

1 Personally Speaking

Reading

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- 1.1 emotion (n)** /ɪ'məʊʃən/
a feeling, e.g. happiness, fear, sadness • *I can't describe my emotions when my dog died.*
➤ emotional (adj)
- 1.2 facial expression (n)** /'feɪʃl ɪks'preʃn/
what you are feeling or thinking shown on your face • *You could tell he had heard good news from his happy facial expression.*
- 1.3 body language (n)** /'bɒdi 'læŋgwɪdʒ/
what you are feeling or thinking shown by the position of your body • *Her body language showed she was confident: she stood up straight and held her head high.*
- 1.4 communicate (v)** /kəm'ju:nɪkeɪt/
share information with sb • *I communicate with my sister by email.* ➤ communication (n), communicative (adj)
- 1.5 disgust (n)** /dɪs'gʌst/
a feeling that sth is unpleasant • *She felt disgust when she saw the dirty food.* ➤ disgust (v), disgusting, disgusted (adj)
- 1.6 anxiety (n)** /æŋ'zaɪəti/
a feeling of worry • *Try to control any anxiety you feel before exams.* ➤ anxious (adj)
- 1.7 guess (v)** /ges/
form an opinion without having full knowledge of a situation • *I guessed she was angry as she didn't talk to me all afternoon.* ➤ guess (n)
- 1.8 find out (phr v)** /faɪnd aʊt/
discover • *The neuroscientist wants to find out what happens in our brains when we experience fear.*
- 1.9 spread (v)** /spred/
reach a large number of people • *Fear quickly spread in the bank when a man with a gun walked in.* ➤ spread (n)
📖 Also: rumours spread like wildfire

Word Focus

page 6

- 1.10 neuroscientist (n)** /ŋjʊərəʊ'saɪəntɪst/
a scientist who studies the brain and nervous system • *The neuroscientist gave a talk about how the brain works.* ➤ neuroscience (n)
- 1.11 nervous system (n)** /'nɜ:vəs 'sɪstəm/
all the nerves in your body • *The nervous system allows the brain to send messages to the body so it can move.*
- 1.12 study (n)** /'stʌdi/
a particular piece of research • *The neuroscience student read many studies on the nervous system.*
➤ study (v)

- 1.13 particular (adj)** /pə'tɪkjʊlə/
used to emphasise that you are talking about one thing; specific • *I remember what happened one particular day; it was 2nd July.* ➤ particularly (adv)
- 1.14 automatic (adj)** /ɔ:tə'mætɪk/
done without thinking • *Breathing is an automatic function of the body.*
➤ automatically (adv)
- 1.15 instinctively (adv)** /ɪn'stɪŋktɪvli/
(acting) without thinking • *The cat ran instinctively when it saw the angry dog.*
➤ instinct (n), instinctive (adj)
- 1.16 neutral (adj)** /'nju:trəl/
neither positive nor negative • *He didn't take my side in the argument or hers. He remained neutral.* ➤ neutrality (n), neutrally (adv)
- 1.17 motor (adj)** /'məʊtə/
relating to muscles, nerves and parts of the brain that control movement • *Our motor skills develop slowly, so children take time to learn how to hold a pencil.*
- 1.18 muscle (n)** /mʌsl/
a part of body that holds bones together and makes them move • *The leg muscles of a track athlete are very strong.* ➤ muscular (adj)
- 1.19 nerve (n)** /nɜ:v/
a long fibre along which messages are sent from your brain to a part of your body or from a part of your body to your brain • *If you damage a nerve, you might be paralysed.*
- 1.20 mechanism (n)** /'mekənɪzəm/
an aspect of your behaviour which helps you deal with a situation • *Crying is an automatic mechanism which happens when you feel sad.*
- 1.21 deal with (phr v)** /di:l wɪð/
recognise sth like an unpleasant emotion or a difficult situation and remain in control of yourself in spite of it • *He couldn't deal with the death of his mother and was depressed for a long time.*

Reading

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- 1.22 fearful (adj)** /'fɪəfʊl/
showing or feeling fear • *Her body language showed how fearful she was of dogs.* ➤ fear (v, n)
- 1.23 posture (n)** /'pɒstʃə/
the way you stand • *Dancers tend to have good posture and stand up straight.*
- 1.24 process (v)** /'prəʊses/
deal with sth in a systematic way • *The brain processes information it receives so a person knows how to react.* ➤ process (n)

- 1.25 lead (to)** (v) /li:d (tu:)/
cause • *Too much fear can lead to a panic attack.*
- 1.26 response** (n) /rɪ'spɒns/
a reaction • *A common response to danger is to run away fast.* > respond (v), responsive (adj)
- 1.27 visual** (adj) /'vɪʒʊəl/
relating to sight or things you can see • *Artists have a very good visual imagination.* > vision (n)
- 1.28 conscious** (adj) /'kɒnʃəs/
aware • *Your conscious mind is the part of your brain that you use to think.* > consciousness (n), consciously (adv)  Opp: unconscious
- 1.29 mind** (n) /maɪnd/
thoughts • *Her mind told her not to be afraid of the dark, but her instincts said otherwise.*
- 1.30 aware (of)** (adj) /ə'weɪ: (ðv)/
knowing about sth • *I'm aware it's late but I don't want to go to bed yet.* > awareness (n)
- 1.31 concentrate (on)** (v) /'kɒnsəntreɪt (θn)/
focus on sth • *The neuroscientist's study concentrates on how we deal with fear.* > concentration (n)
- 1.32 react** (v) /rɪ'ækt/
behave in a certain way towards sth or sb • *Police officers are trained to react calmly in dangerous situations.* > reaction (n), reactionary (adj)
- 1.33 still** (adj) /stɪl/
not moving • *Don't move! Stay still!*
- 1.34 image** (n) /'ɪmɪdʒ/
a picture; a photo • *Some journalists take images of world events on their mobile phones.*
- 1.35 carry out** (phr v) /'kæri aʊt/
do or complete sth • *Research is being carried out on how we react to frightening situations.*
- 1.36 prove** (v) /pru:v/
show to be true • *The scientists hope to prove that there is life on other planets.* > proof (n)
- 1.37 observer** (n) /əb'zə:və/
sb who watches or notices sth • *A few observers saw the boy stealing the shoes from the shop.* > observe (v)
- 1.38 still** (n) /stɪl/
a photograph taken from a film for publicity purposes • *Look at these stills and tell me if you recognise any of the actors.* > still (adj)
- 1.39 participant** (n) /pɑ:'tɪsɪpənt/
sb who takes part • *The participants in the study had to look at stills of scared people.* > participate (v), participation (n)
- 1.40 armed robber** (n) /ɑ:md 'rɒbə/
sb who robs a person or place using a gun or other weapon • *The armed robber shot the bank manager and ran off with the money.*
- 1.41 pour** (v) /pɔ: /
put (liquid) in a cup or glass • *He poured me a cup of tea, but I was too shaken to hold the cup.*
- 1.42 region** (n) /'ri:dʒən/
area • *She felt a sudden pain in the region of her stomach.* > regional (adj)
- 1.43 connected (to)** (adj) /kə'nektɪd (tu:)/
related to • *The way we react to films is often connected to the type of music we can hear.* > connect (v), connection (n)
- 1.44 responsible (for)** (adj) /rɪ'spɒnsəbl (fɔ:)/
causing • *The nervous system is responsible for transmitting messages from the brain to the body.* > responsibility (n)
- 1.45 activate** (v) /'æktɪveɪt/
make sth start to work • *Scary images activate the visual part of the brain and we then feel fear.* > activation (n), activated (adj)  Opp: deactivate
- 1.46 flock** (n) /flɒk/
a group of birds, sheep or goats • *A flock of birds flew inland to escape the dangerous storm at sea.* > flock (v)
- 1.47 take off** (phr v) /teɪk ɒf/
leave the ground • *Hundreds of birds took off and flew away when they heard the gunshot.* > take-off (n)
- 1.48 extremely** (adv) /ɪk'stri:mli/
very much • *'It is extremely important to catch this dangerous armed robber,' said the police officer.* > extreme (n, adj)
- 1.49 evolutionary** (adj) /ɪ:və'lju:ʃənri/
relating to gradual change • *At some point in their evolutionary history, dolphins returned to the sea.* > evolve (v), evolution (n)
- 1.50 prey** (n) /preɪ/
an animal hunted by another • *Mice are the prey of many large birds.* > prey (v)
- 1.51 fraction** (n) /'fræksjən/
a very small amount • *In a fraction of a second, panic spread through the room.*
- 1.52 evaluate** (v) /ɪ'vælju:ɪt/
judge • *The bank manager evaluated the situation and called the police when she realised that someone had stolen the money.* > evaluation (n)
- 1.53 break out** (phr v) /breɪk aʊt/
start suddenly • *The building was totally destroyed by the fire that broke out.*
- 1.54 adopt** (v) /ə'dɒpt/
copy; start to use • *The child soon adopted the bad behaviour of his new classmates.* > adoption (n)
- 1.55 rationalise** (v) /'ræʃənəlaɪz/
think of reasons to justify or explain sth • *He tried to rationalise his fears, but he failed.* > rational (adj), rationally (adv)
- 1.56 focus (on)** (v) /'fəʊkəs (θn)/
concentrate on • *In this study, we focus on the nervous system.* > focus (n)

- 1.57 enable** (v) /ɪn'eɪbl/
allow to happen • *These experiments enable scientists to learn more about the brain.*
- 1.58 robotic** (adj) /rəʊ'bɒtɪk/
mechanical, functioning automatically
• *In Japan, robotic companions are being created to help care for the elderly.*
➢ robot (n)
- 1.59 perceive** (v) /pə'si:z/
see and understand • *People and insects perceive their surroundings in different ways.*
➢ perception (n), perceptive (adj)
- 1.60 respond (to)** (v) /rɪ'spɒnd (tu:)/
react; take action • *He responded well to the bad news and remained calm.* ➢ response (n)
- 1.61 express** (v) /ɪks'pres/
show what you think or feel • *She is rather shy and doesn't express her feelings well.*
➢ expression (n), expressive (adj)
- 1.62 speech** (n) /spi:tʃ/
words; talking • *Sign language is a form of speech without sound.*

Brain and body

body language	nerve
facial expression	nervous system
mind	posture
muscle	speech

Vocabulary

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- 1.63 be in agony** (expr) bi: /ɪn 'æɡəni/
be in a lot of pain • *He was in agony after breaking his arm.*
- 1.64 out of curiosity** (expr) /aʊt əv kjʊəri'ɒsəti/
from a desire to know • *Out of curiosity, can I see a photo of your brother?* ➢ curious (adj)
- 1.65 on the edge of (my) seat** (expr)
/ʊn ði: eɪdʒ əv (maɪ) si:t/
thrilled, very excited • *I was on the edge of my seat at the end of the match when the score was still 1-1.*
- 1.66 at a loss for words** (expr) /æt ə lɒs fə wɜ:dz/
not knowing what to say • *I was at a loss for words when I heard the bad news and couldn't speak.*
- 1.67 with regret** (expr) /wɪð rɪ'ɡret/
with sadness • *It is with regret that I must announce I am no longer getting married.*
- 1.68 announce** (v) /ə'naʊns/
tell people sth publicly or officially • *The judges are going to announce the winner of the competition.* ➢ announcer, announcement (n)
- 1.69 get under (my) skin** (expr)
/get 'ʌndə (maɪ) skɪn/
annoy • *That annoying kid at school really gets under my skin.*
- 1.70 amazement** (n) /ə'meɪzmənt/
great surprise • *We watched John in amazement when he picked up the spider he was terrified of.*
➢ amaze (v), amazing, amazed (adj), amazingly (adv)
- 1.71 confidence** (n) /'kɒnfɪdəns/
belief in (your) abilities • *John has a lot of confidence and never feels unsure about himself.*
➢ confident (adj), confidently (adv)
- 1.72 fury** (n) /'fjʊəri/
great anger • *He was red with fury when he found out that his money had been stolen.*
➢ furious (adj), furiously (adv)
- 1.73 joy** (n) /dʒɔɪ/
happiness • *She was filled with joy when she became a grandmother.* ➢ joyful (adj)
- 1.74 misery** (n) /'mɪzəri/
great sadness • *Losing his dog caused him terrible misery.* ➢ miserable (adj)
- 1.75 shame** (n) /ʃeɪm/
an uncomfortable feeling of embarrassment
• *Sam felt full of shame when her friends found out she was a shoplifter.* ➢ shameful, ashamed (adj)
- 1.76 obvious** (adj) /'ɒbvɪəs/
easy to see or understand • *It's obvious that he's lying! Look at his face!* ➢ obviously (adv)
- 1.77 poverty** (n) /'pɒvəti/
the state of being very poor • *There is so much poverty here that people cannot even buy food to eat.* ➢ poor (adj)
- 1.78 experience** (v) /ɪk'spɪəriəns/
feel or be affected by sth • *He experienced a terrible feeling of panic when he got stuck in the lift.*
➢ experience (n)
- 1.79 beloved** (adj) /bɪ'lʌvɪd/
A beloved person or thing is sb or sth that you love a lot • *Her beloved cat means everything to Nancy.*
- 1.80 go missing** (expr) /gəʊ 'mɪsɪŋ/
disappear • *The police are looking for an elderly woman who went missing yesterday evening.*
- 1.81 overcome** (adj) /əʊvə'kʌm/
be unable to think clearly • *They were overcome with joy when they won the lottery.*
- 1.82 cheat** (v) /tʃi:t/
behave dishonestly to gain an advantage in an exam, competition, etc • *He passed the exam because he cheated.* ➢ cheat (n)
- 1.83 affect** (v) /ə'fekt/
make a change to sb/sth • *If somebody starts crying, it affects Sharon and she starts to cry too.*
- 1.84 effect** (n) /ɪ'fekt/
the change that one thing has on sth else
• *Phobias can have a bad effect on your social life.*
➢ effective (adj), effectively (adv)
- 1.85 alone** (adv) /ə'ləʊn/
on your own • *She went to the cinema alone because all her friends were busy.*

- 1.86** **lonely** (adj) /'ləʊnli/
unhappy because you are alone • *He felt lonely after his wife left him.* > loneliness (n)
- 1.87** **convey** (v) /kən'veɪ/
communicate feelings or information • *He conveyed his best wishes to the happy couple by email.*
- 1.88** **fright** (n) /'fraɪt/
a strong feeling of fear • *I got a fright when Ted jumped out from behind the door.* > frighten (v), frightening, frightened (adj)
- 1.89** **experience** (n) /ɪk'spɪəriəns/
a particular event, feeling, etc that sb has had • *My last holiday was the best experience of my life.* > experience (v)
- 1.90** **award** (n) /ə'wɔːrd/
sth you give to sb to reward them for sth they have done • *He won an award for best actor in a play.* > award (v)
- 1.91** **proud** (adj) /praʊd/
pleased with yourself or sb else • *We were proud when our son passed all his exams.*
> pride (n), proudly (adv)
- 1.92** **optimism** (n) /'ɒptɪmɪzəm/
hopefulness; the tendency to expect the best to happen • *Your optimism makes everyone feel positive too.* > optimistic (adj)
☞ Opp: pessimism
- 1.93** **enthusiasm** (n) /ɪn'tʃuːzɪəzəm/
great interest • *The boy's enthusiasm for football meant that he trained every day.* > enthusiastic (adj), enthusiastically (adv)
- 1.94** **slam** (v) /slæm/
close loudly • *Don't slam the door. Close it quietly!* > slam (n)
- 1.95** **annoy** (v) /ə'noɪ/
make angry • *Her younger brother always tried to annoy her by putting spiders in her bed.*
> annoyance (n), annoying, annoyed (adj), annoyingly (adv)
- 1.96** **eager** (adj) /'iːgə/
keen; willing • *She was eager to do well, so she worked very hard.* > eagerness (n), eagerly (adv)

Adjective endings

-ed	-ous
armed	anxious
beloved	disastrous
disappointed	
terrified	-ble
	terrible
-al	uncontrollable
cultural	
facial	-ic
irrational	automatic
neutral	robotic
visual	specific

Grammar

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- 1.97** **left-handed** (adj) /left-'hændɪd/
using your left hand to write • *I'm left-handed and can't write at all with my right hand.*
> left-handedness (n) ☞ Opp: right-handed
- 1.98** **trait** (n) /treɪt/
a quality, good or bad, in sb's character • *Personality traits such as optimism tend to run in families.*
- 1.99** **pass on** (phr v) /pɑːs ɒn/
to go from one generation to another • *She passed on her blue eyes to two of her children.*
☞ Syn: pass down
- 1.100** **gene** (n) /dʒiːn/
a part of a chromosome which contains genetic information • *The colour of your eyes and hair is determined by your genes.*
- 1.101** **tend (to)** (v) /tend tuː/
often do a particular thing • *People who are creative tend to become artists, writers, actors or musicians.* > tendency (n)
- 1.102** **occur** (v) /ə'kɜː/
happen • *What time did the accident occur?*
> occurrence (n)
- 1.103** **stressed** (adj) /strest/
so worried that you cannot relax • *I got stressed in the heavy traffic as I knew I would be late for work.*
> stress (v, n), stressful (adj)
- 1.104** **cliff** (n) /klɪf/
a high area of land next to the sea • *There are high cliffs on the island of Santorini.*

Listening

page 10

- 1.105** **freak out** (phr v) /friːk aʊt/
suddenly feel shocked; become angry • *Dad freaked out when I crashed his car.*
- 1.106** **weird** (adj) /wiəd/
very strange • *It's weird that Ken knew about the party because I didn't tell him.* > weirdly (adv)
- 1.107** **turn up** (phr v) /tɜːn ʌp/
come; appear • *To my surprise, my friends turned up at the airport to say goodbye.*
- 1.108** **cheer up** (phr v) /tʃɪər ʌp/
feel better • *She cheered up when she heard that she hadn't done badly in the test.*
- 1.109** **terrified** (adj) /'terɪfaɪd/
very frightened • *He won't swim in the sea because he's terrified of sharks.* > terrify (v), terrifying (adj)
- 1.110** **disappointed** (adj) /dɪsə'pɔɪntɪd/
sad because sth you expected did not happen • *I felt disappointed because I wasn't invited to the party.* > disappoint (v), disappointment (n)
- 1.111** **absence** (n) /'æbsəns/
being away from a place • *She's got loads of absences from school, so she might have to repeat the class.* > absent (adj)

- 1.112 inability** (n) /ɪnə'biləti/
being unable to do sth • *He regretted his inability to speak German when he went to Frankfurt.*
📎 Opp: ability
- 1.113 poor** (adj) /pɔː/
bad • *Since you stopped studying, your grades have become poor.* > poorly (adj)
- 1.114 severe** (adj) /sɪ'viə/
very bad; serious • *She has a severe phobia of open spaces and never leaves the house.*
> severity (n)
- 1.115 extreme** (adj) /ɪk'striːm/
very great in degree or intensity; more severe or unusual than you would expect • *We have had extreme weather recently, with freezing temperatures.* > extremely (adv)
- 1.116 irrational** (adj) /ɪ'ræʃənəl/
not based on reason • *Jumping out the window was an irrational reaction to the small fire.*
> irrationality (n), irrationally (adv) 📎 Opp: rational
- 1.117 anxious** (adj) /'æŋkʃəs/
nervous or worried • *She felt anxious before her driving lesson, but in the end there was nothing to worry about.* > anxiety (n), anxiously (adv)
- 1.118 over-rated** (adj) /əʊvə-'reɪtɪd/
reported to be better than it actually is
• *Everyone said that the book is good, but I thought it was over-rated and didn't like it at all.*
> over-rate (v)
- 1.119 lack (of)** (n) /læk (əv)/
not having any or enough • *She refused to lend Jack her car as she had a lack of confidence in his driving abilities.* > lack (v)
- 1.120 overhear** (v) /əʊvə'hɪə/
hear without sb knowing you are listening
• *He overheard his teacher and the headmaster talking about his grades.*

Grammar

page 12

- 1.121 sore** (adj) /sɔː/
painful • *I've got a sore throat and a headache.*
- 1.122 pale** (adj) /peɪl/
lacking colour • *She was tired and looked pale.*
- 1.123 explode** (v) /ɪk'spləʊd/
burst with great violence • *When the bomb exploded, it destroyed the house.* > explosion (n), explosive (adj)
- 1.124 downtown** (adj) /'daʊntaʊn/
situated in the central part of a city • *They took a taxi to downtown Chicago.* > downtown (n, adv)
- 1.125 down** (adj) /daʊn/
depressed; very sad • *The constant rain made me feel down.*
- 1.126 starving** (adj) /'stɑːvɪŋ/
very hungry • *I'm starving. What's for supper?*
> starve (v), starvation (n)

Phrasal verbs

bottle up	cheer up	pass on
break out	chicken out	take off
burst into	find out	turn up
calm down	freak out	
carry out	get away	

Use your English page 13

- 1.127 bottle up** (phr v) /'bɒtl ʌp/
not express your feelings • *Harry bottled up his feelings so nobody knew how sad he was.*
- 1.128 burst into** (phr v) /bɜːst 'ɪntuː/
show sudden emotion • *Little Mary burst into tears when she fell over.*
- 1.129 calm down** (phr v) /kɑːm daʊn/
stop being angry or excited • *Stop shouting and try to calm down.*
- 1.130 chicken out** (phr v) /'tʃɪkɪn aʊt/
be too scared to do sth • *He wanted to ask her on a date, but chickened out when he saw her talking to another boy.*
- 1.131 loneliness** (n) /'ləʊnlinəs/
a feeling of sadness because you are alone • *The old lady had no family and suffered from loneliness.*
> lonely (adj)
- 1.132 depression** (n) /dɪ'preʃn/
a serious feeling of sadness • *People who suffer from depression feel very low and they need medical treatment.* > depress (v), depressed, depressing (adj)
- 1.133 specific** (adj) /spə'sɪfɪk/
particular • *The scientist gave his assistant specific instructions.* > specify (v), specifically (adv)
- 1.134 acrophobia** (n) /æk'rə'fəʊbiə/
fear of heights • *He suffers from acrophobia, so he cannot go near the edge of the balcony.*
> acrophobic (adj)
- 1.135 claustrophobia** (n) /kləʊ'strə'fəʊbiə/
fear of closed-in places • *I won't take the lift as I have claustrophobia and I panic in small spaces.*
> claustrophobic (adj)
- 1.136 excessive** (adj) /ɪk'sesɪv/
more than is reasonable • *An excessive fear of crowds means he cannot go to the town centre.*
> excess (n), excessively (adv)
- 1.137 disastrous** (adj) /dɪ'zɑːstrəs/
having very bad consequences
• *The storm was disastrous and destroyed all the farmers' crops.* > disaster (n), disastrously (adv)
- 1.138 involve** (v) /ɪn'vɒlv/
be a necessary part or consequence of sth
• *Getting over a phobia often involves facing the thing you fear.* > involvement (n)

- 1.139 rapid** (adj) /'ræpɪd/
quick • *The athlete has very rapid reactions.*
➢ rapidity (n), rapidly (adv)
- 1.140 breathe** (v) /briːð/
take in and let out air from your lungs
• *We couldn't breathe as there was so much dust in the air.* ➢ breath (n)
- 1.141 uncontrollable** (adj) /ʌnkən'trəʊləbl/
If sth is uncontrollable, you cannot control it.
• *Panic is an uncontrollable feeling of great fear.*
➢ uncontrollably (adv) 📖 Opp: controllable
- 1.142 desire** (n) /dɪ'zʌɪə/
a wish; a need • *She looked so funny that I had a strong desire to laugh.* ➢ desirable (adj), desire (v)
- 1.143 get away** (phr v) /get ə'weɪ/
escape • *The armed robber got away from the police in a fast car.*
- 1.144 treat** (v) /tri:t/
give medical care; try to cure or heal sth or sb
• *Doctors can treat depression with drugs.*
➢ treatment (n)
- 1.145 cope (with)** (v) /kəʊp (wɪð)/
deal with something difficult successfully
• *It's difficult to cope with twins when they are babies.*

Writing: an informal letter / email pages 14–15

- 1.146 inappropriate** (adj) /ɪnə'prəʊprɪət/
not suitable • *T-shirts and jeans are inappropriate clothes for a job interview.* ➢ inappropriately (adv)
📖 Opp: appropriate
- 1.147 hilarious** (adj) /hɪ'leɪ:riəs/
very funny • *She tells hilarious jokes.*
- 1.148 chatty** (adj) /'tʃati/
having a friendly, informal style • *I wrote my grandparents a long, chatty email with all our news.*
➢ chat (n, v)
- 1.149 attend** (v) /ə'tend/
be present at an event • *How many people attended your cousin's wedding?* ➢ attendance (n)
- 1.150 recommend** (v) /rekə'mend/
suggest • *I recommend that you take up a sport in order to keep fit.* ➢ recommendation (n)
- 1.151 grateful** (adj) /'ɡreɪtful/
feeling thankful because sb has done sth for you
• *I'm grateful for all your help.* ➢ gratitude (n)
📖 Opp: ungrateful
- 1.152 plus** (prep) /plʌs/
as well as; and also • *I really like Alan. He's very good-looking. Plus, he's clever and kind.*
- 1.153 distinct** (adj) /dɪ'stɪŋkt/
clearly different • *He spoke with a distinct American accent.* ➢ distinctly (adv) 📖 Opp: indistinct

- 1.154 achieve** (v) /ə'tʃi:v/
succeed in doing sth • *She achieved her success because of her hard work and talent.*
➢ achievement (n), achievable (adv)

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- 1.155 custom** (n) /'kʌstəm/
tradition • *Cooking lamb on a spit at Easter is a Greek custom that goes back many centuries.*
➢ customary (adj)
- 1.156 portrait** (n) /'pɔ:trɪt/
a painting or photograph of a person • *The artist painted a beautiful portrait of my mother.*
- 1.157 cultural ambassador** (n) /'kʌltʃərəl æm'bæsədə/
sb who promotes the culture of a particular place • *Georgios Dalaras is a respected cultural ambassador of Greek music.*
- 1.158 immigrant** (n) /'ɪmɪgrənt/
sb who comes to live in a country from a different one • *Many immigrants from Europe went to Australia to start new lives in the 1950s.*
➢ immigrate (v), immigration (n)
- 1.159 multicultural** (adj) /mʌltɪ'kʌltʃərəl/
with many people of different cultures
• *New York is a multicultural city with people from all over the world.*
- 1.160 landscape** (n) /'lændskeɪp/
a picture of the countryside • *Can you please paint a landscape of my garden?*
- 1.161 run** (v) /rʌn/
be in charge of a business, etc • *They run a bakery in the centre of town.*
- 1.162 background** (n) /'bʌkgraʊnd/
a person's family, culture, education, etc • *She came from a poor working-class background.*
- 1.163 benefit** (v) /'benɪfɪt/
be helped by sth; help sb • *The English course benefits immigrants to the UK who don't speak the language.* ➢ benefit (n), beneficial (adj)
- 1.164 cosmopolitan** (adj) /kɒzmə'pɒlɪtən/
with many people from different places and of different cultures • *Many large European cities are cosmopolitan places with people from all over the world.*
- 1.165 ethnicity** (n) /eθ'nɪsɪti/
membership of a particular group of people who have common characteristics • *She was born in Africa and she says her ethnicity was important to her.*
➢ ethnic (adj)
- 1.166 introduce** (v) /ɪntrə'dju:s/
cause sb to experience sth for the first time
• *Television introduced many people to images of other parts of the world.* ➢ introduction (n)

- 1.167** **practise** (v) /'præktɪs/
do an activity • *She's a doctor and has been practising medicine for 20 years.*
- 1.168** **community** (n) /kə'mju:nəti/
the people living in an area • *We live in a friendly community where people help each other out.*
- 1.169** **make a living** (expr) /meɪk ə 'lɪvɪŋ/
work and earn money • *He makes a living as a doctor.*
- 1.170** **field** (n) /fi:ld/
an area in which you work or study • *My field is neuroscience and I study how people experience fear.*
- 1.171** **train** (v) /treɪn/
teach • *I have trained my dog to bring me the newspaper!* > training, trainer (n)
- 1.173** **regard** (v) /rɪ'gɑ:d/
consider • *He regards Einstein as the greatest physicist of the last century.*
- 1.174** **beyond** (prep) /bɪ'jɒnd/
on the further side of sth • *The explorer wanted to explore the area beyond the mountains.*
- 1.175** **culture** (n) /'kʌltʃə/
the beliefs and arts of a civilisation
• *You should buy a book about the culture of the country you are going to visit.* > cultural (adj)