

Core vocabulary/phrases	Extra vocabulary	Extended vocabulary	Part of speech	Pronunciation	Definition	Example	GSE	Unit	Topic	Notes & Queries
associated with			phr v	əˈsəʊʃɪeɪtrd wɪð	to be related to a particular subject, activity etc	How did the colours red and green become associated with Christmas?	69	1	One	
back down			phr v	bæk daʊn	to agree not to do something, or to admit that you are wrong	The government has backed down on its proposal to raise taxes.	64	1	One	
catch on			phr v	kætʃ ɒn	if a product or an idea catches on, it becomes popular	Industry executives believe that the company's products will catch on as customers become more security conscious.	69	1	One	
come out with			phr v	kʌm aʊt wɪð	to say something, especially something that is not expected	The things he comes out with are so funny!	69	1	One	
devote (yourself) to			phr v	dɪˈvəʊt (jɔːˈself) tuː	to use all or most of your time, effort etc in order to do something	He devoted his energies to writing films.	73	1	One	
fall for (nonsense)			phr v	fɔːl fɔː (ˈnɒnsəns)	to be tricked into believing something that is not true	I told him I was French and he fell for it!	67	1	One	
follow through on			phr v	ˈfɒləʊ θruː ɒn	to complete (an activity or process that has been started)	He doesn't follow through on his good intentions.	-	1	One	
move on (with)			phr v	mʊːv ɒn (wɪð)	to develop, improve, or become more modern	Her ideas have hardly moved on since the fifties.	65	1	One	
pay someone back for			phr v	peɪ ˈsʌmwʌn bæk fɔː	to do something unpleasant to someone because they have done something unpleasant to you	I'll pay Jenny back for what she did to me! When Jack put his name forward for the election, he didn't expect the campaign to be so competitive.	64	1	One	
put (yourself) forward for			phr v	put (jɔːˈself) ˈfɔːwəd fɔː	to officially suggest that someone should be considered for a particular job or position	I wasn't convinced by any of the arguments that he put forward.	66	1	One	
put forward			phr v	put ˈfɔːwəd	to state an idea or opinion, or to suggest a plan, for other people to consider		66	1	One	
read up on			phr v	riːd ʌp ɒn	to read a lot about something because you will need to know about it	We need to read up on the new tax laws.	64	1	One	
spring up			phr v	sprɪŋ ʌp	to suddenly appear or start to exist	Dozens of websites have sprung up to provide information for travellers.	79	1	One	
take (someone) in			phr v	teɪk (ˈsʌmwʌn) ɪn	to completely deceive someone by lying to them	Don't be taken in by products claiming to help you lose weight in a week.	-	1	One	
throw (yourself) into			phr v	θrəʊ (jɔːˈself) ˈɪntuː	to do something actively and enthusiastically	She's thrown herself into this new job.	-	1	One	
bravado			n	brəˈvɑːdəʊ	a show of courage, especially when unnecessary and dangerous, to make people admire you	It was an act of bravado that made him ask his boss to resign.	-	1	One	
camouflage			n	ˈkæmɒflɑːʒ	the way that the colour or shape of an animal protects it by making it difficult to see in the area in which it lives	The whiteness of the arctic fox acts as camouflage, hiding it from its enemies.	76	1	One	
fingerprint			n	ˈfɪŋɡəˌprɪnt	a mark made by the pattern of lines at the end of a person's finger, which is used by the police to find out who has committed a crime	All we've got to do is to take his fingerprints and compare them with the prints on this envelope.	68	1	One	
leap			n	li:p	a big jump or increase	This device is a big leap in technology.	69	1	One	
outlet			n	ˈaʊtlet	a way of expressing or getting rid of strong feelings	I use judo as an outlet for stress.	76	1	One	
practical joke			n	ˈpræktɪkəl dʒɔːk	a joke that makes someone seem silly and involves a physical action rather than words	She glued her boss's cup and saucer together as a practical joke.	-	1	One	
primate			n	ˈpraɪmeɪt	a member of the group of animals that includes humans and monkeys	It's their size that distinguishes gorillas from other primates.	75	1	One	
ridge			n	rɪdʒ	a raised line on a surface	The ridges on the soles give the shoes a better grip.	71	1	One	
segment			n	ˈsegmənt	a short piece of film that forms part of a television or radio programme, or that is broadcast on the internet	Last week, CNN broadcast a segment on the effects of climate change.	-	1	One	
stigma			n	ˈstɪgmə	a strong feeling in society that being in a particular situation or having a particular illness is something to be ashamed of	The stigma of mental illness made it difficult for people to seek professional help.	79	1	One	
(someone's) take on (something)			n	(ˈsʌmwʌnz) teɪk ɒn (ˈsʌmθɪŋ)	what someone thinks about a particular subject	What's your take on the political situation?	80	1	One	
apprehensive			adj	ˌæprɪˈhensɪv	worried or nervous about something that you are going to do, or about the future	We'd been a little apprehensive about their visit.	77	1	One	

credible	adj	'kredəbəl	deserving or able to be believed or trusted	He was unable to give a credible explanation for his behaviour.	72	1 One
daunting	adj	'dɔːnɪŋ	frightening in a way that makes you feel less confident	The trip seemed rather daunting for a young girl.	76	1 One
empowering	adj	ɪm'pauəɪŋ	something that is empowering makes you more confident and makes you feel that you are in control of your life	For me, learning to drive was an empowering experience.	-	1 One
makeshift	adj	'meɪkʃɪft	made to be used for a short time only when nothing better is available	We ate our picnic using an old tree-trunk as a makeshift table.	-	1 One
misleading	adj	mɪs'liːdɪŋ	likely to make someone believe something that is not true	The article was misleading, and the newspaper has apologised.	76	1 One
sceptical	adj	'skeptɪkəl	doubting whether something is true or right	I'm extremely sceptical about what I read in the press.	77	1 One
unscrupulous	adj	ʌn'skruːpjələs	behaving in a dishonest way in order to get what you want	Isn't it time we did something to protect the elderly from unscrupulous business people?	82	1 One
incapable of	adj + prep	ɪn'keɪpəbəl ɒv	not able to do something	He seemed incapable of understanding how she felt.	74	1 One
regardless of	adj + prep	rɪ'gɑːdləs ɒv	without being affected or influenced by something	He'll sign that contract regardless of what anyone says!	72	1 One
suited to	adj + prep	'sjuːtɪd tuː	right or appropriate for a particular person, purpose, or situation	With her qualifications and experience, she would seem to be ideally suited to the job.	-	1 One
boost your determination	v + n coll	buːst jɔː dɪ'tɜːmɪ'neɪʃən	to increase the desire to continue trying to do something even when it is difficult	Her doubt in my abilities really boosted my determination to complete the task on my own.	73	1 One
dismiss a theory	v + n coll	dɪs'mɪs ə 'θɪəri ɪk'siːd (jɔː)	to negate the possibility that a theory is valid or true	Scientists have quickly dismissed the new theory as completely implausible.	70	1 One
exceed (your) expectations	v + n coll	'ekspek'teɪʃənz	to go beyond expectations	His performance really exceeded our expectations.	70	1 One
play a joke on	v + n coll	pleɪ ə dʒəʊk ɒn	trick someone to make people laugh	John's always playing jokes on his brothers.	-	1 One
pose a threat to	v + n coll	pəʊz ə θret tuː	to present a possible danger to something or someone	Officials claim the chemical plant poses no real threat to people living nearby.	-	1 One
realise an ambition	v + n coll	'riːləɪz ən æm'bɪʃ(ə)n	to achieve something that you were hoping to achieve	She never realised her ambition of winning an Olympic gold medal.	-	1 One
release tension	v + n coll	rɪ'liːs 'tenʃən	to get rid of a nervous or worried feeling that makes it impossible for you to relax	Physical exercise is a good way to release tension after a hard day.	-	1 One
seasoned traveller	v + n coll	'siːznd 'trævələ	with a lot of experience of travelling	Being a seasoned traveller, he was fully prepared for the long delay at the airport.	81	1 One
a step too far	fixed phr	ə step tuː fɑː	something that is too extreme	An amendment to the constitution would be regarded as a step too far.	-	1 One
all things considered	fixed phr	ɔːl θɪŋz kən'sɪdəd	taking everything into account	All things considered, I think the day went well.	77	1 One
at the forefront	fixed phr	æt ðə 'fɔːfrʌnt	to be in a leading position in an important activity that is trying to achieve something or develop new ideas	The company has always been at the forefront of science and technology.	-	1 One
be inclined to think	fixed phr	biː ɪn 'klaɪnd tuː θɪŋk	to hold a particular opinion, but not very strongly	Arthur has some strange ideas, but on this occasion I'm inclined to think that he's right.	73	1 One
capture the public's attention	fixed phr	'kæptʃə ðə 'pʌblɪks ə'tenʃ(ə)n	to make someone feel very interested in something	I wasn't sure that my performance would capture the public's attention, but the response was overwhelmingly positive.	70	1 One
come to blows about	fixed phr	kʌm tuː bləʊz ə'baʊt	if two people come to blows, they start fighting	Mike and Tom almost came to blows about the loan that Tom failed to pay back.	75	1 One
get cold feet	fixed phr	get kəʊld fiːt	to suddenly feel that you are not brave enough to do something you planned to do	The plan failed after sponsors got cold feet.	-	1 One
get stuck for words	fixed phr	get stʌk fɔː wɜːdz	to be unable to think of anything to say	I got stuck for words when I heard that they chose me for the position. I really didn't expect it.	-	1 One
get stung by	fixed phr	get stʌŋ baɪ	to be charged a surprisingly large amount of money for something	I got stung by the taxi driver who took me on a long detour because I didn't know the city.	-	1 One

in retrospect	fixed phr	ɪn ˈretrəspekt	thinking back to a time in the past, especially with the advantage of knowing more now than you did then	In retrospect, I shouldn't have given him the money.	76	1 One
in the same breath	fixed phr	ɪn ðə seɪm breθ	if you say two things in the same breath, you say two things that are so different that if one is true, the other must be false	He criticised the film, then predicted in the same breath that it would be a great success.	-	1 One
let alone	fixed phr	let əˈləʊn	used to say that one thing is not true or does not happen, so another thing cannot possibly be true or happen	The baby can't even crawl yet, let alone walk!	66	1 One
out of your comfort zone	fixed phr	aʊt ɒv jɔː ˈkʌmfət zəʊn	if a situation or activity is out of your comfort zone, it does not make you feel secure, comfortable, or in control	Sometimes you have to step out of your comfort zone and challenge yourself.	-	1 One
play on ignorance	fixed phr	pleɪ ɒn ˈɪgnərəns	to use someone's lack of knowledge about something to get what you want, often in an unfair way	Companies often play on people's ignorance and charge them for returning a product.	74	1 One
roll off the tongue	fixed phr	rəʊl ɒf ðə tʌŋ	to be easy to say or pronounce	When you name your food truck, make sure it's something that rolls off the tongue so that people will remember it.	-	1 One
while I'm on the subject	fixed phr	wʌɪl aɪm ɒn ðə ˈsʌbdʒɪkt	used to introduce a new point relevant to a subject that has already been raised	While I'm on the subject of money, do you have the \$10 you owe me?	67	1 One
damp	adj	dæmp	slightly wet	Wipe the leather with a damp cloth to clean it.	66	1 One
underfoot	adv	ˌʌndəˈfʊt	under your feet where you are walking	Be careful! The wet wood is very slippery underfoot.	82	1 One
hurtle	v	ˈhɜːtl	if something, especially something big or heavy, hurtles somewhere, it moves or falls very fast	All of a sudden, a car came hurtling round the corner.	-	1 One
hand-me-down	adj	ˈhænd mi daʊn	a piece of clothing which has been used by someone and then given to another person	She refused to wear hand-me-downs.	-	1 One
torrential (rain)	adj	təˈrenʃəl (reɪn)	very heavy (rain)	I woke to the sound of torrential rain.	80	1 One
a matter of course	fixed phr	ə ˈmætər ɒv kɔːs	part of the normal process or system	They checked the rest of the house as a matter of course.	72	1 One
in any event	fixed phr	ɪn ˈeni ɪˈvent	whatever happens or may have happened	In any event, I was not in a position to undertake such a task.	-	1 One
in light of	fixed phr	ɪn laɪt ɒv	taking (something) into consideration	The exorbitant prices are explainable in light of the facts.	-	1 One
be a question of	fixed phr	biː ə ˈkwɛstʃən ɒv	used to say what the most important fact, part, or feature of something is	Dance is a question of control and creative expression.	-	1 One
any minute (now)	phr	ˈeni ˈmɪnɪt (naʊ)	very soon	It looks as though it might rain at any minute now.	65	1 One
(put the) finishing touches (to)	phr	(pʊt ðiː) ˈfɪnɪʃɪŋ ˈtʃʊz (tuː)	final details or actions completing and enhancing a piece of work	He's putting the finishing touches to his latest novel.	-	1 One
there are times when	phr	ðeə ɑː taɪmz wen	used to say that there are occasions when something is true or when something happens	There are times when I think that I'll never feel at home here.	-	1 One
I suppose	phr	aɪ səˈpəʊz	used to say you think something is true, although you are uncertain about it	I suppose you're right.	55	1 One
having said that	phr	ˈhævɪŋ sed ðæt ˈgɪv n ði	used when you are adding a different opinion to the one you have just expressed	This isn't really a brilliant movie, but having said that, the kids should enjoy it.	66	1 One
given the opportunity	phr	ˌgɪv ɪn ˈɔːpɔːtjuːnɪti	if I were allowed to do something	Given the opportunity, I'd spend all day reading in bed.	-	1 One
nutrition value	n	njuːˈtrɪʃən ˈvæljuː	an indication of the contribution of a food to the nutrient content of the diet	Sweets have very little nutrition value.	-	1 One
at other times	phr	ət ˈlʌðə taɪmz	on other occasions	Sometimes I like to eat out, but at other times I just want to have dinner in front of the TV.	-	1 One
be lost for words	phr	bi ˈlɒst fə wɜːdz	to be so shocked, impressed etc that you cannot think what to say	For once in her life, she was lost for words.	76	1 One
common ground	n	ˈkɒmən graʊnd	facts, features, or beliefs that are shared by people or things that are very different	There is a great deal of common ground between management and trade unions on this issue.	-	1 One
(come) out of your shell	phr	(kʌm) aʊt ɒv jɔː ʃel	becoming less shy and more confident and willing to talk to people	I had hoped that university would bring him out of his shell.	-	1 One
break the ice	phr	breɪk ðə aɪs	to make people feel more friendly and willing to talk to each other	Sam's arrival broke the ice and people began to talk and laugh.	61	1 One

fall flat	v	fɔ:l flæt	if a joke, remark, or performance falls flat, it fails to interest or amuse people	All my attempts at jokes fell flat.	74	1 One
steer clear of	v	stiə klɪər ɒv	to try to avoid someone or something	I steer clear of talking about politics.	76	1 One
fair game	n	feə geɪm	if someone or something is fair game, it is acceptable, reasonable, or right to criticise them	The young star's behaviour made him fair game for the tabloid press.	-	1 One
cold call	n/v	kəʊld kɔ:l	to telephone or visit someone you have never met before and try to sell them something	We were cold called by a company offering savings on our phone bill.	-	1 One
hot desking	n	hɒt 'deskɪŋ	when people working in an office do not each have their own desk, but work where there is one available	Hot desking ensures that desks are never left unoccupied while people are away from the office.	-	1 One
(be) part and parcel of	n	(bi:) pɑ:t ənd 'pɑ:səl ɒv	to be a part of an activity, job etc that cannot be avoided	Working long hours is part and parcel of being a journalist.	77	1 One
object to	v + prep	əb 'dʒekt tu:	to say that you do not like or approve of something	Residents objected to the plans for a bypass nearby.	70	1 One
hint at	v + prep	hɪnt æt	to suggest something to someone without saying it directly	What exactly are you hinting at?	72	1 One
abstain from	v + prep	əb 'steɪn frɒm	to not do something that you would normally enjoy doing	Patients were advised to abstain from fried food.	79	1 One
consent to	v + prep	kən 'sent tu:	to give your permission for something, or agree to something	He had not consented to medical treatment.	75	1 One
pride (yourself) on	v + prep	praɪd (jɔ:'self) ɒn	to be very proud of something that you can do well	The restaurant prides itself on serving top quality food.	77	1 One
impose (a ban) on	v + prep	ɪm 'pəʊz (ə bæŋ) ɒn	if someone in authority imposes a rule, punishment, tax etc, they force people to accept it	The government imposed a ban on all imports.	67	1 One
infer (something) from	v + prep	ɪn fɜ: ('sʌmθɪŋ) frɒm	to form an opinion that something is probably true because of information that you have	A lot can be inferred from these statistics.	79	1 One
peer at	v + prep	pɪər æt	to look very carefully, especially because it is difficult for you to see something clearly	She adjusted her glasses and peered at the man.	73	1 One
backup	n	'bækʌp	extra help or support that can be used if it is needed	The police called for backup when they realised that they were outnumbered.	74	2 Two
breakthrough	n	'breɪkθru:	an important new discovery in something you are studying, especially one made after trying for a long time	Scientists have made a major breakthrough in the treatment of cancer.	73	2 Two
input	n	'ɪnpʊt	ideas, advice, money, or effort that you put into a job or activity in order to help it succeed	Farmers contributed most of the input into the survey.	-	2 Two
outbreak	n	'aʊtbreɪk	when something bad such as a serious disease or a war starts	Doctors are very concerned about an outbreak of tuberculosis in an East London School.	59	2 Two
outcome	n	'aʊtkʌm	the final result of a meeting, discussion, war etc – used especially when no one knows what it will be until it actually happens	It was impossible to predict the outcome of the election.	68	2 Two
outset	n	'aʊtset	at or from the beginning of an event or process	It was clear from the outset that there were going to be problems.	-	2 Two
pushover	n	'pʊʃ,əʊvə	to be easy to do or win	The exam was a pushover. I needn't have stressed about it so much.	83	2 Two
setback	n	'setbæk	a problem that delays or prevents progress, or makes things worse than they were	Today's result was a major setback for the team.	75	2 Two
a follow-up	n	ə 'fɒl əʊ ʌp	a film, book, event etc that is based on an earlier one	The follow-up wasn't as good as the original film.	75	2 Two
a spin-off	n	ə 'spɪnɒf	a television programme involving characters that were previously in another programme or film	Two characters from this series left the show to star in a spin-off.	-	2 Two
blown away (by)	adj	bləʊn ə 'weɪ (baɪ)	to be made to feel very surprised and pleased	I was blown away by their kindness.	78	2 Two
far-fetched	adj	fɑ:-fetʃt	extremely unlikely to be true or to happen	All this may sound a bit far-fetched, but companies are already developing 'intelligent' homes.	81	2 Two
jaw-dropping	adj	dʒɔ:-'drɒpɪŋ	very impressive or surprising	This mountainous region has jaw-dropping scenery.	-	2 Two

mind-blowing	adj	'maɪnd-, bləʊɪŋ	very exciting, shocking, or strange	What happened in the next 15 minutes is hard to describe, but it was mind-blowing.	83	2 Two
slow-moving	adj	,sləʊ-'mu:vɪŋ	developing at a slow pace	I much prefer action films to slow-moving dramas.	-	2 Two
spine-tingling	adj	'spɑɪn-, tɪŋglɪŋ	making you feel very excited or frightened, in an enjoyable way	The festival opened with the director's latest spine-tingling film.	-	2 Two
tear-jerking	adj	tri:'dʒɜ:kɪŋ	(esp. of a book, film, play, etc) a sad story intended to make people cry or be sad	Bring a pile of tissues with you when you see that film – it's really tear-jerking!	-	2 Two
come second	phr	kʌm 'sekənd	to reach second place (in a competition)	I came second in the 100m race.	52	2 Two
come up with the goods	phr	kʌm ʌp wɪð ðə gu:dz	to do what is expected or required of one; to produce what is wanted	What they promise sounds impressive enough – let's see if they come up with the goods.	-	2 Two
perk	n	pɜ:k	something that your employer gives you in addition to your pay, such as free meals or a car	Free travel is one of the perks of the job.	76	2 Two
present a challenge	phr	pri:'zent ə 'tʃælɪndʒ	to cause a problem	Heavy rain has presented a new challenge for tournament organisers.	63	2 Two
prove someone wrong	phr	pru:v 'sʌmwʌn rɒŋ	to do something to show someone that they are mistaken about something	They say I'm too old, but I'm going to prove them all wrong.	57	2 Two
relish the opportunity	phr	,ri:lɪʃ ði 'ɒpə'tju:nɪti	to enjoy an opportunity or the thought of something that is going to happen	The players will relish the opportunity to go and play there.	81	2 Two
runner-up	n	'rʌnər-ʌp	the person or team that finishes second in a race or competition	Jake finished runner-up in the race, losing by just a fraction of a second to the winner.	72	2 Two
scrutiny	n	'skru:tɪni	careful and thorough examination of someone or something	Careful scrutiny of the company's accounts revealed a whole series of errors.	76	2 Two
discomfort	n	dɪs'kʌmfət	a feeling of slight pain or of being physically uncomfortable	If the exercise causes discomfort, stop immediately.	72	2 Two
illogical	adj	i'lɒdʒɪkəl	not sensible or reasonable	It is illogical to assume you can do the work of three people.	79	2 Two
inability	n	,ɪnə'biləti	the fact of being unable to do something	A big reason why retailers file for bankruptcy is their inability to get credit.	68	2 Two
insane	adj	ɪn'seɪn	maddening or extremely annoying	I go insane when I can't find what I'm looking for. It's so frustrating!	-	2 Two
insignificant	adj	,ɪnsɪg'nɪfɪkənt	too small or unimportant to consider or worry about	You should realise that your problems are insignificant in comparison.	73	2 Two
interaction	n	,ɪntər'ækʃən	a process by which two or more things affect each other	Price is determined through the interaction of demand and supply.	68	2 Two
misleading	adj	mɪs'li:diŋ	likely to make someone believe something that is not true	The article was misleading, and the newspaper has apologised.	76	2 Two
misplace	v	,mɪs'pleɪs	to lose something for a short time by putting it in the wrong place	She misplaced her keys so often that her secretary used to carry spare ones for her.	77	2 Two
reconsider	v	,ri:kən'sɪdeɪ	to think again about something in order to decide if you should change your opinion or do something different	He should reconsider his decision to resign.	74	2 Two
reorganisation	n	,ri:,ɔ:ɡənəɪ'zeɪʃən	when something is arranged or organised in a new way	The plan proposed reorganisation of the country into 10 provinces.	74	2 Two
underestimate	v	,ʌndə'restɪmeɪt	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	73	2 Two
undoubtedly	adv	ʌn'daʊtɪdli	used to emphasise your opinion or emphasise that something is definitely true	He is undoubtedly one of the best writers of his generation.	69	2 Two
be appreciative of	phr	bi: ə'pri:ʃətɪv ɒv	feeling or showing that you have enjoyed something or feel grateful for it	She was appreciative of Greg's concern for her health.	79	2 Two
be attributed to	phr	bi: ə'trɪbjʊ:tɪd tu:	to believe that something was written, said, or made by a particular person	The accident was attributed to slippery road conditions.	71	2 Two
be down to	phr	bi: daʊn tu:	to be someone's responsibility or decision	It's down to me to find a suitable person for the job.	-	2 Two
be prone to	phr	bi: prəʊn tu:	likely to do something or suffer from something, especially something bad or harmful	Some plants are very prone to disease.	79	2 Two
fall back into	phr	fɔ:l bæk 'ɪntu:	to go back to doing something or behaving in a way which you did before	I was amazed at how easily I fell back into the old routine.	-	2 Two

forge ahead with	phr	fɔ:dʒ ə'hed wið	to suddenly make a lot of progress with something	The organisers are forging ahead with a programme of public events. My sister has had so many different jobs that it's hard for me to keep track of what she's doing.	79	2 Two
keep track of	phr	ki:p træk əv	remain fully aware of or informed about to stop being shy and say what you really think	I finally opened up to my best friend and told her about my problems.	-	2 Two
open up to	phr	'əʊpən ʌp tu:	a place, building, or object that is accessible is easy to reach or get into	The island is only accessible by boat.	61	2 Two
accessible	adj	ək'sesəbəl	so interested in something that you do not think of anything else	Dad was engrossed in the paper. 'You'll see,' he replied with an enigmatic smile.	71	2 Two
engrossed	adj	ɪn'grəʊst	mysterious and difficult to understand	A lengthy period of training is required.	80	2 Two
enigmatic	adj	,enɪg'mætɪk	continuing for a long time, often too long	They started making increasingly reckless investments and eventually lost all their money.	81	2 Two
lengthy	adj	'lenθi	not caring or worrying about the possible bad or dangerous results of your actions	The snow was relentless and covered everything in our front yard.	72	2 Two
reckless	adj	'rekləs	continuing in a severe or extreme way	Trying to listen to music while watching the TV and eating dinner caused a sort of sensory overload.	76	2 Two
relentless	adj	ri'lentləs	relating to or using your senses of sight, hearing, smell, taste, or touch	Our restaurant was shortlisted for the 'Restaurateur of the Year' award.	77	2 Two
sensory	adj	'sensəri	to be among a list of people or things that have been chosen from a larger group to be considered for a job or prize	The book is full of sound advice. The court decided that it was in the child's best interests to remain with her grandparents.	74	2 Two
shortlisted	adj	ʃɔ:t'lɪstɪd	sensible or good, and likely to produce the right results	I'm still in two minds about how I'll vote.	75	2 Two
sound	adj	saʊnd	if movement or activity comes to or is brought to a standstill, it stops completely	Abruptly the group ahead of us came to a standstill.	68	2 Two
be in someone's best interests	phr	bi: ɪn 'sʌmwʌnz best 'ɪntrɪsts	be the best thing for someone to be unable to decide what to do, or what you think about something	-	-	2 Two
be in two minds	phr	bi: ɪn tu: maɪndz	if movement or activity comes to or is brought to a standstill, it stops completely	-	-	2 Two
come to a standstill	phr	kʌm tu: ə 'stændstɪl	to know something without a doubt	You know full well that you're not supposed to take the car without asking me!	80	2 Two
know full well (that)	phr	nəʊ fʊl wel (ðæt)	if a person or an organisation raises its profile, it gets more attention from the public	The marketing department created an advertising campaign designed to raise the bank's profile.	-	2 Two
raise someone's profile	phr	reɪz 'sʌmwʌnz 'prəʊfaɪl	to expect that someone or something will always be there when you need them and never think how important or useful they are	He spends all his time at work and takes his family for granted.	-	2 Two
take someone/something for granted	phr	teɪk 'sʌmwʌn/ 'sʌmθɪŋ fɔ: 'grɑ:ntɪd	to accept that something is true without making sure that it is	I just took it as read that anyone who applied for the course would have the necessary qualifications.	68	2 Two
take something as read	phr	teɪk 'sʌmθɪŋ æz rɛd	to get to the point without wasting time if you foil someone's plan or attempt to do something, you succeed in stopping them from doing what they want	I didn't have long to talk so I cut straight to the chase and asked how much it would cost.	-	2 Two
to cut straight to the chase	phr	tu: kʌt streɪt tu: ðə 'tʃeɪs	to make something from the beginning, without using anything that already exists	Several attempts to climb the mountain were foiled by the weather.	83	2 Two
to foil an attempt	phr	tu: fɔɪl ən ə'tempt	to make something from the beginning, without using anything that already exists	The chef produces all of his dishes from scratch. You won't find anything ready-made in his kitchen!	-	2 Two
to produce from scratch	phr	tu: prə'dju:s frəm skrætʃ	regard someone or something as important and worthy of attention	used to say that two people are more likely to solve a problem or think of an idea than one person working alone	-	2 Two
to take (something/someone) seriously	phr	('sʌmθɪŋ/ 'sʌmwʌn) 'sɪəriəsli	to agree with someone or have the same opinion as them	The committee largely concurred with these views.	-	2 Two
two heads are better than one	phr	tu: hedz ɑ: 'betə ðən wʌn	something that is not perfect, or the quality of not being perfect	She won't tolerate imperfection in her own or anyone else's work.	81	2 Two
concur	v	kən'kʊ:			78	2 Two
imperfection	n	,ɪmpə'fekʃən				

readjust	v	ˌriːəˈdʒʌst	to make a small change to something or to its position	We may need to readjust these figures slightly.	-	2	Two
unreasonably	adv	ʌnˈriːznəbli	in a way that is not fair or acceptable	Rents in the area are unreasonably high.	79	2	Two
inadequate	adj	ɪnˈædəkwət	not good enough, big enough, skilled enough etc for a particular purpose	The school has inadequate computer facilities.	66	2	Two
irregularity	n	ɪˈregjʊˈlærəti	an anomaly or irregular occurrence	Thankfully, the mission has not experienced any irregularities.	76	2	Two
misinform	v	ˌmɪsɪnˈfɔːm	to give someone information that is incorrect	I was told she would be at the meeting, but clearly I was misinformed.	-	2	Two
disadvantaged	adj	ˌdɪsədˈvɑːntɪdʒd	having social problems, such as a lack of money or education, which make it difficult for you to succeed	A new educational programme has been set up for economically disadvantaged children.	72	2	Two
underneath	prep	ˌʌndəˈniːθ	directly under another object or covered by it	He got out of the car and looked underneath.	58	2	Two
be on a par (with)	phr	biː ɒn ə pɑː (wɪð)	to be at the same level or standard	Technological developments in the US are on a par with those in Japan.	78	2	Two
on balance	phr	ɒn ˈbæləns	used to tell someone your opinion after considering all the facts	On balance, I prefer the new system.	71	2	Two
doppelganger	n	ˈdɒpəlɡæŋə	someone who looks exactly like someone else but is not related to that person	At the mall today, I saw someone who could be your doppelganger!	-	2	Two
on the face of it	phr	ɒn ðə feɪs ɒv ɪt	when you first consider something, before you know the details	On the face of it, it seemed reasonable.	72	2	Two
sway	v	swet	to make someone change their opinion	Nothing you say will sway her. She's made up her mind.	73	2	Two
letdown	n	ˈletdaʊn	an event, performance etc that is not as good as you expected it to be	The ending of the book was a real letdown.	83	2	Two
stunning	adj	ˈstʌnɪŋ	extremely attractive or beautiful	You look absolutely stunning in that dress.	66	2	Two
menace	n	ˈmenəs	something or someone that is dangerous	Plastic bags are a menace to marine environments because they don't break down quickly.	80	2	Two
futuristic	adj	ˌfjuːtʃəˈrɪstɪk	something which is futuristic looks unusual and modern, as if it belongs in the future	The futuristic sports stadium is the pride of the city.	-	2	Two
drenched	adj	drentʃt	instead of the present	The athletes were drenched in sweat.	-	2	Two
authenticity	n	ˌɔːθənˈtʃəti	covered with a lot of a liquid	Archaeological evidence may help to establish the authenticity of the statue.	75	2	Two
mesmerised	adj	ˈmezməraɪzd	the quality of being real or true	I was completely mesmerised by their performance.	82	2	Two
electrifying	adj	ɪˈlektɪraɪzɪŋ	if you are mesmerised by someone or something, you cannot stop looking at them or listening to them because they are so attractive or interesting	He gave an electrifying performance.	82	2	Two
desolate	adj	ˈdesələt	very exciting; thrilling	Northern Aetolia remains a desolate region, inhabited mainly by shepherds.	81	2	Two
bleak	adj	bliːk	a place that is desolate is empty and looks sad because there are no people there without anything to make you feel happy or hopeful	The company still hopes to find a buyer, but the future looks bleak.	78	2	Two
riveting	adj	ˈrɪvətɪŋ	something that is riveting is so interesting or exciting that you cannot stop watching it or listening to it	It was a riveting story and the audience was captivated.	81	2	Two
upbringing	n	ˌʌpˈbrɪŋɪŋ	the way that your parents care for you and teach you to behave when you are growing up	Mike had had a strict upbringing.	77	2	Two
outcry	n	ˈaʊtkraɪ	an angry protest by a lot of ordinary people	The closure of the local hospital has caused a huge public outcry.	79	2	Two
intake	n	ˈɪnteɪk	the amount of food, drink etc that you take into your body	Try to reduce your intake of fat.	78	2	Two
turnout	n	ˈtɜːnaʊt	the number of people who go to an event such as a party, meeting, or election	We think that thirty-five per cent is a good turnout for local elections.	75	2	Two
outlay	n	ˈaʊtleɪ	the amount of money that you have to spend in order to start a new business, activity etc	For a relatively small outlay, you can start a home hairdressing business.	80	2	Two
fallout	n	ˈfɔːlaʊt	the effects of an event	We are still dealing with the fallout from his resignation.	79	2	Two

				a period or process in which business activity, production etc is reduced and conditions become worse	Thousands of workers have lost their jobs in the economic downturn.	76	2	Two
	downturn	n	'daʊnts:n		The long-term outlook for the industry is worrying.			
	outlook	n	'aʊtlʊk	what is expected to happen in the future	How did this extraordinary situation come about?	75	2	Two
	come about	phr v	kʌm ə 'baʊt	to happen or develop	I'm sure he'll come round to our way of thinking.	65	3	Three
	come round to	phr v	kʌm raʊnd tu:	to change your opinion so that you now agree with someone		61	3	Three
	do away with	phr v	du: ə 'weɪ wɪð	to get rid of something	We should do away with those old customs.	67	3	Three
	get (somebody) out of	phr v	get ('sʌmbədi) aʊt ɒv	to help someone to leave or get extracted from a particular place.	The Embassy helped tourists get out of the country safely.	49	3	Three
	go into	phr v	geʊ 'ɪntə	to be spent or used to get, make, or do something	Years of research have gone into this book.	-		3 Three
	mess about with	phr v	mes ə 'baʊt wɪð	to bother or have to deal with something	We have a dishwasher so you don't have to mess about with the dishes.	-		3 Three
	refer to	phr v	rɪ 'fɜ: tu:	to mention or speak about someone or something	We agreed never to refer to the matter again.	66	3	Three
	run (something) past	phr v	rʌn ('sʌmθɪŋ) pɑ:st	to tell someone something so that they can give you their opinion	I just wanted to run it past you and see what you thought.	70	3	Three
	set back	phr v	set bæk	to delay something, or delay someone in doing something	Her resignation set back the project.	73	3	Three
	shy away from	phr v	ʃaɪ ə 'weɪ frɒm	to avoid something that you dislike, fear, or do not feel confident about	I've never shied away from hard work.	-		3 Three
	stem from	phr v	stem frɒm	to develop as a result of something	Most of her health problems stem from an accident she had when she was younger.	73	3	Three
	accumulate knowledge	v + n coll	ə 'kju:mjʊleɪt 'nɒlɪdʒ	to gradually get more knowledge over a period of time	As she progressed through her education, she continued to accumulate knowledge that would prepare her for a career.	70	3	Three
	boost energy	v + n coll	bu:st 'enədʒi	to increase the energy	Eat this cereal bar to boost your energy.	73	3	Three
	complicate matters	v + n coll	'kɒmplɪkeɪt 'mætəz	to make a problem or situation more difficult	Don't tell Michael about this. It'll only complicate matters.	68	3	Three
	deepen understanding	v + n coll	'di:pən ,ʌndə 'stændɪŋ	to understand more	Students explore new ideas as they deepen their understanding of the subject.	-		3 Three
	determine the facts	v + n coll	dɪ 'tɜ:mɪn ðə fæktz	to find out the facts about something	Investigators are still trying to determine the facts of the case.	64	3	Three
	draw on experience	v + n coll	draʊn 'ɪksperɪəns	to use information, experience, knowledge etc for a particular purpose	She can draw on her 20 years of teaching experience.	-		3 Three
	establish a rapport	v + n coll	ɪ 'stæblɪʃ ə ræ'pɔ: ɪg 'zju:d	to develop a friendly understanding and agreement between people	She quickly established a rapport with her students.	77	3	Three
	exude confidence	v + n coll	'kɒnfɪdəns	if you exude confidence, it is easy to see that you have a lot of it	She just exudes confidence in the way she talks and moves.	83	3	Three
	heed advice	v + n coll	hi:d əd 'vaɪs	to pay attention to someone's advice or warning	If she had only heeded my advice, none of this would have happened.	-		3 Three
	meet the criteria	v + n coll	mi:t ðə kraɪ 'tɪəriə	to achieve a level that has been set or expected	Everyone whose qualifications meet our criteria will be considered.	-		3 Three
	strike up a friendship	v + n coll	straɪk ʌp ə 'frendʃɪp	to start to become friendly with someone, to start talking to them, etc	Matthew and I quickly struck up a friendship because we had a lot in common.	-		3 Three
	thwart expectations	v + n coll	θwɔ:t ,ekspek 'teɪʃənz	to do something which prevents someone's expectations from being met	I don't want to thwart your expectations, but you may have to settle for a lower salary.	81	3	Three
	distinctive feature	adj + n coll	dɪst 'tɪŋktɪv 'fi:tʃə	something that is different from other things and very easy to recognise	This is a distinctive feature of our new product that will set it apart from the competition.	72	3	Three
	exceptionally difficult	adv + adj coll	ɪk'sepʃənli 'dɪfɪkəlt	extremely difficult	Trying to find a cure for this disease is an exceptionally difficult task.	76	3	Three
	heartfelt emotion	adj + n coll	'hɑ:tfelt ɪ'məʃən	a strong human feeling such as love, hate, or anger felt very strongly and sincerely	You could see the heartfelt emotion in his face when he was thanking them for the gift.	76	3	Three
	highly symmetrical	adv + adj coll	'haɪli sɪ'metrɪkəl	having two halves that are exactly the same shape and size	The pattern was highly symmetrical.	79	3	Three

highly thought of	adv + adj coll	'haɪli θɔ:tɒv 'relətɪvli	regarded with approval or respect	Michael was totally dedicated to the department and was highly thought of by his colleagues.	66	3	Three
relatively unsurprising	adv + adj coll	ˌʌnsə 'praɪzɪŋ rɪ 'mɑ:kəbli	comparatively not a surprise	It is relatively unsurprising that many people do not support the tax increase.	70	3	Three
remarkably beautiful	adv + adj coll	'bju:təfʊl	beautiful to a degree that is unusual or surprising	Prague is a remarkably beautiful place.	73	3	Three
stark contrast	adj + n coll	sta:k 'kɒntrɑ:st	a difference between people, ideas, situations, things etc that is unpleasantly clear and impossible to avoid	The extreme poverty of the local people is in stark contrast to the wealth of the tourists.	-	3	Three
unique combination	adj + n coll	ju:'ni:k 'kɒmbɪ'neɪʃən	two or more different things that exist together in a one of a kind way	He has a unique combination of experience in both the public and private sectors.	61	3	Three
unsolved mystery	adj + n coll	ʌn'sɒlvɪd 'mɪstəri	a problem or mystery that is unsolved has never been solved	What happened to the men on the expedition will always be an unsolved mystery.	-	3	Three
armed (with)	adj	ɑ:mɪd (wɪð)	having something useful that you need if two pieces of computer equipment are compatible, they can be used together, especially when they are made by different companies	I went into the meeting armed with a copy of the report.	68	3	Three
compatible (with)	adj	kəm'pætəbəl (wɪð)	made weaker or less effective	Is the software compatible with your PC? They felt that their original aims and demands were being diluted.	73	3	Three
diluted	adj	dɑ:l'ljʊ:tɪd	making you feel nervous and not confident	Some people find interview situations very intimidating.	-	3	Three
intimidating	adj	ɪn'tɪmɪdeɪtɪŋ	reasonable and likely to be true or successful	His story certainly sounds plausible.	78	3	Three
plausible	adj	'pləʊzəbəl	honest and not hiding what you think more important or valuable than people think	Are you sure that he is being straightforward with us?	78	3	Three
straightforward	adj	'streɪt'fɔ:wəd	a situation in which you have a lot of problems that seem to be caused by bad luck	If employees feel undervalued, they won't make any extra effort for the company.	69	3	Three
undervalued	adj	ˌʌndə'vælju:d	the quality of expressing something in very few words	His courage in the face of adversity is admirable.	83	3	Three
adversity	n	əd'vɜ:sɪti	a unit of information retained in the memory and easily recalled	Letters published in the newspaper are edited for brevity and clarity.	78	3	Three
brevity	n	'brevɪti	a small bed for a baby, especially one that moves gently from side to side	You should try to learn whole chunks of vocabulary instead of single words.	-	3	Three
chunk	n	tʃʌŋk	a statement or slogan repeated frequently	She rocked the cradle to quieten the child.	79	3	Three
cradle	n	'kreɪdl	the most important character in a play, film, or story	'Think global, act local' is a powerful mantra for the 21st century.	79	3	Three
mantra	n	'mæntreɪ	the last few words of a joke or story, which make it funny or clever	The novel's main protagonist is an American intelligence officer.	75	3	Three
protagonist	n	prəʊ'tæɡənɪst	the bad effects that are the results of an action or event, and which last a long time	Jake's joke fell flat because he had forgotten the punch line.	82	3	Three
punch line	n	pʌntʃ laɪn	a position in which you stand, especially when playing a sport	The collapse of the company will have repercussions for the whole industry.	78	3	Three
repercussions	n	ˌrɪ:pə'kʌʃənz	a circular pattern	She altered her stance, resting all her weight on one leg.	-	3	Three
stance	n	sta:ns	if you can see something with the naked eye, you can see it without using any artificial help such as a telescope or microscope	The wind had strengthened, and there was more rain too, blowing in swirls.	81	3	Three
swirl	n	swɜ:l	very different from something else	It's just about possible to see the planet with the naked eye on a clear night.	-	3	Three
the naked eye	n	ðə 'neɪkɪd aɪ	to not be able to say or write something that other people can understand	His life as a pop star was a far cry from his childhood in Leeds.	80	3	Three
a far cry from	phr	ə fɑ: kraɪ frɒm kɑ:nt strɪŋ ə	when people talk about walk(s) of life, they are referring to different types of jobs and different levels of society	He was so shocked that he couldn't string a sentence together.	-	3	Three
can't string a sentence together	phr	'sentəns tə ɡeðə	if your eyes go vacant, they show no interest or mental activity	Members of the gym include lawyers, teachers, plumbers, and hairdressers – people from all different walks of life.	68	3	Three
different walks of life	phr	'dɪfərənt wɔ:ks əv laɪf		He saw the audience's eyes go vacant and stopped speaking.	76	3	Three
eyes go vacant	phr	aɪz ɡəʊ 'veɪkənt					

it's more a case of	phr	its mo:ɹ ə keɪs dv	it's to a greater degree	It's more a case of practising until you learn how to do it.	66	3	Three
keep someone in the loop	phr	ki:p 'sɑ:mwʌn ɪn ðə lu:p	to keep someone informed about and/or involved in something, such as a plan or project	We've hired a new intern to help you with data entry, so be sure to keep her in the loop about the project.	-	3	Three
let me get this straight	phr	let mi: get ðɪs streɪt	used when someone has said something to you and you want to check if it is true	So let me get this straight. You want to leave all your money to a stranger?	68	3	Three
on the go	phr	ɒn ðə ɡəʊ	quickly while doing some other activity	I always have coffee on the go in the morning.	-	3	Three
rooted to the spot	phr	'ru:td tu: ðə spɒt	unable to move	She was rooted to the spot with fear.	80	3	Three
take exception to	phr	təʔk ɪk 'sepʃən tu:	to be offended by something	He took exception to one of the interviewer's remarks.	69	3	Three
to and fro	phr	tu: ænd frəʊ	moving in one direction and then in the other	She was gazing out the window, rocking rhythmically to and fro.	74	3	Three
(be) plagued (with)	adj	(bi:) pleɪgd (wɪð)	causing pain or trouble to someone for a long time	Frederick was plagued with one illness after another throughout his childhood. It's a weird feeling when you're having a lucid dream and think that you can wake up when you want to.	78	3	Three
lucid dream	n	'lu:stɪd dri:m	lucid dreams are when you know that you're dreaming while you're asleep		-	3	Three
highly controversial	coll	'haɪli ,kɒntrə'vɜ:ʃəl	causing a lot of disagreement among people	This policy is highly controversial.	69	3	Three
highly efficient	coll	'haɪli ɪ'fɪjənt	working very well without wasting time, money, or energy	The factory is modern and highly efficient.	64	3	Three
highly sophisticated	coll	'haɪli sə'fɪstɪkeɪtəd	a highly sophisticated machine or system is designed in a very clever way	Even with a highly sophisticated scheduling system, some human intervention is desirable.	67	3	Three
widely available	coll	'waɪdli ə'veɪləbəl	very easy to obtain; available in many places	Organic food is now widely available.	57	3	Three
widely held	coll	'waɪdli held	believed by a lot of people	It was widely held that the management was out of touch with the workers.	-	3	Three
widely understood	coll	'waɪdli ,ʌndə'stʊd	if something is widely understood, it is generally known or accepted	It's widely understood that this programme is necessary for the economy.	-	3	Three
deeply offended	coll	'di:pli ə'fendɪd	someone who is deeply offended is very angry and upset by someone's behaviour or remarks	I've only been here a day and he's already deeply offended me.	-	3	Three
deeply regretful	coll	'di:pli rɪ'ɡretfəl	someone who is deeply regretful feels very sorry or disappointed	She apologised and sounded deeply regretful.	83	3	Three
deeply upset	coll	'di:pli ,ʌp'set	very unhappy and worried because something unpleasant or disappointing has happened	She was deeply upset about the way her father treated her.	66	3	Three
broadly accepted	coll	'brɔ:dli ək'septɪd	something that is broadly accepted is accepted by most people in a general way, even if they do not agree about all the details	The plans have been broadly accepted.	76	3	Three
broadly interpreted	coll	'brɔ:dli ɪn'tɜ:pɪtɪd	understood in a general or non-specific way	This law should be interpreted very broadly, so as not to restrict it to just a few cases.	73	3	Three
broadly similar	coll	'brɔ:dli 'sɪmɪlə	similar in a general way	We reached broadly similar conclusions.	73	3	Three
strongly attached	coll	'strɒŋli ə'tætʃt	having a strong connection to something	He's strongly attached to his childhood house.	66	3	Three
strongly implied	coll	'strɒŋli ɪm'plaɪd	hinted at or suggested in a strong way	It was strongly implied that the minister should resign.	69	3	Three
strongly opposed	coll	'strɒŋli ə'pəʊzd	believing that something is wrong and should not be allowed	Most bosses say they are strongly opposed to employees working a lot of overtime.	82	3	Three
heavily built	coll	'hevzli bɪlt	someone who is heavily-built has a large body that looks strong	Most football players are heavily built.	68	3	Three
heavily guarded	coll	'hevzli 'ɡɑ:dɪd	guarded by a lot of people, usually with weapons	The museum is heavily guarded and all visitors have to pass through metal detectors.	-	3	Three
heavily involved	coll	'hevzli ɪn'vɒlvɪd	to take part in an activity or event, or be connected with it to a great degree	The family is also heavily involved in charity work, helping the long-term unemployed.	-	3	Three
finely balanced	coll	'faɪnli 'bælənst	very carefully arranged to include things or people of different kinds in the right amounts	This recipe is finely balanced between a salty and sweet taste.	57	3	Three

finely crafted	coll	'faɪnli 'kra:ftɪd	made using a special skill, especially with your hands, with attention to detail	Each chair is finely crafted by our carpenters.	-	3	Three
finely tuned	coll	'faɪnli tju:nd	finely tuned feelings, senses, or systems are extremely sensitive and able to react quickly	Successful entrepreneurs quickly develop a finely tuned instinct for investing their time in high-profit opportunities.	-	3	Three
cross paths	v	kɹɒs pɑ:ðz	if two people's paths cross, or if they cross paths, they meet, usually without expecting it	We didn't cross paths again until 2019.	-	3	Three
spot on	adj	spɒt ɒn	exactly right	Her prediction was spot on.	76	3	Three
reasonable assumption	n	'ri:znəbl ə'sʌmpʃən	something that one could logically consider to be true	We're working on the reasonable assumption that prices will rise.	75	3	Three
go along with	phr v	gəʊ ə'ləŋ wɪð	to agree with or support someone or something	I'm happy to go along with your suggestion.	63	3	Three
as far as I'm concerned	phr	æz fɑ:r æz aɪm kən'sa:nd	used to show your opinion	As far as I'm concerned, the whole idea is crazy.	65	3	Three
shortlist	n	'ʃɔ:tlɪst	a list of people or things that have been chosen from a larger group to be considered for a job or prize	After being selected from a shortlist of five people, I was finally not offered the position.	75	3	Three
nicely put	phr	'naɪsli put	well said	That was nicely put. I couldn't have said it better myself.	-	3	Three
be on the cards	phr	bi: ɒn ðə kɑ:dz	to seem likely to happen	I've quit my job. It's been on the cards for a long time.	75	3	Three
shattering	adj	'ʃætərɪŋ	very shocking and upsetting	Losing the family business was a shattering blow.	79	3	Three
it goes without saying	phr	ɪt gəʊz wɪ'ðaʊt 'seɪɪŋ	used to mean that something is obvious	Of course, it goes without saying that you'll be paid for the extra hours you work.	-	3	Three
boot up	v + prep	bu:t ʌp	to start a computer by loading its operating system	He's having trouble booting up his computer.	-	3	Three
go down	v + prep	gəʊ daʊn	if a computer goes down, it stops working	The battery should prevent the computer system from going down in the event of a power cut.	65	3	Three
hack into	v + prep	hæk 'ɪntu:	to secretly find a way of getting information from someone else's computer or changing information on it	Somebody hacked into the company's central database.	73	3	Three
hook up	v + prep	hʊk ʌp	to connect one piece of electronic equipment to another piece of equipment or to an electricity supply	Don't forget to hook up the printer.	-	3	Three
key in	v + prep	ki: ɪn	to put information into a computer	Key in your password and press 'Return'.	76	3	Three
opt out	v + prep	ɒpt aʊt	to choose not to join in a group or system	Several countries may opt out of the agreement.	72	3	Three
power up	v + prep	'paʊə ʌp	to switch on an electrical device	Simply power up your laptop and continue working.	-	3	Three
scroll down	v + prep	skrəʊl daʊn	to move information down a computer screen so that you can read it	If you scroll down the page, you'll find a link to the home page.	65	3	Three
date back to	phr v	deɪt bæk tu:	to have been made in or to have come into being in (a certain time in the past)	They found jewellery dating back to the 1700s.	-	4	Four
elaborate on	phr v	ɪ'læbəreɪt ɒn	to give more details about something	He refused to elaborate on his reasons for resigning.	75	4	Four
indulge in	phr v	ɪn'dʌldʒ ɪn	to let yourself do or have something that you enjoy, especially something that is considered bad for you	I was downtown, so I decided to indulge in a little shopping.	79	4	Four
lay on (a meal)	phr v	leɪ ɒn (ə mi:l)	to provide food, entertainment etc	Duncan laid on a great meal for us.	78	4	Four
mess up	phr v	mes ʌp	to make a mistake and do something badly	I messed up on the last test question.	67	4	Four
pass on something	phr v	pɑ:s ɒn 'sʌmθɪŋ	to refuse an opportunity or decide not to take part in something	He passed on the chance to be head coach and took a job in Florida instead.	-	4	Four
ply someone with	phr v	plɑɪ 'sʌmwʌn wɪð	to give someone large amounts of food or drink	My parents always ply me with food when I come to visit them from university.	83	4	Four
rustle up something	phr v	rʌsl ʌp 'sʌmθɪŋ	to make something quickly, especially a meal	If you're hungry, I can rustle up something to eat in five minutes.	83	4	Four
set someone back	phr v	set 'sʌmwʌn bæk	(of a purchase) cost someone a particular amount of money	Buying that suit must have set you back quite a bit.	-	4	Four
stave off	phr v	steɪv ɒf	to keep someone or something from reaching you or affecting you for a period of time	She brought some fruit on the journey to stave off hunger.	-	4	Four

stay over	phr v	steɪ ˈəʊvə	(of a guest or visitor) sleep somewhere, especially at someone's home, for the night	We hadn't planned to stay over but the bad weather changed our plans.	-	4	Four
switch off	phr v	swɪtʃ ɒf	to relax for a short time	I usually switch off by listening to music.	-	4	Four
tide someone over	phr v	taɪd ˈsʌmwʌn ˈəʊvə	to help someone through a difficult period, especially by lending them money	I'll lend you \$50 to tide you over until you get your paycheck at the end of the week.	84	4	Four
warm up	phr v	wɔːm ʌp	to perform or speak first at an event, so that the people listening are relaxed or excited before the main singer, speaker etc comes on	He warmed up the audience by telling them a few jokes.	-	4	Four
wash something down with	phr v	wɒʃ ˈsʌmθɪŋ daʊn wɪð	to drink something with food or medicine	I washed the bitter medicine down quickly with some juice.	79	4	Four
work up (an appetite)	phr v	wɜːk ʌp (ən ˈæptɪtaɪt)	to make yourself hungry	I worked up an appetite after a few hours of hiking.	72	4	Four
acidity	n	ə ˈsɪdɪti	the amount of acid in a substance	This low pH level clearly shows the acidity of the soil here.	79	4	Four
biome	n	ˈbaɪəʊm	a region of the earth's surface and the particular combination of climate, plants, and animals that are found in it	Tropical rainforest is a very complex biome.	-	4	Four
correlation	n	ˌkɒrə ˈleɪʃən	a connection between two ideas, facts etc, especially when one may be the cause of the other	There is a correlation between poverty and ill health.	77	4	Four
cycle	n	ˈsaɪkəl	a number of related events that happen again and again in the same order	Some economists predict the business cycle will turn downward.	70	4	Four
graze	v	ɡreɪz	if an animal grazes, or if you graze it, it eats grass that is growing	Groups of cattle were grazing on the rich grass.	70	4	Four
harvest	n/v	ˈhɑːvəst	the time when crops are gathered from the fields, or the act of gathering them	July is the time for the wheat harvest.	60/65	4	Four
latitude	n	ˈlættɪtjuːd	the distance north or south of the equator (=the imaginary line around the middle of the world), measured in degrees	At these latitudes the sun does not rise at all on winter days.	74	4	Four
livelihood	n	ˈlaɪvlɪhʊd	the way you earn money in order to live	Fishing is the main source of livelihood for many people in the area.	74	4	Four
livestock	n	ˈlaɪvstɒk	animals such as cows and sheep that are kept on a farm	My parents have a lot of livestock on their farm.	67	4	Four
pest	n	pest	a small animal or insect that destroys crops or food supplies	This is a popular chemical used to get rid of pests.	69	4	Four
ravage	v	ˈrævɪdʒ	to damage something very badly	The forest was ravaged by fire.	81	4	Four
seasonal shift	n	ˈsiːzənl ʃɪft	the change in the normal cycle of seasons to become very successful or very strong and healthy	Seasonal shifts may have a disastrous impact on the tourist industry in the mountains.	-	4	Four
thrive	v	θraɪv	used for saying that the weather is warmer, colder etc than usual at a particular time of year	A cactus is a plant that is able to thrive in dry conditions.	73	4	Four
unseasonable	adj	ʌn ˈsiːzənbəl	When you're used to snow in January, warm sunny weather feels unseasonable.	-	4	Four	
wetland	n	ˈwetlənd	an area of land that is partly covered with water, or is wet most of the time	Our local wetlands are rich in plants, insects and birds.	77	4	Four
attentive	adj	ə ˈtentiʋ	listening to or watching someone carefully because you are interested	It's a honour to perform in front of such an attentive audience! Thank you all.	77	4	Four
compelling	adj	kəm ˈpeltɪŋ	an argument etc that makes you feel certain that something is true or that you must do something about it	Lucy had no compelling reason to go into town.	76	4	Four
delicate	adj	ˈdelɪkət	needing to be dealt with carefully or sensitively in order to avoid problems or failure	There's something I have to speak to you about – it's a delicate matter.	70	4	Four
distinctive	adj	dɪ ˈstɪŋktɪv	having a special quality, character or appearance that is different and easy to recognise	This fruit has a very distinctive smell, which I love.	72	4	Four
far-reaching	adj	ˌfɑː ˈriːtʃɪŋ	The country carried out far-reaching reforms to modernise its economy.	77	4	Four	
geometrical	adj	ɡeɪtə ˈmetrɪkəl	having a regular pattern of shapes and lines	Concrete buildings rose like geometric blocks.	79	4	Four
healing	adj	ˈhiːlɪŋ	the treatment of illness using natural powers or prayer rather than medicine	The medical establishment is taking healing increasingly seriously.	72	4	Four
irrational	adj	ɪ ˈræʃənəl	not based on clear thought or reason	Dan has an irrational fear of flying.	76	4	Four

stranded	adj	'strændəd	a person or vehicle that is stranded is unable to move from the place where they are	Air travellers were left stranded because of icy conditions.	71	4	Four
thankful	adj	'θæŋkful	grateful and glad about something that has happened, especially because without it the situation would be much worse	I'll be thankful for a good night's sleep after the week I've had.	72	4	Four
viable	adj	'vaɪəbəl	a viable idea, plan, or method can work successfully	The committee came forward with one viable solution.	74	4	Four
belongings	n	bɪ'lɒŋɪŋz	the things you own, especially things that you can carry with you	Please take all your personal belongings with you.	72	4	Four
breadth	n	bredθ	the distance from one side of something to the other	This flower resembles a lily and may reach a breadth of four inches.	73	4	Four
dimension	n	daɪ'menʃən	the length, height, width, depth, or diameter of something	We'll need to know the exact dimensions of the room.	-	4	Four
endeavour	n	ɪn'devə	an attempt to do something new or difficult	Despite our best endeavours, we couldn't start the car.	80	4	Four
increment	n	'ɪŋkrəmənt	the amount by which a number, value, or amount increases	The tariff increases by increments of £50.	81	4	Four
insight	n	'ɪnsaɪt	a clear understanding of something or part of something, especially a complicated situation or idea	The article gives us a real insight into the causes of the present economic crisis.	68	4	Four
prosperity	n	prɒ'sperətɪ	when people have money and everything that is needed for a good life	The country hopes to achieve prosperity through increased trade and investment.	73	4	Four
ritual	n	'rɪʃjuəl	something that you do regularly and in the same way each time	Coffee and reading the newspaper are part of my morning ritual.	71	4	Four
acquire	v	ə'kwɪə	to learn something	He's acquired some knowledge of Arabic.	67	4	Four
concede	v	kən'sɪd	to admit that something is true or correct, although you wish it were not true	'That's the only possible solution.' 'Yes, I suppose so,' Charles conceded.	75	4	Four
dictate	v	dɪk'teɪt	to tell someone what they must do or how they must behave	We can't dictate how the money will be spent.	75	4	Four
navigate	v	'nævɪgeɪt	to find which way you need to go when you are travelling from one place to another	I'll drive – you take the map and navigate. He resolved to leave the country as soon as possible.	74	4	Four
resolve	v	rɪ'zɒlv	to make a definite decision to do something	Posting cat pictures has become a bit of a thing.	68	4	Four
a bit of a thing	phr	ə bɪt ɒv ə θɪŋ	something recognised as an element of life	The situation isn't all doom and gloom – there are still plenty of good schools that did accept you!	-	4	Four
all doom and gloom	phr	ɔ:l du:m ænd glu:m	characterised by negativity or futility	We need this contract – hundreds of jobs are at stake. You can't wake him up. He's dead to the world.	-	4	Four
be at stake	phr	bɪ: æt steɪk	if something that you value very much is at stake, you will lose it if a plan or action is not successful	In Australia, the weather follows a fairly predictable pattern.	71	4	Four
dead to the world	phr	dɛd tu: ðə wɜ:lɪd	sleeping very deeply	I know it can be difficult, but you've got to have the guts to stand up for your beliefs!	-	4	Four
follow a pattern	phr	'fɒləʊ ə 'pætən	to continue to happen or develop in a particular way, especially in a way that is expected	The farmhouse we stayed in was completely off the beaten track.	-	4	Four
have the guts to	phr	hæv ðə ɡʌts tu:	to have enough courage, conviction, or resolve to do something	if you are on the brink of something, usually something important, terrible, or exciting, you are just about to do it or experience it	-	4	Four
off the beaten track	phr	ɒf ðə 'bi:tn træk	in a place where few people go, far from any main roads and towns	It's never easy to strike a good balance between work and family.	-	4	Four
on the brink (of)	phr	ɒn ðə brɪŋk (ɒv)	if you are on the brink of something, usually something important, terrible, or exciting, you are just about to do it or experience it	He was forced to swallow his pride and ask if he could have his old job back.	75	4	Four
strike a good balance	phr	'strʌk ə ɡʊd 'bæləns	to give the right amount of importance to two different things	We are talking in terms of a major shift in our marketing strategy.	75	4	Four
swallow your pride	phr	'swɒləʊ jɔ: praɪd	to decide to do something although it will make you feel embarrassed or ashamed	Those in the know say that interest rates will have to rise again soon.	78	4	Four
talking in terms of	phr	'tɔ:kɪŋ ɪn tɜ:mz ɒv	speaking with respect to a certain context		-	4	Four
those in the know	phr	ðəʊz ɪn ðə nəʊ	those who have more information about something than most people		85	4	Four

understand the bigger picture	phr	ˌʌndəˈstænd ðəˈbrɪɡəˈpɪktʃə	to understand the most important facts about a situation and the effects of that situation on other things	You need to understand the bigger picture before you focus on the details.	-	4	Four
advisability	n	ədˈvaɪzəˈbɪləti	the quality of being advisable or sensible; wisdom	Many questioned the advisability of this policy.	-	4	Four
congestion charge	n	kənˈdʒestʃən tʃɑːdʒ	an amount of money that you have to pay each day to drive into a city centre, charged in order to reduce traffic	One of the possible ways of reducing traffic in the city centre is introducing a congestion charge.	-	4	Four
pricey	adj	ˈpraɪsi	expensive	The clothes are beautiful but very pricey.	76	4	Four
hopeless	adj	ˈhəʊpləs	if something that you try to do is hopeless, there is no possibility of it being successful	We tried to stop the flames from spreading, but we knew it was hopeless.	67	4	Four
pointless	adj	ˈpɔɪntləs	worthless or not likely to have any useful result	Can we please stop organising pointless meetings that just take up everyone's time?	73	4	Four
supportive	adj	səˈpɔːtɪv	giving help or encouragement, especially to someone who is in a difficult situation	My family were very supportive throughout the whole ordeal.	68	4	Four
constructive	adj	kənˈstrʌktɪv	useful and helpful, or likely to produce good results	We welcome any constructive criticism that will help us make the product better.	72	4	Four
worthless	adj	ˈwɜːθləs	something that is worthless has no value, importance, or use	The house was full of worthless rubbish.	70	4	Four
priceless	adj	ˈpraɪsələs	extremely valuable	He has a priceless collection of antique silver.	69	4	Four
audacious	adj	ɔːˈdeɪʃəs	showing great courage or confidence in a way that is impressive or slightly shocking	The car maker's audacious goal is to compete with the luxury cars of other manufacturers.	83	4	Four
courageous	adj	kəˈreɪdʒəs	brave	It was a courageous decision to resign in protest at the company's pollution record.	68	4	Four
wordy	adj	ˈwɜːdi	using too many words	His emails are too wordy. He could really learn to write more succinctly!	83	4	Four
lengthy	adj	ˈlenθi	continuing for a long time, often too long to understand new or difficult information	A lengthy period of training is required.	72	4	Four
digest	v	daɪˈdʒest	after thinking about it	It took us a while to digest the news.	76	4	Four
case in point	phr	keɪs ɪn pɔɪnt	an instance or example that illustrates what is being discussed	Supermarkets often charge too much for goods. Bananas are a case in point.	-	4	Four
disused	adj	ˌdɪsˈjuːzd	a disused building, railway, mine etc is no longer used	They have been given a grant to convert the disused factory into luxury flats.	79	4	Four
upmarket	adj	ˌʌpˈmɑːkət	designed for or used by people who have a lot of money	I was surprised when I saw her flat – I'd have expected a lawyer to have something a little more upmarket.	77	4	Four
anecdote	n	ˈænɪkdəʊt	a short story based on your personal experience	The book is full of amusing anecdotes about his life in Japan.	77	4	Four
slop about	phr v	slop əˈbaʊt	to relax, wearing clothes that are untidy or old	Jenny would never slop about in old jeans.	-	4	Four
showcase	v	ˈʃəʊkɛɪs	to exhibit; display	The Olympic Games gave the country an opportunity to showcase its economic achievements.	-	4	Four
(be) of great benefit	phr	(biː) ɒv greɪtˈbenɪfɪt	to be beneficial to someone or something	These changes will be of great benefit to all of you.	-	4	Four
gobble down	phr v	ˈɡɒbl daʊn	to eat something very quickly, especially in an impolite or greedy way	I was so hungry that when dinner arrived, I gobbled it down.	82	4	Four
pick at	phr v	pɪk æt	to eat only a small amount of food because you are not hungry or do not like the food	I was so nervous I could only pick at my lunch.	78	4	Four
plump for	phr v	plʌmp fɔː	to choose something after thinking carefully about it	In the end I plumped for the tuna steak.	84	4	Four
polish off	phr v	ˈpɒlɪʃ ɒf	to quickly eat or finish all of something	He polished off two burgers and a mountain of French fries.	79	4	Four
wean off	phr v	wiːn ɒf	to help someone to gradually stop doing or having something	She wanted to wean him off junk food.	81	4	Four
a rule of thumb	idiom	ə ruːl ɒv θʌm	a general principle or method for calculating something	As a rule of thumb, plant tall hedge plants two feet apart.	78	5	Five
at face value	idiom	æt feɪs ˈvæljuː	to accept what you are told without thinking carefully first	Don't take what adverts tell you at face value.	74	5	Five
be a pain in the neck	idiom	biː ə peɪn ɪn ðə nek	be very annoying	All this paperwork is a pain in the neck.	70	5	Five

be in the public eye	idiom	bi: ɪn ðə 'pʌblɪk aɪ	someone who is in the public eye is seen a lot on television, written about in newspapers etc	I don't enjoy being in the public eye but it's part of my job.	-	5	Five
face the music	idiom	feɪs ðə 'mju:zɪk	to be confronted with the unpleasant consequences of one's actions	If we do nothing to curb this pollution, I guarantee we will face the music in the future.	-	5	Five
go hand in hand	idiom	gəʊ hænd ɪn hænd	to be closely connected	Wealth and power usually go hand in hand. He usually stays quite calm in meetings but this time he just lost his head.	69	5	Five
lose your head	idiom	lu:z jɔ: hɛd	to lose control and not act in a calm way	Management often turn a blind eye to bullying in the workplace.	-	5	Five
turn a blind eye	idiom	tɜ:n ə blaɪnd aɪ	to ignore something that you know is wrong	The album was recorded at a legendary studio in London.	-	5	Five
chunky	adj	'tʃʌŋki	thick, solid, and heavy	She wore a lot of chunky silver jewellery.	78	5	Five
legendary	adj	'ledʒəndəri	very famous and admired	The album was recorded at a legendary studio in London.	73	5	Five
musty	adj	'mʌsti	having an unpleasant, old, or wet smell	I actually like the musty smell of old books.	83	5	Five
rebellious	adj	rɪ'beljəs	deliberately not obeying people in authority or rules of behaviour	Her teachers regard her as a rebellious, trouble-making girl.	77	5	Five
underlying	adj	ˌʌndə'laɪɪŋ	the cause, idea etc that is the most important, although it is not easily noticed	It is important to look at all the underlying causes of the conflict.	-	5	Five
unheard of	adj	ˌʌn'hɜ:d əv	something that is unheard of is so unusual that it has not happened or been known before	Travel for pleasure was almost unheard of until the 19th century.	-	5	Five
widespread	adj	'waɪdspred	existing or happening in many places or situations, or among many people	The storm caused widespread damage. After that five-mile run I was completely wiped out.	60	5	Five
wiped out	adj	wəɪpt aʊt	extremely tired		-	5	Five
come off well (or badly)	phr v	kʌm ɒf wel (ɔ: 'bædli)	to happen as planned, or to succeed (or not)	I thought the party came off really well. I remember how the community came together and were so supportive of each other.	64	5	Five
come together	phr v	kʌm tə'geðə	to start working successfully with each other		-	5	Five
come under (a heading)	phr v	kʌm ˌʌndə (ə 'hedɪŋ)	to be in a particular part of a book or information system	Skiing? That'll come under 'Sport'.	73	5	Five
draw up	phr v	dɹɔ: ʌp	to prepare a document	We drew up a list of the options.	63	5	Five
fit in with	phr v	fɪt ɪn wɪð	if something fits in with other things, it is similar to them or goes well with them	A new building must fit in with its surroundings.	65	5	Five
go against (instincts)	phr v	gəʊ ə'genst (ɪn'stɪŋkts)	to oppose or be in disagreement with something or someone	What you're asking me to do goes against everything I believe in.	62	5	Five
hold up (evidence/argument)	phr v	həʊld ʌp (ɪ'veɪdəns/ ɔ:ɡjʊm ənt)	if information holds up, it is proved to be true	The evidence may not hold up in court.	-	5	Five
iron out	phr v	'aɪən aʊt	to put something into a finished state by solving problems, removing differences, or taking care of details	They met to iron out the details of the contract.	-	5	Five
line up	phr v	laɪn ʌp	if you line up an event or activity, you arrange for it to happen	The band is lining up a two-week UK tour for the New Year.	77	5	Five
rush into	phr v	rʌʃ ɪntu:	to do something without first thinking carefully about it	Try not to rush into a decision you may later regret.	-	5	Five
show off	phr v	ʃəʊ ɒf	to make it possible for others to see and admire something or someone	Mum wanted to show off her new hairstyle at the party.	-	5	Five
step up	phr v	step ʌp	to take action when there is a need or opportunity for it	Investors have to step up and assume more responsibility for their assets.	79	5	Five
take on	phr v	teɪk ɒn	to start doing some work or start being responsible for something	I've taken on far too much work lately.	63	5	Five
wind round	phr v	wəɪnd raʊnd	to wrap something around an object several times or twist it repeatedly around itself	He wound a small bandage round his finger.	-	5	Five
boot	n	bu:t	an enclosed space at the back of a car, used for carrying bags etc	We put our suitcases in the boot of the car.	59	5	Five
brand loyalty	n	brænd 'lɔɪəlti	the tendency of some consumers to continue buying the same brand of goods rather than competing brands	All manufacturers want to encourage brand loyalty to their own products.	63	5	Five
eccentricity	n	ˌɛksən'trɪsəti	strange or unusual behaviour	His eccentricity often puts people off.	82	5	Five

glitch	n	ɡlɪtʃ	a small fault in a machine or piece of equipment, that stops it working	Company records were lost due to a computer glitch.	79	5	Five
knock-on effect	n	ˌnɒk ˈɒn ɪ ˈfekt	a process in which everything that happens causes something else to happen	These price rises will have a knock-on effect on the economy.	76	5	Five
lodgings	n	ˈlɒdʒɪŋz	a room in someone's house which you live in and pay rent for	After work she returned to her lodgings on the outskirts of town.	77	5	Five
maze	n	meɪz	a complicated and confusing arrangement of streets, roads etc	The old part of the town was a maze of narrow passages.	75	5	Five
nerd	n	nɜːd	a person who is extremely interested in one subject, especially computers, and knows a lot of facts about it	I'm a real grammar nerd.	80	5	Five
nonconformity	n	ˌnɒnkən ˈfɔːməti	the quality of living and thinking in a way that is different from other people	Her clothes were an immediate sign of her nonconformity.	-	5	Five
scaffolding	n	ˈskæfəldɪŋ	a set of poles and boards that are built into a structure for workers to stand on when they are working on the outside of a building	Scaffolding has been erected around the tower and repair work will start next week.	80	5	Five
scrutiny	n	ˈskruːtəni	careful and thorough examination of someone or something	Careful scrutiny of the company's accounts revealed a whole series of errors.	76	5	Five
soundtrack	n	ˈsaʊndtræk	the recorded music from a film	I love listening to the soundtracks from my favourite films.	67	5	Five
spiral	n	ˈspɑːrəl	a line in the form of a curve that winds around a central point, moving further away from the centre all the time	The artwork used a spiral to represent the circular path of life.	73	5	Five
stack	n	stæk	a neat pile of things	There were stacks of papers on his desk.	67	5	Five
swish	n	swɪʃ	a movement through the air with a soft sound	With a swish of the curtains, the stage was revealed.	84	5	Five
cash in (something)	v	kæʃ ɪn (ˈsʌmθɪŋ)	to exchange something such as an insurance policy for its value in money	A cut in Spanish interest rates caused him to cash in his Spanish government bonds.	-	5	Five
face value	n	feɪs ˈvæljuː	the value or cost shown on the front of something such as a stamp or coin	Super Bowl tickets with a face value of \$300 are being sold for \$2,000.	-	5	Five
go up in value	v	ɡəʊ ʌp ɪn ˈvæljuː	to increase in price or worth	We thought that the company's shares would only go up in value, and we weren't wrong.	-	5	Five
in circulation	phr	ɪn ˌsɜːkjʊ ˈleɪʃən	if something is in circulation, it is available	Are the new dollar coins in circulation yet?	-	5	Five
inflated (fare)	adj	ɪn ˈfleɪtɪd (feə)	inflated prices, amounts etc are high and unreasonable	These company directors are paid grossly inflated salaries.	78	5	Five
loose change	n	luːs ˈtʃeɪndʒ	coins that a person is carrying	He had a few pounds in loose change in his pockets.	61	5	Five
toss a coin	v	tɒs ə kɔɪn	to decide something by throwing a coin up in the air and seeing which side is shown after it lands	My brother and I used to toss a coin to decide everything when we were kids.	68	5	Five
compromise	v	ˈkɒmprəmaɪz	to reach an agreement in which everyone involved accepts less than what they wanted at first	The employers will have to be ready to compromise if they want to avoid a strike.	69	5	Five
dapple	v	ˈdæpəl	to mark something with spots of colour, light, or shade	It was a mild morning, with a wintry sunshine dappling the ground under the trees.	-	5	Five
offload	v	ˌɒf ˈləʊd	to get rid of something that you do not want by giving it or selling it to someone else	The dealer had offloaded some of the shares onto a willing client.	-	5	Five
redesign	v	ˌriːdɪ ˈzeɪn	to change the design of something	The car has been completely redesigned.	75	5	Five
bear in mind	phr	biə ɪn maɪnd	used to tell someone they should not forget a fact or idea	Here are a few things to bear in mind.	70	5	Five
it stands to reason	phr	ɪt stændz tuː ˈriːzn	used to say that something is clearly true	It stands to reason that children will want to do what their friends do.	75	5	Five
on the subject of	phr	ɒn ðə ˈsʌbdʒɪkt ɒv	used to refer back to something that has just been said and link it to what you are going to say next	While we're on the subject of dinner, can you tell me why you don't want to order from the place across the street?	67	5	Five
peaks and troughs	phr	piːks ænd trɒfs	a regular series of high and low points	Investing small amounts regularly is a good way of smoothing out the peaks and troughs of the stock market.	-	5	Five

rub shoulders with	phr	ῥᾶβ 'jəʊldəz wɪð fə 'mi:liəraɪz ('sʌlmwʌn) wɪð	to meet and spend time with people, especially rich and famous people to learn about something so that you know it well	As a reporter he gets to rub shoulders with all the big names in politics.	-	5	Five
familiarise (someone) with	v			Familiarise yourself with the office routine. Her latest book is a humorous look at teenage life.	82	5	Five
humorous	adj	'hju:mərəs	funny and enjoyable		72	5	Five
misconception	n	'mɪskən 'sepʃən	an idea which is wrong or untrue, but which people believe because they do not understand the subject properly	There is a popular misconception that too much exercise is bad for you.	-	5	Five
purport	v	pɜ: 'pɔ:t	to claim to be or do something, even if this is not true	They purport to represent the wishes of the majority of parents at the school.	81	5	Five
scare someone half to death	phr	skəʊ 'sʌlmwʌn hɑ:f tu: dɛθ	to shock or frighten someone very suddenly and/or severely	Don't sneak up on me like that, you scared me half to death!	-	5	Five
gullibility	n	'gʌlə 'bɪləti	the quality of being easily tricked	His arguments are aimed at the public's gullibility rather than their intelligence.	85	5	Five
come across as	phr v	kʌm ə 'krɒs əz	if someone comes across in a particular way, they seem to have particular qualities if an illness comes on, you start to be ill with it	He comes across as a nice guy.	67	5	Five
come on	phr v	kʌm ɒn		I can feel a headache coming on. Do you want to come over to my house on Friday evening?	72	5	Five
come over	phr v	kʌm 'əʊvə	if someone comes over, they visit you at your house		54	5	Five
come round (after an operation)	phr v	kʌm raʊnd ('ɑ:ftə ən 'ɒpə'reɪʃən)	to become conscious again	When she came round after the operation, her mother was sitting by the bed.	71	5	Five
come under (a lot of pressure)	phr v	kʌm 'ʌndə (ə lɒt ɒv 'preʃə)	if you come under something, you suddenly experience or suffer it	The government is coming under pressure to change the law.	-	5	Five
come up	phr v	kʌm ʌp	if a problem comes up, it suddenly happens	Something's come up, so I won't be able to go with you.	62	5	Five
exemplify	v	ɪg'zempləfaɪ	to be a very typical example of something	The building exemplifies the style of architecture which was popular at the time. The president will, in all likelihood, have to resign.	78	5	Five
in all likelihood	phr	ɪn ɔ:l 'laɪklihʊd	almost certainly		79	5	Five
get the impression (that)	phr	get ði 'ɪm'preʃən (ðæt)	to form an opinion or feeling about someone or something	I got the impression that she wasn't very happy.	69	5	Five
(there's) no indication (that)	phr	(ðeəz) nəʊ 'ɪndɪ'keɪʃən (ðæt)	an indication is a sign, remark, event etc that shows what is happening, what someone is thinking or feeling, or what is true	He gave no indication that he was ready to compromise.	71	5	Five
commemorative (coin)	adj	kə'meməreɪtɪv (kɔɪn)	done or made to officially remember and give respect to a great person or event to play music in a public place in order to earn money	In 2009, he was honored with a commemorative stamp. A guitarist was busking at the entrance to the train station.	81	5	Five
busk	v	bʌsk		The views here are to die for. You must come!	84	5	Five
to die for	phr	tə daɪ fə	used when saying that something is very good		72	5	Five
advise against	v	əd'vaɪz ə'genst	to tell someone not to do (something)	Our lawyer advised us against buying that house.	52	5	Five
understaffing	n	ˌʌndə'sta:ftɪŋ	understaffing is a situation in which an organisation does not have enough employees to do its work properly	Understaffing of the stores leaves employees with too much work to complete in 40 hours.	-	5	Five
accommodating	adj	ə'kɒmədeɪtɪŋ	helpful and willing to do what someone else wants	He was very accommodating, always asking if I needed anything.	83	5	Five
query	v	'kwɪəri	to express doubt about whether something is true or correct	Several players queried the referee's decision.	72	5	Five
well equipped (with)	adj	wel ɪ'kwɪpt (wɪð)	supplied with all the necessary equipment	The kitchen is well-equipped with an oven, a microwave and a dishwasher.	-	5	Five
locality	n	ləʊ'kælti	a small area of a country, city etc	Many people are opting to live in the city rather than in rural localities.	74	5	Five
shrub	n	ʃrʌb	a small bush with several woody stems	She planted some roses and other flowering shrubs.	70	5	Five
gale	n	geɪl	a very strong wind	Our fence blew down in the gale.	73	5	Five
riverside	adj	'rɪvəsaɪd	the land along the sides of a river	Let's go down to the riverside and watch the boats pass by.	76	5	Five
a matter of urgency	phr	ə 'mætə ɒv 'ɜ:dʒənsi	very important and needing to be dealt with immediately	The new law should be introduced as a matter of urgency.	72	5	Five

it's no skin off somebody's nose	idiom	its nəʊ skɪn ɒf 'sʌmbədɪz nəʊz jɔː (əʊn) fleʃ ənd blʌd	used to say that someone does not care or does not have a strong opinion about something	Go if you like – it's no skin off my nose. He raised those kids like they were his own flesh and blood.	-	5	Five
your (own) flesh and blood	idiom	dʒʌmp daʊn 'sʌmwʌnz θrəʊt	someone who is part of your family	It was just a suggestion. You don't have to jump down my throat.	74	5	Five
jump down someone's throat	idiom	bi ɔ:l ɪəz	to suddenly speak angrily to someone to be very keen to hear what someone is going to tell you	As soon as I mentioned money, Karen was all ears.	79	5	Five
be all ears	idiom	təʊ ðə laɪn	to do what other people in a job or organisation say you should do, whether you agree with them or not	You toe the line or you don't stay on the team!	-	5	Five
toe the line	idiom	bi ən əʊld hænd (æɪt 'sʌmθɪŋ)	to have a lot of experience of doing something	Chris is an old hand at dealing with this sort of problem.	77	5	Five
be an old hand (at something)	idiom	skrætʃ 'sʌmwʌnz bæɪk	to do something that helps someone else but that is often difficult to do and with the expectation of help in return	The president has been accused of scratching the oil industry's backs with a series of executive actions that put them in a position to make a lot more money.	-	5	Five
scratch someone's back	idiom	æt ə lu:s end	to have nothing to do	I was at a loose end so I decided to go see an old movie.	-	6	Six
at a loose end	fixed phr	æt ə streɪtʃ	only with difficulty or in extreme circumstances	This programme is aimed at one age group, adults, or, at a stretch, college students.	-	6	Six
at a stretch	fixed phr	æt fɜ:st glɑ:ns	when you first look at something	At first glance, the place seemed deserted.	-	6	Six
at first glance	fixed phr	æt 'sɪksɪz ənd 'sevnz	disorganised and confused	When the visitors arrived, we were still at sixes and sevens.	-	6	Six
at sixes and sevens	fixed phr	baɪ ɔ:l ə'kaʊnts	according to what a lot of people say if something happens by default, it happens only because something else does not happen	I've never seen any of her movies, but she's a brilliant director, by all accounts.	-	6	Six
by all accounts	fixed phr	baɪ dɪ'fɔ:lt	by default	The other team never arrived, so we won by default.	78	6	Six
by default	fixed phr	baɪ nəʊ mi:nz	not at all	It is by no means certain that the game will take place.	-	6	Six
by no means	fixed phr	ɪn 'ækʃən	doing a particular job, activity, or sport	These photos show the ski jumpers in action.	71	6	Six
in action	fixed phr	ɪn kən'dʒʌŋkʃən	working, happening, or being used with someone or something else	The worksheets are designed to be used in conjunction with the new coursebooks.	70	6	Six
in conjunction with	fixed phr	ɪn maɪ 'eləmənt	to be in a situation that you enjoy, because you are good at it	Graham was in his element, building a fire and cooking the steaks.	-	6	Six
in my element	fixed phr	ɪn nəʊ taɪm	very soon or very quickly	We'll be home in no time.	65	6	Six
in no time	fixed phr	ɪn tɜ:n	as a result of something	Interest rates were cut and, in turn, share prices rose.	-	6	Six
in turn	fixed phr	ɪn veɪn	without success	Workers tried in vain to keep the building from collapsing.	73	6	Six
in vain	fixed phr	æt 'breɪknɛk spi:d	carelessly fast and dangerous	He drove away at breakneck speed.	-	6	Six
at breakneck speed	phr	bɪ'jɒnd rɪ'kʌvəri	past a point that something or someone can get better	We can't plant anything in the soil because it's eroded beyond recovery.	66	6	Six
beyond recovery	phr	gəʊ aʊt ɒn ə lɪm	to do something risky or extreme, which puts you in a position of weakness	The politician went out on a limb and publicly questioned the views of his party.	-	6	Six
go out on a limb	phr	hæv ə gʌt 'fi:lɪŋ	to have a feeling that you are sure is right, although you cannot give a reason for it	He had a gut feeling that Sarah was lying.	-	6	Six
have a gut feeling	phr	hæv ə 'mentl blɒk	if you have a mental block about something, you cannot understand it or do it because something in your mind prevents you	He has a mental block about names – he just can't remember them.	-	6	Six
have a mental block	phr	ɪn ɪts ɪn'taɪəti	including every part	The film has been shown in its entirety for the first time.	-	6	Six
in its entirety	phr	jɔ:z 'tru:lɪ	used humorously to mean yourself	They all went out, leaving yours truly to clear up the mess.	-	6	Six
yours truly	phr	ˌænɪkəl dɔ:tl	consisting of short stories based on someone's personal experience	His findings are based on anecdotal evidence rather than serious research.	-	6	Six
anecdotal	adj	'krɒnɪk	a chronic problem is one that continues for a long time and cannot easily be solved	There is a chronic shortage of teachers.	66	6	Six
chronic	adj						

clear-cut	adj	ˌkliːt ˈkʌt	certain or definite	There is not always a clear-cut distinction between right and wrong.	77	6 Six
continuously	adv	kən'tnjuəsli	continuing to happen or exist without stopping	You can't work continuously for six hours without a break!	76	6 Six
conventional	adj	kən'venʃənəl	a conventional method, product, practice etc has been used for a long time and is considered the usual type	Internet connections through conventional phone lines are fairly slow.	71	6 Six
defeatist	adj	dɪ'fi:tst	behaving in a way that shows you expect to fail	Being defeatist will get us nowhere.	84	6 Six
flawed	adj	flɔ:d	spoiled by having mistakes, weaknesses, or by being damaged	The system is not just broken but fundamentally flawed.	73	6 Six
gory	adj	'gɔ:ri	involving a lot of violence and blood	I hate gory horror movies – I much prefer psychological horrors.	81	6 Six
inaccessible	adj	ˌɪnək'sesəbəl	difficult or impossible to reach	In winter, the villages are inaccessible by road.	78	6 Six
invaluable	adj	ɪn'veljuable	extremely useful	Your advice has been invaluable to us.	74	6 Six
laughable	adj	'lə:fəbəl	something that is laughable is impossible to believe or be serious about, because it is so silly or bad	The promises are so far from reality that they are laughable.	-	6 Six
nostalgic	adj	nɒ'stældʒɪk	if you feel nostalgic about a time in the past, you feel happy when you remember it, and in some ways you wish that things had not changed	Seeing those old school photographs has made me feel quite nostalgic.	-	6 Six
pharmaceutical	adj	ˌfɑ:mə'sju:tɪkəl	relating to the production of drugs and medicines	The pharmaceutical industry is huge, and consequently holds a lot of influence over the government.	69	6 Six
provoking	adj	prə'veʊkɪŋ	causing mild anger; annoying	The host's provoking comments are the reason why people tune in to his radio talk show in the first place.	-	6 Six
sighted	adj	'saɪtɪd	someone who is sighted can see, and is not blind	Blind and sighted children are taught in the same classroom.	81	6 Six
squeamish	adj	'skwi:mɪʃ	easily shocked or upset, or easily made to feel sick by seeing unpleasant things	I couldn't be a nurse – I'm too squeamish.	83	6 Six
stationary	adj	'steɪʃənəri	standing still instead of moving	How did you manage to drive into a stationary vehicle?	76	6 Six
tactile	adj	'tæktaɪl	if something is tactile, it has a surface that is pleasant or attractive to touch	Her paintings have a very tactile quality.	-	6 Six
undeniable	adj	ˌʌndɪ'naɪəbəl	Her popularity among teenagers is undeniable.		79	6 Six
undignified	adj	ʌn'dɪgnɪfɪəd	definitely true or certain	There was an undignified scramble for seats on the train.	-	6 Six
unmanageable	adj	ʌn'mænɪdʒəbəl	respect, especially because of not being controlled, serious, or calm	74 percent of teachers said their paperwork was unmanageable.	-	6 Six
curiosity	n	'kjʊəri'ɒsəti	difficult to control or deal with	I opened the packet just to satisfy my curiosity.	71	6 Six
dependence on	n	dɪ'pendəns ɒn	the desire to know about something	The region's complete dependence on tourism is rather worrying.	76	6 Six
dragonfly	n	'dræɡənflaɪ	the fact of needing someone or something in order to exist, be successful, healthy etc	He was a world authority on mosquitoes and dragonflies.	80	6 Six
drought	n	draʊt	a brightly-coloured insect with a long thin body and transparent wings which lives near water	A severe drought has caused most of the corn crop to fail.	72	6 Six
empathy	n	'empəθi	a long period of dry weather when there is not enough water for plants and animals to live	She had great empathy with people.	80	6 Six
honeycomb	n	'hʌnɪkəʊm	the ability to understand other people's feelings and problems	If we make this structure a honeycomb, it will be much stronger.	82	6 Six
hunch	n	hʌntʃ	a structure made by bees, which consists of many six-sided cells in which honey is stored	I had a hunch that something like this would happen.	80	6 Six
inflection	n	ɪn'flekʃən	a feeling you have that something is true or that something will happen, even if you have no information or proof	He spoke slowly and without inflection.	79	6 Six
initiative	n	ɪ'nɪʃətɪv	the way the sound of your voice goes up and down when you are speaking	The cost-cutting initiatives are expected to result in savings of \$300 million.	69	6 Six
	n		an important new plan or process to achieve an aim or solve a problem			

inscription	n	ɪnˈskrɪpʃən	words that are written or cut in something	The inscription in the book read 'To darling Molly, Christmas 1904'.	80	6 Six
proponent	n	prəˈpɒnənt	someone who supports something or persuades people to do something	She has always been a strong proponent of women's rights.	81	6 Six
quest	n	kwest	a long search for something that is difficult to find	World leaders are now united in their quest for peace.	74	6 Six
rivalry	n	ˈraɪvəlri	when people or groups try to show that they are better than each other	There is a friendly rivalry between the two teams.	75	6 Six
threshold	n	ˈθreʃhəʊld	the level at which something starts to happen or have an effect	I know that young children have very low boredom threshold.	-	6 Six
tile	n	taɪl	a flat square piece of baked clay or other material, used for covering walls, floors etc	We put tiles on the floor in the hallway so that it would be easy to clean.	62	6 Six
wax	n	wæks	a solid substance made of fat or oil and used to make candles, polish etc	She watched the wax as it dripped down the side of the candle.	75	6 Six
abound	v	əˈbaʊnd	to exist in very large numbers	The streams and rivers abound in fish.	81	6 Six
backtrack	v	ˈbæktræk	to change an opinion or promise that you gave so that it is not as strong as it was earlier	The President is backtracking on his promise to increase health care spending.	81	6 Six
compile	v	kəmˈpaɪl	to make a book, list etc, using different pieces of information	They are compiling a dictionary of new words.	77	6 Six
outdo	v	aʊtˈduː	to be better or more successful than someone else at doing something	When it comes to speed of response, a small firm can outdo a big company.	80	6 Six
promote understanding	v	ˌprəʊˈmeɪt ˌʌndəˈstændɪŋ	to raise awareness or strengthen someone's understanding	The meeting was used to promote understanding between the two groups.	-	6 Six
topple	v	ˈtɒpəl	to become unsteady and then fall over, or to make something do this	A stack of plates swayed, and began to topple over.	80	6 Six
bypass	v	ˈbaɪpɑːs	to go around something	The road bypasses the town.	73	6 Six
cater for	v	ˈkeɪtə fɔː	to provide a particular group of people with the things they need or want	There are plenty of events taking place at the festival to cater for all tastes.	-	6 Six
decommissioned	adj	ˌdiːkəˈmɪʃənd	if something (such as equipment) is decommissioned, it is taken out of use	The old tank road was decommissioned after they built the highway.	82	6 Six
drive the length of	phr	draɪv ðə leŋθ ɒv	to travel by car from the beginning to the end of something (e.g. a particular road)	We drove the length of the coast on our holiday.	-	6 Six
fall into disrepair	phr	fɔːl ɪnˈtuː ˌdɪsrɪˈpeə	buildings, roads etc that fall into disrepair degrade into an unusable condition because they have not been maintained	The old house had fallen into disrepair. We would never have discovered this beautiful castle if we hadn't gone off track!	83	6 Six
go off track	phr	gəʊ ɒf træk	to leave the planned route	The path, which had been mud only weeks before, was now crunchy gravel.	-	6 Six
gravel	n	ˈgrævəl	small stones, used to make a surface for paths, roads etc		77	6 Six
head for	v	hed fɔː	to go or travel towards a particular place, especially in a deliberate way	The ship was heading for Cuba. We made a diversion to the lake away from the road.	67	6 Six
make a diversion	phr	meɪk ə daɪˈvɜːʃən	to stray from a planned route		-	6 Six
memorabilia	n	ˌmemərəˈbiːliə	things that you keep or collect because they are connected with a famous person, event, or time	We have lots of theatre memorabilia saved from old music halls and theatres.	82	6 Six
spring up	v	sprɪŋ ʌp	to suddenly appear or start to exist	Hotels are springing up all over the city.	79	6 Six
stretch	n	stretʃ	an area of land or water, especially one that is long and narrow	This particular stretch of coast is especially popular with hikers.	73	6 Six
trading post	n	ˈtreɪdɪŋ pəʊst	a small place, especially in the past, far from other places in which people live, where goods can be bought and sold or exchanged	New York was originally a Dutch trading post.	-	6 Six
circumference	n	səˈkʌmfərəns	the distance or measurement around the outside of a circle or any round shape	The earth's circumference is nearly 25,000 miles.	78	6 Six
diameter	n	daɪˈæmɪtə	a straight line from one side of a circle to the other side, passing through the centre of the circle, or the length of this line	The wheel was about two feet in diameter. This artwork is a hexagon, which can be viewed from all sides.	68	6 Six
hexagon	n	ˈheksəɡən	a flat shape with six sides	Compared to its adult size, a new-born kangaroo is minuscule.	82	6 Six
minuscule	adj	ˈmɪnəskuːl	very small		83	6 Six

radius	n	'reɪdiəs	the distance from the centre to the edge of a circle, or a line drawn from the centre to the edge	This wheel has a radius of 30 cm.	75	6 Six
rhombus	n	'rɒmbəs	a shape with four equal straight sides, especially one that is not a square	This board game is played on a rhombus.	-	6 Six
symmetrical	adj	sɪ'metrɪkəl	an object or design that is symmetrical has two halves that are exactly the same shape and size	The pattern was perfectly symmetrical.	79	6 Six
technological	adj	,teknə'lɒdʒɪkəl	related to technology	The steam engine was the greatest technological advance of the 19th century.	68	6 Six
squeeze out	v	skwi:z aʊt	to force (someone or something) out of a position, place, etc	Big stores have squeezed out a lot of the smaller locally owned shops.	-	6 Six
short-sighted (approach)	adj	ʃɔ:t 'saɪtəd (ə 'prəʊtʃ)	not considering the possible effects in the future of something that seems good now	The policy of reducing investment in training was very short-sighted.	-	6 Six
noticeable	adj	'nəʊtɪsəbəl	easy to notice	There's been a noticeable improvement in your work.	67	6 Six
debatable	adj	dɪ'beɪtəbəl	an idea, fact, or decision that is debatable may be right but it could easily be wrong	It's debatable whether this book is as good as her last.	79	6 Six
justifiable	adj	'dʒʌstɪfaɪəbəl	actions, reactions, decisions etc that are justifiable are acceptable because they are done for good reasons	Is football a justifiable expense when the college cannot afford enough English classes to meet students' needs?	79	6 Six
edible	adj	'edɪbəl	something that is edible can be eaten	These berries are edible, but those are poisonous.	76	6 Six
profitable	adj	'prɒfɪtəbəl	producing a profit or a useful result	The advertising campaign proved very profitable.	73	6 Six
defensible	adj	dɪ'fensɪbəl	a defensible opinion, idea, or action seems reasonable, and you can easily support it	Cooper believes the plan is fair and legally defensible.	-	6 Six
alternatively	adv	ɔ:l 'tɜ:nətɪvli	used for suggesting something different	You can relax on the beach or alternatively visit the bustling town centre.	-	6 Six
assumption	n	ə'sʌmpʃən	something that you think is true although you have no definite proof	We're working on the assumption that prices will rise.	75	6 Six
beneficial	adj	,benə'fɪʃəl	helpful or useful	The agreement will be beneficial to both groups.	70	6 Six
endurance	n	ɪn'dʒʊərəns	the ability to continue doing something difficult or painful	The marathon is a test of endurance.	75	6 Six
implication	n	,ɪmplɪ'keɪʃən	a possible future effect or result of an action, event, decision etc	What are the implications of these proposals?	70	6 Six
removal	n	rɪ'mu:vəl	when something is taken away or someone gets rid of it	The company charged him for the removal of the vehicle.	64	6 Six
mistaken belief	n	mɪs'teɪkən bɪ'lɪf	a misconception; misunderstanding	I did so in the genuine though mistaken belief that it was necessary.	-	6 Six
get hooked on	phr	get hʊkt ɒn	if you are hooked on something, you like it a lot and want to continue doing it	It's easy to get hooked on playing computer games and stop doing everything else.	79	6 Six
double-book	v	,dʌbl 'bʊk	to promise the same seat in a theatre, on a plane etc to more than one person by mistake	The room was double-booked so they had to give us a different one.	-	6 Six
intriguing	adj	ɪn'trɪ:ɡɪŋ	something that is intriguing is very interesting because it is strange, mysterious, or unexpected	His comments were thought to be quite intriguing at the time.	-	6 Six
chore	n	tʃɔ:	a small job that you have to do regularly, especially work that you do to keep a house clean	Everyone in the flat shared the cooking and domestic chores.	72	6 Six
fade	v	feɪd	to gradually disappear	Hopes of a peace settlement are beginning to fade.	66	6 Six
in an uproar	phr	ɪn ən 'ʌprɔ:	with a lot of noise or angry protest about something	The house was in an uproar, with babies crying and people shouting.	-	6 Six
on second thoughts	phr	ɒn 'sekənd θɔ:ts	used to say that you have changed your mind about something	I'll call her tomorrow – no, on second thoughts, I'll try now.	66	6 Six
at a standstill	phr	æt ə 'stænd ,stɪl	in a situation in which all movement or activity has stopped	Labour negotiations are almost at a standstill.	80	6 Six
on impulse	phr	ɒn 'ɪmpʌls	if you do something on impulse, you suddenly decide to do it, without planning it	'I didn't know you were looking for some new shoes.' 'Oh, I wasn't – I just bought them on impulse.'	71	6 Six

out of stock	phr	aut ðv stɒk tu: 'sʌmwʌnz 'kredit	(of goods) unavailable for immediate sale in a shop used for saying that someone deserves praise	We will recommend alternative products in the event that we are out of stock of that particular item. Jane, to her credit, helped the woman without knowing the situation.	-	6	Six
to someone's credit	phr				-	6	Six
on good terms	phr	ɒn gʊd tɜ:mz	if two people are on good terms, they are friendly with each other	Are you on good terms with your boss?	-	6	Six
in line with	phr	ɪn laɪn wɪð	according to or following something such as a rule or principle	A workforce diversity committee will set specific objectives in line with the policy. All but three of the lake's fish species have died out.	-	6	Six
die out	phr v	daɪ aut	to disappear or stop existing completely		53	7	Seven
dispose of	phr v	dɪ 'spəʊz ðv	to get rid of something	Nuclear waste can cause serious damage to the environment if not disposed of properly.	63	7	Seven
draw on	phr v	dɹɔ: ɒn	to use something to achieve a particular result	We can draw on this chemical's healing properties to cure patients.	-	7	Seven
go into	phr v	gəʊ 'ɪntə	to be put into or utilised	A lot of effort went into preparing this festival.	-	7	Seven
keep from	phr v	ki:p frɒm	to prevent someone from doing something or prevent something from happening	Put the pizza in the bottom of the oven to keep the cheese from burning.	-	7	Seven
kick in	phr v	kɪk ɪn	to start or to begin to have an effect	The painkillers kicked in and his headache slowly started lifting.	-	7	Seven
make up	phr v	meɪk ʌp	to combine together to form a particular total or result	Plastic bags now make up 60% of all bags used in grocery stores.	-	7	Seven
map out	phr v	mæp aut	to plan carefully how something will happen	Her parents had already mapped out her future.	75	7	Seven
smooth out	phr v	smu:ð aut	to get rid of problems or difficulties to happen more quickly, or to make something happen more quickly	Prior to his campaign, the candidate hired a PR firm to smooth out some of his problems relating to younger voters. The new system will speed up the registration process.	-	7	Seven
speed up	phr v	spi:d ʌp			62	7	Seven
tap into	phr v	tæp 'ɪntu:	to manage to use something in a way that brings good results	If only we could tap into all that energy and creativity.	-	7	Seven
track down	phr v	træk daʊn	to find someone or something by searching for a long time	I finally managed to track down the book you wanted in a shop near the station.	70	7	Seven
decompression sickness	n	di:kəm 'prɛʃ(ə)n 'sɪkni:s	a serious medical condition caused by returning too quickly to the surface of the sea when diving with breathing equipment	Quickly ascending from a greater depth can cause decompression sickness.	-	7	Seven
element	n	'eləmənt 'flɪktjʊ 'eɪʃnz ɪn 'prɛʃə	a simple chemical substance that consists of only one kind of atom	Argon is an element. The scientists observed fluctuations in pressure before the explosion.	64	7	Seven
fluctuations in pressure	n phr		changes in the level of pressure relating to or containing large amounts of electricity	We need a high-voltage generator to run this machine.	77	7	Seven
high-voltage	adj	ˌhaɪ 'vəʊltdʒ			76	7	Seven
oxidise	v	'ɒksədaɪz	to combine with oxygen, or make something combine with oxygen, especially in a way that causes rust	Iron oxidizes to form rust.	-	7	Seven
pharmacological	adj	ˌfɑ:məkeɪ'lədʒɪkəl	relating to the branch of medicine concerned with the uses, effects, and modes of action of drugs	From a pharmacological standpoint, this medicine is no different than aspirin.	-	7	Seven
pollutant	n	pə'lu:tənt	a substance that makes air, water, soil etc dangerously dirty, and is caused by cars, factories etc	New regulations will reduce hazardous air pollutants.	74	7	Seven
specimen	n	'spesɪmən	a small amount or piece that is taken from something, so that it can be tested or examined	Astronauts brought back specimens of moon rock. The astronauts were able to keep a stable atmosphere inside their capsule.	64	7	Seven
stable atmosphere	adj + n	'steɪbl 'ætməsfɪə	a maintained or steady atmosphere		-	7	Seven
vapour	n	'veɪpə	a mass of very small drops of a liquid which float in the air, for example because the liquid has been heated	If there's too much water vapour, you should wipe off the glass with a paper towel.	76	7	Seven
ventilated	adj	'ventɪleɪtɪd	made pleasant by having fresh air inside it	I work in a very poorly-ventilated building.	82	7	Seven
accolade	n	'ækələɪd	praise given to someone because people think they are very good, or a prize given to them for their work	She received a Grammy Award, the highest accolade in the music business.	79	7	Seven

bring to life	v	brɪŋ tə laɪf	(with reference to a fictional character or inanimate object) cause to be alive or real	The author brings the character of MacDonald to life with power and precision.	-	7	Seven
enrapture	v	ɪn ˈræptʃə	to give someone very great pleasure	The performance enraptured adults and children alike.	-	7	Seven
fatal flaw	adj + n	ˈfeɪtl floʊ	a weakness that makes something certain to fail	The main character in a tragedy usually has a fatal flaw that prevents him from achieving happiness.	-	7	Seven
narrative structure	adj + n	ˈnærətɪv ˈstrʌktʃə	a literary element generally described as the structural framework that underlies the order and manner in which a narrative is presented to a reader, listener, or viewer to think of or represent something as a person	The narrative structure of this novel is quite distracting.	-	7	Seven
personify	v	pə ˈsɒnɪfaɪ	to aim a product at a particular type of organisation, group of people etc, or to describe it in a particular way, in order to sell it	Time is often personified as an old man.	80	7	Seven
pitch at	v	pɪtʃ æt	to tell someone a story or describe a series of events	The new machine will be pitched at users in the hotel and air reservation business.	-	7	Seven
recount	v	rɪ ˈkaʊnt	a story of adventures, travels etc, usually made more exciting and interesting by adding things that never really happened if something is applicable to a particular person, group, or situation, it affects them or is related to them	Alan recounted how he and Joyce had met.	75	7	Seven
yarn	n	ɔːn		The old captain would often tell us a yarn about life aboard ship.	82	7	Seven
applicable	adj	ə ˈplɪkəbəl		The offer is only applicable to bookings for double rooms.	-	7	Seven
classy	adj	ˈklɑːsi	fashionable and expensive	She took us to a very classy seafood restaurant in the old part of the city.	75	7	Seven
convivial	adj	kən ˈvɪvɪəl	friendly and pleasantly cheerful	The mood at the meeting was relaxed and convivial.	84	7	Seven
duplicitous	adj	dju ˈplɪsɪtəs	deceptive in words or action; deceitful	It was very duplicitous of you to hide this information from me.	-	7	Seven
formative	adj	ˈfɔːmətv	having an important influence on the way someone or something develops	He exposed his children to music throughout their formative years.	79	7	Seven
harmonious	adj	hɑː ˈmɔːniəs	harmonious relationships are ones in which people are friendly and helpful to one another	It is a harmonious community where pupils are happy and industrious.	77	7	Seven
life-threatening	adj	ˈlaɪf ˌθreɪnɪŋ	a life-threatening situation, illness, or injury could cause a person to die	The injuries are serious but not life-threatening.	73	7	Seven
lifelong	adj	ˈlaɪflɒŋ	continuing or existing all through your life	She became a lifelong friend of ours.	73	7	Seven
near-perfect	adj	nɪə ˈpɜːfɪkt	almost perfect	This jacket is used but still in near-perfect condition.	-	7	Seven
patronising	adj	ˈpætrənəɪzɪŋ	speaking or behaving towards someone as if they are stupid or not important	The tone of the interview was unnecessarily patronising.	83	7	Seven
sceptical	adj	ˈskeptɪkəl	doubting whether something is true or right	I'm extremely sceptical about what I read in the press.	77	7	Seven
sought-after	adj	ˈsɔːt ˌɑːftə	wanted by a lot of people but rare or difficult to get	Her paintings are highly sought-after and sell for millions at auctions.	80	7	Seven
speechless	adj	ˈspiːtʃləs	unable to speak because you feel very angry, upset etc	His comments left me speechless with rage.	78	7	Seven
allusion	n	ə ˈluːʒən	something said or written that mentions a subject, person etc indirectly	His poetry is full of historical allusions.	82	7	Seven
asphyxiation	n	æs ˈfɪksɪ ˈeɪʃən	when someone is prevented from breathing the process of putting people or things into categories (= groups with the same features)	Asphyxiation from excess carbon dioxide was responsible for the die off of large numbers of fish.	84	7	Seven
categorisation	n	ˈkætəgəraɪzɪʃən		You can upload your photos and assign them keywords for quick categorisation.	-	7	Seven
clarification	n	ˌklærɪfə ˈkeɪʃən	the act of making something clearer or easier to understand, or an explanation that makes something clearer	I asked for clarification on a point he had made at the press conference.	71	7	Seven
defection	n	dɪ ˈfekʃən	the act of leaving your own country or group in order to go to or join an opposing one	Over the years there were hundreds of defections to the West.	82	7	Seven

displacement	n	dis'pleɪsmənt	when a group of people or animals are forced to leave the place where they usually live	The recent famine in these parts has caused the displacement of tens of thousands of people.	80	7	Seven
diversity	n	daɪ'vɜːsəti	the fact of including many different types of people or things	It is a city of huge musical and artistic diversity, where every taste is catered for.	68	7	Seven
espionage	n	'ɛspɪənəːʒ	the activity of secretly finding out secret information and giving it to a country's enemies or a company's competitors	Three people were accused of engaging in espionage against a rival firm.	79	7	Seven
ignorance	n	'ɪgnərəns	lack of knowledge or information about something	Excuse my ignorance, but how does it actually work?	72	7	Seven
incarnation	n	'ɪnkɑː'neɪʃən	a particular physical form or condition of something or someone that is changing or developing	This film is the latest incarnation of a fairy tale that dates back to the Middle Ages.	-	7	Seven
infiltration	n	'ɪnfɪl'treɪʃən	the process of secretly becoming part of a group in order to get information or to influence the way that a group thinks or behaves	The spy's successful infiltration of their organisation was shocking.	-	7	Seven
jingle	n	'dʒɪŋɡəl	a short song used in advertisements	She is one of America's most successful commercial jingle writers.	79	7	Seven
mortality	n	mɔː'tæləti	the number of deaths during a particular period of time among a particular type or group of people	Advancements in medicine caused a decline in mortality rates.	69	7	Seven
onslaught	n	'ɒnslɔːt	strong criticism of someone	I was not prepared for the onslaught when I posted that comment.	81	7	Seven
premise	n	'premɪs	a statement or idea that you consider to be true and use to develop other ideas	The idea that there is life on other planets is the central premise of the novel.	76	7	Seven
principal	n	'prɪnsəpəl	someone who is in charge of a school	This is a small school with just three teachers and the principal.	51	7	Seven
principle	n	'prɪnsəpl	a moral rule or belief about what is right and wrong, that influences how you behave	Schools try to teach children a set of principles.	66	7	Seven
sentiment	n	'sentɪmənt	an opinion or feeling you have about something	Similar sentiments were expressed by many politicians.	75	7	Seven
sophistication	n	sə'fɪstɪ'keɪʃən	the quality of being complicated or made with great skill	The level of sophistication in the cameras has grown tremendously.	76	7	Seven
upbringing	n	'ʌp'brɪŋɪŋ	the way that your parents care for you and teach you to behave when you are growing up	Mike had had a pretty strict upbringing.	77	7	Seven
wisdom	n	'wɪzdəm	whether something is sensible	Some people doubted the wisdom of his decision.	78	7	Seven
adhere to	v	əd'hɪə tuː	to behave according to a rule, agreement etc	Now companies must adhere to stricter guidelines on the disposal of toxic waste.	-	7	Seven
amend	v	ə'mend	to correct or make small changes to something that is written or spoken	The law has been amended several times.	73	7	Seven
ascribe	v	ə'skraɪb	to claim that something is caused by a particular person, situation etc	The report ascribes the rise in childhood asthma to the increase in pollution.	81	7	Seven
complement	v	'kɒmplɪmənt	to make a good combination with someone or something else	The curtains complement the carpet well.	74	7	Seven
deter	v	dɪ'tɜː	to stop someone from doing something, by making them realize it will be difficult or have bad results	The company's financial difficulties have deterred potential investors.	72	7	Seven
ensure	v	ɪn'ʃʊə	to make certain that something will happen properly	You must ensure that the fire doors are kept clear at all times.	67	7	Seven
fulfil	v	ful'fɪl	to do or provide what is necessary or needed	Much of the electrical equipment failed to fulfil safety requirements.	-	7	Seven
hone	v	həʊn	to improve your skill at doing something, especially when you are already very good at it	Some of the best players in the world honed their skills playing street football.	-	7	Seven
outrun	v	aʊt'rʌn	to develop more quickly than something else	Consumer demand has outrun our production capabilities.	82	7	Seven
proscribe	v	prəʊ'skraɪb	to officially say that something is not allowed to exist or be done	The Act proscribes discrimination on the grounds of race.	83	7	Seven
face head on	v coll	feɪs hɛd ɒn	to confront a problem directly and openly	Let's face this problem head-on and try to solve it quickly and painlessly.	75	7	Seven
fall into a category	v coll	fɔːl 'ɪntuː ə 'kætgɪəri	to belong to or be part of a particular group, area of responsibility, range of things, or type of things	Many illnesses fall into the category of stress-related illnesses.	-	7	Seven

fulfil a need	v coll	ful'fi:l ei ni:d	to do or provide what is necessary or needed	The service will run initially for three months but may become permanent if it fulfils a need.	-	7	Seven
hazard a guess	v coll	'hæzəd ə ges meɪk ən	to say something that is only a guess to think something is true although you have no definite proof	I don't know how much he earns, but I could hazard a guess.	83	7	Seven
make an assumption	v coll	ə'sʌmpjən (bi:) 'ʌndə nəʊ		They made a naive assumption that because it's popular it must be good.	75	7	Seven
(be) under no illusion	v coll	i'lu:ʒən	to be fully aware of the true state of affairs	I am under no illusion that moving abroad is going to be very easy.	-	7	Seven
be in operation	phr	bi: in 'ɒpə'reɪʃən	to be functioning, operating or being active	The Education Business Partnership has been in operation since 1989.	64	7	Seven
have time to kill	phr	hæv taɪm tu: kɪl	to have nothing to do for a particular period when someone tries to get, achieve, or find something in a determined way	We've got some time to kill before the flight if you want to get some coffee.	-	7	Seven
in pursuit of	phr	ɪn pə'sju:t əv		He left his home town in pursuit of work.	75	7	Seven
in some circles	phr	ɪn səm 'sɜ:klz	in certain social or professional groups	His ideas are very unpopular in some circles, but he continues to defend them.	65	7	Seven
(second) night running	phr	('sekənd) naɪt 'rʌnɪŋ	if something happens for the second night running, it happens two nights in a row when you are alone, especially when this is what you enjoy	I'm absolutely exhausted – I couldn't sleep for the second night running!	-	7	Seven
solitude	n	'sɒlɪtju:d	the feeling of being sorry for someone who is in a bad situation	After months of solitude at sea it felt strange to be in company.	-	7	Seven
sympathy	n	'sɪmpəθi		I have a lot of sympathy for her; she had to bring up the children on her own.	70	7	Seven
discrete	adj	dɪ'skri:t	clearly separate	The change happens in a series of discrete steps.	80	7	Seven
discreet	adj	dɪ'skri:t	careful about what you say or do, so that you do not offend, upset, or embarrass people or tell secrets	Can you please be discreet about this? We're in a very sensitive situation.	78	7	Seven
illicit	adj	ɪ'lɪsɪt	not allowed by laws or rules, or strongly disapproved of by society	The investigation uncovered evidence of illicit and unconstitutional behaviour.	81	7	Seven
elicit	v	ɪ'lɪsɪt	to get or produce something, especially information or a reaction	Have you managed to elicit a response from them yet?	-	7	Seven
alternately	adv	ɔ:l'tɜ:nətli	happening in a regular way, first one thing and then the other thing	The ice on the road alternately freezes and melts as temperatures get colder at night and warmer during the day.	-	7	Seven
grumpy	adj	'grʌmpi	bad-tempered and easily annoyed	She's always a bit grumpy first thing in the morning.	76	7	Seven
(be) in the mood (to)	phr	ɪn ðə mu:d (tu:)	to feel that you would like to do something	I don't want to talk about it now. I'm not in the mood.	-	7	Seven
cringe	v	kɪrɪndʒ	to feel embarrassed by something	It makes me cringe when I think how stupid I was.	79	7	Seven
mend	v	mend	to repair a tear or hole in a piece of clothing unwilling to talk about what you feel or what you know	My father used to mend our shoes.	67	7	Seven
reticent	adj	'retɪsənt		John is clearly reticent about discussing his private life.	-	7	Seven
detrimental (effect on)	adj	'detri:məntl (ɪ'fekt ən)	causing harm or damage	These chemicals have a detrimental effect on the environment.	-	7	Seven
pane	n	'wɪndəʊ peɪn	a piece of glass used in a window or door if you rattle something, or if it rattles, it shakes and makes a quick series of short sounds	He threw the baseball too far and broke the window pane.	77	7	Seven
rattle	v	'rætl		The wind was rattling the windows.	67	7	Seven
rogue	n	rəʊg	a person who behaves badly, but who you like in spite of this – often used humorously	What's the old rogue done now, I wonder?	-	7	Seven
unpick	v	ʌn'pɪk	to examine the different parts of a subject, deal etc, especially in order to find faults	I didn't want to unpick the past.	-	7	Seven
account for	phr v	ə'kaʊnt fɔ:	to be the reason for something, or to explain the reason for something	Recent pressure at work may account for his behavior.	69	7	Seven
arrive at	phr v	ə'raɪv æt	to reach a decision, solution etc after a lot of effort	After much consideration, we have arrived at a decision.	62	7	Seven
be on to something	phr v	bi: ən tu: 'sʌmθɪŋ	to have an idea or information that is likely to lead to an important discovery	I think you could be on to something here when it comes to a solution.	63	7	Seven

	bring about	phr v	brɪŋ əˈbaʊt	to make something happen if a situation or statement boils down to something, that is the most important fact or the basic meaning	A huge amount of environmental damage has been brought about by the destruction of the rainforests.	64	7 Seven
	boil down to	phr v	bɔɪl daʊn tuː		It all boils down to how much money you have.	78	7 Seven
	buy into	phr v	baɪ ˈɪntuː	to accept or believe an idea	My last employer expected us to buy into the ideas of every new business guru, without question.	75	7 Seven
	give off	phr v	ɡɪv ɒf	to produce a smell, light, heat etc	The burning wood gave off a sweet smell.	59	7 Seven
	narrow down	phr v	ˈnærəʊ daʊn	to reduce the number of people or things that you can choose from	We've narrowed down the number of candidates to two.	71	7 Seven
	blissfully unaware	coll	ˈblɪsfʊli ˌʌnəˈweə	to be blissfully unaware is to be happier not knowing the truth about something	Most people are blissfully unaware of how much corruption happens in our government.	83	8 Eight
	blisteringly hot	coll	ˈblɪstərɪŋli hɒt	extremely hot	Summers here are blisteringly hot, so I'm thankful that we have air conditioning.	81	8 Eight
	endlessly versatile	coll	ˈɛndlɪsli ˈvɜːsətaɪl	having an infinite number of different uses	This omelette recipe is endlessly versatile – just use the ingredients you have in the fridge at the moment!	76	8 Eight
	exclusively used	coll	ɪksˈkluːsɪvli juːzd	used only (e.g. by a certain group) determined or trying extremely hard to be more successful than other people or businesses	Originally, computers were exclusively used by the government.	71	8 Eight
	fiercely competitive	coll	ˈfɪəsli kəmˈpetɪtɪv	able to see, understand, and act in a particular situation to a high degree	They are fiercely competitive and offer lower prices year after year.	77	8 Eight
	fully alert	coll	ˈfʊli əˈlɜːt		I'm not feeling fully alert today – not enough sleep last night!	72	8 Eight
	infinitely preferable	coll	ˈɪnfɪnɪtli ˈprefərəbəl	much better or more suitable	He finds country life infinitely preferable to living in the city.	72	8 Eight
	instantly recognisable	coll	ˈɪnstəntli ˈrɛkəɡnaɪzəbəl	very easy to recognise	The Eiffel Tower in Paris is an instantly recognisable landmark.	-	8 Eight
	intricately carved	coll	ˈɪntrɪkətli kɑːvd	engraved with a lot of complicated details if something is notoriously difficult, it is well known that it is not easy	Their ancestors created intricately carved pillars made of ancient wood.	83	8 Eight
	notoriously difficult	coll	ˈnəʊtɔːriəsli ˈdɪfɪkəlt	decorated in a very careful and thorough way	The company is notoriously difficult to contact. You may as well not even bother.	-	8 Eight
	painstakingly decorated	coll	ˈpeɪnz ˌteɪkɪŋli ˈdekeɪrɪtɪd		The room has been painstakingly decorated for their wedding reception.	83	8 Eight
	strikingly similar	coll	ˈstraɪkɪŋli ˈsɪmɪlə	unusually and noticeably similar	The two girls are strikingly similar in how they look and what they like, but they're not even related.	-	8 Eight
	universally known	coll	juːnɪˈvɜːsəli nəʊn	known by everyone	It is universally known as the best cure for the common cold.	73	8 Eight
	widely believed	coll	ˈwaɪdli bɪˈliːvd	according to most people's belief	It is widely believed that the virus originally came from monkeys.	57	8 Eight
	button up	phr v	ˈbʌtn ʌp	to fasten something with buttons, or to be fastened with buttons	Button up your coat – it's cold outside.	72	8 Eight
	derive from	phr v	dɪˈraɪv frɒm	to develop or come from something	This word is derived from Latin.	72	8 Eight
	dispose of	phr v	dɪˈspəʊz ɒv	to get rid of something	Nuclear waste can cause serious damage to the environment if not disposed of properly.	63	8 Eight
	freak out	phr v	friːk aʊt	to suddenly become very anxious, upset, or afraid, or to make someone do this	People just freaked out when they heard the news.	74	8 Eight
	keep up with	phr v	kiːp ʌp wɪð	to know about the latest facts, information, and products in a particular area	It's hard to keep up with all the changes in computer technology.	60	8 Eight
	pass something on	phr v	pɑːs ˈsʌmθɪŋ ɒn	to give something to your children through your genes	My mother passed on her poor eyesight to me.	-	8 Eight
	stick to (a routine)	phr v	stɪk tuː (ə ruːˈtiːn)	to keep using or doing one particular thing and not change to anything else	Reporters should stick to investigating the facts.	65	8 Eight
	take on	phr v	teɪk ɒn	to acquire or be burdened with something	It was surprising that he took on his brother's problems.	-	8 Eight
	anaesthetic	n	ˌænəsˈθetɪk	a drug that stops you feeling pain	The operation will have to be done under anaesthetic.	77	8 Eight
	aversion	n	əˈvɜːʃən	a strong dislike of something or someone	Despite his aversion to publicity, Arnold was persuaded to talk to the press.	81	8 Eight
	circuit/circuitry	n	ˈsɜːkɪt/ sɜːkɪtri	electrical connections	The circuitry in the human brain is extremely complicated.	-	8 Eight

commodity	n	kə'mɒdəti	a product that is bought and sold a soft mass of cotton, used for cleaning the skin, wounds etc	Land is an extremely valuable commodity. She put some disinfectant on a piece of cotton wool and cleaned the cut.	72	8	Eight
cotton wool	n	'kɒtn wʊl	a way of going from one place to another that is longer than the usual way		72	8	Eight
detour	n	'di:tʊə	a shape like a circle in a piece of wire, string etc	We took a detour to avoid the town centre.	78	8	Eight
loop	n	lu:p	someone who lives in a house, room etc	A loop of wire held the gate shut. The furniture had been left by the previous occupants.	64	8	Eight
occupant	n	'ɒkjʊpənt	the range of musical notes between the first note of a scale and the last one	Bill had a voice that was nearly an octave higher than Ben's.	75	8	Eight
octave	n	'ɒktəv	how high or low a note or other sound is	The same syllables were sung repeatedly at a number of different pitches.	83	8	Eight
pitch	n	pɪtʃ	the right to vote in national elections a mass of very small drops of a liquid which float in the air, for example because the liquid has been heated	Suffrage reforms took place in the 18th, 19th and 20th centuries. If there's too much water vapour, you should wipe off the glass with a paper towel.	71	8	Eight
suffrage	n	'sʌfrɪdʒ	used when saying that something is almost certain to happen or be true	There will doubtless be someone at the party that you know.	82	8	Eight
vapour	n	'veɪpə	the negative part or disadvantage of something	The downside of living here, of course, is that it is expensive.	76	8	Eight
doubtless	adj	'daʊtləs	a disadvantage of a situation, plan, product etc	It's a great city – the only drawback is the weather.	75	8	Eight
downtside	n	'daʊnsaɪd	to not do or have something pleasant or enjoyable	Senior board members have offered to forego their annual bonuses this year.	72	8	Eight
drawback	n	'drɔ:bæk	in the period of time between now and a future event, or between two events in the past	The doctor will be here soon. In the meantime, try and relax.	73	8	Eight
forego	v	fo:'gəʊ	seeming to continue for a very long time	Keeping such a big house neat and clean is a never-ending battle.	71	8	Eight
meantime	n	'mi:ntaɪm	what is expected to happen in the future	The long-term outlook for the industry is worrying.	75	8	Eight
never-ending	adj	'nevər-'endɪŋ	to successfully control a feeling or problem that prevents you from achieving something	I'm trying to overcome my fear of flying.	68	8	Eight
outlook	n	'aʊtlʊk	a short description of a subject or situation that gives the main ideas without explaining all the details	Before we can consider the details we need to have an overview of the whole situation.	70	8	Eight
overcome	v	'əʊvə'kʌm	the fact of owning something	The company was returned to private ownership in 1990.	71	8	Eight
overview	n	'əʊvəvju:	a problem that delays or prevents progress, or makes things worse than they were	Today's result was a major setback for the team.	75	8	Eight
ownership	n	'əʊnəʃɪp	something less successful or effective than they should be	Critics take pleasure in focusing on shortcomings and ignoring strengths. The negotiations have proven more troublesome than any of us expected.	80	8	Eight
setback	n	'setbæk	causing problems, in an annoying way		77	8	Eight
shortcoming	n	'ʃɔ:t kʌmɪŋ	positive and making you feel that good things will happen	I like a story with an upbeat ending.	77	8	Eight
troublesome	adj	'trʌbəlsem	a particular way of thinking about a problem or subject	Try and think of it from the child's viewpoint. Jo is very affectionate towards her little sister.	71	8	Eight
upbeat	adj	'ʌpbɪt	showing in a gentle way that you love someone and care about them		77	8	Eight
viewpoint	n	'vju:pɔɪnt	causing so much damage or harm that something no longer works or is no longer effective	The new regulations will be potentially crippling for the industry. There has been no detectable change in the patient's condition.	78	8	Eight
affectionate	adj	ə'fekʃənət	that can be noticed or discovered		71	8	Eight
crippling	adj	'krɪplɪŋ	making you feel very upset	The news reports about the famine were very distressing.	76	8	Eight
detectable	adj	dɪ'tektəbl	someone who is eligible for something is able or allowed to do it, for example because they are the right age		71	8	Eight
distressing	adj	dɪ'stresɪŋ					
eligible	adj	'elɪdʒəbəl					

evolutionary	adj	i:və'lu:ʃənəri	relating to the way in which plants and animals develop and change gradually over a long period of time	The evolutionary path of many species is fascinating.	75	8	Eight
exquisite	adj	'ekskwɪzɪt	extremely beautiful and very delicately made	This sculpture has the most exquisite craftsmanship.	76	8	Eight
fluffy	adj	'flʌfi	very light and soft to touch	Look at that fluffy little kitten!	76	8	Eight
heavy-duty	adj	'hevi-'dju:ti	heavy-duty materials, pieces of equipment etc are very strong and not easily damaged	These are large, heavy-duty bags for those who buy a lot of groceries.	81	8	Eight
squeaky	adj	'skwi:ki	making very high noises that are not loud	His voice is kind of high and squeaky.	78	8	Eight
stringent	adj	'strɪndʒənt	a stringent law, rule, standard etc is very strict and must be obeyed	Stringent air quality standards will be imposed on oil companies.	81	8	Eight
underlying	adj	ˌʌndə'laɪɪŋ	the cause that is the most important, although it is not easily noticed	Stress is the underlying cause of many illnesses.	-	8	Eight
unmanly	adj	ʌn'mænli	not thought to be suitable for or typical of a man	I disagree that dancing is an unmanly pursuit.	-	8	Eight
defy	v	dɪ'faɪ	to refuse to obey a law or rule, or refuse to do what someone in authority tells you to do	It is rare to see children openly defying their teachers.	72	8	Eight
dodge	v	dɒdʒ	to move quickly to avoid someone or something	He managed to dodge the speeding bicycle.	78	8	Eight
forgo	v	fɔ:'gəʊ	to not do or have something pleasant or enjoyable	I had to forgo lunch.	-	8	Eight
peer	v	pɪə	to look very carefully at something, especially because you are having difficulty seeing it	The driver was peering into the distance trying to read the road sign.	73	8	Eight
trigger	v	'trɪɡə	to make something start to happen	Some people find that certain foods trigger their headaches.	70	8	Eight
deprivation	n	ˌdeprɪ'veɪʃən	the lack of something that you need in order to be healthy, comfortable, or happy	Sleep deprivation can result in memory loss and concentration problems.	75	8	Eight
drop off	v	drɒp ɒf	to go to sleep	She kept dropping off for a few minutes, before waking with a start.	64	8	Eight
hypersomnia	n	ˌhaɪpə'sɒmniə	a sleep disorder in which someone sleeps for very long periods and is always very tired during the day	My hypersomnia is really making it difficult for me to function normally.	-	8	Eight
nap	n/v	næp	a short sleep, especially during the day	I usually take a nap after lunch.	73/80	8	Eight
nocturnal	adj	nɒk'tɜ:nl	being active or happening at night rather than during the day	Hamsters are nocturnal creatures.	79	8	Eight
restorative	adj	rɪ'stɔ:rətɪv	making you feel healthier or stronger	He's a great believer in the restorative power of short naps.	-	8	Eight
shut-eye	n	'ʃʌt-aɪ	sleep	You look exhausted. Try to get some shut-eye on the train.	-	8	Eight
tuck someone up	v	tʌk 'sʌmwʌn ʌp	to make someone comfortable in bed by arranging the sheets around them	Could you please go tuck Lisa up and sing her a lullaby?	-	8	Eight
wind down	v	wɪnd daʊn	to rest and relax after a lot of hard work or excitement	I find it difficult to wind down after a hard day at work.	71	8	Eight
bark an order	phr	bɑ:k ən 'ɔ:deɪ	to tell someone to do something in a loud angry voice	The coach was running up and down the pitch barking orders at his team.	81	8	Eight
be in good company	phr	bi: ɪn gud 'kʌmpəni	if you say that someone is in good company, you mean that they should not be ashamed of a mistake or opinion, because it is shared by many others, or by someone important or successful	'I can't play tennis – I'm hopeless at it!' 'Oh well, you're in good company.'	-	8	Eight
for the time being	phr	fɔ: ðə taɪm 'bi:ɪŋ	for a short period of time, but not permanently	You can stay here for the time being.	68	8	Eight
glimmer of hope	phr	'glɪmər ɒv həʊp	a small sign of hope	This month's sales figures offer a glimmer of hope for the depressed economy.	-	8	Eight
it got me thinking	phr	ɪt gɒt mi 'θɪŋkɪŋ	it made me think	After seeing the news it got me thinking whether I should go on holiday or not.	-	8	Eight
no takers?	phr	nəʊ 'teɪkəz	if there are no takers for something, no one accepts or is willing to do what is being asked	Would anybody like to go with me to the shop? No takers?	-	8	Eight
on a practical note	phr	ɒn ə 'præktɪkəl nəʊt	speaking in a practical way	On a practical note, we don't really have to follow every rule.	-	8	Eight

run in families	phr	rʌn ɪn 'fæmɪlɪz	if something such as a quality, disease, or skill runs in the family, many people in that family have it	We're all ambitious – it seems to run in the family.	65	8	Eight	
spark an idea	phr	spɑ:k ən aɪ 'dɪə	to initiate or be the impetus of an idea if you summon up your courage, strength etc, you try to be brave, strong etc even though it is difficult	When I'm stuck, my notes usually spark an idea and that gets me writing again.	77	8	Eight	
summon up the courage	phr	'sʌməŋ ʌp ðə 'kʌrɪdʒ		Ruth took a deep breath, summoned up her courage, and told him the truth.	80	8	Eight	
the heart of the problem	phr	ðə hɑ:t ɒv ðə 'prɒbləm	the most central and important part of a problem	After two hours of tinkering with your computer, I think I've gotten to the heart of the problem.	-		8	Eight
know-it-all	n	'nəʊ ɪt ə:l	someone who behaves as if they know everything	OK, if you're such a know-it-all, you try and do it, then.	82	8	Eight	
counterpart	n	'kaʊntəpɑ:t	someone or something that has the same job or purpose as someone or something else in a different place	Belgian officials are discussing this with their French counterparts.	77	8	Eight	
guideline	n	'gaɪdlaɪn	rules or instructions about the best way to do something	This chapter gives you some guidelines to help you in your work.	62	8	Eight	
spokesperson	n	'spəʊks,pɜ:sən	someone who has been chosen to speak officially for a group, organisation, or government	A spokesperson for the company read a prepared statement to the waiting reporters.	68	8	Eight	
workshop	n	'wɜ:kʃɒp	a meeting where people learn about a particular subject by discussing their experiences and doing practical exercises	Staff attended a two-day training workshop on basic PR techniques.	64	8	Eight	
breakdown	n	'breɪkdaʊn	the failure of a relationship or system	The misunderstanding was the result of a communication breakdown.	68	8	Eight	
strike without warning	phr	straɪk wɪ 'ðaʊt 'wɔ:nɪŋ	to happen without warning	The power outage struck the town without warning.	-		8	Eight
halo	n	'heɪləʊ	a circle of light or something bright	If you look through this glass, you can see a halo of sunlight.	-		8	Eight
chirp	n	tʃɜ:p	the short high sound of a bird or insect	She was looking out the window and heard several bird chirps.	83	8	Eight	
moped	n	'məʊpəd	a small two-wheeled vehicle with an engine involved in a way that involves doing things or taking part in something	It would be much easier to go around the city on a moped than in a car.	81	8	Eight	
actively involved	adv + adj coll	'æktɪvli ɪn 'vɒlvd	insulted or upset by someone's behaviour or remarks to a very high degree	Parents must be actively involved in their children's education.	72	8	Eight	
deeply offended	adv + adj coll	'di:pli ə 'fendɪd		Stella was deeply offended when she was not invited to Mona's birthday party.	66	8	Eight	
painfully shy	adv + adj coll	'peɪnfuli ʃaɪ	extremely nervous and embarrassed about meeting and speaking to other people, especially people you do not know	She was painfully shy as a child.	77	8	Eight	
readily available	adv + adj coll	'redɪli ə 'veɪləbəl	quickly and easily available	The information is readily available on the internet.	67	8	Eight	
sorely missed	adv + adj coll	'sɔ:li mɪst	missed very much	You'll be sorely missed by everyone here, and we wish you success in your new job.	-		8	Eight
strictly forbidden	adv + adj coll	'strɪktli fə 'bɪdn	not allowed according to a rule, law, or custom	The use of mobile phones in the library is strictly forbidden.	75	8	Eight	
strongly opposed	adv + adj coll	'strɒŋli ə 'pəʊzd	definitely believing that something is wrong and should not be allowed	She's strongly opposed to any changes to the current legislation.	82	8	Eight	
vaguely familiar	adv + adj coll	'veɪgli fə 'mɪliə	slightly or distantly familiar	There was something vaguely familiar about him that I couldn't quite put my finger on.	78	8	Eight	