

Cambridge English



Objective Advanced

Wordlist
with definitions

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Unit 1

R – Recording script

Page	Headword	Part of speech	Pronunciation	Definition
12	all year round	idiom	ɔ:l jɪə 'raʊnd	throughout the year, continuously
R	alleyway	noun	'æliweɪ	a narrow road or path between buildings
12	anything goes	idiom	ˌeniθɪŋ 'gəʊz	There are no boundaries or limits to behaviour.
12	aspect	noun	'æspekt	one part of a situation, problem, subject, etc.
R	automatic pilot	noun	ˌɔ:təmə'tɪk 'paɪlət	If you are on automatic pilot, you are doing something without thinking about it.
R	bizarre	adjective	bɪ'zɑ:	very strange and unusual
11	break down	phrasal verb	breɪk 'daʊn	If a machine or vehicle breaks down, it stops working.
12	bustling	adjective	'bʌslɪŋ	full of people and activity
14	catch sight of	phrase	ˌkætʃ 'saɪt əv	see for a moment
12	check out	phrasal verb	tʃek 'aʊt	to go to a place in order to see what it is like
10	competent	adjective	'kɒmpɪtənt	able to do something well
10	courageous	adjective	kə'reɪdʒəs	having or showing courage
12	crude	adjective	kru:d	rude and offensive
10	decisive	adjective	dɪ'saɪsɪv	able to make decisions quickly and confidently, or showing this quality
13	delight	noun	dɪ'laɪt	(something or someone that gives) great pleasure, satisfaction, or happiness
R	disbelief	noun	ˌdɪsbɪ'li:f	the feeling of not being able to believe that something is true or real
12	dos and don'ts	phrase	ˌdu:z æn 'dəʊnts	rules about what you must do and must not do in a particular situation
10	down-to-earth	adjective	ˌdaʊntu:'ɜ:θ	practical and realistic
R	end up	phrase	end 'ʌp	to finally be in a particular place or situation
12	face a challenge	phrase	ˌfeɪs ə 'tʃælɪndʒ	deal with something needing great mental or physical effort in order to be done successfully
12	gain	verb	geɪn	to get something that is useful, that gives you an advantage, or that is in some way positive, especially over a period of time
12	gain insight	phrase	ˌgeɪn 'ɪnsaɪt	to get a clear understanding of a complicated problem or situation
11	get the wrong impression	phrase	ˌget ðə ˌrɒŋ ɪm'preʃən	to get the wrong idea or opinion about what something or someone is like
13	get to know sb/sth	phrase	ˌget tu: 'nəʊ	to spend time with someone or something so that you gradually learn more about them
12	getaway	noun	'getəweɪ	a short holiday
12	go through	phrasal verb	gəʊ θru:	to experience a situation
14	graze	verb	greɪz	to injure your skin by rubbing it against something rough
12	iceberg	noun	'aɪsbɜ:g	a very large piece of ice that floats in the sea
R	incredible	adjective	ɪn'kredɪbəl	extremely good
R	irritable	adjective	'ɪrɪtəbəl	annoyed
11	keep in touch	idiom	ˌki:p ɪn 'tʌtʃ	to continue to communicate with someone by using a phone or writing to them

Page	Headword	Part of speech	Pronunciation	Definition
10	knowledgeable	adjective	'nɒlɪdʒəbəl	knowing a lot
10	make up your mind	phrase	ˌmeɪk ʌp jə 'maɪnd	to make a decision about something
12	mark (an anniversary)	verb	mɑːk	to show respect for or commemorate
R	maze	noun	meɪz	a complicated system of paths or passages that people try to find their way through for entertainment
10	narrow-minded	adjective	ˌnærəʊ'maɪndɪd	not willing to accept ideas or ways of behaving that are different from your own
10	outgoing	adjective	ˌaʊt'gəʊɪŋ	(of a person) friendly and energetic and finding it easy and enjoyable to be with others
12	perceive	verb	pə'siːv	to come to an opinion about something, or have a belief about something
10	persuasive	adjective	pə'sweɪsɪv	making you want to do or believe a particular thing
12	pop over	phrasal verb	pɒp 'əʊvə	(informal) to go to a particular place
R	proof	noun	pruːf	a fact or piece of information that shows that something exists or is true
R	queue	noun	kjuː	a group of people standing one behind the other who are waiting for something
14	rancid	adjective	'rænsɪd	Rancid fat smells and tastes bad because it is not fresh.
12	read between the lines	idiom	ˌriːd bɪ,twiːn ðə 'laɪnz	to try to understand someone's real feelings or intentions from what they say or write
14	rotten	adjective	'rɒtən	Rotten vegetable or animal substances are decaying.
12	sarcastic	adjective	sɑː'kæstɪk	using sarcasm
14	scrub	verb	skrʌb	to clean something by rubbing it hard with a brush
12	self-deprecating	adjective	ˌself'deɪprəkeɪtɪŋ	trying to make yourself, your abilities or your achievements seem less important
12	sense of humour	phrase	ˌsens əv 'hjuːmə	your ability to understand funny things
14	set up	phrasal verb	set 'ʌp	to formally establish a new company, organisation, system, way of working, etc.
14	skim	verb	skɪm	to move quickly, and almost or just touch the surface of something
12	social glue	phrase	ˌsəʊʃəl 'gluː	something which brings people together in a society
11	social-networking	noun	ˌsəʊʃəl'netwɜːkɪŋ	the use of websites and other internet services to communicate with other people and make friends
14	stale	adjective	steɪl	old and not fresh
13	strengthen	verb	'streŋθən	to make something stronger or more effective
12	tip of the iceberg	idiom	ˌtɪp əv ðə 'aɪsbɜːg	a small noticeable part of a problem, the total size of which is really much greater
10	to my mind	phrase	tə 'maɪ ˌmaɪnd	in my opinion
12	try out	phrasal verb	traɪ 'aʊt	to use or do something to discover if it works or if you like it
12	way	noun	weɪ	the manner in which something happens
12	way of life	phrase	ˌweɪ əv 'laɪf	the manner in which a person lives

Unit 2

Page	Headword	Part of speech	Pronunciation	Definition
21	acknowledge	verb	ək'nɒlɪdʒ	to tell someone, usually in a letter or email, that you have received something they sent you
19	adapt	verb	ə'dæpt	to become familiar with a new situation
16	adulthood	noun	'ædʌlθʊd	the part of someone's life when they are an adult
R	ambition	noun	æm'brɪʃən	a strong wish to achieve something
21	antagonise	verb	æn'tæɡənəɪz	to make someone dislike you or feel opposed to you
16	apologise	verb	ə'pɒlədʒaɪz	to tell someone that you are sorry for having done something that has caused them problems or unhappiness
16	assign	verb	ə'saɪn	to put someone in a particular group
16	assume	verb	ə'sju:m	to accept something to be true without question or proof
21	attach	verb	ə'tætʃ	to join a file such as a document, picture, or computer program, to an email
16	believe in	phrasal verb	bɪ'li:v ɪn	to be confident that something is effective and right
15	confirm	verb	kən'fɜ:m	to prove that a belief or an opinion that was previously not completely certain is true
16	delay	noun	dɪ'leɪ	a situation in which you have to wait longer than expected for something to happen, or the time that you have to wait
16	draw on	phrasal verb	'drɔ: ɒn	to use information or your knowledge of something to help you do something
16	forward	verb	'fɔ:wəd	to send a letter, etc., especially from someone's old address to their new address, or to send a letter, email, etc. that you have received to someone else
20	grateful	adjective	'ɡreɪtful	showing or expressing thanks, especially to another person
19	have sth in common	phrase	ˌhæv ɪn 'kɒmən	to share interests, experiences or other characteristics with someone or something
18	isolated	adjective	'aɪsəleɪtɪd	alone and not having help or support from other people
21	live up to	phrasal verb	lɪv 'ʌp tu:	to be as good as something
16	look forward to	phrasal verb	lʊk 'fɔ:wəd tu:	to feel pleased and excited about something that is going to happen
16	opt for	phrasal verb	'ɒpt fɔ:	to make a choice, especially of one thing or possibility instead of others
21	overpriced	adjective	ˌəʊvə'praɪst	too expensive
18	pros and cons	idiom	ˌprəʊz ənd 'kɒnz	advantages and disadvantages
16	provide	verb	prə'vaɪd	to give someone something that they need
17	recover	verb	rɪ'kʌvə	to get better after an illness
20	reference	noun	'refərəns	a mention of something

Page	Headword	Part of speech	Pronunciation	Definition
16	sit	verb	sɪt	to take an exam
16	specialise	verb	'speʃəlaɪz	to spend most of your time studying one particular subject or doing one type of business
21	tactful	adjective	'tæktfəl	careful not to say or do anything that could upset someone
16	take part	phrase	teɪk 'pɑːt	to be involved in an activity with other people
R	thriller	noun	'θrɪlə	a book, play, or film that has an exciting story, often about solving a crime
18	tricky	adjective	'trɪki	difficult to deal with or do

Unit 3

Page	Headword	Part of speech	Pronunciation	Definition
22	adaptable	adjective	ə'dæptəbəl	able to change to suit different situations or uses
25	address	verb	ə'dres	to give attention to or deal with a matter or problem
23	advisee	noun	əd'vaɪz'i:	someone who receives advice
23	advisor	noun	əd'vaɪzə	someone whose job is to give advice about a subject
23	ask out	phrasal verb	ɑ:sk 'aʊt	to invite someone to come with you to a place such as a restaurant, especially as a way of starting a romantic relationship
23	associate	noun	ə'səʊʃɪət	a member of a law firm
24	awkward	adjective	'ɔ:kwəd	difficult or causing problems
25	the best of both worlds	phrase	ðə ,best əv 'bəʊθ ,wɜ:ldz	a situation in which you can enjoy the advantages of two very different things at the same time
24	bully	noun	'bʊli	someone who intentionally frightens a person who is smaller or weaker than them
R	cast	noun	kɑ:st	the actors in a film, play, or show
23	concept	noun	'kɒnsept	an idea or principle
23	corporate	adjective	'kɔ:pərət	relating to a large company or group
R	destined	adjective	'destɪnd	intended (for a particular purpose)
26	disturbance	noun	dɪ'stɜ:bəns	something that interrupts what you are doing, especially something loud or annoying
24	downward spiral	phrase	ˌdaʊnwəd 'spɑɪrəl	when a situation is getting worse and is difficult to control because one bad event causes another
24	edgy	adjective	'edʒi	nervous or tough and unconventional
23	embrace	verb	ɪm'breɪs	to accept a person and their ideas in an enthusiastic way
26	epoch	noun	'i:pɒk	a period of time in history
27	expertise	noun	ˌekspɜ:'ti:z	skill
26	flourishing	noun	'flʌrɪʃɪŋ	successful growth or development
R	fuss	noun	fʌs	a show of anger, worry, or excitement that is unnecessary or greater than the situation deserves
23	hang out with	phrasal verb	hæŋ 'aʊt wɪð	to spend a lot of time with someone
24	hog the limelight	idiom	ˌhɒg ðə 'laɪmlaɪt	to get more attention than anyone or anything else in a situation
22	in the public eye	idiom	ɪn ðə ˌpʌblɪk 'aɪ	famous and written about in newspapers and magazines and seen on television
25	in the running	idiom	ɪn ðə 'rʌnɪŋ	having a reasonable chance of winning
27	in-joke	noun	'ɪndʒəʊk	a private joke that can only be understood by a limited group of people who have a special knowledge of something that is referred to in the joke
26	intrusion	noun	ɪn'tru:zən	becoming involved in a situation which people want to be private

Page	Headword	Part of speech	Pronunciation	Definition
24	it's high time	idiom	ɪts ˌhaɪ 'taɪm	If it is high time that someone did something, it should have been done sooner or a long time ago.
27	jargon	noun	'dʒɑːɡən	special words and phrases that are used by particular groups of people, especially in their work
22	light-hearted	adjective	ˌlaɪt'haːtɪd	not serious
23	moving	adjective	'muːvɪŋ	causing strong feelings of sadness or sympathy
23	narrow	verb	'nærəʊ	to make something less wide
23	notion	noun	'nəʊʃən	an idea or belief
25	on the spot	phrase	ˌɒn ðə 'spɒt	in the place where something happens
25	over the hill	idiom	ˌəʊvə ðə 'hɪl	describes someone who is old and no longer useful or attractive
23	over the top	idiom	ˌəʊvə ðə 'tɒp	too extreme
27	pace	noun	peɪs	the speed at which someone or something moves or does something
26	paparazzi	noun	ˌpæpə'rætsɪ	photographers whose job is to follow famous people and take photographs of them for newspapers and magazines
R	pick on	phrasal verb	'pɪk ɒn	to criticise, punish, or be unkind to the same person often and unfairly
26	pointless	adjective	'pɔɪntləs	Something that is pointless has no purpose and it is a waste of time doing it.
24	privacy	noun	'prɪvəsi	when you are alone and people cannot see or hear what you are doing
25	put the record straight	idiom	ˌpʊt ðə 'rekɔːd ˌstreɪt	to write or say something in order to make the true facts known
29	recommendation	noun	ˌrekəmen'deɪʃən	a suggestion that something is good or suitable for a particular purpose or job
26	reserved	adjective	rɪ'zɜːvd	not wanting to show what you are thinking or feeling
23	roll up your sleeves	idiom	ˌrəʊl ʌp jɔː 'sliːvz	to prepare for hard work
23	sacrifice	noun	'sækrɪfaɪs	something valuable that you give up in order to achieve something, or the act of giving it up
22	seminar	noun	'semɪnɑː	a meeting of a group of people with a teacher or expert for training, discussion, or study of a subject
24	skeletons in the cupboard	idiom	ˌskelɪtənz ɪn ðə 'kʌbəd	embarrassing secrets
23	smitten	adjective	'smɪtən	loving someone or liking something very much
24	snap	verb	snap	to suddenly be unable to control a strong feeling, especially anger
R	soap opera	noun	'səʊp ˌɒpərə	A series of television or radio programmes about the lives and problems of a particular group of characters. The series continues over a long period and is broadcast (several times) every week.
27	stem from	phrasal verb	'stem frɒm	to start or develop as the result of something

Page	Headword	Part of speech	Pronunciation	Definition
23	struggling	adjective	'strʌɡəlɪŋ	unsuccessful but trying hard to succeed
23	take yourself (too) seriously	phrase	ˌteɪk jɔːself 'sɪəriəsli	to consider yourself to be important or dangerous and worth attention or respect
23	tease	verb	tiːz	to laugh at someone or say unkind things to them, either because you are joking or because you want to upset them
25	tell the difference	phrase	ˌtel ðə 'dɪfrəns	to notice a difference in quality between two things
23	then and there	idiom	ˌðen ænd 'ðeə	immediately
23	touch	verb	tʌtʃ	If something kind that someone says or does touches you, it makes you feel pleased or a little sad.
24	tough upbringing	phrase	ˌtʌf 'ʌpbriŋɪŋ	a difficult childhood
23	transform	verb	træns'fɔːm	to change something completely, usually to improve it
23	transition	noun	træn'zɪʃən	when something changes from one system or method to another, often gradually
24	turn nasty	phrase	ˌtɜːn 'nɑːsti	become unpleasant, dangerous or violent
25	under the weather	idiom	ˌʌndə ðə 'weðə	ill
27	universal	adjective	ˌjuːnɪ'vɜːsəl	relating to everyone in the world, or to everyone in a particular group
25	up to the mark	idiom	ˌʌp tə ðə 'mɑːk	good enough
23	vice versa	adverb	ˌvaɪs'vɜːsə	used for referring to the opposite of what you have just said
26	victim mentality	phrase	'vɪktɪm men,tæləti	a way of thinking in which you feel that you are suffering a lot
24	villain	noun	'vɪlən	a bad person in a film, book, etc.

Unit 4

Page	Headword	Part of speech	Pronunciation	Definition
32	at your earliest convenience	phrase	æt jɔː ˌɜːliəst kən'viːniəns	as soon as you like or can
31	accessible	adjective	ək'sesəbəl	easy to find or reach
29	avoid	verb	ə'vɔɪd	to prevent something from happening or to not allow yourself to do something
31	balance	noun	'bæləns	the amount of money you have in a bank account, or the amount of something that you have left after you have spent or used up the rest
31	conclusive	adjective	kən'kluːsɪv	proving that something is true
29	consequence	noun	'kɒnsɪkwəns	a result of a particular action or situation, often one that is bad or not convenient
32	content	adjective	kən'tent	happy or satisfied
31	conventional	adjective	kən'venʃənəl	traditional and ordinary
33	co-opt	verb	kəʊ'ɒpt	(of an elected group) to make someone a member through the choice of the present members
31	deceit	noun	dɪ'siːt	when someone tries to make someone believe something that is not true
29	distinguish	verb	dɪ'stɪŋɡwɪʃ	to notice or understand the difference between two things, or to make one person or thing seem different from another
31	dramatise	verb	'dræmətaɪz	If someone dramatises a report of what has happened to them, they make the story seem more exciting, important or dangerous than it really is.
29	effective	adjective	ɪ'fektɪv	successful or achieving the result that you want
31	efficient	adjective	ɪ'fɪʃənt	working well and not wasting time or energy
R	enquiry	noun	ɪn'kwɪəri	a question
29	evaluation	noun	ɪ,vælju'eɪʃən	a judgment or calculation of the quality, importance, amount, or value of something
29	follow	verb	'fɒləʊ	to obey or to act as ordered by someone
33	geared towards	idiom	'ɡiəd tə,wɔːdz	designed or organised to be suitable for a particular purpose, situation or group of people
32	give sb a ring	idiom	ˌɡɪv ə 'rɪŋ	(informal) to make a telephone call to someone
29	independence	noun	ˌɪndɪ'pendəns	the ability to live your life without being helped or influenced by other people
33	keep an eye open	phrase	ˌkiːp ən 'aɪ əʊpən	to watch carefully for someone or something to appear
31	literate	adjective	'lɪtərət	able to read and write
R	low-cost	adjective	'ləʊkɒst	cheap
31	mature	adjective	mə'tjʊə	Mature people behave like adults in a way that shows they are well developed emotionally.
33	objection	noun	əb'dʒekʃən	the act of expressing or feeling opposition to or dislike of something or someone
32	personnel	noun	ˌpɜːsən'el	the people who work for an organisation

Page	Headword	Part of speech	Pronunciation	Definition
R	purchase	verb	'pɜ:tʃəs	to buy something
31	rational	adjective	'ræʃənəl	showing clear thought or reason
R	regarding	preposition	rɪ'gɑ:dɪŋ	about
30	speculate	verb	'spekjəleɪt	to guess possible answers to a question when you do not have enough information to be certain
33	take on	phrasal verb	teɪk 'ɒn	to accept a particular job or responsibility
31	tariff	noun	'tærɪf	a charge or list of charges for services
31	top up	noun	'tɒp ʌp	to make money available for use on your mobile phone
29	ultimately	adverb	'ʌltɪmətli	finally, after a series of things have happened
33	varied	adjective	'veəriəd	containing or changing between several different things or types

Unit 5

Page	Headword	Part of speech	Pronunciation	Definition
36	abundance	noun	ə'bʌndəns	a lot of something
36	adequate	adjective	'ædɪkwət	good enough, but not very good
34	advisable	adjective	əd'vaɪzəbəl	If something is advisable, it will avoid problems if you do it.
36	applicant	noun	'æplɪkənt	a person who formally requests something, especially a job, or a place at college or university
35	career ladder	noun	kə'riə ,lædə	a series of jobs that get better and earn more money
35	challenging	adjective	'tʃæləndʒɪŋ	difficult, in a way that tests your ability or determination
35	competitive	adjective	kəm'petɪtɪv	involving competition and therefore difficult to achieve
36	competitive salary	phrase	kəm'petɪtɪv 'sæləri	a good salary compared to the amount paid for similar jobs
36	curriculum vitae	noun	kə,rɪkjələm'vi:tai	a short written description of your education, qualifications, previous jobs, which you send to an employer when you are trying to get a job
35	dedication	noun	,dedɪ'keɪʃən	the willingness to give a lot of time and energy to something because it is important
34	determine	verb	dɪ'tɜ:mɪn	to decide what will happen
35	downhearted	adjective	,daʊn'ha:tɪd	unhappy and having no hope, especially because of a disappointment or failure
36	eliminate	verb	ɪ'lɪmɪneɪt	to remove or take away someone or something
37	enrol	verb	ɪn'rəʊl	to become or make someone become an official member of a course, college, or group
39	entrepreneur	noun	,ɒntrəprə'nɜ:z	someone who starts their own business, especially when this involves risks
36	equivalent	noun	ɪ'kwɪvələnt	something that has the same value, importance, size, or meaning as something else
36	exceed	verb	ɪk'si:d	to be more than a particular number or amount
36	funds	noun	fʌndz	money needed or available to spend on something
R	get off the ground	idiom	,get ɒf ðə 'graʊnd	If a plan or activity gets off the ground or you get it off the ground, it starts or succeeds.
35	go for it	idiom	'gəʊ fər ɪt	to try very hard to achieve something
39	in trouble	phrase	ɪn 'trʌbəl	in a situation in which you experience problems, usually because of something you have done wrong or badly
37	inspirational	adjective	,ɪnspə'reɪʃənəl	making you want to be better or more successful
35	job seeker	noun	'dʒɒb ,si:kər	someone who is trying to find a job
39	mislead	phrase	,mɪs'li:d	to cause someone to believe something incorrect
38	oil spill	noun	'ɔɪl ,spɪl	an amount of oil that has come out of a container in a place where it should not have done

Page	Headword	Part of speech	Pronunciation	Definition
34	operating theatre	noun	'ɒpəreɪtɪŋ ,θiətə	a special room in which people are operated on in a hospital
35	peer	noun	pɪər	a person who is the same age or has the same social position or the same abilities as other people in a group
36	predecessor	noun	'pri:di,sesə	the person who was in a job or position before
35	rejection	noun	rɪ'dʒekʃən	the act of refusing to accept, use, or believe someone or something
39	respectively	adverb	rɪ'spektɪvli	in the same order as the people or things you have just talked about
36	rule out	verb	ru:l aʊt	to decide or state that something is impossible or will not happen, or that something or someone is not suitable
34	screening	noun	'skri:nɪŋ	a test or examination to discover if there is anything wrong with someone or to test if someone is suitable for something
35	sketchy	adjective	'sketʃi	containing few details
35	stressed out	adjective	strest 'aʊt	worried and nervous
36	swarm with	phrasal verb	'swɔ:m wɪð	If a place is swarming with people or things, there are large numbers of them moving around it.
35	target	noun	'tɑ:ɡɪt	a level or situation that you intend to achieve
39	tendency	noun	'tendənsi	If someone has a tendency to do or like something, they will probably do it or like it.
34	thrill	noun	θrɪl	a feeling of extreme excitement, usually caused by something pleasant
35	unemployed	adjective	,ʌnɪm'plɔɪd	not having a job that provides money
39	waterproof	adjective	'wɔ:təpru:f	not allowing water to go through
34	wear off	phrasal verb	wear 'ɒf	If a feeling or the effect of something wears off, it gradually disappears.
35	willingness	noun	'wɪlɪŋnəs	the state of being happy to do something if it is needed
38	work placement	noun	'wɜ:k ,pleɪsmənt	a temporary position or job in an organisation

Unit 6

Page	Headword	Part of speech	Pronunciation	Definition
41	break up	phrasal verb	breɪk 'ʌp	If someone who is talking on a mobile phone is breaking up, their voice can not fully be heard.
42	breakthrough	noun	'breɪkθruː	an important discovery or development that helps solve a problem
41	call back	phrasal verb	kɔːl bæk	to telephone someone again, or to telephone someone who called you earlier
R	catch up	noun	'kætʃ ʌp	a discussion about the latest news
43	chain	verb	tʃeɪn	to fasten someone or something using a chain (also used figuratively)
43	come up with	phrasal verb	kʌm 'ʌp wɪð	to suggest or think of an idea or plan
41	be cut off	phrase	biː kʌt 'ɒf	to have a telephone conversation stopped, for example by a technical problem
R	disentangle	verb	ˌdɪsɪn'tæŋɡəl	to separate someone or something that is connected to something else in a complicated way
41	do your best	phrase	ˌduː jɔː 'best	to try as hard as you can
42	drawn out	adjective	drɔːn'aʊt	lasting longer than is usual or necessary
R	dump	verb	dʌmp	to suddenly end a romantic relationship you have been having with someone
43	face-to-face	adjective	ˌfeɪstə'feɪs	directly, meeting someone in the same place
42	futuristic	adjective	ˌfjuːtʃə'rɪstɪk	very modern and strange and seeming to come from some imagined time in the future
43	gadget	noun	'gædʒɪt	a small device or machine with a particular purpose
40	get through	phrasal verb	get 'θruː	to manage to talk to someone on the telephone
R	go off	phrasal verb	gəʊ 'ɒf	to stop liking or being interested in someone or something
40	hang on	phrasal verb	hæŋ 'ɒn	to wait for a short time
41	hang up	phrasal verb	hæŋ 'ʌp	to end a telephone conversation
42	have no way of knowing	phrase	hæv ˌnəʊ weɪ əv 'nəʊɪŋ	to have no means of getting information about something
42	immobile	adjective	ɪ'məʊbaɪl	not moving or not able to move
44	impolite	adjective	ˌɪmpəl'aɪt	rude
42	it goes without saying	phrase	ɪt ˌgəʊz wɪðəʊt 'seɪɪŋ	used to mean that something is obvious
42	leave out	phrasal verb	liːv 'aʊt	to not include someone or something
42	lengthy	adjective	'leŋθi	continuing for a long time
44	mobility	noun	məʊ'bɪləti	the ability to move freely or be easily moved
R	off the hook	idiom	ˌɒf ðə 'hʊk	If you leave the telephone off the hook, you do not put the part of it that you talk with back correctly and it will not ring.
42	out of the blue	idiom	ˌaʊt əv ðə 'bluː	If something happens out of the blue, it is completely unexpected.
40	pass sb over	phrasal verb	pɑːs 'əʊvə	to pass the phone/receiver to a person standing nearby, so that they can talk to the person on the end of the line

Page	Headword	Part of speech	Pronunciation	Definition
45	plunge into	phrasal verb	'plʌndʒ ɪntuː	to suddenly start doing something actively or enthusiastically
42	primitive	adjective	'prɪmɪtɪv	very basic or old-fashioned
41	put sb on hold	phrase	pʊt ɒn 'həʊld	If you are put on hold when using the telephone, you have to wait to speak to someone.
40	put sb through	phrasal verb	pʊt 'θruː	to connect a person using a telephone to the person they want to speak to
43	reception	noun	rɪ'sepʃən	the degree to which radio, television or phone sounds and pictures are clear
42	recipient	noun	rɪ'sɪpiənt	someone who receives something
42	repetitive strain injury	noun	rɪ,petətɪv 'streɪn ɪndʒəri	a painful medical condition which can cause damage to the hands, wrists, upper arms and backs especially of people who use computers and other keyboards
41	ring back	phrasal verb	rɪŋ 'bæk	to telephone someone who rang you earlier or to telephone someone for a second time
41	ring off	phrasal verb	rɪŋ 'ɒf	to end a telephone conversation and put down the part of the telephone that you speak into
43	run down	phrasal verb	rʌn 'daʊn	If a machine or device such as a clock or battery runs down, it loses power.
40	run out	phrasal verb	rʌn 'aʊt	If a supply of something runs out, all of it has been used or it is completely finished.
42	satirical	adjective	sə'tɪrɪkəl	using jokes or humour to criticise people or ideas
42	sociological	adjective	,səʊʃiə'lɒdʒɪkəl	related to or involving sociology
40	speak up	phrasal verb	spi:k 'ʌp	to say something in a louder voice so that people can hear you
R	straightaway	adverb	,streɪtə'weɪ	without pausing or delaying
43	take off	phrasal verb	teɪk 'ɒf	to suddenly start to be successful or popular
46	take someone seriously	phrase	,teɪk 'sɪəriəsli	to consider a person, subject, or situation to be important or dangerous and worth your attention or respect
41	take someone's word for sth	phrase	,teɪk sʌmwʌnz 'wɜːd fɔː	to believe that what someone says is true
42	tedious	adjective	'tiːdiəs	boring
42	thing of the past	phrase	,θɪŋ əv ðə 'pɑːst	something that does not exist or happen any more
42	to and fro	adverb	,tuː ænd 'frəʊ	in one direction and then in the opposite direction, a repeated number of times
R	unwrap	verb	ʌn'ræp	to remove the paper, cloth, etc. that is covering something
43	veteran	noun	'vetərən	someone who has done a job or activity for a long time
42	vowel	noun	'vaʊəl	one of the letters a, e, i, o and u
43	wouldn't have it any other way	phrase	,wʊdn̩ hæv ɪt ,eni ,ʌðər 'weɪ	If a person says they wouldn't have something any other way, they mean they would not change any of it, especially despite connected difficulties.

Unit 7

Page	Headword	Part of speech	Pronunciation	Definition
48	ancestry	noun	'ænsɛstri	your relatives who lived a long time ago, or the origin of your family
R	apprenticeship	noun	ə'prentɪʃɪp	a period of time working as an apprentice
46	boot	noun	bu:t	a closed space at the back of a car for storing things in
R	break (a story)	verb	breɪk	If news or a story breaks, or if someone breaks it, it becomes known by the public for the first time.
50	bullet point	noun	'bʊlɪt ,pɔɪnt	a symbol, often a small, black circle, used in text to show separate things in a list
50	cause	verb	kɔ:z	to make something happen, especially something bad
48	checkout cashier	noun	'tʃekaut kæʃ,ɪə	a person whose job is to receive and pay out money in a supermarket
46	collapsible	adjective	kə'læpsəbəl	able to be folded or made flat in order to be stored or carried
R	commentator	noun	'kɒmɛntɪtə	a reporter for radio or television who provides a spoken description of and remarks on an event, especially a sports competition, as it happens
R	downside	noun	'daʊnsaɪd	the disadvantage of a situation
48	drawback	noun	'drɔ:bæk	a disadvantage or the negative part of a situation
46	drive sth home	idiom	,draɪv 'həʊm	to say something clearly and with a lot of force so that you are certain people understand it
R	eventually	adverb	ɪ'ventʃʊəli	in the end, especially after a long time or a lot of effort
48	exploit	verb	eks'plɔɪt	to not pay or reward someone enough for something
R	fall into	phrasal verb	fɔ:l 'ɪntə	to start doing something, often without intending to
49	flexitime	noun	'fleksɪtaɪm	a system of working in which people work a set number of hours within a fixed period of time, but can change the time they start or finish work
46	flyer	noun	'flaɪə	a small piece of paper advertising a business, show, event, etc.
46	gap in the market	phrase	,gæp ɪn ðə 'mɑ:kɪt	an opportunity for a product or service that does not already exist
R	get into	phrasal verb	get 'ɪntə	to become interested in or start something
R	get sb down	phrasal verb	get 'daʊn	If something gets you down, it makes you feel unhappy or depressed.
48	induction	noun	ɪn'dʌkʃən	when someone is officially accepted into a new job or an organisation
48	influential	adjective	,ɪnflu'enʃəl	having a lot of influence
48	kitchen hand	noun	'kɪtʃɪn ,hænd	a person who does unskilled work in a kitchen, such as cleaning

Page	Headword	Part of speech	Pronunciation	Definition
46	market	noun	'mɑ:kɪt	all the people who want to buy a particular product, or the area where they live
48	MBA	noun	,embɪ:'eɪ	Master of Business Administration: an advanced degree in business, or a person who has this degree
46	naïve	adjective	nai'i:v	too willing to believe that someone is telling the truth, that people's intentions in general are good, or that life is simple and fair
R	nine-to-five	adjective	,nain tə 'faɪv	describing or relating to work that begins at nine o'clock in the morning and finishes at five, which are the hours worked in many offices from Monday to Friday
48	office junior	noun	,ɒfɪs 'dʒu:nɪə	a young person, often one who has recently left school, who works in an office doing mainly unskilled jobs
48	outlet	noun	'aʊtlet	a shop that is one of many owned by a particular company and that sells the goods which the company has produced
46	overwhelm	verb	,əʊvə'welɪm	If a feeling or situation overwhelms someone, it has an effect that is too strong or extreme.
R	perception	noun	pə'sepʃən	a belief or opinion, often held by many people and based on how things seem
49	perk	noun	pɜ:k	an advantage, such as money or a car, that you are given because of your job
49	plastic surgeon	noun	,plæstɪk 'sɜ:dʒən	a doctor who is specially trained to do medical operations to bring a damaged area of skin, and sometimes bone, back to a usual appearance, or to improve a person's appearance
46	potential	noun	pə'tenʃəl	qualities or abilities that may develop and allow someone or something to succeed
46	profitable	adjective	'prɒfɪtəbəl	resulting in or likely to result in a profit or an advantage
48	profound	adjective	prə'faʊnd	If a feeling is profound, you feel it very strongly.
50	prophet of doom	phrase	,prɒfɪt əv 'du:m	someone who tells people that bad things will happen
49	refuse collector	noun	'refju:s kə'lektə	a person whose job is to empty people's dustbins and take the rubbish away
48	roots	noun	ru:ts	where someone or something originally comes from
R	run-of-the-mill	adjective	,rʌnəvðə'mɪl	ordinary and not special or exciting in any way
R	salon	noun	'sælən	a shop where you can get a particular service, especially connected with beauty or fashion
48	shelf stacker	noun	'ʃelf ,stækə	a person who replaces and arranges products on the shelves of a shop, usually a supermarket
46	shine through	phrasal verb	ʃaɪn 'θru:	If people or things shine through, they are very noticeable.
46	shoot off	phrasal verb	ʃu:t 'ɒf	to move in a particular direction very quickly and directly
49	stockbroker	noun	'stɒk,broʊkə	someone whose job is to buy and sell stocks and shares in companies for other people

Page	Headword	Part of speech	Pronunciation	Definition
48	triple	verb	'trɪpəl	to increase three times in size or amount, or to make something do this
R	be up to no good	phrase	bɪː ʌp tuː nəʊ 'ɡʊd	(informal) to be behaving in a dishonest or bad way
48	work experience	noun	'wɜːk ɪkˌspɪəriəns	a period of time in which a student temporarily works for an employer to get experience

Unit 8

Page	Headword	Part of speech	Pronunciation	Definition
53	absorbing	adjective	əb'zɔ:bɪŋ	very interesting
54	approve	verb	ə'pru:v	to allow or officially agree to something
R	assassinate	verb	ə'sæsɪneɪt	to kill someone famous or important
53	biro	noun	'baɪrəʊ	a type of ballpoint pen
54	bleep	verb	bli:p	to make a short, high electronic noise
55	coincidence	noun	kəʊ'ɪnsɪdəns	when two very similar things happen at the same time but there is no reason for it
53	collar	noun	'kɒlə	a narrow piece of leather or plastic that you fasten round the neck of an animal
52	common	adjective	'kɒmən	belonging to or shared by two or more people, or things
52	comprise	verb	kəm'praɪz	to have as parts or members, or to be those parts or members
R	condemned	adjective	kən'demd	A condemned person is someone who is going to be killed, especially as a punishment for having committed a very serious crime, such as murder.
52	contour	noun	'kɒntʊə	the shape of a mass of land or other object, especially its surface or the shape formed by its outer edge
52	courting	adjective	'kɔ:tɪŋ	(old-fashioned) having a romantic relationship with someone that you hope to marry
53	cutting-edge	adjective	,kʌtɪŋ'edʒ	very modern and with all the newest features
52	dashboard	noun	'dæʃbɔ:d	the part facing the driver at the front of a car with controls and equipment to show things such as speed and temperature
R	disposable	adjective	dɪ'spəʊzəbəl	describes a product that is intended to be thrown away after use
53	engrossing	adjective	ɪn'grəʊsɪŋ	very interesting, and needing all your attention
52	flexible	adjective	'fleksɪbəl	A flexible substance can bend easily without breaking.
52	gearbox	noun	'gɪəbɒks	a metal box containing the gears in a vehicle
53	hackneyed	adjective	'hæknɪd	describes a phrase or an idea which has been said or used so often that it has become boring and has no meaning
R	hiccup	verb	'hɪkʌp	to make a loud noise in the throat because of a sudden uncontrollable tightening of a muscle just below the chest
53	hideous	adjective	'hɪdiəs	very ugly
53	ill-conceived	adjective	,ɪlkən'si:vɪd	badly planned or not wise
53	imaginative	adjective	ɪ'mædʒɪnətɪv	new, original, and clever
53	impractical	adjective	ɪm'præktɪkəl	Impractical ideas, methods, etc. cannot be used or done easily.
54	indispensable	adjective	,ɪndɪ'spensəbəl	Something or someone that is indispensable is so good or important that you could not manage without them.

Page	Headword	Part of speech	Pronunciation	Definition
53	ingenious	adjective	ɪn'dʒiːniəs	cleverly made or planned and involving new ideas and methods
53	innovative	adjective	'ɪnəvətɪv	using new methods or ideas
56	insist	verb	ɪn'sɪst	to say firmly or demand forcefully, especially when others disagree with or oppose what you say
53	inspired	adjective	ɪn'spaɪəd	showing a lot of skill and good ideas
52	inventive	adjective	ɪn'ventɪv	very good at thinking of new and original ideas
R	laundry	noun	'lɔːndri	the dirty clothes and sheets which need to be, are being, or have been washed
52	maintain	verb	meɪn'teɪn	to continue to have; to keep in existence, or not allow to become less
52	mess up	phrasal verb	mes 'ʌp	to make something untidy or dirty
52	mini-	prefix	'mɪni	small
52	mop	noun	mɒp	a stick used for cleaning floors with soft material fixed at one end
56	be on the point of sth	phrase	ɒn ðə 'pɔɪnt əv	to be going to do something very soon
56	overcome	verb	,əʊvə'kʌm	to prevent someone from being able to act or think in the usual way
54	patent	noun	'peɪtənt	a legal right that a person or company receives to make or sell a particular product so that others cannot copy it
52	pivotable	adjective	'pɪvətəbəl	able to turn around a fixed point
56	redundant	adjective	rɪ'dʌndənt	having lost your job because your employer no longer needs you
53	ring-pull	noun	'rɪŋpʊl	the small piece of metal, often joined to a ring, that is pulled off or pushed into the top of a can (=metal drink container) to open it
52	run a bath	phrase	,rʌn ə 'bɑːθ	to fill a bath with water for washing
R	SatNav	noun	'sætɪnæv	satellite navigation: a system of computers and satellites, used in cars and other places that tell you where something is, where you are, or how to get to a place
56	sight	noun	sɑɪt	the ability to see
R	sliced bread	noun	,slaɪst 'bred	bread which has already been cut into thin pieces
52	stow	verb	stəʊ	to put something in a particular place until it is needed
53	stunning	noun	'stʌnɪŋ	extremely beautiful or attractive
52	suction pad	noun	'sʌkʃən ,pæd	a piece of rubber which sticks to surfaces when pressed against them
57	take pride in sth	phrase	teɪk 'praɪd ɪn	to do something carefully and well so that you feel proud of it
52	treadmill	noun	'tredmɪl	a machine with a moving part which you run on for exercise
53	trivial	adjective	'trɪviəl	small and not important
54	vain	adjective	veɪn	too interested in your own appearance and thinking you are very attractive

Unit 9

Page	Headword	Part of speech	Pronunciation	Definition
59	amenity	noun	ə'mi:nɪti	something, such as a swimming pool or shopping centre, that is intended to make life more pleasant or comfortable for the people in a town, hotel, or other place
59	atmosphere	noun	'ætməsfɪər	the character, feeling, or mood of a place or situation
59	availability	noun	ə'veɪlə'bɪləti	the fact that something can be bought, used, or reached, or how much it can be
59	beyond recognition	phrase	bɪ'jʊnd rekəg'nɪʃən	If something has changed beyond recognition, it looks completely different from how it looked before.
59	challenge	noun	'tʃælɪndʒ	something that needs great mental or physical effort in order to be done successfully and therefore tests a person's ability
59	character	noun	'kærɪktər	the particular combination of qualities in a person or place that makes them different from others
59	charm	noun	tʃɑ:m	a quality that makes you like or feel attracted to someone or something
59	citizen	noun	'sɪtɪzən	a person who is a member of a particular country and who has rights because of being born there or because of being given rights, or a person who lives in a particular town or city
59	congestion	noun	kən'dʒestʃən	the state of being too full of traffic so that movement is difficult
58	de-humanising	adjective	,di:'hju:mənaɪzɪŋ	removing the special human qualities of independent thought, feeling for other people, etc.
59	encounter	verb	ɪn'kaʊntər	to experience something, especially something unpleasant
59	equality	noun	ɪ'kwɒləti	the fact of having a similar social position and receiving the same treatment as other people
59	essential	adjective	ɪ'senʃəl	necessary or needed
59	exhilarating	adjective	ɪg'zɪləreɪtɪŋ	making you feel very excited and happy
59	face	verb	feɪs	If you face a problem, or a problem faces you, you have to deal with it.
59	foresight	noun	'fɔ:sɑɪt	the ability to judge correctly what is going to happen in the future and plan your actions based on this knowledge
59	green spaces	phrase	,grɪ:n 'speɪsɪz	areas with grass and plants, usually in a town or city
61	housing	noun	'haʊzɪŋ	buildings for people to live in
59	hustle and bustle	phrase	,hʌʃl ənd 'bʌʃl	noise and activity
59	in the name of progress	phrase	ɪn ðə ,neɪm əv 'prɒɡres	in order to try to improve or develop something
59	inevitably	adverb	ɪ'nevɪtəbli	in a way that cannot be avoided

Page	Headword	Part of speech	Pronunciation	Definition
R	infrastructure	noun	'ɪnfɹə, strʌktʃə	the basic systems and services, such as transport and power supplies, that a country or organisation uses in order to work effectively
59	leave something to be desired	phrase	,li:v ,sʌmθɪŋ tə bi: dɪ'zɑɪəd	to be much worse than you would like
61	leisure facilities	phrase	'leɪzə fə,sɪlɪtɪz	places such as cinemas and swimming pools where people can go to do activities in their free time
R	make-over	noun	'meɪk,əʊvər	a set of changes that are intended to make a person or place more attractive
58	megacity	noun	'megəsɪti	a very large city, especially one with more than 10 million people living in it
59	outstanding	adjective	,aʊt'stændɪŋ	clearly very much better than what is usual
59	pitfall	noun	'pɪtfɔ:l	a likely mistake or problem in a situation
59	population	noun	,pɒpjʊ'leɪʃən	all the people living in a particular country, area, or place
59	pre-automobile	adjective	,pri:'ɔ:təməbi:l	from a time before cars existed
59	prosperous	adjective	'prɒspərəs	successful, usually by earning a lot of money
59	regrettable	adjective	rɪ'gretəbəl	making you feel sad and sorry about something
59	retain	verb	rɪ'teɪn	to keep or continue to have something
59	rich in history	phrase	,rɪtʃ ɪn 'hɪstəri	If a place is rich in history, a lot of interesting things happened there in the past.
59	sense of the past	phrase	,sens əv ðə 'pɑ:st	the feeling that you get in a place when you can imagine things that happened there in the past
59	stable	adjective	'steɪbəl	firmly fixed or not likely to move or change
59	standard of living	phrase	,stændəd əv 'lɪvɪŋ	the amount of money and comfort people have in a particular society
59	thrive	verb	θraɪv	to grow, develop, or be successful
59	unique	adjective	jʊ'ni:k	being the only existing one of its type or, more generally, unusual, or special in some way
59	unprecedented	adjective	ʌn'presɪdəntɪd	never having happened or existed in the past
58	urban	adjective	'ɜ:bən	of or in a city or town
59	vibrant	adjective	'vaɪbrənt	energetic, exciting, and full of enthusiasm
59	vivid	adjective	'vɪvɪd	Vivid descriptions, memories, etc. produce very clear, powerful, and detailed images in the mind.
61	welfare	noun	'welfeər	help given, especially by the state or an organisation, to people who need it, especially because they do not have enough money
59	wholesome	adjective	'həʊlsəm	good for you, and likely to improve your life either physically, morally, or emotionally
59	wise	adjective	waɪz	having or showing the ability to make good judgments, based on a deep understanding and experience of life

Unit 10

Page	Headword	Part of speech	Pronunciation	Definition
65	acceptance	noun	ək'septəns	the fact of accepting a difficult, unpleasant or unfamiliar situation
65	acquire	verb	ə'kwɪər	to get something
65	administer	verb	əd'mɪnɪstər	to give someone something in an official way
65	anticipate	verb	æn'tɪsɪpeɪt	to imagine or expect that something will happen
65	ascertain	verb	ˌæsə'teɪn	to discover something
66	assumption	noun	ə'sʌmpʃən	something that you accept as true without question or proof
66	attendance	noun	ə'tendəns	the fact of going somewhere such as a church, school, etc. regularly
65	awareness	noun	ə'weənəs	understanding of a situation or subject at the present time based on information or experience
68	be your best bet	phrase	bi: jɔ: 'best ,bet	to be the best decision or choice
65	career path	phrase	kə'riə ,pɑ:θ	the series of jobs that someone has in their life
66	competition	noun	ˌkɒmpə'tɪʃən	an organised event in which people try to win a prize by being the best, fastest, etc.
66	contribution	noun	ˌkɒntrɪ'bju:ʃən	something that you contribute or do to help produce or achieve something together with other people, or to help make something successful
66	contributory	adjective	kən'trɪbjʊtəri	helping to cause something
65	cope	verb	kəʊp	to deal successfully with a difficult situation
65	cross-cultural	adjective	ˌkrɒs'kʌltʃərəl	involving two or more different cultures and their ideas and customs
65	data	noun	'deɪtə	information, especially facts or numbers, collected to be examined and considered and used to help decision-making, or information in an electronic form that can be stored and used by a computer
68	draw a line between	idiom	ˌdrɔ: ə 'laɪn bɪ,twi:n	to keep two situations or experiences separate
65	embark on	phrasal verb	ɪm'bɑ:k ɒn	to start something new or important
68	ensure	verb	ɪn'ʃʊr	to make something certain to happen
65	establish	verb	ɪ'stæblɪʃ	to discover or get proof of something
65	expectation	noun	ˌekspek'teɪʃən	the feeling of expecting something to happen
65	factor	noun	'fæktə	a fact or situation that influences the result of something
68	feasible	adjective	'fi:zəbl̩	able to be made, done, or achieved
68	glower	verb	'gləʊə	to look very angry, annoyed, or threatening
66	ignore	verb	ɪg'nɔ:r	to intentionally not listen or give attention to
65	impact	noun	'ɪmpækt	an effect that something, especially something new, has on a situation or person
65	investigate	verb	ɪn'vestɪgeɪt	to examine a crime, situation, statement, etc. carefully, especially to discover the truth

Page	Headword	Part of speech	Pronunciation	Definition
68	look back on	phrasal verb	lʊk 'bæk ɒn	to think about something that happened in the past
69	macho	adjective	'mætʃəʊ	behaving forcefully or showing no emotion in a way traditionally thought to be typical of a man
68	mixed feelings	noun	ˌmɪkst 'fi:lɪŋz	If you have mixed feelings about something, you feel both pleased and not pleased about it at the same time.
65	objectivity	noun	ˌɒbdʒek'tɪvɪti	the state of being based on real facts and not influenced by personal beliefs or feelings
65	pattern	noun	'pætən	a repeated way in which something is done, is organised, or happens
65	perspective	noun	pə'spektɪv	a particular way of considering something
64	placebo	noun	plə'si:bəʊ	a substance given to someone who is told that it is a particular medicine, either to make them feel as if they are getting better or to compare the effect of the particular medicine when given to others
65	primary	adjective	'praɪməri	more important than anything else; main
65	prompt	verb	pʁɒmpt	to cause something
65	questionnaire	noun	ˌkwestʃə'neər	a list of questions that several people are asked so that information can be collected about something
65	response	noun	rɪ'spɒns	an answer or reaction
68	score	noun	skɔː	the number of points, goals, etc. achieved in a game or competition
65	seek	verb	si:k	to try to find or get something, especially something that is not a physical object
68	self-contained	adjective	ˌselfkən'teɪnd	containing or having everything that is needed within itself
65	self-perceived	adjective	ˌselfpə'si:vɪd	noticed by someone without having it shown or explained to them
66	significance	noun	sɪg'nɪfɪkəns	importance
66	significant	adjective	sɪg'nɪfɪkənt	important or noticeable
66	signify	verb	'sɪgnɪfaɪ	to be a sign of something; to mean
68	squeeze into	phrasal verb	skwi:z	to get something into a small space
68	stick to	phrasal verb	'stɪk tuː	If you stick to a law, rule, or promise, you obey it or do what it states.
65	strategy	noun	'strætədʒi	a plan for achieving success in something
69	survival instinct	phrase	sə'vaɪvəl ˌɪnstɪŋkt	the way someone naturally behaves in order to stay alive or remain successful
68	telecommuting	noun	ˌtelɪkə'mju:tɪŋ	the activity of working at home, while communicating with your office by phone or email

Unit 11

Page	Headword	Part of speech	Pronunciation	Definition
72	aggrieved	adjective	ə'gri:vɪd	unhappy and angry because of unfair treatment
71	appalled	adjective	ə'pɔ:ld	having strong feelings of shock or of disapproval
74	as opposed to	phrase	æz ə'pəʊzd tu:	rather than
71	booth	noun	bu:ð	a small area that is separated from a larger public area, especially used for doing something privately
72	bring to your attention	phrase	,brɪŋ tə jɔ: ə'tenʃən	If something is brought to your attention, you notice it.
72	businesslike	adjective	'bɪznɪslʌɪk	acting in a professional manner
75	catwalk	noun	'kætɔ:k	the narrow, raised path that people walk along in a fashion show
71	changing room	noun	'tʃeɪndʒɪŋ ,ru:m	a room where people can change their clothes, for example before and after sports or, in a shop, where people can try on clothes before buying them
71	clothing	noun	'kləʊðɪŋ	clothes
75	component	noun	kəm'pəʊnənt	a part that combines with other parts to form something bigger
75	conclude	verb	kən'klu:d	to judge or decide something after thinking carefully about it
R	crystal clear	phrase	,krɪstəl 'kliə	very easy to understand
71	designer label	phrase	dɪ'zaɪnə ,leɪbəl	a range of clothes made by a famous designer
75	detriment	noun	'detrɪmənt	harm or damage
75	do without	phrasal verb	du: wɪ'ðaʊt	to manage without having something
71	dress code	noun	'dres ,kəʊd	a set of rules for what you can wear
75	drive	verb	draɪv	to influence things or to make them happen
71	earpiece	noun	'ɪəri:z	a small device which fits inside a person's ear
75	fake	noun	feɪk	an object that is made to look real or valuable in order to deceive people
71	fit	verb	fɪt	to be the right size or shape for someone or something
73	flamboyant	adjective	fləm'boɪənt	Flamboyant clothes or colours are very bright and noticeable.
72	flout	verb	flaʊt	to intentionally not obey or accept something
74	the former	phrase	ðə 'fɔ:mə	the first of two people, things, or groups previously mentioned
70	garment	noun	'gɑ:mənt	a piece of clothing
75	genuine	adjective	'dʒenjuɪn	If something is genuine, it is real and exactly what it appears to be.
75	groom	verb	gru:m	to make your appearance tidy and pleasant, for example brushing your hair
75	group identity	phrase	,gru:p aɪ'dentɪti	the qualities of a group that make it different from others

Page	Headword	Part of speech	Pronunciation	Definition
72	human resources	noun	ˌhju:mən rɪ'zɔ:sɪz	the department of an organisation that deals with finding new employees, keeping records about all the organisation's employees, and helping them with any problems
74	identifiable	adjective	aɪ'dentɪfaɪəbəl	able to be recognised
74	imitate	verb	'ɪmɪteɪt	to behave in a similar way to someone or something else, or to copy the speech or behaviour, etc. of someone or something
70	innovation	noun	ˌɪnə'veɪʃən	a new idea or method that is being tried for the first time, or the use of such ideas or methods
75	insider	noun	ɪn'saɪdə	someone who is an accepted member of a group and who therefore has special or secret knowledge or influence
71	intense	adjective	ɪn'tens	extreme or very strong
71	interact	verb	ɪntə'rækt	to communicate
70	keep up with	phrasal verb	ki:p 'ʌp wɪð	to know about something that is modern
75	the latter	phrase	ðə 'lætə	the second of two people, things, or groups previously mentioned
74	lengths	plural noun	leŋθs	the things people do to try to achieve something
75	look	noun	lʊk	a style or fashion
70	made-to-measure	adjective	ˌmeɪdətə'meʒə	made specially to fit a particular person, room, etc.
75	the mainstream	phrase	ðə 'meɪnstri:m	the things that are most usual and accepted by most people
75	mistaken for	phrase	mɪ'steɪkən fɔ:	confused with a different person or thing
74	outsider	noun	ˌaʊt'saɪdə	a person who is not involved with a particular group of people or organisation or who does not live in a particular place
75	outward	adjective	'aʊtwəd	relating to how people, situations, or things seem to be, rather than how they are inside
75	peacock	noun	'pi:kɒk	a large bird, the male of which has very long tail feathers that it can spread out to show bright colours and patterns shaped like eyes
74	phenomenon	noun	fə'nɒmɪnən	something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting
71	press	verb	pres	to try hard to persuade someone to do something
70	prospective	adjective	prə'spektɪv	expected
75	shape	verb	ʃeɪp	to decide or influence the form of something, especially a belief or idea, or someone's character
75	shiny	adjective	'ʃaɪni	A shiny surface is bright because it reflects light.
71	single out	phrasal verb	sɪŋɡəl 'aʊt	to choose one person or thing from a group for special attention, especially criticism or praise

Page	Headword	Part of speech	Pronunciation	Definition
75	slang	noun	slæŋ	very informal language that is usually spoken rather than written, used especially by particular groups of people
72	sloppy	adjective	'slɒpi	not taking care or making an effort
70	smart card	noun	'smɑ:t ,kɑ:d	a small, plastic card that contains a very small computer and can be used to pay for things or to store personal information
71	strip off	phrasal verb	stri:p 'ɒf	to remove your clothing
71	stylish	adjective	'stɑɪlɪʃ	of a high quality in appearance, design, or behaviour
71	suit	verb	su:t	(usually of a colour or style of clothes) to make someone look more attractive
70	tailoring	noun	'teɪləɪɪŋ	the skill of repairing, making and making changes to clothes, especially jackets, trousers, coats, etc. for men
70	three-dimensional	adjective	,θri:di'menʃənəl	having length, depth, and height
72	toe the line	idiom	,təʊ ðə 'laɪn	to do what you are ordered or expected to do
71	top-of-the-range	adjective	,tɒp əv ðə 'reɪndʒ	used for describing something that is the most expensive in a group of similar products
75	trend	noun	trend	a new development in clothing, make-up, etc.
75	turn up (somewhere)	phrase	tɜ:n 'ʌp	to arrive or appear somewhere, usually unexpectedly or in a way that was not planned
75	underlying	adjective	,ʌndə'laɪɪŋ	used to describe something on which something else is based
75	viewpoint	noun	'vjʊ:ɪpɔɪnt	a point of view
75	wealth	noun	welθ	the amount of money or valuable possessions that someone has

Unit 12

Page	Headword	Part of speech	Pronunciation	Definition
80	accommodate	verb	ə'kɒmədeɪt	to provide with a place to live or to be stored in
77	aspire	verb	ə'spaɪə	to have a strong wish or hope to do or have something
77	balanced	adjective	'bælənst	considering all sides or opinions equally
77	caffeine	noun	'kæfi:n	a chemical, found for example in tea and coffee, that is a stimulant (= something that makes people more active)
77	calorie	noun	'kæləri	a of energy, often used as a measurement of the amount of energy that food provides
76	change your mind	phrase	,tʃeɪndʒ jɔ: 'maɪnd	to form a new opinion or make a new decision about something that is different from your old one
R	be conscious of	phrase	bi: 'kɒnʃəs əv	to notice that a particular thing or person exists or is present
77	conversely	adverb	'kɒnvɜ:sli	used to introduce something that is different to something you have just said
77	crunchy	adjective	'krʌntʃi	describes food that is firm and makes a loud noise when it is eaten
R	CV	noun	,sɪ:'vi:	abbreviation for curriculum vitae: a short written description of your education, qualifications, previous jobs, and sometimes also your personal interests, that you send to an employer when you are trying to get a job
R	deadline	noun	'dedlaɪn	a time or day by which something must be done
79	detour	noun	'di:tʊə	a different, longer route to a place that is used to avoid something or to visit something
77	elicit	verb	ɪ'lɪsɪt	to get or produce something, especially information or a reaction
77	favourable	adjective	'feɪvərəbəl	showing that you like or approve of someone or something
R	globalisation	noun	,gləʊbəlaɪ'zeɪʃən	the increase of trade around the world, especially by large companies producing and trading goods in many different countries
77	gut feeling	phrase	,gʌt 'fi:lɪŋ	a strong belief about someone or something that cannot completely be explained and does not have to be decided by reasoning
R	hospitality	noun	,hɒspɪ'tæləti	the industry connected with visitors to a place, such as hotels, catering companies, etc.
80	host	verb	həʊst	to look after visitors, for example by inviting them to stay in your home
R	insight	noun	'ɪnsaɪt	(the ability to have) a clear, deep, and sometimes sudden understanding of a complicated problem or situation
77	instinct	noun	'ɪnstɪŋkt	the way people or animals naturally react or behave, without having to think or learn about it

Page	Headword	Part of speech	Pronunciation	Definition
76	intuition	noun	ˌɪntjuː'ɪʃən	(knowledge from) an ability to understand or know something immediately based on your feelings rather than facts
R	letter of application	phrase	ˌletər əv ˌæplɪ'keɪʃən	a letter that you send in order to try to get a job, a place on a course, etc.
77	literally	adverb	'lɪtərəli	having the real or original meaning of a word or phrase
77	manipulate	verb	mə'nɪpjʊleɪt	to control something or someone to your advantage, often unfairly or dishonestly
R	negativity	noun	negə'tɪvɪti	the feeling of not expecting good things, or considering only the bad side of a situation
R	numerous	adjective	'njuːmərəs	many
77	outcome	noun	'aʊtkʌm	a result or effect of an action, situation, etc.
80	outline	verb	'aʊtlaɪn	to give the main facts about something
77	overestimate	verb	ˌəʊvə'restɪmeɪt	to think that something is or will be greater, more extreme, or more important than it really is
77	play tricks on	phrase	ˌpleɪ 'trɪks ɒn	to cause someone to become confused or to believe something that is not true
77	price tag	noun	'praɪs tæg	a piece of paper with a price that is fixed to a product, or the amount that something costs
R	publishing	noun	'pʌblɪʃɪŋ	the business of making and selling books, magazines, newspapers, etc.
77	raise	verb	reɪz	to cause something to increase or become bigger, better, higher, etc.
80	refund	noun	'riːfʌnd	an amount of money that is given back to you, especially because you are not happy with a product or service that you have bought
77	resort	noun	rɪ'zɔːt	a place where many people go for a holiday
R	resumé	noun	'rezjuːmeɪ	US for CV
R	searching	adjective	'sɜːtʃɪŋ	intended to find out the often hidden truth about something
77	switch	verb	swɪtʃ	to exchange by replacing one person or thing with another
77	topping	noun	'tɒpɪŋ	a substance, especially a sauce, cream, or pieces of food, that is put on top of other food to give extra flavour and to make it look attractive
R	upturn	noun	'ʌptɜːn	an improvement or a change to a higher level or value
76	weigh up	phrasal verb	weɪ ʌp	to think carefully about the advantages or disadvantages of a situation before making a decision
77	wording	noun	'wɜːdɪŋ	the choice and meaning of the words used when you say or write something

Unit 13

Page	Headword	Part of speech	Pronunciation	Definition
82	appealing	adjective	ə'pi:liŋ	attractive or interesting
86	arid	adjective	'ærid	very dry and without enough rain for plants
82	associate	verb	ə'səʊʃieɪt	to connect someone or something in your mind with someone or something else
87	astounded	adjective	ə'staʊndɪd	very surprised or shocked
83	blindness	noun	'blaɪndnəs	the condition of being unable to see
83	brilliant	adjective	'brɪliənt	very good
87	captivate	verb	'kæptɪveɪt	to hold the attention of someone by being extremely interesting, exciting, pleasant, or attractive
R	classy	adjective	'kla:si	stylish or fashionable
87	clipping	noun	'klɪpɪŋ	a piece that has been cut off something
83	colour blindness	noun	'kʌlə ,blaɪndnəs	the condition of being unable to see the difference between particular colours, especially green and red
82	complement	verb	'kɒmplɪmənt	to make something else seem better or more attractive when combining with it
83	compliment	noun	'kɒmplɪmənt	a remark that expresses approval, admiration, or respect
82	counsel	verb	'kaʊnsəl	to give advice, especially on social or personal problems
84	crash	verb	kræʃ	If a computer or system crashes, it suddenly stops operating.
83	deficiency	noun	dɪ'fɪʃənsɪ	a state of not having, or not having enough, of something that is needed
R	delicate shade	phrase	ˌdelɪkət 'ʃeɪd	a light or soft colour
86	display	verb	dɪ'spleɪ	to arrange something or a collection of things so that they can be seen by the public
87	dominant	adjective	'dɒmɪnənt	more important, strong, or noticeable than anything else of the same type
83	dull	adjective	dʌl	not clear, bright, or shiny; dark
86	duplicate	verb	'dju:plɪkət	to make an exact copy of something
83	enhance	verb	ɪn'hɑ:ns	to improve the quality, amount, or strength of something
R	entice	verb	ɪn'taɪs	to persuade someone to do something by offering them something pleasant
87	execute	verb	'eksɪkjʊ:t	to do or perform something, especially in a planned way
86	fulfilment	noun	fʊl'fɪlmənt	a feeling of pleasure because you are getting what you want from life
86	full bloom	phrase	ˌfʊl 'blu:m	the state of a flower when all the petals are open
85	fumes	noun	fju:mz	strong, unpleasant, and sometimes dangerous gas or smoke
R	fundamental	adjective	ˌfʌndə'mentəl	more important than anything else
83	genetic	adjective	dʒə'netɪk	relating to genes

Page	Headword	Part of speech	Pronunciation	Definition
83	get sth off your chest	idiom	ˌget ɒf jɔː 'tʃest	to tell someone about something that has been worrying you or making you feel guilty for a long time
83	go out with	phrasal verb	gəʊ 'aʊt wið	to have a romantic and usually sexual relationship with someone
87	greenish	adjective	'griːnɪʃ	slightly green in colour
86	household	noun	'haʊshəʊld	a group of people, often a family, who live together, or the place where they live
87	in anticipation of	phrase	ɪn ænˌtɪʃɪˈpeɪʃən ɒv	in preparation for something happening
83	ingredient	noun	ɪn'ɡriːdɪənt	a food that is used with other foods in the preparation of a particular dish
R	inmate	noun	'ɪnmet	a person who is kept in a prison or a hospital for people who are mentally ill
R	instinctively	adverb	ɪn'stɪŋktɪvli	done without thinking or planning
R	intimacy	noun	'ɪntɪməsi	a friendly and private situation
83	invite	verb	ɪn'vaɪt	to ask or request someone to go to an event
87	life cycle	noun	'laɪf,sɑɪkl	the series of changes that a living thing goes through from the beginning of its life until death
85	luxurious	adjective	lʌg'zʊəriəs	very comfortable and expensive
87	milestone	noun	'maɪlstəʊn	an important event in the development or history of something or in someone's life
83	overcook	verb	ˌəʊvə'kʊk	to cook food for longer than necessary, reducing its quality as a result
R	palette	noun	'pælət	the range of colours that an artist usually paints with
83	perceive	verb	pə'siːv	to see something or someone, or to notice something that is obvious
R	physiological	adjective	ˌfɪziə'lɒdʒɪkəl	connected to the way that the bodies of living things work
87	pigment	noun	'pɪgmənt	a substance that gives something a particular colour when it is present in it or is added to it
83	play it safe	phrase	ˌpleɪ ɪt 'seɪf	to be careful and not take risks
83	plug	noun	plʌg	a small plastic or rubber object with two or three metal pins, fixed to the end of a wire on a piece of electrical equipment and pushed into a special opening in a wall to connect the equipment to a supply of electricity
83	plunge sb into sth	phrasal verb	'plʌndʒ ɪntuː	to make someone suddenly experience a bad situation or unhappiness
87	prior to	phrase	'praɪə tuː	before a particular time or event
83	recipe	noun	'resɪpi	a set of instructions telling you how to prepare and cook food, including a list of what food is needed for this
R	remind	verb	rɪ'maɪnd	to make someone think of something they have forgotten or might have forgotten
R	sacred	adjective	'seɪkrɪd	considered to be holy and deserving respect, especially because of a connection with a god
83	seconds	plural noun	'sekəndz	an extra amount of food that is given after the first amount has been eaten
87	shorthand	noun	'ʃɔːthænd	a short or simple way of expressing something

Page	Headword	Part of speech	Pronunciation	Definition
83	stall holder	noun	'stɔ:l ,həʊldə	a person who rents or owns a stall in a market
87	stand out	phrasal verb	stænd 'aʊt	to be very noticeable and different from other things nearby
83	straightforward	adjective	ˌstreɪt'fɔ:wəd	easy to understand or do
87	subtlety	noun	'sʌtlɪ	a small but important detail
R	surroundings	noun	sə'raʊndɪŋz	the place where someone or something is and the things that are in it
86	synonymous	adjective	sɪ'nɒnɪməs	If you say that one thing is synonymous with another, you mean that the two things are so closely connected in most people's minds that one suggests the other.
83	tell apart	phrase	ˌtel ə'pɑ:t	to be able to see the difference between two very similar things or people
83	thoroughly	adverb	'θʌrəli	completely, very much
83	torch	noun	tɔ:tʃ	a small light that is held in the hand and usually gets its power from batteries
83	traffic light	noun	'træfɪk ,laɪt	one of a set of red, yellow, and green lights that control the movement of vehicles, usually at a point where two or more roads join
85	tranquil	adjective	'træŋkwɪl	calm and quiet
86	transience	noun	'trænzɪəns	the state of lasting for only a short time
86	tremendous	adjective	trɪ'mendəs	very great in amount or level, or extremely good
87	trick	verb	trɪk	to deceive someone, often as a part of a plan
R	trigger	verb	'trɪgə	to cause something to start
87	turning point	noun	'tɜ:nɪŋ ,pɔɪnt	the time at which a situation starts to change in an important way
83	under ... conditions	phrase	ʌndə ... kən'dɪʃənz	according to the situation that someone or something is in and affected by
83	veggie	adjective	'vedʒi	(informal) vegetarian
87	vibrancy	noun	'vaɪbrənsɪ	the quality of being bright and strong
86	wilt	verb	wɪlt	(of a plant) to become weak and begin to bend towards the ground, or (of a person) to become weaker, tired, or less confident
83	wisdom	noun	'wɪzdəm	the ability to use your knowledge and experience to make good decisions and judgments

Unit 14

Page	Headword	Part of speech	Pronunciation	Definition
89	abstract	adjective	'æbstrækt	existing as an idea, feeling or quality, not as a material object
89	cavity	noun	'kævəti	a hole or a space inside something solid or between two surfaces
89	chew	verb	tʃu:	to crush food into smaller, softer pieces with the teeth so that it can be swallowed
90	chimp	noun	tʃɪmp	(= chimpanzee) an African animal like a large monkey
89	choke	verb	tʃəʊk	If you choke, or if something chokes you, you stop breathing because something is blocking your throat.
92	compensate	verb	'kɒmpənsɛɪt	to provide something good or useful in place of something or to make someone feel better about something that has failed or been lost or missed
89	be disposed towards sth	phrase	dɪ'spəʊzd tə,wɔ:dz	to be willing or likely to do something
R	emerge	verb	ɪ'mɜ:dʒ	to start to exist
91	endeavour	noun	en'devə	an attempt to do something
90	evolutionary	adjective	,ɪ:və'lʊ:ʃənəri	relating to the way in which living things develop over millions of years
89	fall into place	idiom	,fɔ:l ɪntə 'pleɪs	When events or details that you did not understand before fall into place, they become easy to understand.
93	fill	verb	fɪl	to give a job or position to someone
91	formulate	verb	'fɔ:mjʊleɪt	to develop all the details of a plan for doing something
88	gestation period	noun	dʒes'teɪʃən ,pɪəriəd	the period of the development of a child or young animal while it is still inside its mother's body
92	in conclusion	phrase	ɪn kən'klu:ʒən	finally
89	inherit	verb	ɪn'herɪt	to have the same physical or mental characteristics as one of your parents or grandparents
89	lifespan	noun	'laɪfspæn	the amount of time that a person lives or a thing exists
89	make-up	noun	'meɪkʌp	The make-up of something or someone is the combination of things that form it.
92	means	noun	mi:nz	a method or way of doing something
91	overlook	verb	,əʊvə'lʊk	to fail to notice or consider something or someone
92	prospects	plural noun	'prɒspekts	the possibility of being successful, especially at work
93	recruit	verb	rɪ'kru:ɪt	to persuade someone to work for a company
90	reveal	verb	rɪ'vi:l	to make known or show something that is surprising or that was previously secret

Page	Headword	Part of speech	Pronunciation	Definition
90	right-handed	adjective	ˌraɪtˈhændɪd	Someone who is right-handed uses their right hand to do most things.
89	sign language	noun	ˈsaɪn ˌlæŋɡwɪdʒ	a system of communication using hand movements, used by people who are deaf (= cannot hear)
89	slant	verb	slaɪnt	to slope in a particular direction, or to make something slope in a particular direction
R	spatial	adjective	ˈspeɪʃəl	relating to the position, area, and size of things
89	swallow	verb	ˈswɒləʊ	to cause food, drink, pills, etc. to move from your mouth into your stomach by using the muscles of your throat
90	syntax	noun	ˈsɪntæks	the grammatical arrangement of words in a sentence
91	tutorial	noun	tjuːˈtɔːriəl	a period of study with a tutor involving one student or a small group
89	upright	adjective	ˈʌpraɪt	straight up or vertical

Unit 15

Page	Headword	Part of speech	Pronunciation	Definition
99	adolescent	noun	ˌædəl'esənt	a young person who is between being a child and an adult
99	anonymous	adjective	ə'nɒnɪməs	not giving a name
95	anxiety	noun	æŋ'zaiəti	an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future
95	authoritarian	adjective	ˌɔ:θɔəri'teəriən	very strict and not allowing people freedom to do what they want
99	battered	adjective	'bætəd	damaged, especially by being used a lot
94	behave	verb	bɪ'heɪv	to act in a particular way
98	blurred	adjective	blɜ:d	difficult to understand or separate clearly
95	broad-shouldered	adjective	ˌbrɔ:d'ʃəʊldəd	having wide shoulders
95	bullying	noun	'bʊli:ɪŋ	hurting or frightening someone who is smaller or less powerful than you, often forcing them to do something they do not want to do
94	chore	noun	tʃɔ:	a job or piece of work which is often boring or unpleasant but needs to be done regularly
98	close	adjective	kləʊs	having direct family connections or shared beliefs, support and sympathy
99	come by	phrasal verb	kʌm baɪ	to get something, using effort, by chance or in a way that has not been explained
99	controversial	adjective	ˌkɒntrə'vɜ:ʃəl	causing disagreement or discussion
95	craze	noun	kreɪz	something that is very popular for a short time
95	dare	verb	deə	to be brave enough to do something difficult or dangerous, or to be rude or silly enough to do something that you have no right to do
98	decline	verb	dɪ'klaɪn	to gradually become less, worse, or lower
99	distraction	noun	dɪ'strækʃən	something that makes you stop giving your attention to something else
99	durable	adjective	'djʊərəbəl	remaining in good condition for a long time
99	flock	verb	flok	to move or come together in large numbers
94	handful	noun	'hændfʊl	a person, often a child, who is difficult to control
94	have no say in sth	phrase	ˌhæv nəʊ 'seɪ ɪn	to not be involved in making a decision about something
95	hold out against	phrasal verb	həʊld 'aʊt əɡenst	to refuse to do something or agree to something
95	jokey	adjective	'dʒəʊki	funny
95	lay down (rules)	phrasal verb	leɪ daʊn	to officially establish a rule, or to officially state the way in which something should be done
95	moral	adjective	'mɔrəl	relating to beliefs about what is right or wrong
97	nostalgic	adjective	nɒs'tældʒɪk	feeling both happy and sad when you think about things that happened in the past
98	ownership	noun	'əʊnəʃɪp	the fact that you own something
98	poll	noun	pəʊl	when people are asked questions to discover what they think about a subject

Page	Headword	Part of speech	Pronunciation	Definition
96	pride	noun	praɪd	a feeling of pleasure and satisfaction that you get because you or people connected with you have done or got something good
95	promote	verb	prə'məʊt	to encourage people to like, buy, use, do, or support something
94	put your feet up	idiom	ˌpʊt jɔː 'fiːt ʌp	to relax, especially by sitting with your feet supported above the ground
98	rarity	noun	'reərəti	the quality of being very unusual
94	resent	verb	rɪzənt	to feel angry and upset about a situation or about something that someone has done
96	rewarding	adjective	rɪ'wɔːdɪŋ	making you feel satisfied that you have done something important or useful, or done something well
99	rip	verb	rɪp	to tear quickly and suddenly, or to tear something quickly and suddenly
99	rivet	noun	'rɪvɪt	a metal pin used to fasten flat pieces of metal or other thick materials such as leather
94	set apart	phrasal verb	set ə'pɑːt	If a quality or characteristic sets someone/ something apart, it shows them to be different from, and usually better than, others of the same type.
R	so-called	adjective	ˌsəʊ'kɔːld	used to show that you think a word that is used to describe someone or something is not suitable or not correct
99	stand up to	phrasal verb	stænd 'ʌp tuː	to not be changed or damaged by something
94	strict	adjective	strikt	strongly limiting someone's freedom to behave as they wish, and likely to severely punish them if they do not obey
94	top-of-the-form	adjective	ˌtɒp əv ðə 'fɔːm	(in the position of being) the best in the class
94	unbearable	adjective	ʌn'beərəbəl	too painful or unpleasant for you to continue to experience
98	undergo	verb	ˌʌndə'gəʊ	to experience something that is unpleasant or something that involves a change
97	undertone	noun	'ʌndətəʊn	a feeling or quality that exists but is not obvious
R	vested interest	phrase	ˌvestɪd 'ɪntərəst	a strong personal interest in something because you could get an advantage from it

Unit 16

Page	Headword	Part of speech	Pronunciation	Definition
R	accomplished	adjective	ə'kʌmplɪʃt	skilled
101	achieve	verb	ə'tʃi:v	to succeed in finishing something or reaching an aim, especially after a lot of work or effort
R	be all ears	idiom	bɪ: ɔ:l 'i:əz	to be waiting eagerly to hear about something
101	angina	noun	æn'dʒaɪnə	a disease that repeatedly causes sudden strong pains in the chest because blood containing oxygen is prevented from reaching the heart muscle by blocked arteries (= thick tubes carrying blood from the heart)
100	appreciation	noun	ə,prɪ:ʃi'eɪʃən	the act of recognising or understanding that something is valuable, important, or as described
101	barely	adverb	'beəli	by the smallest amount
102	bite your tongue	idiom	,baɪt jɔ: 'tʌŋ	to stop yourself from saying something which you would really like to say
101	blood vessel	noun	'blʌd,vesəl	any of the tubes through which blood flows in the body
101	bloodstream	noun	'blʌdstri:m	the flow of blood around the body
104	boost	verb	bʊ:st	to improve or increase something
101	brain	noun	breɪn	the organ inside the head that controls thought, memory, feelings, and activity
102	break your heart	idiom	,breɪk jɔ: 'hɑ:t	to make someone who loves you very sad, usually by telling them you have stopped loving them
103	bump into	phrasal verb	bʌmp 'ɪntə	to meet someone you know when you have not planned to meet
101	cancer	noun	'kænsə	a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal, killing normal cells and often causing death
100	caper	verb	'keɪpə	to run and jump about in an energetic, happy way
R	catch someone's eye	idiom	,kætʃ sʌmwʌnz 'aɪ	to get someone's attention, especially by looking at them
103	cell	noun	sel	the smallest basic of a plant or animal
100	cellular	adjective	'seljʊlə	connected with the cells of a plant or animal
101	convert	verb	kən'vɜ:t	to (cause something or someone to) change in form or character
104	cortex	noun	'kɔ:teks	the outer layer, especially of the brain and other organs
102	dab hand	noun	,dæb 'hænd	someone who is very good at a particular activity
100	distribute	verb	dɪ'strɪbjʊ:t	to give something out to several people, or to spread or supply something
R	diverse	adjective	dɪvɜ:s	different or including many different types
105	documentary	noun	,dɒkjʊ'mentəri	a film or television or radio programme that gives facts and information about a subject

Page	Headword	Part of speech	Pronunciation	Definition
102	be down in the mouth	idiom	bi: ,daʊn ɪn ðə 'maʊθ	to be sad
101	draper	noun	'dreɪpə	someone who, in the past, owned a shop selling cloth, curtains, etc.
100	energy	noun	'enədʒi	the power from something such as electricity, oil, or food
101	estimate	verb	'estɪmeɪt	to guess the cost, size, value, etc. of something
101	exception	noun	ɪk'sepʃən	someone or something that is not included in a rule, group, or list or that does not behave in the expected way
101	explosive	noun	ɪk'spləʊsɪv	a substance or piece of equipment that can cause explosions
100	extract	verb	ɪk'strækt	to remove or take out something
101	extraneous	adjective	ɪk'streɪniəs	not directly connected with or related to something
102	fall head over heels in love with sb	idiom	fɔ:l ,hed əʊvə ,hi:lz ɪn 'lʌv wɪð	to suddenly become completely in love with somebody
105	flash up	phrasal verb	fleʃ ʌp	to show something on a screen for a very short time
101	gassy	adjective	'gæsi	containing a lot of gas
102	get on your nerves	idiom	,get ɒn jɔ: 'nɜ:vz	to annoy someone a lot
R	give sb a hand	idiom	,gɪv ə 'hænd	to help someone
R	have a finger in every pie	idiom	,hæv ə ,fɪŋgə ɪn ,evri 'paɪ	to be involved in and have influence over many different activities, often in a way that people do not approve of
R	have your head in the clouds	idiom	,hæv jɔ: 'hed ɪn ðə ,klaʊdz	If someone has his/her head in the clouds he/she often daydreams and is not very practical.
105	impending	adjective	ɪm'pendɪŋ	describes an event, usually something unpleasant or unwanted, that is going to happen soon
105	implication	noun	,ɪmplɪ'keɪʃən	the effect that an action or decision will have on something else in the future
104	insomnia	noun	ɪn'sɒmniə	the condition of being unable to sleep, over a period of time
102	keep an eye on	idiom	,ki:p ən 'aɪ ɒn	to watch or take care of something or someone
R	keep sb on their toes	idiom	,ki:p ɒn ðeə 'təʊz	Someone or something that keeps you on your toes forces you to continue directing all your attention and energy to what you are doing.
102	keep your fingers crossed	idiom	,ki:p jɔ: 'fɪŋgəz ,krɒst	to hope that things will happen in the way that you want them to
101	lining	noun	'laɪnɪŋ	a material or substance that covers the inside surface of something
101	liver	noun	'lɪvə	a large organ in the body that cleans the blood and produces bile, or this organ from an animal used as meat
101	magnify	verb	'mægnɪfaɪ	to make something look larger than it is, especially by looking at it through a specially cut piece of glass

Page	Headword	Part of speech	Pronunciation	Definition
101	microscope	noun	'maɪkrəskəʊp	a device that uses lenses to make very small objects look larger, so that they can be scientifically examined and studied
101	molecule	noun	'mɒlɪkjʊ:l	the simplest of a chemical substance, usually a group of two or more atoms
101	muscle	noun	'mʌsəl	one of many tissues in the body that can tighten and relax to produce movement
104	negative	adjective	'negətɪv	not expecting good things, or likely to consider only the bad side of a situation
101	notable	adjective	'nəʊtəbəl	important and deserving attention, because of being very good or interesting
100	nutrient	noun	'nju:triənt	any substance that plants or animals need in order to live and grow
101	on no account	phrase	ɒn 'nəʊ ə,kaʊnt	If something must on no account/not on any account be done, it must not be done at any time or for any reason.
104	optimistic	adjective	,ɒptɪ'mɪstɪk	hoping or believing that good things will happen in the future
100	overall	adjective	,əʊvə'lɔ:əl	in general rather than in particular, or including all the people or things in a particular group or situation
101	pathogen	noun	'pæθədʒən	any small organism, such as a virus or a bacterium that can cause disease
104	pessimism	noun	'pesɪmɪzəm	emphasising or thinking of the bad part of a situation rather than the good part, or the feeling that bad things are more likely to happen than good things
104	policymaker	noun	'pɒləsi,meɪkə	someone who is responsible for making plans or laws for an organisation or a country
104	positive	adjective	'pɒzətɪv	full of hope and confidence, or giving cause for hope and confidence
104	positivity	noun	pɒzə'tɪvɪti	being full of hope and confidence
105	predetermined	adjective	,pri:dɪ'tɜ:mɪnd	decided or arranged at an earlier time
100	purr	verb	pɜ:	to make a quiet, continuous, soft sound
102	put sb's mind at rest	idiom	,pʊt sʌmwʌnz 'maɪnd æt ,rest	to stop someone from worrying about something
101	regulate	verb	'regjʊleɪt	to control something, especially by making it work in a particular way
R	resolution	noun	,rezə'lu:ʃən	the ability of a microscope, or a television or computer screen, to show things clearly and with a lot of detail
104	sceptical	adjective	'skeptɪkəl	doubting that something is true or useful
R	set your heart on sth/doing sth	idiom	,set jɔ: 'hɑ:t ɒn	to want to get or achieve something very much
101	soothe	verb	su:ð	to make a part of the body less painful
105	spot	verb	spɒt	to see or notice someone or something, usually because you are looking hard
105	striking	adjective	'straɪkɪŋ	very unusual or easily noticed, and therefore attracting a lot of attention

Page	Headword	Part of speech	Pronunciation	Definition
101	substance	noun	'sʌbstəns	a material with particular physical characteristics
R	supremacy	noun	su:'preməsi	the position of being the best
105	suspect	verb	sə'spekt	to think or believe something to be true or probable
100	toxin	noun	'tɒksɪn	a poisonous substance, especially one produced by bacteria, that causes disease
101	ubiquitous	adjective	ju:'bɪkwɪtəs	seeming to be everywhere
100	unhesitatingly	adverb	ʌn'hezɪteɪtɪŋli	without pausing
100	well-being	noun	,wel'bi:ɪŋ	the state of feeling healthy and happy
100	wonder	noun	'wʌndə	a feeling of great surprise and admiration caused by seeing or experiencing something that is strange and new

Unit 17

Page	Headword	Part of speech	Pronunciation	Definition
110	blown away	adjective	bləʊn ə'weɪ	(informal) very surprised or pleased
107	buff	noun	bʌf	a person who knows a lot about and is very interested in a particular subject
108	convincing	adjective	kən'vɪnsɪŋ	able to make you believe that something is true or right
107	crystal clear	phrase	,krɪstəl 'kliə	extremely clear
106	distinctive	adjective	dɪ'stɪŋtɪv	Something that is distinctive is easy to recognise because it is different from other things.
110	dreadlocks	noun	'dredlɒks	a hairstyle in which the hair hangs in long thick twisted pieces
110	ecofriendly	adjective	'i:kəʊ,frendli	caring a lot about the environment
110	emerge	verb	ɪ'mɜ:dʒ	to become known
111	evocative	adjective	ɪ'vɒkətɪv	making you remember or imagine something pleasant
110	evolve	verb	ɪ'vɒlv	to develop or make something develop, usually gradually
110	facilitate	verb	fə'sɪlɪteɪt	to make something possible or easier
108	follow	verb	'fɒləʊ	to understand something as it is being said or done
110	glimmer	noun	'glɪmə	a slight sign of something good or positive
R	haunted	adjective	'hɔ:ntɪd	showing signs of suffering or severe anxiety
107	heroism	noun	'herəʊɪzəm	very brave behaviour
106	hip	adjective	hɪp	fashionable
R	in other words	phrase	ɪn 'lðər ,wɜ:dz	used to introduce an explanation that is simpler than the one given earlier
107	integrate	verb	'ɪntɪɡreɪt	to combine two or more things to make something more effective
110	be in the know	idiom	bi: ɪn ðə 'nəʊ	to have knowledge about something which most people do not have
R	be in two minds	idiom	bi: ɪn ,tu: 'maɪndz	to be unable to decide about something
110	leap	noun	li:p	a big jump
R	low-brow	adjective	'ləʊbraʊ	enjoying entertainment that is not complicated or does not demand much intelligence to be understood
110	mind-blowing	adjective	'maɪnd,bləʊɪŋ	extremely exciting or surprising
108	obstacle	noun	'ɒbstəkəl	something that makes it difficult for you to go somewhere or to succeed at something
R	off the cuff	phrase	ɒf ðə 'kʌf	If you speak off the cuff, you say something without having prepared or thought about your words first.
R	on the whole	phrase	ɒn ðə 'həʊl	generally
106	outdated	adjective	,aʊt'deɪtɪd	not modern enough
108	plot	noun	plɒt	the story of a book, film, play, etc.
110	quasi-	prefix	'kweɪzɪ	partly

Page	Headword	Part of speech	Pronunciation	Definition
106	rave	adjective	reɪv	admiring; giving praise
107	ring true	phrase	rɪŋ 'truː	If something someone says or writes rings true, it seems to be true.
107	sacrifice	noun	'sækrɪfaɪs	the act of giving up something that is valuable to you in order to help someone else
107	seamlessly	adverb	'siːmləsli	When something is done seamlessly, any changes, difficulties or joins are not visible.
106	stand the test of time	idiom	ˌstænd ðə ˌtest ɒv 'taɪm	If something stands the test of time, it is still popular, strong, etc. after a long time.
107	stand up	phrasal verb	stænd ʌp	to not be changed or damaged by something
108	stroke of luck	phrase	ˌstrʊk əv 'lʌk	something that happens or succeeds suddenly because of luck
110	subtitled	adjective	'sʌb,tʌɪtəld	A subtitled film or television programme has words shown at the bottom of the screen to explain what is being said.
110	switch sides	phrase	ˌswɪtʃ 'saɪdz	to suddenly move from one team or army to its rival
R	thought-provoking	adjective	'θɔːtprəˌvʊkɪŋ	making you think a lot about a subject
110	touchy-feely	adjective	ˌtʌtʃi'fiːli	kind and loving, especially by touching and holding people more than is usual, often in a way that makes other people uncomfortable
110	undeniably	adverb	ˌʌndɪ'naɪəbli	in a way which is certainly true
110	be up there with/ among	phrase	biː 'ʌp ðeə wɪð/ə,mʌŋ	to match someone else in ability or in a particular skill
R	wishful thinking	noun	ˌwɪʃfəl 'θɪŋkɪŋ	when you want something to happen or be true but it is impossible

Unit 18

Page	Headword	Part of speech	Pronunciation	Definition
113	angle	noun	'æŋɡl	a way of considering, judging, or dealing with something
113	application	noun	,æplɪ'keɪʃən	a way in which something can be used for a particular purpose
113	blink	verb	blɪŋk	When you blink, you close and then open your eyes quickly once or several times, and when an eye blinks, it does this.
113	catch out	phrasal verb	kætʃ 'aʊt	to trick someone into making a mistake
112	circumstance	noun	'sɜ:kəmstɑ:ns	a fact or event that makes a situation the way it is
113	claim	verb	kleɪm	to say that something is true or is a fact, although you cannot prove it and other people might not believe it
113	clue	noun	klu:	a sign or some information that helps you to find the answer to a problem, question, or mystery
113	common	adjective	'kɒmən	happening often
117	con-man	noun	'kɒnmæn	a person who deceives other people by making them believe something false or making them give money away
113	consistent	adjective	kən'sɪstənt	in agreement with other facts or with typical or previous behaviour, or having the same principles as something else
113	currently	adverb	'kʌrəntli	at the present time
113	decade	noun	'dekeɪd	a period of ten years, especially a period such as 2010 to 2019
116	depict	verb	dɪ'pɪkt	to represent or show something in a picture or story
113	detect	verb	dɪ'tekt	to notice something that is partly hidden or not clear, or to discover something
117	drive	verb	draɪv	to force someone or something to go somewhere or do something
113	fib	noun	fɪb	a small lie that does not cause any harm
113	fiction	noun	'fɪkʃən	a false report or statement that you pretend is true
113	fidget	verb	'fɪdʒɪt	to make continuous, small movements that annoy other people
116	flaw	noun	flɔ:	a fault, mistake, or weakness, especially one that happens while something is being planned or made, or that causes something not to be perfect
113	focused	adjective	'fəʊkəst	giving a lot of attention to one particular thing
113	frequency	noun	'fri:kwənsi	the fact of something happening often or a large number or times
117	gesture	noun	'dʒestʃə	a movement of the hands, arms, or head, etc. to express an idea or feeling

Page	Headword	Part of speech	Pronunciation	Definition
117	hilarious	adjective	hɪ'leəriəs	extremely funny and causing a lot of laughter
113	identify	verb	aɪ'dentɪfaɪ	to recognise someone or something and say or prove who or what they are
113	indicate	verb	'ɪndɪkeɪt	to show, point, or make clear in another way
117	innocence	noun	'ɪnəsəns	the quality of not having much experience of life and not knowing about the bad things that happen in life
112	interpret	verb	ɪn'tɜ:pɪt	to decide what the meaning of something is
114	kick a habit	phrase	,kɪk ə 'hæbɪt	to manage to stop doing something that you often and regularly did before
113	leave sth to chance	phrase	,li:v tə 'tʃɑ:ns	to not do anything to influence the outcome of something
113	major	adjective	'meɪdʒə	more important, bigger, or more serious than others of the same type
113	make eye contact	phrase	,meɪk 'aɪ ,kɒntækt	When two people make eye contact, they look at each other's eyes at the same time.
R	memorable	adjective	'memərəbəl	likely to be remembered or worth remembering
R	miss	verb	mɪs	to feel sad that a person or thing is not present
R	mood	noun	mu:ɪd	the way you feel at a particular time
R	parachute	noun	'pærəʃu:t	a piece of equipment made of a large piece of special cloth that is fastened to someone or something that is dropped from an aircraft, in order to make them fall slowly and safely to the ground
117	period	adjective	'pɪəriəd	(of a book, film, etc.) relating to a particular time in history
R	permanently	adverb	'pɜ:mənəntli	for a long time or for ever
117	pick	verb	pɪk	to choose something
113	pose	verb	pəʊz	to ask a question, especially in a formal situation such as a meeting
113	promising	adjective	'prɒmɪsɪŋ	Something that is promising shows signs that it is going to be successful or enjoyable.
113	represent	verb	,reprɪ'zent	to be something or to be a sign or symbol of something
113	roughly	adverb	'rʌfli	approximately
117	sentimental	adjective	,sentɪ'mentəl	too strongly influenced by emotional feelings
113	setting	noun	'setɪŋ	a place where something happens
113	shy away from	phrasal verb	ʃaɪ ə'weɪ frɒm	to avoid something that you dislike, fear, or do not feel confident about
112	social interaction	phrase	,səʊʃəl ɪntə'rækʃən	an occasion when two or more people with each other
117	supportive	adjective	sə'pɔ:tɪv	giving help and encouragement
113	tactic	noun	'tæktɪk	a planned way of doing something
112	tell lies	phrase	tel 'laɪz	to say things that are not true
113	telling	adjective	'telɪŋ	showing the truth about a situation or showing what someone really thinks
113	think up	phrasal verb	θɪŋk ʌp	to produce a new idea or plan

Page	Headword	Part of speech	Pronunciation	Definition
117	tragic	adjective	'trædʒɪk	very sad, often involving death and suffering
117	turn of phrase	noun	ˌtɜːn əv 'freɪz	a way of saying something
113	unskilled	adjective	ʌn'skɪld	If you are unskilled at something, you are not good at it.
117	warring	adjective	'wɔːrɪŋ	describes countries or groups of people that are at war with each other or who are arguing violently with each other

Unit 19

Page	Headword	Part of speech	Pronunciation	Definition
119	admission	noun	əd'mɪʃən	when someone is given permission to enter somewhere or to become a member of a club, university, etc.
R	brief	verb	bri:f	to give someone instructions or information about what they should do or say
118	cliché	noun	'kli:ʃeɪ	something that people have said or done so much that it has become boring or has no real meaning
118	expenses	plural noun	ɪk'spensɪz	money that you spend when you are doing your job, that your employer will pay back to you
118	for sb's sake	phrase	fɔ: seɪk	in order to help or bring advantage to someone
118	gimmicky	noun	'gɪmɪki	used only to get people's attention, especially to make them buy something
R	gorgeous	adjective	'gɔ:dʒəs	very beautiful or pleasant
123	implement	verb	'ɪmplɪmənt	to start using a plan or system
R	measure	noun	'meɪzə	a way of achieving something, or a method for dealing with a situation
R	on track	idiom	ən 'træk	making progress and likely to succeed
120	overcome	verb	,əʊvə'kʌm	to defeat or succeed in controlling or dealing with something
R	overtime	noun	'əʊvətəɪm	time spent working after the usual time needed or expected in a job
R	PA (personal assistant)	noun	,pi:'eɪ	someone whose job is helping someone in a higher position, especially writing letters, arranging meetings, and making telephone calls
118	personal statement	noun	,pɜ:sənəl 'steɪtmənt	a piece of formal, persuasive writing in which someone proposes him or herself as a suitable candidate for a course of study
R	pick up	phrasal verb	pɪk ʌp	to collect, or to go and get, someone or something
119	polished	adjective	'pɒlɪʃt	showing great skill
123	put forward	phrasal verb	pʊt 'fɔ:wəd	to state an idea or opinion, or to suggest a plan or person, for other people to consider
121	quarrel	noun	'kwɔrəl	an argument
R	quotation	noun	kwəʊ'teɪʃən	the price that a person says they will charge to do a piece of work
120	reconsider	verb	,ri:kən'sɪdə	to think again about a decision or opinion and decide if you want to change it
120	reluctant	adjective	rɪ'lʌktənt	not wanting to do something
119	resilience	noun	rɪ'zɪliəns	the ability to get better quickly after damage, illness, shock, etc.
120	resist	verb	rɪ'zɪst	to fight against something or someone that is attacking you
R	running	adjective	'rʌnɪŋ	happening on a particular number of regular occasions

Page	Headword	Part of speech	Pronunciation	Definition
123	scope	noun	skəʊp	the range of a subject covered by a book, programme, discussion, class, etc.
121	sensible	adjective	'sensɪbəl	based on or acting on good judgment and practical ideas or understanding
R	stressful	adjective	'stresfəl	making you feel worried and nervous
121	survey	verb	'sɜːveɪ	to ask people questions in order to find out about their opinions or behaviour
R	temporary	adjective	'tempərəri	not lasting or needed for very long
120	temptation	noun	temp'teɪʃən	the wish to do or have something that you know you should not do or have
R	tight	adjective	taɪt	If time or money is tight, there is only just enough of it.
119	tip	noun	tɪp	a piece of useful advice
120	urge	verb	ɜːdʒ	to strongly advise an action

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Page	Headword	Part of speech	Pronunciation	Definition
125	abundant	adjective	ə'bʌndənt	more than enough
129	adamant	adjective	'ædəmənt	impossible to persuade, or unwilling to change an opinion or decision
125	affluence	noun	'æfluəns	having a lot of money or owning a lot of things
124	agriculture	noun	'ægrɪkʌltʃə	farming
124	ailment	noun	'eɪlmənt	an illness
127	allergy	noun	'ælədʒi	a condition that makes a person become sick or develop skin or breathing problems because they have eaten certain foods or been near certain substances
125	backing	noun	'bækɪŋ	support that someone or something gives to an idea or plan
126	breadth	noun	bredθ	the fact of including many different things, features, subjects, or qualities
125	breeding	noun	'brɪ:dɪŋ	the keeping of animals or plants in order to breed from them
125	cardiovascular	adjective	,kɑ:diəʊ'væskjələ	relating to the heart and blood vessels (= tubes that carry blood around the body)
125	civil unrest	noun	,sɪvəl ʌn'rest	disagreements or fighting in a society
126	clarify	verb	'klærɪfaɪ	to make something clear or easier to understand by giving more details or a simpler explanation
125	commodity	noun	kə'mɒdəti	a substance or product that can be traded, bought, or sold
125	consume	verb	kən'sju:m	to eat or drink, especially a lot of something
124	consumption	noun	kən'sʌmpʃən	the act of using, eating, or drinking something
127	content	noun	'kɒntent	the amount of a particular substance contained in something
125	crop	noun	kɹɒp	(the total amount collected of) a plant such as a grain, fruit, or vegetable grown in large amounts
125	cultivation	noun	,kʌltɪ'veɪʃən	the activity of preparing land and growing crops on it
129	devise	verb	dɪ'vaɪz	to invent a plan, system, object, etc., usually cleverly or using imagination
125	disease	noun	dɪ'zi:z	(an) illness of people, animals, plants, etc., caused by infection or a failure of health rather than by an accident
125	distribution	noun	,dɪstrɪ'bju:ʃən	the process of giving things out to several people, or spreading or supplying something
125	domestication	noun	də,mestɪ'keɪʃən	the process of bringing animals or plants under human control in order to provide food, power, or company
129	dread	verb	dred	to feel extremely worried or frightened about something that is going to happen or that might happen
129	ethical	adjective	'eθɪkəl	relating to beliefs about what is morally right and wrong

Page	Headword	Part of speech	Pronunciation	Definition
129	exacerbate	verb	ɪg'zæsəbeɪt	to make something that is already bad even worse
127	far-reaching	adjective	,fɑ:'ri:tʃɪŋ	Something far-reaching has a great influence on many people or things.
126	fatty	adjective	'fæti	containing a lot of fat
127	feed	verb	fi:d	to give food to a person, group, or animal
125	function	noun	'fʌŋkʃən	the way in which something works or operates
127	government	noun	'gʌvənmənt	the group of people who officially control a country
129	guts	phrase	gʌts	courage in dealing with danger or uncertainty
129	have your work cut out (for you)	idiom	hæv jɔ: ,wɜ:k kʌt 'aʊt	to have something very difficult to do
129	high blood pressure	phrase	,haɪ 'blʌd ,prefə	a condition in which the pressure of blood flowing through the body is too high
125	highlight	verb	'haɪlaɪt	to attract attention to or emphasise something important
129	home truth	noun	,həʊm 'tru:θ	a true but unpleasant fact about yourself that another person tells you
129	household name	noun	,haʊshəʊld 'neɪm	a famous person that most people know of
125	hunter-gatherer	noun	,hʌntə'gæðərə	a member of a society that lives by hunting and collecting wild food, rather than by farming
126	inconclusive	adjective	,ɪnkəŋ'klu:sɪv	not giving or having a result or decision
129	inquiringly	adverb	ɪn'kwɑɪərɪŋli	as if wanting to know something
129	integrity	noun	ɪn'tegreɪti	the quality of being honest and having strong moral principles that you refuse to change
126	leisurely	adjective	'leɪzəli	describes an action that is done in a relaxed way, without hurrying
129	mercy	noun	'mɜ:si	kindness that makes you forgive someone, usually someone that you have authority over
125	migration	noun	maɪ'greɪʃən	the act of travelling to live in a different place, especially a different country
125	necessity	noun	nə'sesɪti	something that you need, especially in order to live
126	nutritious	adjective	nju:'trɪʃəs	containing many of the substances needed for life and growth
125	obesity	noun	əʊ'bi:sɪti	the state of being extremely fat in a way that is dangerous for health
126	overeating	noun	,əʊvə'ri:tɪŋ	the act of eating too much food
127	population	noun	,pɒpjʊ'leɪʃən	all the people living in a particular country, area, or place
125	preservative	noun	pri:'zɜ:vətɪv	a chemical used to stop food from decaying
125	principle	noun	'prɪnsɪpl	a basic idea or rule that explains or controls how something happens or works
124	provision	noun	prə'vɪʒən	the act of providing something
125	residue	noun	'rezɪdju:	the part that is left after the main part has gone or been taken away, or a substance that remains after a chemical process such as evaporation

Page	Headword	Part of speech	Pronunciation	Definition
127	revolution	noun	ˌrevəˈluʃən	a change in the way a country is governed, usually to a different political system and often using violence or war
125	satisfy	verb	ˈsætɪsfaɪ	to please someone by giving them what they want or need
125	source	noun	sɔːs	the place something comes from or starts at, or the cause of something
125	stability	noun	stəˈbɪləti	a situation in which something is not likely to move or change
125	stable	adjective	ˈsteɪbəl	reliable or not likely to change
125	supply chain	noun	səˈplaɪ ˌtʃeɪn	the system of people and things that are involved in getting a product from the place where it is made to the person who buys it
129	susceptible	adjective	səˈseptɪbəl	easily influenced or harmed by something
125	sustainable	adjective	səˈsteɪnəbəl	able to continue over a period of time
125	tackle	verb	ˈtækəl	to try to deal with something or someone
126	tasteless	adjective	ˈteɪstləs	having no flavour
125	toxicant	noun	ˈtɒksɪkənt	a poisonous substance
126	transmission	noun	trænzˈmɪʃən	the process of passing something from one person or place to another
126	unhygienic	adjective	ʌnhaɪˈdʒiːnɪk	not clean, and likely to cause disease
129	unstable	adjective	ʌnˈsteɪbəl	likely to change or end suddenly
125	unveil	verb	ʌnˈveɪl	to show something or make it known for the first time
129	wear sb out	phrasal verb	weə aʊt	to make someone extremely tired
129	wearily	adverb	ˈwɪərəli	in a tired way

Unit 21

Page	Headword	Part of speech	Pronunciation	Definition
130	accelerator	noun	ək'seləreɪtə	the part of a car which you push with your foot to make it go faster
131	adorn	verb	ə'dɔːn	to decorate something
130	airborne	adjective	'eəbɔːn	moving in, or carried by the air
132	as the crow flies	idiom	æz ðə 'krəʊ ,flaɪz	describes a distance when measured in a straight line between two points or places
134	assertive	adjective	ə'sɜːtɪv	behaving or speaking in a strong, confident way
131	auspicious	adjective	ɔː'spɪʃəs	making you believe that something will be successful
131	barley	noun	'bɑːli	a type of grain used for making food and alcoholic drinks
132	black spot	noun	'blæk spɒt	a place on a road that is considered to be dangerous because several accidents have happened there
133	boast	verb	bəʊst	to have or own something to be proud of
R	boundary	noun	'baʊndəri	a real or imagined line that marks the edge or limit of something
131	brushwood	noun	'brʌʃwʊd	small branches that have broken off from trees and bushes
133	chilly	adjective	'tʃɪli	(of weather, conditions in a room, or parts of the body) cold
131	cluster	noun	'klʌstə	a group of similar things that are close together
130	comrade	noun	'kɒmreɪd	a friend, especially someone who fights with you in a war
130	coracle	noun	'kɒrəkəl	a small round boat which is made by stretching animal skin over a wooden frame
133	cosy	adjective	'kəʊzi	comfortable and pleasant, especially (of a building) because of being small and warm
133	creature comfort	idiom	ˌkri:tʃə 'kʌmfət	something that makes life more pleasant, such as good food and a comfortable place to live
130	crisp	adjective	kɪsp	A crisp image is very clear.
134	delegate	verb	'delɪgeɪt	to give someone else part of your work or some of your responsibilities
130	disintegration	noun	dɪˌsɪntɪ'greɪʃən	weakening or destruction by breaking into small pieces
131	dung	noun	dʌŋ	solid waste from a large animal
133	exuberance	noun	ɪg'zjuːbərəns	a lively atmosphere
133	finishing touches	noun	'fɪnɪʃɪŋ ,tʌtʃɪz	final improvements
131	flap	verb	flæp	to wave in the air
131	foothills	plural noun	'fuːθɪlz	the lower hills next to a mountain or line of mountains
130	grin	verb	grɪn	to smile a wide smile
131	harsh	adjective	hɑːʃ	unpleasant, unkind, cruel or unnecessarily severe

Page	Headword	Part of speech	Pronunciation	Definition
131	harvest	verb	'hɑ:vɪst	to pick and collect crops, or to collect plants, animals, or fish to eat
132	hit the road	idiom	,hɪt ðə 'rəʊd	to begin a journey
132	home from home	idiom	,həʊm frəm 'həʊm	a place where you feel as comfortable as you do in your own home
133	inconvenience	noun	,ɪnkən'vi:niəns	a state or an example of problems or trouble, which often causes a delay or loss of comfort
131	jostle	verb	'dʒɒsəl	to push other people in order to get somewhere in a crowd
133	lavishly	adverb	'lævɪʃli	expensively or impressively
131	ledge	noun	ledʒ	a long, flat surface that comes out under a window or from the side of a mountain
131	line	verb	laɪn	to form a row along the side of something
131	liven up	phrasal verb	laɪvən ʌp	to become more energetic or in a better mood, or to make someone feel this way
R	loyal	adjective	'lɔɪəl	firm and not changing in your friendship with or support for a person or an organisation, or in your belief in your principles
132	no room to swing a cat	idiom	nəʊ ,ru:m tə ,swɪŋ ə 'kæt	a space that is very small
132	off the beaten track	idiom	,ɒf ðə ,bi:tən 'træk	in or to a place where few people go, far from main roads and towns
130	once-in-a-lifetime	adjective	,wʌnsɪnə'laɪftaɪm	describes an experience or opportunity that is special because it is the only time you will have it
131	pannier	noun	'pæniə	a bag or similar container, especially one of a pair that hang on either side of a bicycle, motorcycle, or animal such as a donkey
135	paraphrase	noun	'pærəfreɪz	repeating something written or spoken using different words, in a simpler and shorter form that makes the original meaning clearer
R	persuasion	noun	pə'sweɪzən	the action of persuading someone or of being persuaded
131	pile	verb	paɪl	to arrange objects into a pile
130	pontoon	noun	pʊn'tu:n	a metal structure used especially to form or support a temporary floating bridge
131	poplar	noun	'pɒplə	a tall tree with branches that grow up to form a thin, pointed shape
133	pursuit	noun	pə'sju:t	an activity or hobby
132	put sth on the map	phrase	,pʊt sth ðə 'mæp	to make a thing or place famous
133	put up with	phrasal verb	pʊt 'ʌp wɪð	to accept or continue to accept an unpleasant situation or experience
130	rattle	noun	'rætəl	a sound similar to a series of quickly repeated knocks
R	replaceable	adjective	rɪ'pleɪsəbəl	able to be replaced
130	seal	verb	si:l	to close an entrance or container so that nothing can enter or leave it
131	shrub	noun	ʃrʌb	a large plant with a rounded shape, grown in gardens

Page	Headword	Part of speech	Pronunciation	Definition
132	sketch	noun	sketʃ	a simple, quickly-made drawing which does not have many details
131	slap	verb	slæp	to put something on a surface in a quick, forceful but careless way
130	smog	noun	smɒg	air pollution in a city that is a mixture of smoke, gases, and chemicals
133	splendour	noun	'splendə	when something is extremely beautiful or luxurious
131	stack	verb	stæk	to arrange things in a pile
132	a stone's throw	idiom	ə 'stəʊnz θrəʊ	a short distance
131	straw	noun	strɔ:	the long, dried stems of plants such as wheat (= plant for grain), often given to animals for sleeping on and eating
133	stuff yourself	verb	'stʌf jɔ: self	(informal) to eat a lot
130	suspension	noun	sə'spenʃən	equipment which is fixed to the wheels of a vehicle in order to make it move more smoothly
R	sympathetic	adjective	,sɪmpə'θetɪk	describes someone you like and enjoy spending time with
135	the establishment	noun	ði ɪ'stæblɪʃmənt	the important and powerful people who control a country or an organisation, especially those who support the existing situation
132	tourist trap	noun	'tʊərɪst ,træp	a crowded place which provides entertainment and things to buy for tourists, often at high prices
130	vibrate	verb	vəɪ'breɪt	to shake with small, quick movements
130	watertight	adjective	'wɔ:tətʌɪt	Something that is watertight prevents water from entering it.
131	whitewash	verb	'waɪtwɒʃ	to cover walls with a white liquid that is a mixture of lime or powdered chalk and water
134	work-life balance	phrase	,wɜ:klaɪf 'bæləns	the time you spend doing your job compared with the time you spend with your family and doing things you enjoy
130	yak	noun	jæk	a type of cattle with long hair and long horns, found mainly in Tibet

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Page	Headword	Part of speech	Pronunciation	Definition
136	average	adjective	'ævərɪdʒ	An average number is the number you get by adding two or more amounts together and dividing the total by the number of amounts.
137	breach	verb	bri:tʃ	to make an opening in a wall fence, etc.
140	bury your head in the sand	idiom	,beri jɔ: 'hed ɪn ðə ,sænd	to refuse to think about unpleasant facts, although they will have an influence on your situation
137	carbon footprint	noun	'kɑ:bən ,fʊtprɪnt	Someone's carbon footprint is a measurement of the amount of carbon dioxide that their activities produce.
136	commitment	noun	kə'mɪtmənt	when you are willing to give your time and energy to something that you believe in
138	contrary	adjective	'kɒntrəri	opposite
136	costly	adjective	'kɒstli	expensive
137	cumulative	adjective	'kju:mjələtɪv	reached by gradually adding one thing after another
136	damage	noun	'dæmɪdʒ	harm or injury
139	decline	noun	dɪ'klaɪn	when something becomes less in amount, importance, quality, or strength
139	decrease	noun	'di:kri:s	a reduction
140	defective	adjective	dɪ'fektɪv	describes something that has a fault in it and does not work correctly
136	dengue fever	noun	'dɛŋgi ,fi:və	a serious illness that you can get if a mosquito bites you, and it is infected with a particular virus
R	densely	adverb	'dentsli	with a lot of things close together
136	dire	adjective	daɪə	very serious or bad
139	drop	noun	drɒp	when the level or amount of something becomes less
136	drought	noun	draʊt	a long period when there is no rain and people do not have enough water
R	El Niño	noun	el'ni:njəʊ	an unusual ocean current along the coast of Peru every 2–10 years, which kills large numbers of sea organisms and causes noticeable and often severe changes in weather conditions in many areas of the world
136	emission	noun	ɪ'mɪʃən	when gas, heat, light, etc. is sent out into the air, or an amount of gas, heat, light, etc that is sent out
137	flood alert	phrase	'flʌd ə,lɜ:t	a warning that there may be a flood
137	flooding	noun	'flʌdɪŋ	when an area is covered with water, especially from rain
139	fluctuation	noun	,flʌktʃu'eɪʃən	a change, especially continuous and between one level or thing and another
136	fossil fuel	noun	'fɒsəl ,fjuəl	fuels, such as gas, coal, and oil, that were formed underground from plant and animal remains millions of years ago

Page	Headword	Part of speech	Pronunciation	Definition
136	global warming	noun	ˌglɔːbəl ˈwɔːmɪŋ	when the air around the world becomes warmer because of pollution
136	go to great lengths	idiom	ˌgəʊ tə ˌɡreɪt ˈleŋkθs	to try very hard to achieve something
136	greenhouse gas	noun	ˈɡriːnhaʊs ˌɡæs	a gas which causes the greenhouse effect, especially carbon dioxide
137	heat wave	noun	ˈhiːt ˌweɪv	a period of time such as a few weeks when the weather is much hotter than usual
137	high tide	noun	ˌhaɪ ˈtaɪd	the time when the level of the sea is at its highest
138	humidity	noun	hjuːˈmɪdətɪ	a measurement of how much water there is in the air
136	hurricane	noun	ˈhʌrɪkən	a violent storm with very strong winds
137	ice cap	noun	ˈaɪs kæp	a thick layer of ice that permanently covers an area of land
136	increase	verb	ɪnˈkriːs	to (make something) become larger in amount or size
136	infrastructure	noun	ˈɪnfɹəˌstrʌktʃə	the basic systems, such as transport and communication, that a country or organisation uses in order to work effectively
R	La Niña	noun	lə ˈniːnjə	the cooling of the water in the central and eastern Pacific Ocean that happens every few years and that affects the weather in many places
137	long-range forecast	phrase	ˌlɒŋreɪndʒ ˈfɔːkɑːst	a forecast for a long time into the future, or across a long distance
136	malaria	noun	məˈleəriə	a serious disease that you can get in hot countries if a mosquito (= small insect) bites you
136	play with fire	idiom	ˌpleɪ wɪð ˈfaɪə	to act in a way that is very dangerous and to take risks
136	prolonged	adjective	prəˈlɒŋd	continuing for a long time
137	prone to	phrase	ˈprəʊn tuː	likely to suffer from something
139	reduction	noun	rɪˈdʌkʃən	when something is reduced
136	rise	verb	raɪz	to increase in level
138	sluggish	adjective	ˈslʌɡɪʃ	moving or working more slowly than usual
136	stark	adjective	stɑːk	unpleasantly clear and obvious
136	substantial	adjective	səbˈstænʃəl	large in size, value, or importance
136	switch	noun	swɪtʃ	a change
137	torrential	adjective	təˈrenʃəl	Torrential rain is very heavy rain.
136	wake-up call	noun	ˈweɪkʌp ˌkɔːl	If something that happens is a wake-up call, it should make you realise that you need to take action to change a situation.

Unit 23

Page	Headword	Part of speech	Pronunciation	Definition
144	accentuate	verb	ək'sentʃueɪt	to emphasise something so that people notice it
143	arm	verb	ɑ:m	to provide yourself or others with equipment or knowledge in order to complete a particular task
144	asset	noun	'æset	a person, skill, or quality which is useful or helps you to succeed
142	campaign	noun	kæm'peɪn	a series of organised activities or events intended to achieve a result
143	compensation	noun	ˌkɒmpən'seɪʃən	money that you pay to someone because you are responsible for injuring them or damaging something
142	concise	adjective	kən'saɪs	giving a lot of information clearly in a few words
145	constructive criticism	phrase	kən'strʌktɪv 'krɪtɪsɪzəm	If criticism is constructive, it is useful and intended to help or improve something.
144	counter-argument	noun	'kaʊntə,ɑ:gjəmənt	an argument against another argument, idea or suggestion
143	crop up	phrasal verb	krɒp ʌp	to happen or appear suddenly
144	drop hints	phrase	ˌdrɒp 'hɪnts	to tell someone something in a way that is not direct
144	failing	noun	'feɪlɪŋ	a bad quality or fault that someone or something has
143	hot air	idiom	hɒt 'eə	If something that someone says is hot air, it is not sincere and will have no practical results.
143	jot down	phrasal verb	dʒɒt daʊn	to write something quickly on a piece of paper so that you remember it
142	pastime	noun	'pɑ:staɪm	an activity that you enjoy doing when you are not working
144	raise objections to	phrase	ˌreɪz əb'dʒekʃənz tu:	to express opposition to or dislike of something or someone
142	run	verb	rʌn	(of colours in clothes) to come out or spread
143	settle in	phrase	'setl ɪn	to become familiar with somewhere new, such as a new house, job, or school, and to feel comfortable and happy there
142	sift out	phrasal verb	sɪft aʊt	to remove particular parts of something
143	spout	verb	spaʊt	to speak a lot, in a way that is boring or annoying for other people
142	suffer in silence	phrase	ˌsʌfə ɪn 'saɪləns	to experience physical or mental pain without saying anything
144	superior	noun	su:'pɪəriə	someone in a higher position than you at work
144	voice	verb	vɔɪs	to say what you think about a particular subject, especially to express a doubt, complaint, etc. that you have about it

Unit 24

Page	Headword	Part of speech	Pronunciation	Definition
149	aftertaste	noun	'ɑ:ftətəɪst	the taste that a particular food or other substance leaves in your mouth when you have swallowed it
151	agony	noun	'æɡəni	extreme suffering, either physical or mental
151	awash	adjective	ə'wɒʃ	having an amount of something which is very large or larger than necessary or wanted
149	binge	verb	bɪndʒ	to eat too much food at one time
149	blame	verb	bleɪm	to say or think that someone or something did something wrong or is responsible for something bad happening
149	cascade	noun	kæs'keɪd	a large amount of something
149	chocoholic	noun	,tʃɒkə'hɒlɪk	a person who loves chocolate and eats a lot of it
149	conduct	verb	kən'dʌkt	to organise and perform a particular activity
150	be confined to	phrase	bi: kən'faɪnd tu:	to exist only in a particular area or group of people
150	current affairs	noun	,kʌrənt ə'feəz	political news about events happening now
149	deactivate	verb	,di'æktɪveɪt	to cause something to be no longer active or effective
149	DNA	noun	,di:en'eɪ	deoxyribonucleic acid; a chemical in the cells of living things which contains genetic information
150	event	noun	ɪ'vent	anything that happens, especially something important or unusual
149	expose sb to sth	phrasal verb	ɪk'spəʊz tu:	to make it likely that someone will experience something harmful or unpleasant
151	flag	verb	flæg	to become tired or less interested in something
151	fleeting	adjective	'fli:tɪŋ	short or quick
151	fluid	noun	'flu:ɪd	a liquid
151	gel	noun	dʒel	a thick, clear, liquid substance
148	gene	noun	dʒi:n	a part of a cell that is passed on from a parent to a child and that controls particular characteristics
151	gherkin	noun	'gɜ:kɪn	a small type of cucumber long thin green vegetable which is often pickled in vinegar
R	glittering	adjective	'glɪtərɪŋ	shining with a lot of small bright flashes of light
148	have a sweet tooth	idiom	,hæv ə ,swi:t 'tu:θ	If you have a sweet tooth, you like eating sweet foods, especially sweets and chocolate.
151	haze	noun	heɪz	when the air is not very clear because of something such as heat or smoke, making it difficult to see well
R	host	verb	həʊst	to provide a place where an event can happen
150	illegal	adjective	ɪ'li:gəl	not allowed by law
149	immune system	noun	ɪ'mju:n ,sɪstəm	the cells and tissues in the body that make it able to protect itself against infection
149	initiate	verb	ɪ'nɪʃieɪt	to make something begin

Page	Headword	Part of speech	Pronunciation	Definition
151	loom	verb	lu:m	to appear as a large, often frightening or unclear shape or object
148	modify	verb	'mɒdɪfaɪ	to change something in order to improve it
151	pinch	verb	pɪnʃ	to hurt
151	plucky	adjective	'plʌki	brave
149	protein	noun	'prəʊti:n	one of the many substances found in food such as meat, cheese, fish or eggs, that is necessary for the body to grow and be strong
149	resist	verb	rɪ'zɪst	to stop yourself from doing something that you want to do
149	risk	verb	rɪsk	If you risk something important, you cause it to be in a dangerous situation where you might lose it.
151	sachet	noun	'sæʃet	a small bag containing a small amount of something
151	screech	verb	skri:tʃ	to shout with an unpleasant loud high voice
151	slippery	adjective	'slɪpəri	smooth and wet and difficult to hold or walk on
151	sore	adjective	sɔː	painful, especially when touched
153	submit	verb	səb'mɪt	to give or offer something for a decision to be made by others
151	tingle	verb	'tɪŋɡəl	If a part of your body tingles, the skin feels slightly uncomfortable.
R	torch	noun	tɔ:tʃ	a thick stick with material which burns tied to the top of it in order to give light
R	touch on	phrasal verb	'tʌtʃ ɒn	to mention a subject quickly when speaking or writing about another subject
148	trait	noun	treɪt	a quality, good or bad, in someone's character
151	tribute band	noun	'trɪbjʊ:t ,bænd	a group of musicians who play the music of a famous pop group and pretend to be that group
151	unravel	verb	ʌn'rævəl	If you unravel a difficult situation or story, or if it unravels, it becomes clear and easier to understand.
R	unscrupulous	adjective	ʌn'skru:pjələs	behaving in a way that is dishonest or unfair in order to get what you want
R	vicious circle	idiom	,'vɪʃəs 'sɜ:kəl	a continuing unpleasant situation, created when one problem causes another problem which then makes the first problem worse
149	victim	noun	'vɪktɪm	someone or something that has been hurt, damaged, or killed or has suffered, either because of the actions of someone or something else, or because of illness or chance
152	voluntary	adjective	'vɒləntəri	done, made, or given willingly, without being forced or paid to do it
151	the wall	noun	ðə 'wɔ:l	a point when you feel you can no longer continue

Unit 25

Page	Headword	Part of speech	Pronunciation	Definition
159	advocate	noun	'ædvəkət	someone who supports a particular idea or way of doing things
159	afresh	adverb	ə'frefʃ	If you do something afresh, you do it again in a different way.
159	alliance	noun	ə'laiəns	an agreement to work with someone else to try to achieve the same thing
159	bigger picture	noun	bɪgə 'pɪktʃə	the most important facts about a situation and the effects of that situation on other things
159	be carried away	phrase	bɪː ,kæriɪd ə'weɪ	to become so excited about something that you do not control what you say or do
159	complacent	adjective	kəm'pleɪsənt	feeling so satisfied with your own abilities or situation that you do not feel that you need to try any harder
159	conform	verb	kən'fɔ:m	to behave in the way that most other people behave
158	constitute	verb	'kɒnstɪtju:t	to be or form something
159	constraint	noun	kən'streɪnt	something that controls what you do by keeping you within particular limits
155	cue	verb	kju:	to give someone a signal to do something
157	denounce	verb	dɪ'naʊns	to publicly criticise someone or something, or to publicly accuse someone of something
154	deny	verb	dɪ'naɪ	to say that something is not true
159	destabilise	verb	ˌdi:'steɪbəlaɪz	to make a government, area or group lose power or control by causing changes and problems
159	dispensable	adjective	dɪ'spensəbəl	more than you need and therefore not necessary; that can be got rid of
154	draw a conclusion	phrase	ˌdrɔ: ə kən'klu:ʒən	to consider the facts of a situation and make a decision about what is true, correct, likely to happen, etc.
156	envisage	verb	ɪn'vɪzɪdʒ	to imagine something happening, or think that something is likely to happen
156	err	verb	ɜ:	to make a mistake or to do something wrong
154	erroneous	adjective	ɪ'rəʊniəs	not correct
159	evaluate	verb	ɪ'vælju:et	to consider or study something carefully and decide how good or bad it is
154	exercise	verb	'eksəsaɪz	to use something
159	fearless	adjective	'fiələs	not frightened of anything
154	fraction	noun	'frækʃən	a number less than 1, such as 1/2 or 3/4
159	further afield	phrase	ˌfɜ:ðə ə'fi:ld	a long distance away
159	grapple with	phrasal verb	'græpəl wɪð	to try to deal with or understand a difficult problem or subject
156	handler	noun	'hændlə	a person who trains and is in charge of animals, especially dogs
159	ingenuity	noun	ˌɪndʒɪ'nju:əti	skill at inventing things or finding new ways to solve problems

Page	Headword	Part of speech	Pronunciation	Definition
159	innovator	noun	'ɪnəʊveɪtə	someone who uses or designs new methods or products
159	invaluable	adjective	ɪn'væljuəbəl	extremely useful
155	manipulate	verb	mə'nɪpjəleɪt	to control someone or something in a clever way so that they do what you want them to do
159	maverick	noun	'mævərɪk	someone who thinks and behaves in an unusual way
156	mussel	noun	'mʌsəl	a small sea creature that has a black shell in two parts and that can be eaten
159	nurture	verb	'nɜːtʃə	to encourage or support the development of someone or something
155	octopus	noun	'ɒktəpəs	a sea creature with eight long arms
159	orientate	verb	'ɔːriəntet	to aim something at someone or something, or make something suitable for a particular group of people
159	overriding	adjective	ˌəʊvər'aɪdɪŋ	more important than others
156	paella	noun	pai'elə	a Spanish dish consisting of rice mixed with vegetables, fish and chicken
159	paper over the cracks	idiom	ˌpeɪpə əʊvə ðə 'kræks	to hide problems, especially arguments between people, in order to make a situation seem better than it really is
159	ponder	verb	'pɒndə	to think carefully about something
159	ponderous	adjective	'pɒndərəs	Ponderous speech or writing is boring or too serious.
158	pool	verb	pu:l	to collect something such as money or resources in order for it to be used by several different people or groups
155	procedure	noun	prə'siːdʒə	a set of actions that is the official or accepted way of doing something
155	psychic	adjective	'saɪkɪk	having a special mental ability, for example so that you are able to know what will happen in the future or know what people are thinking
159	rock the boat	idiom	ˌrɒk ðə 'bəʊt	If you rock the boat, you do or say something that will upset people or cause problems.
159	smooth	verb	smuːð	to remove difficulties and make something easier to do or achieve
154	subtraction	noun	səb'trækʃən	the process of removing one number from another
159	sway	verb	sweɪ	to persuade someone to change their opinion or decision
155	systematically	adverb	ˌsɪstə'mætɪkli	using a fixed and organised plan
154	tap	verb	tæp	to hit something gently, and often repeatedly, especially making short, sharp noises
158	teamwork	noun	'tiːmwɜːk	when a group of people work well together
159	to the full	phrase	tuː ðə 'fʊl	as much or as well as possible
155	unintentionally	adverb	ˌʌnɪn'tenʃənəli	in a way that is not planned or intended