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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **Pose a question** | **Verb (formal)** | to ask a question, especially one that needs serious thought |
| Example “The new play poses some challenging questions.” | |
| **(every) now and again/then** | **Idiom** | from time to time; occasionally |
| Example “Every now and again she checked to see if he was still asleep.” | |
| **in lieu**  **(of something)** | **Idiom** | instead of |
| Example “We work on Saturdays and have a day off in lieu during the week.” | |
| **lawn** | **noun** | an area of ground covered in short grass in a garden or park |
| Example “In summer we have to mow the lawn twice a week.” | |
| **tuft** | **noun** | a number of pieces of hair etc. growing closely together |
| Example “He had a few tufts of hair on his chin, but you couldn't really call it a beard.” | |
| **crooked** | **Adjective** | not in a straight line; bent or twisted |
| Example “The old part of the city is a maze of crooked streets and small alleys.” | |
| **slant** | **verb** | to slope or to make something slope in a particular direction |
| Example “The book is very logically organized, in line with its down-to-earth subject.” | |
| **initial** | **noun** | the first letter of a person’s first name |
| Example “‘What initial is it, Mrs Owen?’ ‘It's J, J for Jane.’” | |
| **blissful** | **adjective** | extremely happy; showing happiness |
| Example “We spent three blissful weeks away from work.” | |
| **nut** | **noun** | a person who is extremely interested in a particular subject, etc. |
| Example “a fitness/tennis/computer nut” | |
| **prominent** | **adjective** | important or well known |
| Example “He played a prominent part in the campaign.” | |
| **commandeer** | **verb** | to take control of a building, a vehicle |
| Example “The soldiers had commandeered the farm and the villa five months ago.” | |
| **applaud** | **verb** | to show your approval of sb/sth by clapping your hands |
| Example “He started to applaud and the others joined in.” | |
| **labored** | **adjective** | (of breathing) slow and taking a lot of effort |
| Example “Her breathing became more and more labored.” | |
| **burst** | **noun** | a short period of a particular activity that often starts suddenly |
| Example “There was a spontaneous burst of applause” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **choke** | **Verb** | to be unable to breathe |
| Example “he almost choked to death in the thick fumes.” | |
| **stumble** | **noun** | a problem or temporary failure when you’re achieving sth |
| Example “There were good reasons for the team's first-round stumble against LA.” | |
| **inexplicably** | **adverb** | in a way that cannot be understood or explained |
| Example “She inexplicably withdrew the offer.” | |
| **weary** | **adjective** | very tired, especially after you have been working hard |
| Example “Any chance of a drink? This weary traveler is about to collapse from thirst.” | |
| **brutal** | **adjective** | violent and cruel |
| Example “a brutal attack/murder/rape/killing” | |
| **unforgiving** | **Adjective** | unpleasant and causing difficulties for people |
| Example “The island is an unforgiving place in winter.” | |
| **terminal** | **adjective** | that cannot be cured and will lead to death, often slowly |
| Example “He has terminal lung cancer.” | |
| **normality** | **noun** | a situation where everything is normal or as you expect it to be |
| Example “They are hoping for a return to normality now that the war is over.” | |
| **trip** | **verb** | to catch your foot on something and fall or almost fall |
| Example “I tripped over my own feet and fell down the stairs.” | |
| **cane** | **noun** | a piece of cane or a thin stick, used to help somebody to walk |
| Example “He clutched a top hat and a silver-topped cane.” | |
| **cluck** | **verb** | to express disapproval by making a short sound with tongue |
| Example “The teacher clucked sympathetically at the child's story.” | |
| **flesh** | **noun** | the skin of the human body |
| Example “His fingers closed around the soft flesh of her arm.” | |
| **profound** | **adjective** | very great; felt or experienced very strongly |
| Example “My father's death had a profound effect on us all.” | |
| **wither** | **verb** | if a plant withers or something withers it, it dries up and dies |
| Example “The grass had withered in the warm sun.” | |
| **demise** | **noun** | death |
| Example “his imminent/sudden/sad demise” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **tribute** | **noun** | an act, a statement that is intended to show your respect |
| Example “At her funeral her oldest friend paid tribute to her life and work.” | |
| **rousing** | **adjective** | full of energy and enthusiasm |
| Example “The team was given a rousing reception by the fans.” | |
| **harden** | **verb** | to make sb less kind or less affected by extreme situations |
| Example “Life has hardened me.” | |
| **strut** | **verb** | to walk in a proud way trying to look important |
| Example “The players strutted and posed for the cameras.” | |
| **encounter** | **noun** | a meeting, especially one that is sudden, unexpected or violent |
| Example “Three of them were killed in the subsequent encounter with the police.” | |
| **bloat** | **verb** | become bigger or rounder |
| Example “Her features had been bloated by years of drinking.” | |
| **double over** | **phrasal verb** | to suddenly bend forward and down, usually because of pain |
| Example “A sudden, sharp pain made him double over.” | |
| **avert** | **verb** | to turn your eyes away from sth that you do not want to see |
| Example “She averted her eyes from the terrible scene in front of her.” | |
| **grit** | **noun** | very small pieces of stone or sand |
| Example “They were spreading grit and salt on the icy roads.” | |
| **insatiable** | **adjective** | always wanting more of something; not able to be satisfied |
| Example “There seems to be an insatiable demand for more powerful computers.” | |
| **pen** | **Verb (formal)** | to write something |
| Example “He penned a letter to the local paper.” | |
| **spout** | **verb** | to speak a lot about something |
| Example “The article was full of the usual clichés spouted by fashion editors.” | |
| **portfolio** | **noun** | a set of shares owned by a particular person or organization |
| Example “an investment/share portfolio” | |
| **breakneck** | **adjective** | very fast and dangerous |
| Example “We drove to the hospital at breakneck speed” | |
| **flick through** | **phrasal verb** | to keep changing TV channels quickly to see what programs are on |
| Example “licking through the channels, I came across an old war movie.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **jot down** | **phrasal verb** | to write something quickly |
| Example “I'll just jot down the address for you.” | |
| **clamor** | **verb** | to demand something loudly |
| Example “People began to clamor for his resignation.” | |
| **peer** | **verb** | to look closely or carefully at something |
| Example “He peered closely at the photograph.” | |
| **crisp** | **adjective** | fresh and clean; new and slightly stiff without any folds in it |
| Example “The sheets looked clean and crisp.” | |
| **powder** | **verb** | to put powder on something |
| Example “She powdered her face and put on her lipstick.” | |
| **dignity** | **noun** | a calm and serious manner that deserves respect |
| Example “She accepted the criticism with quiet dignity.” | |
| **induce** | **verb** | to cause something |
| Example “Hearing loss is often induced by exposure to loud noise.” | |
| **dread** | **verb** | to fear that something bad is going to happen |
| Example “He had always dreaded being singled out.” | |
| **insidious** | **adjective** | spreading gradually or without being noticed, but causing serious harm |
| Example “We spent three blissful weeks away from work.” | |
| **decay** | **noun** | the process or result of being destroyed |
| Example “Smoking accelerates age-related decay in the heart and arteries.” | |
| **glimpse** | **noun** | a sight of somebody/something for a very short time |
| Example “He caught a glimpse of her in the crowd.” | |
| **flank** | **verb** | to have somebody/something on one or both sides |
| Example “She left the courtroom flanked by armed guards.” | |
| **gaunt** | **adjective** | very thin, usually because of illness |
| Example “The lean face had grown gaunt, the cheeks hollowed.” | |
| **emerge** | **verb** | to move out of or away from sth and become possible to see |
| Example “She finally emerged from her room at noon.” | |
| **stout** | **adjective** | (of a person) rather fat |
| Example “"stout middle-aged men"” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **sag** | **verb** | to hang or bend down in the middle |
| Example “I'll just jot down the address for you.” | |
| **freshman** | **noun** | a first-year student at a university or college |
| Example “during my freshman year” | |
| **compensate** | **verb** | to act in order to balance or correct sth wrong or not normal |
| Example “Nothing can compensate for the loss of a loved one.” | |
| **enroll** | **verb** | to arrange for yourself or for sb else to officially join a course |
| Example “You need to enroll before the end of August.” | |
| **deferment** | **noun** | the action of delaying something until a later time |
| Example “The request for a deferral of the inquiry was refused.” | |
| **slob** | **noun** | a person who is lazy and dirty or untidy |
| Example “Get out of bed, you fat slob!” | |
| **crack up** | **phrasal verb** | to become ill, either physically or mentally, because of pressure |
| Example “You'll crack up if you carry on working like this.” | |
| **beam** | **verb** | to produce a stream of light and/or heat |
| Example “Light beamed through a hole in the curtain.” | |
| **siren** | **noun** | a temptation to do something |
| Example “The government must resist the siren voices calling for tax cuts” | |
| **squirm** | **verb** | to move from side to side in an awkward way, sometimes because of nervousness |
| Example “Smoking accelerates age-related decay in the heart and arteries.” | |
| **grapple** | **verb** | to try hard to find a solution to a problem |
| Example “The new government has yet to grapple with the problem of air pollution.” | |
| **peer group** | **noun** | a group of people of the same age or social status |
| Example “She gets on well with her peer group.” | |
| **gingerly** | **adverb** | in a careful way, because you are afraid of being hurt |
| Example “Holding her painful back, she sat down gingerly on the bench.” | |
| **slide** | **verb** | to move easily over a smooth or wet surface |
| Example “As I turned left on a bend, my car started to slide” | |
| **dab** | **verb** | to touch something lightly, usually several times |
| Example “She dabbed her eyes and blew her nose.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **pathetic** | **adjective** | making you feel sad |
| Example “The starving children were a pathetic sight.” | |
| **serene** | **adjective** | calm and peaceful |
| Example “a lake, still and serene in the sunlight” | |
| **suffocate** | **verb** | to die because there is no air to breathe |
| Example “Many dogs have suffocated in hot cars.” | |
| **contagious** | **adjective** | a contagious disease spreads by close contact between people |
| Example “Scarlet fever is highly contagious.” | |
| **vendor** | **noun** | a person who sells things, ex: newspaper usually on the street |
| Example “Jeweler and clothes are offered by street vendors at every corner.” | |
| **contest** | **verb** | to take part in a competition, election, etc. and try to win it |
| Example “The party has decided not to contest this election.” | |
| **wee** | **adjective** | (especially Scottish English) very small in size |
| Example “Who was that wee lassie who was here last night?” | |
| **scoop** | **verb** | to move or lift sb/sth with a quick continuous movement |
| Example “‘He quickly scooped the money up from the desk.” | |
| **tabloid** | **noun** | a newspaper with small pages |
| Example “The story made the front page in all the tabloids.” | |
| **envy** | **verb** | to wish you had the same qualities, possessions etc. as sb else |
| Example “He envied her—she seemed to have everything she could possibly want.” | |
| **lament** | **verb** | to have or express very sad feelings about somebody/something |
| Example “In the poem he laments the destruction of the countryside.” | |
| **diminish** | **verb** | to become smaller, weaker, etc. |
| Example “The world's resources are rapidly diminishing.” | |
| **cocoon** | **n**oun | a layer of sth that wraps all around a person/thing and forms a protection |
| Example “the cocoon of a caring family” | |
| **cubicle** | **noun** | a small area of a room that is separated off by curtains |
| Example “I don’t even know my colleague in the next cubicle.” | |
| **mutter** | **verb** | to speak or say something in a quiet voice that is difficult to hear |
| Example “‘How dare she,’ he muttered under his breath.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **jolt** | **noun** | a sudden strong feeling, especially of shock or surprise |
| Example “My mother's death gave me a severe jolt.” | |
| **pit against** | **phrasal verb** | to test somebody in a struggle against sb/sth else |
| Example “Lawyers and accountants felt that they were being pitted against each other.” | |
| **sophomore** | **noun** | a student in the 2nd year of a course of study at university |
| Example “Another school took its sophomore class on a field trip.” | |
| **ramble** | **verb** | to talk about somebody/something in a confused way |
| Example “He had lost track of what he was saying and began to ramble.” | |
| **shark** | **noun** | a person who is dishonest in business |
| Example “…” | |
| **atrophied** | **Adjective** | having lost fat, muscle, strength, etc. because of a lack of blood |
| Example “atrophied muscles” | |
| **contribute** | **verb** | to give sth, especially money or goods, to help achieve sth |
| Example “Would you like to contribute to our collection?” | |
| **fondness** | **noun** | a feeling of love or liking for somebody  (Especially somebody you have known for a long time) |
| Example “He will be remembered by the staff with great fondness.” | |
| **sprinkle** | **verb** | to shake small pieces of sth or drops of a liquid on sth |
| Example “Sprinkle chocolate on top of the cake.” | |
| **dwindle** | **verb** | to become gradually less or smaller |
| Example “Support for the party has dwindled away to nothing.” | |
| **cynical** | **adjective** | believing that people are interested in themselves and are not sincere |
| Example “I've always been deeply cynical about politicians.” | |
| **anguish** | **noun** | severe physical or mental pain, difficulty or unhappiness |
| Example “Tears of anguish filled her eyes.” | |
| **moist** | **adjective** | slightly wet |
| Example “The warm moist air is perfect for growing fruit trees.” | |
| **weep** | **verb** | to cry, usually because you are sad |
| Example “She started to weep uncontrollably.” | |
| **nasal** | **adjective** | connected with the nose |
| Example “the nasal passages” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **slip into** | **Verb** | to pass into a particular state or situation |
| Example “We seem to have slipped behind schedule.” | |
| **time warp** | **noun** | an imaginary situation in which the past or future becomes the present |
| Example “Here is a time warp if ever there was one.” | |
| **insane** | **adjective** | very stupid, crazy or dangerous |
| Example “I must have been insane to agree to the idea.” | |
| **confrontation with/between** | **noun** | a situation in which there is a lot of angry disagreement |
| Example “an ideological confrontation between conservatives and liberals” | |
| **cleanse** | **verb** | to take away somebody’s guilty feelings or sin |
| Example “She felt cleansed of her sins after confession.” | |
| **bellow** | **verb** | to shout in a loud deep voice, especially because you are angry |
| Example “They bellowed at her to stop.” | |
| **commode** | **noun** | a piece of furniture that looks like a chair but has a toilet under the seat |
| Example “…..” | |
| **insidious** | **adjective** | spreading gradually, but causing serious harm |
| Example “the insidious effects of polluted water supplies” | |
| **grin** | **verb** | to smile widely |
| Example “They grinned with delight when they heard our news.” | |
| **wilt** | **verb** | to become weak or tired or less confident |
| Example “The spectators were wilting visibly in the hot sun.” | |
| **hoist** | **verb** | ​to raise or pull something up to a higher position |
| Example “He hoisted himself onto a high stool.” | |
| **grip** | **noun** | an act of holding somebody/something tightly |
| Example “Robert tightened his grip on her shoulder.” | |
| **shrivel** | **verb** | wrinkle |
| Example “The leaves on the plant had shrivelled up from lack of water.” | |
| **Junior** | **adjective** | connected with the year before the last year in a high college |
| Example “I spent my junior year in France.” | |
| **instant** | **noun** | a very short period of time SYNONYM moment |
| Example “For a brief instant, I thought she was going to fall.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **intrusive** | **adjective** | too direct, easy to notice, etc. in a way that is annoying |
| Example “The constant presence of the media was very intrusive.” | |
| **clamour** | **verb** | to demand something loudly |
| Example “People began to clamour for his resignation.” | |
| **imminent** | **adjective** | likely to happen very soon |
| Example “The system is in imminent danger of collapse.” | |
| **lament** | **verb** | to have or express very sad feelings about somebody/something |
| Example “In the poem he laments the destruction of the countryside.” | |
| **ambivalence** | **noun** | the state of having two opposing feelings at the same time |
| Example “her ambivalence towards men” | |
| **keel** | **verb** | to fall over to one side; to make something fall over to one side |
| Example “…” | |
| **probe** | **verb** | to ask questions in order to find out secret |
| Example “He didn't like the media probing into his past.” | |
| **senior** | **adjective** | connected with the last year in high school or college |
| Example “the senior prom” | |
| **ritualistic** | **adjective** | connected with the rituals performed as part of a ceremony |
| Example “a ritualistic act of worship” | |
| **grin** | **verb** | to smile widely |
| Example “They grinned with delight when they heard our news.” | |
| **leaf through** | **phrasal verb** | to quickly turn over the pages of a book without reading them |
| Example “While I was waiting, I leafed through a magazine.” | |
| **grad** | **noun** | a person who has a university degree |
| Example “I'm 22 and a recent college grad.” | |
| **follow-up** | **adjective** | continuing something that has already started |
| Example “follow-up treatment at the local hospital” | |
| **reception** | **adjective** | the type of welcome that is given to somebody/something |
| Example “The reception from critics and audiences was at best lukewarm” | |
| **Feel out** | **phrasal verb** | to try to get information from someone or from a situation without asking direct questions |
| Example “Why don’t you feel them out to see if they’ll invite me over too?” | |
| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **go downhill** | **Idiom** | to get worse in quality, health, etc. |
| Example “Their marriage went downhill after the first child was born.” | |
| **deceive** | **verb** | to make somebody believe something that is not true |
| Example “Her husband had been deceiving her for years.” | |
| **aphorism** | **noun** | a short phrase that says something true or wise |
| Example “Johnson’s aphorism: ‘When a man is tired of London, he is tired of life.’” | |
| **you bet!** | **Idiom** | used to emphasize a statement or to mean "certainly /yes" |
| Example “"Are you coming to the party?" "You bet!"” | |
| **tenement** | **noun** | a large building divided into flats, especially in a poor area |
| Example “families living in overcrowded tenements” | |
| **heavyset** | **Adjective** | having a broad heavy body SYNONYM thickset |
| Example “a heavyset woman” | |
| **tender** | **adjective** | kind, gentle and loving |
| Example “What he needs now is a lot of tender loving care (sympathetic treatment).” | |
| **frail** | **adjective** | (Especially of an old person) physically weak and thin |
| Example “Mother was becoming too frail to live alone.” | |
| **greenery** | **noun** | attractive green leaves and plants |
| Example “The room was decorated with flowers and greenery.” | |
| **synagogue** | **noun** | a building where Jews meet for religious worship and teaching |
| Example “They went to synagogue every Saturday.” | |
| **hawk** | **verb** | to sell things by going from place to place asking people to buy |
| Example “He made a living hawking cleaning products from door to door.” | |
| **murky** | **adjective** | dark and unpleasant because of smoke, fog, etc. |
| Example “The light was murky and it was difficult to see ahead.” | |
| **rollaway** | **adjective** | A rollaway piece of furniture is on wheels |
| Example “a rollaway bed” | |
| **churn** | **verb** | if something churns it, it moves or is moved around violently |
| Example “Vast crowds had churned the field into a sea of mud.” | |
| **exploit** | **verb** | to use someone or something unfairly for your own advantage |
| Example “Laws exist to stop companies exploiting their employees.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **eternity** | **noun** | time without end |
| Example “There will be rich and poor for all eternity.” | |
| **scribble** | **verb** | to write something quickly and carelessly |
| Example “He scribbled a note to his sister before leaving.” | |
| **indecipherable** | **adjective** | (of writing or speech) impossible to read or understand |
| Example “There was an indecipherable message on her voicemail.” | |
| **clamp** | **verb** | to hold something tightly, or fasten two things together, with a clamp |
| Example “Clamp one end of the plank to the edge of the table.” | |
| **nostril** | **noun** | either of the two openings at the end of the nose |
| Example “The stench of the cellar filled my nostrils.” | |
| **kid** | **verb** | to tell somebody something that is not true, especially as a joke |
| Example “thought he was kidding when he said he was going out with a rock star.” | |
| **mutt** | **noun** | a dog, especially one that is not of a particular breed |
| Example “…” | |
| **exuberance** | **noun** | the quality of being full of energy, excitement and happiness |
| Example “We can excuse his behaviour as youthful exuberance.” | |
| **strip sth away** | **phrasal verb** | to gradually reduce something important |
| Example “The movie aims to strip away the lies surrounding Kennedy's life.” | |
| **quiver** | **verb** | to shake slightly; to make a slight movement |
| Example “The memory of that day made him quiver with anger.” | |
| **touchy-feely** | **adjective** | expressing emotions too openly |
| Example “He was one of those touchy-feely guys who’s always calling home.” | |
| **deficient** | **adjective** | not having enough of something, especially sth that is essential |
| Example “a diet that is deficient in vitamin A” | |
| **grim** | **adjective** | looking or sounding very serious |
| Example “He set about the task with grim concentration.” | |
| **beam** | **verb** | to have a big happy smile on your face |
| Example “He beamed at the journalists.” | |
| **be bouncing off the walls** | **Idioms** | to be so full of energy or so excited that you cannot keep still |
| Example “The kids have been bouncing off the walls all day.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **consecutive** | **adjective** | following one after another in a continuous series |
| Example “She was absent for nine consecutive days.” | |
| **teeming** | **adjective** | present in large numbers; full of people that are moving around |
| Example “the teeming streets of the city” | |
| **dwindle** | **verb** | to become gradually less or smaller |
| Example “Support for the party has dwindled away to nothing.” | |
| **sag** | **verb** | to hang or bend down in the middle |
| Example “The tent began to sag under the weight of the rain.” | |
| **flop** | **verb** | To lie down in sudden way because you are very tired |
| Example “Exhausted, he flopped down into a chair.” | |
| **smack** | **verb** | to hit somebody with your open hand |
| Example “I think it's wrong to smack children.” | |
| **wheeze** | **verb** | to breathe noisily and with difficulty |
| Example “He was coughing and wheezing all night.” | |
| **mull over** | **phrasal verb** | to spend time thinking carefully about a plan or proposal |
| Example “I need some time to mull it over before making a decision.” | |
| **perish** | **verb** | to die, especially in a sudden violent way |
| Example “Thousands perished at the hands of the invading forces.” | |
| **crouch** | **verb** | SYNONYM squat |
| Example “She was crouching behind the sofa.” | |
| **pamper** | **verb** | to take care of sb very well and make them feel comfortable |
| Example “Pamper yourself with our new range of beauty treatments.” | |
| **inwardly** | **adverb** | in your mind; secretly OPPOSITE outwardly |
| Example “I was inwardly furious.” | |
| **re-enact** | **verb** | to repeat the actions of a past event |
| Example “Members of the English Civil War Society will re-enact the battle.” | |
| **obedient** | **adjective** | doing what you are told to do OPPOSITE disobedient |
| Example “He was always obedient to his father's wishes.” | |
| **ingest** | **verb** | to take food, drugs, etc. into your body, usually by swallowing |
| Example “Food is the major source of ingested bacteria.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **stiff** | **adjective** | (of a person or their behaviour) not friendly or relaxed |
| Example “The speech he made to welcome them was stiff and formal.” | |
| **untimely** | **adjective** | happening too soon or sooner than is normal or expected |
| Example “She met a tragic and untimely death at 25.” | |
| **condemn** | **verb** | to say strongly that you think sth is bad (for moral reasons) |
| Example “The government issued a statement condemning the killings.” | |
| **remission** | **noun** | a period of time when an illness is less severe |
| Example “The symptoms reappeared after only a short remission.” | |
| **Keep/hold something at bay** | **verb** | to control something and prevent it from causing you problems |
| Example “She fought to keep her unhappiness at bay.” | |
| **dive in**  **dive into sth** | **phrasal verb** | to start doing something suddenly and energetically |
| Example “When he saw the children fighting, he just dived in to sort it out.” | |
| **beneath** | **preposition** | under somebody/something |
| Example “They found the body buried beneath a pile of leaves.” | |
| **tingle with something** | **verb** | to feel an emotion strongly |
| Example “She was still tingling with excitement.” | |
| **wag** | **verb** | to shake your finger from side to side or up and down |
| Example “‘Just remember what I said,’ she repeated, wagging her finger at him.” | |
| **thud** | **verb** | to fall or hit something with a low, heavy sound |
| Example “The waves thudded against the side of the ship.” | |
| **gutter** | **noun** | a shallow trough fixed beneath the edge of a roof for carrying off rainwater. |
| Example “a blocked/leaking gutter” | |
| **lilting** | **adjective** | (of music or a person's voice) rising and falling in a pleasant way |
| Example “his lilting accent” | |
| **fret** | **verb** | to be worried or unhappy and not able to relax |
| Example “Her baby starts to fret as soon as she goes out of the room.” | |
| **tramp** | **verb** | to walk with heavy or noisy steps, especially for a long time |
| Example “We tramped across the wet grass to look at the statue.” | |
| **exertion** | **noun** | physical or mental effort; the act of making an effort |
| Example “He needed to relax after the exertions of a busy day at work.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **cling** | **verb** | to hold on tightly to somebody/something |
| Example “I clung closely to my mother's arm.” | |
| **penetrate** | **verb** | to go into or through something |
| Example “the knife had penetrated his chest.” | |
| **entail** | **verb** | to involve something that cannot be avoided |
| Example “The job entails a lot of hard work.” | |
| **moisture** | **noun** | very small drops of water or other liquid |
| Example “a material that is designed to absorb/retain moisture” | |
| **break into a sweat/break out in a sweat** | **verb** | to become very nervous or frightened |
| Example “Drops in stock market prices have investors breaking out into a sweat.” | |
| **wad** | **noun** | a thick soft mass of material that has been pressed together |
| Example “a wad of cotton wool” | |
| **instinctively** | **adverb** | by using instinct |
| Example “He knew instinctively that something was wrong.” | |
| **serenely** | **adverb** | in a calm and peaceful way |
| Example “She smiled serenely.” | |
| **deceptively** | **adverb** | to a smaller extent than appears the case |
| Example “a deceptively simple idea” | |
| **plough through** | **phrasal verb** | to force a way through something |
| Example “She ploughed her way through the waiting crowds.” | |
| **groundbreaking** | **adjective** | making new discoveries; using new methods |
| Example “a groundbreaking piece of research” | |
| **intravenously** | **adverb** | if drugs or food are given intravenously, they go directly into a vein |
| Example “to feed somebody intravenously” | |
| **misery** | **noun** | great physical or mental pain |
| Example “Fame brought her nothing but misery.” | |
| **Well-off** | **adjective** | having a lot of money |
| Example “a well-off family” | |
| **contentment** | **noun** | a feeling of being happy or satisfied |
| Example “She fell asleep in quiet contentment.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **hotbed** | **noun** | a place where a lot of a particular activity, esp. sth bad is happening |
| Example “The area was a hotbed of crime.” | |
| **deferral** | **noun** | the action of delaying something until a later time |
| Example “The request for a deferral of the inquiry was refused.” | |
| **levitate** | **verb** | to rise and float in the air with no physical support |
| Example “…” | |
| **diffuse** | **verb** | to spread something or become spread widely in all directions |
| Example “The problem is how to diffuse power without creating anarchy.” | |
| **surrender** | **verb** | to admit that you have been defeated and want to stop fighting |
| Example “The rebel soldiers were forced to surrender.” | |
| **inclination** | **noun** | a feeling that makes you want to do something |
| Example “My natural inclination is to find a compromise.” | |
| **revel** | **verb** | to spend time enjoying yourself in a noisy, enthusiastic way |
| Example “…” | |
| **sultry** | **adjective** | sexually attractive; SYNONYM sexy |
| Example “a sultry smile” | |
| **snuggle** | **verb** | to move yourself into a warm and comfortable position |
| Example “The children snuggled up to their mother to get warm.” | |
| **Scotch** | **noun** | the type of whisky made in Scotland | a glass of Scotch |
| Example “Do you want a Scotch?” | |
| **strife** | **adjective** | anger or violence between groups of people who disagree |
| Example “The country was torn apart by strife.” | |
| **inadequacy** | **noun** | the state of not being enough or good enough |
| Example “the inadequacy of our resources” | |
| **ravel** | **verb** | to make a situation or problem more complicated |
| Example “…” | |
| **succumb** | **verb** | to die from the effect of a disease or an injury |
| Example “His career was cut short when he succumbed to cancer.” | |
| **jeopardize** | **noun** | to risk harming or destroying sth/sb SYNONYM endanger |
| Example “He would never do anything to jeopardize his career.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **tombstone** | **noun** | a large, flat stone that lies over a grave |
| Example “"his grin exposed his yellowed teeth like a row of tombstones” | |
| **mogul** | **noun** | a very rich, important and powerful person SYNONYM magnate |
| Example “a movie mogul” | |
| **relay** | **verb** | to receive and send on information, news, etc. to somebody |
| Example “He relayed the message to his boss.” | |
| **fog (something) (up)** | **noun** | to make somebody/something confused or less clear |
| Example “I tried to clear the confusion that was fogging my brain.” | |
| **gobble up** | **phrasal verb** | to use something very quickly / to take control of something |
| Example “Hotel costs gobbled up most of their holiday budget.” | |
| **comradeship** | **noun** | friendship between people who are members of the same group |
| Example “There was a sense of comradeship between them.” | |
| **tenderness** | **noun** | the quality of being kind, gentle and loving |
| Example “She always treated him with tenderness and compassion.” | |
| **drastically** | **adverb** | in an extreme way that has a sudden, serious or violent effect on sth |
| Example “Output has been drastically reduced.” | |
| **deplete** | **verb** | to reduce something by a large amount |
| Example “Food supplies were severely depleted.” | |
| **smokescreen** | **noun** | something that hides the truth about someone's intentions |
| Example “The name change is a smokescreen for something larger.” | |
| **snatch up** | **verb** | to grasp hastily or eagerly |
| Example “Before I could stop him the dog snatched the ham bone” | |
| **stagnate** | **verb** | to stop developing or making progress |
| Example “I feel I'm stagnating in this job.” | |
| **applaud** | **verb** | to show your approval of sb/sth by clapping your hands |
| Example “He started to applaud and the others joined in.” | |
| **pilgrimage** | **noun** | a journey to a holy place for religious reasons |
| Example “His parents made a pilgrimage to Lourdes.” | |
| **dangle** | **verb** | to hang or move freely; to hold sth so that it hangs/moves freely |
| Example “A single light bulb dangled from the ceiling.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **poke** | **verb** | to quickly push your fingers or another object into sb / sth |
| Example “She poked him in the ribs with her elbow.” | |
| **look out for somebody** | **phrasal verb** | to search for something from among your possessions |
| Example “I'll look out those old photographs you wanted to see.” | |
| **long-drawn-out** | **adjective** | lasting a very long time, often too long |
| Example “They had all the stress of a drawn-out legal process.” | |
| **anyhow** | **adverb** | used when adding something to support an idea or argument |
| Example “…” | |
| **fatigued** | **adjective** | very tired, both physically and mentally |
| Example “The troops were already fatigued from the long forced march.” | |
| **shrug** | **verb** | to raise your shoulders and then lower them in order to say you do not know |
| Example “‘I don't know,’ Anna replied, shrugging her shoulders.” | |
| **grumble** | **verb** | to complain about sb/sth, especially sth that is not very serious |
| Example “She's always grumbling to me about how badly she's treated at work.” | |
| **moist** | **adjective** | slightly wet |
| Example “The warm moist air is perfect for growing fruit trees.” | |
| **morgue** | **noun** | a building in which dead bodies are kept before they are buried |
| Example “They found his body lying in the city morgue.” | |
| **ruddy** | **adjective** | (of a person’s face) looking red and healthy |
| Example “a ruddy complexion” | |
| **complexion** | **noun** | the natural colour and condition of the skin on a person’s face |
| Example “a pale/bad complexion” | |
| **tuck in** | **phrasal verb** | to make sb feel comfortable in bed by pulling the covers up around them |
| Example “I tucked the children in and said goodnight.” | |
| **accost** | **verb** | to go up to somebody and speak to them |
| Example “She was accosted in the street by a complete stranger.” | |
| **scold** | **verb** | ​to speak angrily to somebody, especially a child |
| Example “He scolded them for arriving late.” | |
| **mold** | **noun** | to strongly influence the way sb’s character develop |
| Example “The experience had molded and coloured her whole life. | |
| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **replenish** | **verb** | to make something full again by replacing what has been used |
| Example “to replenish food and water supplies” | |
| **fumble** | **verb** | to do something awkwardly, especially when using your hands |
| Example “He fumbled in his pockets for some change.” | |
| **shudder** | **verb** | to shake because you are cold or frightened |
| Example “Just thinking about the accident makes me shudder.” | |
| **intuitive** | **adjective** | able to understand sth by using feelings rather than by the facts |
| Example “He had an intuitive sense of what the reader wanted.” | |
| **flirt** | **noun** | a person who flirts with a lot of people |
| Example “She's a real flirt.” | |
| **scrub something**  **down** | **verb** | to clean something by rubbing it hard |
| Example “He stepped into the shower and scrubbed himself all over.” | |
| **faint** | **verb** | to become unconscious when not enough blood is going to your brain |
| Example “He was so pale she thought he was going to faint.” | |
| **murky** | **adjective** | not clear; dark or dirty with mud or another substance |
| Example “She gazed into the murky depths of the water.” | |
| **counsel** | **verb** | to listen to and give support somebody who needs help |
| Example “Therapists were brought in to counsel the bereaved.” | |
| **accommodate** | **verb** | to provide somebody with a room or place to sleep, live or sit |
| Example “The aircraft is capable of accommodating 28 passengers.” | |
| **flush** | **verb** | to become red, especially because you are embarrassed etc. |
| Example “She flushed with anger.” | |
| **solidify** | **verb** | to become solid; to make something solid |
| Example “The mixture will solidify into toffee.” | |
| **rap** | **verb** | to hit a hard object or surface several times quickly |
| Example “She rapped angrily on the door.” | |
| **alabaster** | **noun** | a type of white stone that is often used to make statues |
| Example “her pale, alabaster (= white and smooth) skin” | |
| **calisthenics** | **noun** | physical exercises intended to develop a strong & attractive body |
| Example “…” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **Pose a question** | **Verb (formal)** | to ask a question, especially one that needs serious thought |
| Example “The new play poses some challenging questions.” | |
| **clump** | **verb** | to put your feet down noisily and heavily as you walk |
| Example “The children clumped down the stairs.” | |
| **inherent** | **adjective** | that is a basic part of sb/sth and that can’t be removed |
| Example “Violence is inherent in our society.” | |
| **buy into** | **phrasal verb** | to believe something |
| Example “She had never bought into the idea that to be attractive you have to be thin.” | |
| **squeamish** | **adjective** | easily upset, or made to feel sick by unpleasant sights |
| Example “She's really squeamish and can't stand the sight of blood.” | |
| **inconsequential** | **Adjective** | not important or worth considering |
| Example “The speech was full of inconsequential details.” | |
| **innately** | **adverb** | according to a quality or ability that you are born with |
| Example “He believes that humans are innately violent.” | |
| **short-sightedness** | **noun** | a lack of careful thought about the possible effects of something |
| Example “Many people accused the government of short-sightedness.” | |
| **foreman** | **noun** | a man who acts as the leader of a jury in court |
| Example “The jury foreman read the verdict” | |
| **commentator** | **noun** | a person who describes an event while it is happening |
| Example “He's one of the great sports commentators of our time.” | |
| **hail** | **verb** | to describe somebody/something as being very good or special |
| Example “The conference was hailed as a great success.” | |
| **midst** | **noun** | the middle part of something |
| Example “Such beauty was unexpected in the midst of the city.” | |
| **tenor** | **verb** | the general character or meaning of something |
| Example “I was encouraged by the general tenor of his remarks.” | |
| **farewell** | **noun** | the act of saying goodbye to somebody |
| Example “She said her farewells and left.” | |
| **coax** | **verb** | to persuade sb to do sth by talking to them in a kind way |
| Example “She coaxed the horse into coming a little closer.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **squeeze in** | **phrasal verb** | to give time to somebody/something, although you are busy |
| Example “If you come this afternoon the doctor will try to squeeze you in.” | |
| **serenity** | **noun** | the quality of being calm and peaceful |
| Example “The hotel offers a haven of serenity away from the bustle of the city.” | |
| **rot** | **verb** | to decay, or make something decay, naturally and gradually |
| Example “The window frame had rotted away completely.” | |
| **condemn** | **verb** | to say very strongly that you think something is bad |
| Example “In summer we have to mow the lawn twice a week.” | |
| **compassionate** | **noun** | feeling or showing sympathy for people or animals who are suffering |
| Example “Politicians are not usually regarded as warm or compassionate people.” | |
| **callused** | **Adjective** | (of the skin) made rough and hard, usually by hard work |
| Example “callused hands” | |
| **lotion** | **noun** | a liquid used for cleaning, protecting or treating the skin |
| Example “(a) body/hand lotion” | |
| **vengeance** | **noun** | SYNONYM revenge |
| Example “a desire for vengeance” | |
| **stubbornness** | **noun** | determination not to change your opinion or attitude |
| Example “I was committed to my plan out of sheer stubbornness.” | |
| **vanity** | **noun** | the fact of being too proud of your own appearance, abilities etc. |
| Example “The invitation to head the committee flattered his vanity and he agreed.” | |
| **patriarch** | **noun** | the male head of a family or community COMPARE matriarch |
| Example “Hollywood's reigning patriarch rose to speak.” | |
| **estranged** | **adjective** | no longer living with your husband, wife or partner |
| Example “She is attempting to contact her estranged husband to break the news.” | |
| **bust** | **noun** | a stone or metal model of a person’s head, shoulders and chest |
| Example “a marble bust of Napoleon” | |
| **whimsical** | **adjective** | unusual and not serious in a way that is either funny / annoying |
| Example “to have a whimsical sense of humour” | |
| **reconcile** | **verb** | to make people become friends again after an argument |
| Example “The pair were reconciled after Jackson made a public apology.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **weep** | **Verb (formal)** | to cry, usually because you are sad |
| Example “She started to weep uncontrollably.” | |
| **dab** | **verb** | to touch something lightly, usually several times |
| Example “She dabbed her eyes and blew her nose.” | |
| **cherish** | **verb** | to love sb/sth very much and want to protect them or it |
| Example “Children need to be cherished.” | |
| **cremate** | **verb** | to burn a dead body, especially as part of a funeral ceremony |
| Example “When she dies, she wants to be cremated, not buried.” | |
| **mere** | **adjective** | used when you want to emphasize how unimportant sb/sth is |
| Example “You've got the job. The interview will be a mere formality.” | |
| **chute** | **noun** | a tube or passage down which people or things can slide |
| Example “The rubbish goes down the chute into a large bin.” | |
| **contagious** | **adjective** | a contagious disease spreads by close contact between people |
| Example “Scarlet fever is highly contagious.” | |
| **brace** | **verb** | to prepare Sb/yourself for something difficult or unpleasant |
| Example “UN troops are braced for more violence.” | |
| **fatigued** | **adjective** | very tired, both physically and mentally |
| Example “The troops were already fatigued from the long forced march.” | |
| **cup** | **verb** | to hold something, making your hands into a round shape |
| Example “He cupped her face in his hands and kissed her.” | |
| **hullabaloo** | **noun** | a lot of loud noise, made by people who are annoyed, etc. |
| Example “They looked outside to find out what all the hullabaloo was about.” | |
| **pay-off** | **noun** | an advantage or a reward from something you have done |
| Example “…” | |
| **nurture** | **verb** | to care for and protect sb/sth while they are growing |
| Example “These delicate plants need careful nurturing.” | |
| **raspy** | **adjective** | having a rough sound, as if the person has a sore throat |
| Example “His voice was raspy, which usually meant he needed to stop for a while.” | |
| **romp** | **verb** | to play in a happy and noisy way |
| Example “Two fox cubs romped playfully on the river bank.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **exotic** | **adjective** | from or in another country, especially a tropical one |
| Example “She travels to all kinds of exotic locations all over the world.” | |
| **atop** | **preposition** | on top of; at the top of |
| Example “a scoop of ice cream atop of a slice of apple pie” | |
| **frail** | **adjective** | (especially of an old person) physically weak and thin |
| Example “Mother was becoming too frail to live alone.” | |
| **bob** | **verb** | to move or make something move quickly up and down |
| Example “a plastic bottle bobbing along in the current” | |
| **grim** | **adjective** | looking or sounding very serious |
| Example “She looked grim.” | |
| **shrub** | **noun** | SYNONYM bush |
| Example “evergreen shrubs” | |
| **porch** | **noun** | a small area at the entrance to a building that is covered by a roof |
| Example “She stood in the porch and rang the doorbell.” | |
| **buoyant** | **adjective** | tending to increase or stay at a high level |
| Example “‘What initial is it, Mrs Owen?’ ‘It's J, J for Jane.’” | |
| **muster** | **verb** | to find as much support, courage, etc. as you can |
| Example “We mustered what support we could for the plan.” | |
| **shiver** | **verb** | to shake slightly because you are cold, frightened, excited, etc. |
| Example “Don't stand outside shivering—come inside and get warm!” | |
| **ointment** | **noun** | cream |
| Example “He put some ointment on the cut.” | |
| **pat** | **verb** | to touch gently several times, especially to show kind feelings |
| Example “She patted the dog on the head.” | |
| **contort** | **verb** | to become twisted or make sth twisted out of its normal shape |
| Example “His face contorted with anger.” | |
| **blink back** | **phrasal verb** | to try to control tears or clear your eyes by blinking |
| Example “She bravely blinked back her tears.” | |
| **smack** | **verb** | to hit sb with your open hand or an object, especially as a punishment |
| Example “Do that again and you’ll get your bottom smacked.” | |

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| Tuesdays with Morrie | Wordlist with definitions | | |
| **Headword** | ***Part of Speech*** | *Definition* |
| **fleeting** | **adjective** | lasting only a short time SYNONYM brief |
| Example “We paid a fleeting visit to Paris.” | |
| **morgue** | **noun** | a building in which dead bodies are kept before they are buried |
| Example “They found his body lying in the city morgue.” | |
| **damp** | **adjective** | slightly wet, often in a way that is unpleasant |
| Example “The cottage was cold and damp.” | |
| **scribble** | **verb** | to write something quickly and carelessly, especially because you do not have much time |
| Example “He scribbled a note to his sister before leaving.” | |