

UNIT 1

addict (verb)
addicted to
addiction
attention deficit disorder
(ADD)
barrage
bias
catch
catch the news
come in second
coverage
daily
despair
disengage from
distract
evading
fantasy
focus
get the scoop on
have a focus on
humor

immobilized
inconsequential
intake
lethal
make connection to
make a connection
newsworthy
perspective
plug into
put an emphasis on
raise
reason
recommend
regardless of
remedy
repetitive
sense of humor
take a break from
take on
track down
underlying

UNIT 2

altitude
challenging
collapse
courageous
crush (verb)
crutch
determined
eagle
empowerment
in store for
inspiration
inspirational
judging
landscape
limitations

overcome
peak
perseverance
proof
reach a high point
reach deep down
recognition
recognize
revelation
scars
scatter
soar
soaring
tough
turn around

UNIT 3

accumulate
alert
alertness
blink
burn the midnight oil
captivating
catch 40 winks
catnap
chronic
chronically
cranky
dim
do without
droop
fatigue
hormones

irritable
miserable
nap
nod off
out of sync
power nap
priority
run by
shut-eye
snore
spontaneous
subtle
surge
suspect
waves of sleepiness

UNIT 4

ape
aware
categorize
chimp (chimpanzee)
cognition
compassion
context
deceive
disease
dolphin
endangered
figure out
get it
give someone the floor
gorilla
hazard
humane
in captivity
intriguing
killer whale

manipulate
nuisance
off the top of
(someone's) head
parrot
pest
prevailing
push the envelope
remarkable
research
rote memorization
seagull
socialize
spontaneous
spontaneously
squirrel
superior
unethical
vocalize

UNIT 5

anxious
assisted living facility
attendant
bitter
bitterness
bold
brag (about)
bunch of
chapter
citizen
elderly
emphatic
ensemble
face (verb)
facility
flamboyant
generation
get together with
go in for

UNIT 6

anonymity
anonymous
anonymously
appeal (noun)
benefactor
catastrophe
catastrophic
cause
charity
contribute
donation
donor
freelance
fundraiser
generosity
inherit

gorgeous
hotspot
it's a different story
jealous
keep an eye on
life expectancy
mourning
nurturing
pass away
physician
population
self-improvement
senior
serious
sit on the sidelines
solidarity
take care of
the ripe old age of
widow

inheritance
mandatory
moral
morality
moralize
motivated
motivation
passion
passionate
philanthropist
philanthropy
rewarding
under the radar
wealth
wealthy

UNIT 7

a cinch
accountable
advocate
buckle down
come to mind
conked out
count on
demanding
distraught
duty
fluctuate
foundation
have (one's) nose to the
grindstone

UNIT 8

ask over
be (something) city
be a hit
bean (someone) with
something
bread and butter
breadwinner
bring home the bacon
core
delicacy
dough
exploding
food for thought
get cooking
hard to swallow
intimate
leave a bad taste in one's
mouth
make (one's) tastes
known

hold accountable for
hopping mad
monitor
obedient
outlawed
over the top
pay off
pull (one's) weight
ritual
sacrifice
self-esteem
tangible

overrun
phenomenon
put bread on the table
put (something) on the
back burner
salt of the earth
shift
shovel (food) in
sit-down
stack
stir up
take it with a grain of
salt
there's trouble brewing
tough
witness (verb)
workforce

UNIT 9

assimilate
blend in
bone up on
deal with
dialect
do (your) part
encouragement
flourishing
have a hard time
in the process
interpret
intimidated
intimidating

learn by doing
mainstream
native tongue
niche
punishment
relieved
set apart
support (noun)
suppress
tight-knit
unique
uprooted

UNIT 10

annoying
awful
bang
banned
beep
buzz
clang
comforting
constant
defective
drive you crazy
faint (adjective)
frustrated
getting under my skin
honk
hum
irritated
irritating
jolted
jolting
loud
low
offense

pay a fine
piercing
prompt
rattle
ring
retaliatory
rhythmic
screech
sending me over the
edge
shatter
shrill
siren
soft
sonic
startling
tick
tow
vibration
vigilante
wail
whistle