Body

Nouns	Adjectives
adolescence	adolescent
contagion	epileptic
frontal lobe	innate
gesture	post-traumatic
infancy	semicomatose
neuroscience	physically
posture	mentally
seizure	cognitive
skull	
trauma	
well-being	

- 1.45 intricate** (adj) /ɪnˈtrɪkət/
finely-detailed and complex • *The neutral shade of the curtains went well with the intricate floral pattern of the carpet.*
> intricacy (n), intricately (adv)
- 1.46 mosaic** (n) /məʊˈzeɪɪk/
a pattern or image made with many small parts put together • *The path leading to the mansion was a mosaic of broken tiles and pebbles.*
> mosaic (adj)
- 1.47 keenly** (adv) /ˈkiːnli/
enthusiastically; deeply • *Visitors to the zoo keenly observed the young panda's behaviour.*
> keenness (v), keen (adj)
- 1.48 devoted** (adj) /dɪˈvəʊtɪd/
completely loyal and loving • *Barbara is utterly devoted to her grandchildren and adores spending time with them.* > devote (v), devotion (n), devotee (n), devotedly (adv)
- 1.49 optimal** (adj) /ɒptɪməl/
to the maximum or best possible extent • *The car reaches its optimal fuel efficiency at an average speed of around 50 miles per hour.*
> optimum (adj)
- 1.50 attribute** (n) /ˈætrɪbjʊːt/
a quality or characteristic • *Modesty is one of Malcolm's greatest attributes as he's rather quiet about his own successes.* > attribute (v), attributable (adj)
- 1.51 ethically** (adv) /ɪˈeθɪkli/
in a morally acceptable way • *In some cultures, it is considered ethically correct to eat certain insects.* > ethic (n), ethical (adj)

- 1.52 empathetic** (adj) /,em,pəˈθet,ɪk/
showing understanding for sb's feelings
• *Good teachers have to be both patient and empathetic towards their students' needs.*
> empathise (v), empathy (n), empathetically (adv)
- 1.53 determinant** (n) /dɪˈtɜːmɪnənt/
a deciding factor • *Qualifications may not be the sole determinant in securing a job, but they can give you an advantage over other candidates.* > determine (v), determined (adj), determining (adj)
- 1.54 adolescent** (n) /,ædəˈlesnt/
a teenager; sb going through the stage of life between childhood and adulthood • *Ms Jones refused to take her class on a three-day excursion as she did not wish to be held responsible for a group of adolescents.*
> adolescence (n), adolescent (adj)
- 1.55 adolescence** (n) /,ædəˈlesns/
the stage of life between childhood and adulthood • *Teenagers go through major physical and emotional changes during adolescence.* > adolescent (n), adolescent (adj)
- 1.56 peer** (n) /pɪə(r)/
sb of the same age or in the same social position as another • *Sophie gets along well with most of her peers in her class at college.*
- 1.57 flourish** (v) /ˈflaʊrɪʃ/
develop and do well • *Andrew's self-confidence began to flourish when his parents sent him to music school.*
☞ Syn: thrive
- 1.58 limitations** (n) /,lɪmɪˈteɪʃnz/
sth that limits sb/sth from achieving more or being better • *It isn't a bad camera, but it has its limitations in close-up photography.*
> limit (v), limit (n), limited (adj)
- 1.59 infer** (v) /ɪnˈfɜː(r)/
make an educated guess or develop an opinion about sth based on the information given • *From the author's overall tone, we can infer that she must have had a difficult childhood.* > inference (n)
- 1.60 fascination** (n) /,fæsɪˈneɪʃn/
a strong interest in sth • *Thelma's fascination with archaeology led her to write a book on Minoan art.* > fascinate (v), fascinated (adj), fascinating (adj)
- 1.61 baffle** (v) /ˈbæfl/
confuse • *Grace's decision to resign from her comfortable job completely baffled her colleagues.* > baffling (adj)

- 1.62 troubled** (adj) /'trʌblɪd/
worried • *I knew all was not well when I saw Tom's troubled expression.* > trouble (v), trouble (n), troublesome (adj)
- 1.63 authority** (n) /ɔ:'θɒrəti/
the power to make decisions and tell others how to behave • *My neighbours appear to have no authority over their kids, who are unacceptably noisy.* > authorise (v), authoritative (adj), authoritative (adv)
- 1.64 eliminate** (v) /ɪ'liːmɪneɪt/
rule out; remove • *John is likely to win the singing contest as the judges have eliminated most of the other contestants.* > elimination (n)
- 1.65 encompass** (v) /ɪn'kʌmpəs/
include • *Make sure your essay encompasses all the relevant points.*
- 1.66 multitude** (n) /'mʌltɪtju:d/
large number of people or things together • *There are a multitude of expressions to describe different types of human behaviour.* > multitudinous (adj)
- 1.67 interrelated** (adj) /,ɪntərɪ'leɪtɪd/
connected together; bearing a relation to each other • *Our states of physical and emotional health are closely interrelated.* > interrelate (v), interrelationship (n)

Vocabulary pages 8-9-10

- 1.68 misspent** (adj) /,mɪs'spent/
used in a careless or wasteful way • *Despite her misspent teenage years when she hardly studied at all, Elaine passed her university degree with flying colours.* > misspend (v)
- 1.69 pleasurable** (adj) /'pleʒərəbl/
enjoyable • *My holiday at the spa was a most pleasurable experience which left me feeling refreshed and relaxed.* > please (v), pleasure (n), pleasurably (adv)
- 1.70 dysfunctional** (adj) /dɪs'fʌŋkʃənəl/
not functioning normally • *Dysfunctional relationships between couples are generally due to incompatible interests and desires.* > dysfunction (n)
- 1.71 neglect** (n) /nɪ'glekt/
lack of care or attention • *In the UK, parents who leave underage children alone at home can be imprisoned for child neglect.* > neglect (v), neglected (adj)
- 1.72 maladjusted** (adj) /,mælə'dʒʌstɪd/
with emotional problems that prevent sb behaving in a socially acceptable way • *Those who bully others often tend to be maladjusted as a result of their upbringing.* > maladjustment (n)
- 1.73 at a loss** (expr) /æt ə lɒs/
not knowing what to say • *Roxanne was at a loss to explain why her husband had left her.*
- 1.74 aberrant** (adj) /æ'berənt/
antisocial • *Mike was expelled from school as a result of his repeated aberrant behaviour in class.* > aberration (n)
- 1.75 abnormal** (adj) /æb'nɔ:ml/
not normal; unnatural • *Having lost an abnormal amount of weight during her illness, Ellen is on a special diet to regain her strength.* > abnormality (n), abnormally (adv)
- 1.76 misanthrope** (n) /'mɪsənθrəʊp/
sb who does not like other people and avoids human company • *Although Sue enjoys spending time alone with her books, it doesn't mean that she's a complete misanthrope; she actually has a wide circle of friends.* > misanthropy (n), misanthropic (adj)
- 1.77 adamant** (adj) /'ædəmənt/
having a fixed opinion about sth • *The parliamentary spokesperson was adamant that the tax increases were justified and no amount of public protest would change the decision.* > adamantly (adv)
- 1.78 cynical** (adj) /'sɪnɪkl/
not believing that sth is done for good or unselfish reasons; negatively thinking • *Stop being so cynical! You have just as much chance of getting the job as anyone else.* > cynic (n), cynicism (n), cynically (adv)
- 1.79 inflexible** (adj) /ɪn'fleksəbl/
not willing to change your mind; difficult to change or bend • *Colin's inflexible attitude towards his teenage daughter made her want to leave home.* > inflexibility (n), inflexibly (adv)
- 1.80 obstinate** (adj) /'ɒbstɪnət/
stubborn; sticking to your opinion • *Jane is so obstinate that she refuses to follow her parents' advice.* > obstinacy (n), obstinately (adv)
- 1.81 elated** (adj) /i'leɪtɪd/
joyful and very excited • *We were elated at the referee's decision to award our team a penalty.* > elation (n)
- 1.82 jubilant** (adj) /'dʒu:bɪlənt/
very happy because of a successful result • *The jubilant fans cheered loudly after the final whistle.* > jubilation (n), jubilantly (adv)
- 1.83 overjoyed** (adj) /,əʊvə'dʒɔɪd/
extremely pleased • *Irene's grandmother was overjoyed to see her when she returned from Canada.*
- 1.84 meticulous** (adj) /mə'tɪkjələs/
with great attention to detail; thorough • *Lynne keeps a meticulous record of the company accounts.* > meticulously (adv)

- 1.85** **apathetic** (adj) /ˌæpəˈθetɪk/
lacking interest or unwilling to take action • *If voters hadn't been so apathetic, there would have been a better turnout for the election.*
➤ apathy (n), apathetically (adv)
- 1.86** **dispassionate** (adj) /dɪsˈpæʃənəti/
clear-thinking because of lack of emotional involvement • *To a dispassionate observer, United clearly did not deserve to win, though the fans would never admit it.*
➤ dispassionately (adv)
- 1.87** **uneasy** (adj) /ʌnˈiːzi/
worried or unconfident • *They had an uneasy feeling that they were being followed.*
➤ uneasiness (n), uneasily (adv)
- 1.88** **withdrawn** (adj) /wɪðˈdrɔːn/
quiet and introverted; not outgoing • *Mabel had become even more shy and withdrawn as she found it hard to fit in at her new school.*
➤ withdraw (v)
- 1.89** **compulsive** (adj) /kəmˈpʌlsɪv/
unable to stop doing sth • *Nobody takes Bill seriously since he's known to be a compulsive liar.* ➤ compulsion (n), compulsively (adv)
- 1.90** **neurotic** (adj) /njʊəˈrɒtɪk/
behaving nervously or unreasonably • *Mr Templar became neurotic about home security after the burglary and had cameras fitted in every room.* ➤ neurosis (n), neurotically (adv)
- 1.91** **obsessive** (adj) /əbˈsesɪv/
focussed on one person or thing to an abnormal extent • *Greg has become so obsessive about his new project that he never has time for his friends or family.* ➤ obsess (v), obsession (n), obsessively (adv)
- 1.92** **obnoxious** (adj) /əbˈnɒkjəs/
horrible; offensive • *What an obnoxious manner he has! It's small wonder he has no friends.* ➤ obnoxiously (adv)
- 1.93** **amiable** (adj) /ˈeɪmiəbl/
likeable; good-natured • *Ian took his clients out to dinner to create a more amiable atmosphere for discussion.* ➤ amiability (n), amiably (adv)
- 1.94** **impassive** (adj) /ɪmˈpæsiv/
showing no sign of emotion • *From her impassive expression, you can never tell what our teacher is thinking.* ➤ impassively (adv)
- 1.95** **poised** (adj) /pɔɪzd/
with a calm and confident manner; not moving but ready to do so • *The cat stood poised for action as she waited for the bird to land on the lawn.* ➤ poise (v), poise (n)
- 1.96** **serene** (adj) /səˈriːn/
peaceful and not worried • *The serene smile on Da Vinci's Mona Lisa has become legendary.* ➤ serenity (n), serenely (adv)
- 1.97** **eloquent** (adj) /ˈeləkwənt/
able to express opinions well in a clear and confident way, especially in public • *The most eloquent speaker was chosen to represent the team in the debate.* ➤ eloquence (n), eloquently (adv)
- 1.98** **principled** (adj) /ˈprɪnsəpld/
having strong moral beliefs • *Beth has a principled approach towards helping students who cannot afford to pay fees.* ➤ principle (n)
📖 Opp: unprincipled
- 1.99** **scrupulous** (adj) /ˈskruːpjələs/
honest; giving careful attention to detail • *The detectives made a scrupulous search of the crime scene.* ➤ scruple (v), scruple (n), scrupulously (adv)
📖 Opp: unscrupulous
- 1.100** **upright** (adj) /ˈʌpraɪt/
behaving honestly and ethically • *I couldn't believe such an apparently upright citizen could have committed murder.* ➤ upright (n), upright (adv)
- 1.101** **distrustful** (adj) /dɪsˈtrʌstfl/
not trusting sb/sth easily • *Granddad is extremely distrustful of all politicians.*
➤ distrust (v), distrust (n)
- 1.102** **arouse** (v) /əˈraʊz/
excite or awaken particular feelings in sb • *The referendum aroused a great deal of disagreement even between friends.*
➤ arousal (n), arousing (adj)
- 1.103** **assert** (v) /əˈsɜːt/
state confidently • *After his arrest, the prisoner asserted his right to call a lawyer.* ➤ assertion (n), assertive (adj), assertively (adv)
- 1.104** **grudge** (n) /grʌdʒ/
a bad feeling or strong dislike for sb because of sth they did in the past • *You beat me fair and square in the tennis match, so I bear no grudge against you.* ➤ grudge (v), grudging (adj), grudgingly (adv)
- 1.105** **breed** (v) /brɪːd/
cause sth to happen • *Tina's promotion bred a feeling of resentment amongst her colleagues, who had also applied for the position.* ➤ breed (n)
- 1.106** **conduct yourself** (v) /kənˈdʌkt ʃɔːself/
behave in a certain way • *The sales assistant conducted herself in a highly unprofessional manner when she lost her temper with the customer.* ➤ conduct (n)
- 1.107** **exert** (v) /ɪgˈzɜːt/
use effort, such as strength or influence to achieve a result • *Parents often exert too much pressure on their children to achieve success from an early age.* ➤ exertion (n)

- 1.108 swallow (sth)** (v) /'swɒləʊ 'sʌmθɪŋ/
hold (sth) back; not reveal or express sth
• *Linda tried to swallow her emotions as she broke the bad news to her friend.*
> swallow (n)
- 1.109 vent** (v) /vent/
express strongly • *Alex hit the ball hard into the net to vent his frustration at losing the match.* > vent (n)
- 1.110 familiarity** (n) /fə,mɪli'ærəti/
the feeling of closeness through knowing sth/sb well • *He felt a sense of familiarity as he approached his birthplace for the first time in 20 years.* > familiarise (v), familiar (adj)
- 1.111 contempt** (n) /kən'tempt/
the feeling of looking down on or showing disrespect for sb/sth you believe to be inferior
• *The islanders viewed the boatloads of immigrants with contempt and suspicion at first.* > contemptible (adj), contemptuous (adj), contemptibly (adv), contemptuously (adv)
- 1.112 appallingly** (adv) /ə'pɔ:lɪŋli/
in a shocking way • *The court case was appallingly handled; the verdict was so unfair!*
> appal (v), appalled (adj), appalling (adj)
- 1.113 peer pressure** (n) /pɪə(r) 'preʃə(r)/
the pressure from people your own age or social status to do the same as they do so as to be accepted • *Tracy dresses exactly as she pleases and refuses to give in to peer pressure to wear certain brands of clothing.*
- 1.114 gullible** (adj) /'gʌləbl/
easy to deceive; liable to believe what other say without question • *How could you be so gullible as to buy that old heap of a car?*
> gullibility (n)
- 1.115 vulnerable** (adj) /'vʌlnərəbl/
easy to hurt or damage emotionally or physically • *Adolescents are particularly vulnerable to criticism from their peers.*
> vulnerability (n)
- 1.116 distant** (adj) /'dɪstənt/
related by family, but not closely • *I have a distant cousin – possibly a granddaughter of my grandma's cousin – living somewhere in this area, but we've never managed to meet yet.* > distance (v), distance (n), distantly (adv)
- 1.117 reciprocal** (adj) /rɪ'sɪprəkl/
that is done or given by both people involved; mutual • *The ceasefire took place under a reciprocal agreement.* > reciprocate (v), reciprocally (adv)
- 1.118 companionable** (adj) /kəm'pæniənəbl/
friendly and good to be in the company of
• *My uncle is a companionable character, who is always the life and soul of the party.*
> companion (n), company (n), companionship (n)
- 1.119 compatible** (adj) /kəm'pætəbl/
able to get on well together through having similar or matching characteristics or interests and needs • *Our musical tastes are not compatible as I really can't stand jazz.*
> compatibility (n), compatibly (adv)
📎 Opp: incompatible
- 1.120 inseparable** (adj) /ɪn'seprəbl/
that can't be separated; having a very friendly close relationship • *Nancy and Robert have been absolutely inseparable from the year they met.* > inseparably (adv)
- 1.121 philosophical** (adj) /,fɪlə'sɒfɪkl/
accepting a negative situation with a calm, understanding reaction • *Mum was quite philosophical about losing her job as she said she might now consider starting her own business.* > philosophy (n), philosopher (n), philosophically (adv)
- 1.122 platonic** (adj) /plə'tɒnɪk/
having a friendly, but not sexual relationship
• *Steve insists that his friendship with Margo is purely platonic and they aren't romantically involved.*
- 1.123 condition** (v) /kən'dɪʃn/
train a person or animal to behave in a particular way or accept sth • *Army recruits are conditioned to follow orders from their superiors.* > conditioning (n), conditioned (adj)
- 1.124 unconditional** (adj) /,ʌnkən'dɪʃənəl/
unlimited; without expecting sth in return
• *Fiona is a true friend who is always prepared to offer unconditional help whenever necessary.* > unconditionally (adv)

Positive adjectives

amiable	outright
companionable	overjoyed
compatible	philosophical
devoted	platonic
dispassionate	pleasurable
elated	poised
eloquent	principled
empathetic	reciprocal
ground-breaking	scrupulous
inseparable	serene
intricate	solid
invaluable	sought-out
jubilant	tender
meticulous	unconditional
miraculous	upright
non-confrontational	withdrawn
optimal	

- 1.125 come between** (phr v) /kʌm bɪ'twiːn/
cause to separate; harm a relationship
• *They've been utterly devoted to each other for years and nothing can come between them.*
- 1.126 drift apart** (phr v) /drɪft ə'pɑːt/
gradually become less friendly with sb • *We were best friends at school, but we drifted apart over the years when we went off to study at different universities.* > drift (n), drifter (n)
- 1.127 fit in** (phr v) /fɪt/
feel accepted and have a sense of belonging in a group, team, etc. • *Language and cultural barriers made it hard for Omar to fit in with Greek society.*
- 1.128 go back** (phr v) /gəʊ bæk/
know each other from a time in the past
• *Angela and I go back 15 years; we used to work together.*
- 1.129 lead (sb) on** (phr v) /liːd 'sʌmbədi ɒn/
make sb believe an untrue situation
• *The caller had no intention of buying my bike; he was just leading me on to gain personal information about where I live.*
- 1.130 settle down** (phr v) /'setl daʊn/
stop moving around and start living in one place to develop a steady lifestyle • *After years of working on cargo ships, Paul found it difficult to settle down and live in a city apartment.* > settler (n), settled (adj)
- 1.131 stick up for** (phr v) /stɪk ʌp fə(r)/
support sb/sth • *Liz always sticks up for her little brother if he gets into trouble in the school playground.*
- 1.132 work up** (phr v) /wɜːk ʌp/
cause a feeling or idea to develop • *Vince held an exhibition of his artwork to work up some interest from potential customers.*
- 1.133 do sb's head in** (expr) /duː 'sʌmbədiz hed ɪn/
annoy or confuse sb intensely • *Please turn off that music! It's doing my head in and I can't concentrate.*
- 1.134 urge** (v) /ɜːdʒ/
encourage or strongly advise sb to do sth
• *Jeff wanted to study art, but his parents were urging him to leave school and get a job to earn a living.* > urge (n), urging (n), urgent (adj)
- 1.135 egg (sb) on** (phr v) /eg 'sʌmbədi ɒn/
encourage or provoke sb to do sth • *As the boys egged each other on to dive off the high rocks into the sea, two of them ended up in hospital.*
- 1.136 tease** (v) /tiːz/
make fun of sb in a friendly way as a joke, or to embarrass them • *Patrick got used to being teased about his red hair and freckled complexion as a child.* > tease (n), teaser (n)
- 1.137 wind (sb) up** (phr v) /waɪnd 'sʌmbədi ʌp/
annoy sb; say sth that is not true to annoy sb
• *Don't take George seriously; he's just winding you up.* > wind-up (n), wound-up (adj)
- 1.138 stress (sb) out** (phr v) /stres 'sʌmbədi aʊt/
cause sb to feel very anxious • *The pressure of studying for exams was stressing him out completely.* > stressed-out (adj)
- 1.139 put sb down** (phr v) /pʊt 'sʌmbədi daʊn/
make sb feel inferior or stupid • *Not having strong enough policies of their own, the electoral candidates resorted to putting each other down in the debate.* > put-down (n)
- 1.140 slap** (n) /slæp/
a hit with an open hand • *Fred gave his friend a friendly slap on the back.* > slap (v)
- 1.141 a slap in the face** (expr) /slæp ɪn ðə feɪs/
an insulting or disappointing action or event
• *It was a real slap in the face for Rita when she got turned down for promotion after all her hard work.*
- 1.142 ego** (n) /'iːgəʊ/
the sense of self worth • *Getting elected as class president was a boost for Diana's ego since she was actually quite shy.* > egotist (n), egoism (n), egotistic (adj)
- 1.143 at arm's length** (expr) /ət ɑːmz lenθ/
at a safe distance • *Tracy keeps her neighbours at arm's length as she prefer to keep her personal business private.*
- 1.144 have a chip on your shoulder** (expr) /hæv ə tʃɪp ɒn ʃɔː(r) 'ʃəʊldə(r)/
feel easily offended about sth because of a past experience • *As Morag is from Inverness, she has a chip on her shoulder about being called English.*
- 1.145 confide in** (phr v) /kən'faɪd ɪn/
trust sb with your private thoughts or problems
• *Do you confide your secrets to a friend or family member?* > confidence (n), confidential (adj), confidentially (adv)
- 1.146 get sth off your chest** (expr) /get 'sʌmθɪŋ ɒf ʃɔː(r) tʃest/
reveal what is worrying you; talk openly about a problem • *What's up with you? I'm all ears if it would help to get it off your chest.*
- 1.147 keep a cool head** (expr) /kiːp ə kuːl hed/
remain calm • *Don't worry so much about your interview; just keep a cool head and do your best.*
- 1.148 behind sb's back** (expr) /bɪ'haɪnd 'sʌmbədiz bæk/
without sb knowing or against their wishes
• *Carol fell out with her colleague when she found out he'd been talking about her behind her back.*

1.149 bite your tongue (expr) /baɪt ʤɔ:(r) tʌŋ/
hold yourself back from saying sth that might upset sb • *I knew my teacher had made a mistake, but I didn't know whether to tell her or just bite my tongue.*

1.150 put your foot in it (expr) /pʊt ʤɔ:(r) fʊt ɪn ɪt/
say sth inappropriate in a certain situation that upsets sb • *It was supposed to be a surprise party. You've really put your foot in it now!*

1.151 give sb the elbow (expr) /gɪv 'sʌmbədi ðə 'elbəʊ/
reject sb; tell sb to leave because they are no longer needed or wanted • *Harry gave his so-called friend the elbow when he realised he'd been using him to advance his own career.*

Body-related expressions

a slap in the face	give sb the elbow
at arm's length	have a chip on your shoulder
at heart	keep a cool head
behind sb's back	put your foot in it
bite your tongue	rear its (ugly) head
do sb's head in	
get sth off your chest	

1.152 a pain in the neck (expr) /ə peɪn ɪn ðə nek/
an annoyance • *My little sister is always trying to listen in on my phone calls; she can be a real pain in the neck at times.*

1.153 be in tune with (expr) /bi ɪn tju: wɪθ/
have the same ideas as sb; accord with sb's way of thinking • *Jack isn't quite in tune with the rest of the staff as he's a bit of a loner and prefers to do his own thing.*

1.154 be beside yourself (expr) /bi bɪ'saɪd ʤɔ:'self/
be overcome by an emotion • *Dad was beside himself with happiness when I told him I'd got my scholarship.*

1.155 be on good terms (expr) /bi ɒn ɡʊd tɜ:mz/
have a friendly relationship • *Jerry is an amicable student who is on good terms with most of his teachers.*

1.156 be in sb's bad books (expr) /bi ɪn 'sʌmbədɪz bæd bʊks/
be out of favour with sb because of having done sth to displease them • *Nick had another argument with the boss, so he's in her bad books again.*

1.157 at heart (expr) /ət hɑ:t/
essentially, sometimes underneath an outward appearance • *Debbie can sound abrupt over the phone despite being a warm and friendly person at heart.*

1.158 be on the same wavelength (expr) /bi ɒn ðə seɪm 'weɪvlɛŋθ/
have similar ideas; share the same opinion • *We're on the same wavelength when it comes to animal welfare as neither of us can stand seeing animals suffer.*

1.159 against your will (expr) /ə'genst ʤɔ:(r) wɪl/
although you don't want to do so • *Stuart had to leave the country against his will when his visitor's permit expired.*

1.160 in a rut (expr) /ɪn ə rʌt/
in a routine (often boring) situation that is hard to change • *I wish I could find a more exciting job instead of being stuck in a rut as a bank clerk.*

1.161 on cloud nine (expr) /ɒn klaʊd naɪn/
extremely happy • *Tracy was on cloud nine when she heard the unexpected good news.*

1.162 at ease (expr) /ət i:z/
confident and relaxed • *She is much too shy to feel at ease in the company of strangers.*

1.163 on edge (expr) /ɒn edʒ/
nervous; easily upset • *Most parents tend to be a bit on edge when they are unsure of their teenage children's whereabouts.*

1.164 out of character (expr) /aʊt əv 'kærəktə(r)/
in a way that is different from sb's usual personality • *How strange that Mandy lost her temper last night – it was so out of character!*

1.165 associate (v) /ə'səʊʃieɪt/
mentally link sth/sb with (sth/sb else); have a connection with • *Ian always associates Cornwall with his childhood memories of summer.* > association (n), associate (n), associated (adj)

1.166 attribute (v) /ə'trɪbjʊ:t/
say that sb/sth is the cause of sth • *Sam attributed his success in business to a lot of hard work and a little luck.* > attribute (n), attributable (adj)

1.167 clan (n) /klæn/
a large extended family group with a common surname • *My Scottish ancestors were members of the Gordon clan.* >

1.168 mob (n) /mɒb/
a large crowd of people who may behave violently • *An angry mob protested outside the town hall.* > mob (v)

1.169 clique (n) /kli:k/
a small close-knit group which excludes others • *I'm afraid the school students' committee has become a bit of a clique who are doing whatever they feel like whilst ignoring their classmates' views.* > cliquy (adj)

- 1.170 self-content** (n) /self 'kɒntent/
the sense of being happy with the way you are • *Despite having lived in a city most of her life, Karen had a feeling of self-content settling down in her small country house.*
➤ self-content (adj)
- 1.171 self-satisfaction** (n) /self, sætɪs'fækʃn/
the sense of being pleased or satisfied with sth you have done • *Having received so much praise for her project, Kate felt a sense of self-satisfaction.* ➤ self-satisfied (adj)
- 1.172 self-esteem** (n) /self ɪ'stiːm/
the sense of feeling valued or important • *Constant criticism from teachers and parents can lower a child's self-esteem.*
- 1.173 self-sufficiency** (n) /self sə'fɪʃnsi/
the state of having enough resources without needing anything from others • *Moving to another country requires a great deal of self-sufficiency as it could be difficult to build support networks.* ➤ self-sufficient (adj)
- 1.174 back sb up** (phr v) /bæk 'sʌmbədi ʌp/
say that what sb says is true • *Your alibi sounds unlikely. Is there any witness who can back you up?* ➤ back-up (n)
- 1.175 look sb up** (phr v) /lʊk 'sʌmbədi ʌp/
contact or visit sb when you are in their area • *Next time you're in London, look me up and we can get together.*
- 1.176 crack sb up** (phr v) /kræk 'sʌmbədi ʌp/
say sth that amuses sb very much • *Billy's live performance was so funny it cracked us all up. We couldn't stop laughing!*
- 1.177 outburst** (n) /'aʊtbʊːst/
an unexpected expression of strong emotion • *The centre forward was sent off due to his outburst of violence during the match.*
- 1.178 prone (to)** (adj) /prəʊn (tə)/
likely to do sth or suffer sth • *Our old teacher was prone to falling asleep in the middle of a exam.*
- 1.179 bitterly** (adv) /'bɪtəli/
in an extremely bad way; acutely • *I was bitterly disappointed at his dreadful attitude.*
➤ bitterness (n), bitter (adj)
- 1.180 steer clear of sb/sth** (expr) /stiə(r) kliə(r) əv'sʌmbədi/'sʌmθɪŋ/
stay out of the way of sb/sth that might be problematic • *You'd better steer clear of Tommy; he's in a foul mood today.*
- 1.181 outsider** (n) /,aʊt'saɪdə(r)/
sb who is not an accepted member of a community group • *Although Penny spends a month on the island every year, she is still regarded as an outsider as she is not a permanent resident.* ➤ outside (adj), outside (adv)

- 1.182 intruder** (n) /ɪn'truːdə(r)
sb who enters a place illegally or when they are not wanted • *With three fierce guard dogs in pursuit, the intruders climbed swiftly back over the wall.* ➤ intrude (v), intrusion (n), intrusive (adj), intrusively (adv)
- 1.183 novice** (n) /'nɒvɪs/
sb who is new to doing sth and has little experience • *Lia is a complete novice at playing the violin; she sounds terrible!*

Phrasal verbs

back sb up	engage in sth	settle down
come	fit in	stick up for
between	go back	stress (sb)
confide in	hold down	out
crack sb up	lead (sb) on	wind (sb) up
drift apart	look sb up	work up
egg (sb) on	put sb down	

Grammar

pages 11-12-13

- 1.184 gathering** (n) /'gæðərɪŋ/
a meeting of people • *Greek name days are always a great excuse for a family gathering.*
➤ gather (v), gatherer (n)
- 1.185 annoyance** (n) /ə'nɔɪəns/
sth that is annoying; the feeling of being annoyed • *Olga could not hide her annoyance at the interruption.* ➤ annoy (v), annoying (adj), annoyingly (adv)

Feelings

annoyance	self-content
contempt	self-esteem
disinhibition	self-satisfaction
distress	self-sufficiency
fascination	sorrow
self-awareness	

Relationships & Groups

acquaintance	misanthrope
clan	mob
cliqu	outsider
gathering	peer
intruder	

Listening

page 14

- 1.186 leave sb cold** (expr) /li:v 'sʌmbədi kəʊld/
fail to arouse any interest or excitement for sb • *The idea of a night at the opera leaves Daniel cold.*

- 1.187 overwhelm** (v) /,əʊvə'welɪn/
have an overpowering effect on • *Sarah was overwhelmed by the beauty of the island.*
➤ overwhelming (adj), overwhelmingly (adv)
- 1.188 mistaken** (adj) /mɪ'steɪkən/
incorrect in a belief; based on an incorrect belief or assumption • *I was under the mistaken impression that he came from a poor family.*
➤ mistake (v), mistake (n), mistakenly (adv)
- 1.189 extrovert** (n) /'ekstrəvɜ:t/
an outgoing confident person • *Although Gary appears so confident when performing in the band, he's not such an extrovert and is rather shy offstage.* ➤ extroverted (adj)
- 1.190 introvert** (n) /'ɪntrəvɜ:t/
a quiet person who doesn't make friends easily • *Nigel prefers to express his thoughts in writing as he's too much of an introvert to speak up in public.* ➤ introverted (adj)
- 1.191 contagion** (n) /kən'teɪdʒən/
the quick spread of sth, such as disease or a negative idea • *The sudden influx of immigrants has led to the contagion of racism throughout Europe.* ➤ contagious (adj), contagiously (adv)
- 1.192 convergence** (n) /kən'vɜ:dʒəns/
the action of two or more things meeting and joining together, then becoming similar • *The new Acropolis Museum is a prime example of the convergence of ancient and modern architecture.* ➤ converge (v), convergent (adj)
- 1.193 trait** (n) /treɪt/
a characteristic • *Unfortunately, Simon had always been a fraud and honesty was not a trait of his character.*
- 1.194 conform** (v) /kən'fɔ:m/
behave according to the accepted rules of a society; be in agreement with or follow the same pattern as sth/sb • *Neil moved out of the university hall of residence in first year as he couldn't conform with the idea of communal living.* ➤ conformity (n)

Behaviour

Verbs

assert
associate
baffle
breed
captivate
conform
grudge
infer
overwhelm
repulse
ridicule
tease
urge

Nouns

ego
extrovert
familiarity
humanity
interaction
introvert
neglect
outburst
peer pressure
temperament
trait

Speaking

page 15

- 1.195 innate** (adj) /ɪ'neɪt/
that you were born with • *Do you believe that musical talent is innate or is it learned?*
➤ innately (adv)

Writing

pages 16-17

- 1.196 discursive** (adj) /dɪs'kɜ:sɪv/
used to describe writing or spoken discussion involving different opinions on sth • *We were asked to write a discursive essay on the pros and cons of technological advances.*
- 1.197 susceptible** (adj) /sə'septəbl/
likely to be affected by sth/sb or suffer from sth • *As a teenager, Mike was highly susceptible to criticism from his peers and took it all very personally.* ➤ susceptibility (n)
- 1.198 beneficially** (adv) /,benɪ'fɪʃəli/
in a way that is helpful or useful • *I'm sure a few days' break will affect you beneficially and you'll come back to work feeling refreshed.*
➤ benefit (v), benefit (n), beneficial (adj)
- 1.199 adversely** (adv) /'ædvɜ:sli/
in a way that has an opposite or undesired effect • *The recession has adversely affected our plans to develop our business and we've lost most of our customers lately.* ➤ adversity (n), adverse (adj)
- 1.200 undue** (adj) /,ʌn'dju:/
unnecessary or more than acceptable • *Working from home put undue stress on Annie's family relationships.*
🗨 Opp: due
- 1.201 excessive** (adj) /ɪk'sesɪv/
much more than necessary • *Working in front of a computer for an excessive period of time can lead to eye strain and backache.*
➤ exceed (v), excess (n), excessively (adv)
- 1.202 engage in sth** (phr v) /ɪn'geɪdʒ ɪn 'sʌmθɪŋ/
participate in sth • *Some children may engage in bullying at school as a result of problems within their family environment.* ➤ engagement (n), engaged (adj), engaging (adj), engagingly (adv)
- 1.203 ridicule** (v) /'rɪdɪkjʊ:ɪ/
make fun of • *Hamish's peers ridiculed him because of his Scottish accent when he moved to York.* ➤ ridicule (n), ridiculous (adj), ridiculously (adv)
- 1.204 draw the line** (expr) /drɔ: ðə laɪn/
set a limit; be unwilling to do sth • *Kate's parents are generally very tolerant, but they draw the line at letting her stay out all night unless they are sure of her whereabouts.*

- 1.205 core** (adj) /kɔː(r)/
central and basic • *All staff are expected to support the core values of the company: integrity and quality service.* > core (n)
- 1.206 let yourself in for sth** (expr) /let jɔː'self ɪn fə(r)'sʌmθɪŋ/
get involved in sth that may be a difficult experience • *Before you sign the contract with the company, make sure you know what you're letting yourself in for.*
- 1.207 distress** (n) /dɪ'stres/
anxiety or suffering • *Mark is always willing to help a friend in distress.* > distress (v), distressed (adj), distressing (adj)
- 1.208 non-confrontational** (adj) /'nɒn,kɒnfrʌn'teɪʃənəl/
in a way that avoids causing an argument • *At times, even the most understanding parents find it hard to bite their tongues and remain calm and non-confrontational with their teenage children.*
- 1.209 boundary** (n) /'baʊndrɪ/
a point that marks the limit of sth • *Teachers have to set boundaries for student behaviour within the classroom environment.*
- 1.210 rear its (ugly) head** (expr) /rɪə(r) ɪts 'ʌɡli hed/
appear or occur • *When the possibility of losing his job reared its ugly head, George thought of becoming self-employed.*
- 1.211 stand your ground** (expr) /stænd jɔː(r) graʊnd/
refuse to back down or give up; stick to your opinion • *Julie stood her ground and refused to work any unpaid overtime.*
✎ Also: hold your ground

Negative adjectives

aberrant	maladjusted
abnormal	misspent
apathetic	mistaken
compulsive	neurotic
cynical	obnoxious
distrustful	obsessive
dysfunctional	obstinate
excessive	troubled
gullible	undue
impassive	uneasy
inappropriate	vulnerable
inflexible	

Other useful expressions

against all odds	be in sb's bad books
against your will	be in tune with
at a loss	be on good terms
at ease	be on the same
in a rut	wavelength
on cloud nine	steer clear of sb/sth
on edge	draw the line
out of character	let yourself in for sth
be beside yourself	stand your ground

Video 1: From the Same Family

page 18

- 1.212 gesture** (n) /'dʒestʃə(r)/
a non-verbal movement to show a certain feeling or meaning • *When travelling abroad, it's wise to avoid making certain gestures in case they're considered rude in another culture.* > gesture (v)
- 1.213 captivate** (v) /'kæptɪveɪt/
attract and hold sb's close attention • *The audience were captivated by his stunning performance.* > captive (n), captivating (adj)
- 1.214 repel** (v) /rɪ'pel/
cause sth/sb to move away or avoid you • *The combined Athenian and Platean forces repelled the Persian invaders at the Battle of Marathon.* > repellent (n), repulsive (adj), repulsively (adv)
- 1.215 outright** (adj) /'aʊtraɪt/
absolute • *Her new book was an outright success and has been nominated for several awards.* > outright (adv)
- 1.216 tender** (adj) /'tendə(r)/
gentle and caring • *The tender words in his letter moved me to tears.* > tenderness (n), tenderly (adv)
- 1.217 redefine** (v) /,ri:di'faɪn/
give sth a new meaning; move the limits of sth • *Technology has redefined the art of written communication.* > redefinition (n)
- 1.218 complex** (adj) /'kɒmpleks/
not simple • *It's amazing to think that ancient Greeks had the knowledge to devise complex mathematical formulae.* > complexity (n)
- 1.219 grasp** (n) /ækt'ɪvəti/
ability to reach or achieve • *Having eaten all the leaves that were within its grasp, the panda lay down for a snooze.* > grasp (v)

- 1.220** **sorrow** (n) /'sɒrəʊ/
a strong feeling of sadness • *A look of sorrow swept across his face when he heard the bad news.* > sorrowful (adj), sorrowfully (adv)
- 1.221** **glimpse** (v) /glɪmpʃ/
briefly notice sth/sb • *We just glimpsed the tail of lizard before it disappeared into the undergrowth.*
- 1.222** **repulse** (v) /rɪ'pʌls/
stop sb/sth coming close to you; reject sb's help or attention • *Any attempt the keeper made to get close to the lion was repulsed with an angry roar.* > repulsive (adj), repulsively (adv)
- 1.223** **posture** (n) /'pɒstʃə(r)/
the manner you position your body when you stand or sit • *Wearing uncomfortable shoes will do nothing for your posture and may cause severe back problems.*

- 1.224** **humanity** (n) /hjuː'mænəti/
the quality of showing kindness and compassion towards others; the state of being human • *If the new supervisor hopes to win the respect of the staff, she'd better loosen up and start showing some humanity.*
> humanitarian (adj), humanitarianism (n)
- 1.225** **resemblance** (n) /rɪ'zembləns/
the fact of having a similar appearance to sth
• *The sequel bears no resemblance to his original novel in the series.* > resemble (v)

Verbs of movement

bare	propel
blast	swallow
compact	track
exert	grasp
exit	repel