

FARZAD ACADEMY

1000 ENGLISH COLLOCATIONS

10 minutes a day



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Lesson 5 – Feelings

I experienced a **roller coaster of emotions** when my son was born (*many different emotions one after another*). During my wife's pregnancy, I was **ridiculously excited** about the prospect of becoming a dad. On the big day, I'd imagined that everything would go smoothly and we'd be **blissfully happy** – but there were complications during the delivery and my wife had to have emergency surgery while I waited in the reception area, **worried sick** (*very worried*).

As time went by, I got **increasingly anxious** because the doctors weren't telling me anything. After two hours I was **seething with anger** (*ready to explode with anger*), and I and shouted at one of the nurses. Then the security guards came and escorted me out of the hospital.

My wife was **visibly disappointed** (*it was obvious that she was disappointed*) that I wasn't by her side when she woke up from surgery. She didn't say anything – she's not really one to **show her feelings**; she prefers to **bottle up her emotions** (*keep her emotions hidden inside her*) – but I knew I had let her down and I was **terribly sorry** that I had **lost my temper** (*lost control and shown anger*).

The months that followed were tough. My wife became **deeply depressed**, and I too was an **emotional wreck** (*a person who is very sad, confused, and upset*) as I tried to juggle the demands of work and family life. But now things are starting to turn around – I've been **pleasantly surprised** at the all help we've gotten from our friends and neighbors.

I'm just **immensely grateful** that my wife and son are healthy, and sometimes I'm **overwhelmed with emotion** as I reflect on how lucky we are (*when emotion is so strong that it's difficult to think or speak*).



Lesson 5 Quiz

1. At his mother's funeral, he was so **incapacitated / overwhelmed / seething** with emotion that he couldn't finish his speech.
2. I was **deeply / pleasantly / significantly** surprised by the excellent customer service - that company really cares about its customers.
3. I'm sorry I **forgot / lost / wrecked** my temper with you yesterday. It was a really stressful day at work.
4. Instead of confronting his issues, he **bottles / guards / rolls** up his emotions and tries to pretend everything's OK.
5. It's normal to go through a **helicopter / roller coaster / ocean wave** of emotions after the end of a long-term relationship.
6. My mother was worried **bad / ill / sick** when it passed midnight and my brother still hadn't come home.
7. The boss was **pleasantly / sickly / visibly** annoyed when the employees told him about the problems.
8. The fans were seething with **anger / disappointment / temper** when the team lost the game in the last 5 minutes.
9. We're **badly / horribly / terribly** sorry, but we won't be able to go to your graduation.
10. We're **blissfully / immensely / largely** grateful for all the help you've given us in this project.



Lesson 6 – Houses and Apartments

I recently spent a month on vacation – but instead of staying in a hotel, I looked for a **short-term rental** (*a place to live that can be rented for a short period of time*). I ended up sharing a **two-bedroom apartment** – that’s an apartment with two bedrooms, a living room, and a kitchen – with some friends. It was actually cheaper than renting a **studio apartment** (*an apartment with only one big room*) all by myself.

The apartment was on the top floor of a **five-story building** (*that’s a building with five floors*) and it had a balcony **overlooking the ocean** (*that means you can see the ocean from the balcony*). From the roof, we also **had a nice view of** the city skyline (*this is another expression used when you can see something from a certain place*).

The apartment had **recently been remodeled/renovated** – meaning it was fixed up and improved – and was **fully furnished**, so it already had furniture (beds, tables, etc.) and appliances (refrigerator, stove, etc.)

We loved the **spacious living room** (*the room was big*), but unfortunately **the bedrooms were rather cramped** (*small and uncomfortable*). It was nice to spend a month there, but by the end of the trip I started to **feel homesick** – that’s when you feel sad because you miss your life at home.

I’d really like to **have a place of my own** so that I’m not throwing away money on rent every month, but there’s a real shortage of **affordable housing** (*houses/apartments that are reasonably priced*) in my city. Even if I stay away from the **upscale neighborhoods** (*areas where rich people live*), I’d still have to **take out a mortgage** (*borrow money from the bank, in order to buy a house*) and it’ll take me more than 30 years to **pay it off**.

But still, I’m gonna start saving up for a **down payment** (*an initial payment on a big purchase*). Someday, when I do **move into a new place**, I’ll be sure to **throw a housewarming party** (*a party to celebrate living in a new house/apartment*).



Lesson 6 Quiz

1. Her father paid the affordable / down / studio payment on her apartment.
2. I can't stand living with my parents; I need a place of my independent / own / short-term.
3. I hope the apartment is decorated / furnished / upscale, because I can't afford to buy appliances.
4. I was having so much fun during my semester abroad that I didn't feel cramped / homesick / housewarm at all.
5. It's a ten- level / room / story building with two elevators.
6. My bedroom window overlooks / oversees / overviews the mountains.
7. My parents finished paying off their borrow / budget / mortgage after 25 years.
8. This weekend I'm helping my cousin change / move / turn into his new place.
9. We're going to need a more short-term / spacious/widespread apartment now that we're going to have a baby.
10. We're regenerating / rejuvenating / remodeling the bathroom, so you'll have to use the one on the second floor.



Lesson 7 – Eating

My mother radically changed her **eating habits** a few years ago. In the past, she ate a lot of **junk food** (*food that is not nutritious/healthy*) and was overweight. Sometimes she would try to **go on a diet** (*eat less food and healthier food*), but it would never last. But now she understands how unhealthy **processed foods** are – they're full of **food additives** (*chemicals added to food*) that contribute to weight gain and heart problems.

Nowadays, she eats a **balanced diet** including a lot of **nourishing meals** (*meals that are healthy and nutritious*) that she prepares herself. She doesn't buy **organic food** because she thinks the prices are outrageous, but she stocks up on **fresh produce** (*fresh fruits and vegetables*) so that she can grab an apple or some veggies when she wants a **quick snack** (*something small and fast to eat*). She has also learned to **eat in moderation** and watch her **portion sizes** (*how much food you take*).

I often stop by her house when I'm in the mood for a **home-cooked meal**. The other day she made a **hearty stew** (*a thick soup with lots of flavors and ingredients*) that was full of beans and vegetables. My brother, who has a **healthy appetite** (*the capacity to eat a lot*), had a **second helping** (*a second portion*) – but I found the stew so filling that I could barely finish my bowl.

My mother recently told me that she'd like to try some **international cuisine**. I was surprised to hear that, because a few years ago she had a bad experience after getting **food poisoning** (*when you get sick because of contaminated food*) at a Japanese restaurant. So tomorrow I'm taking her to a Brazilian steakhouse. I told her to eat **light meals** (*small meals*) during the day so that she doesn't **spoil her appetite** for dinner (*"spoiling your appetite" means eating food earlier, and then not being hungry for a meal later*).



Lesson 7 Quiz

cuisine / diet / fresh / helping / junk / moderation / nourishing / poisoning / processed / snack

1. During the summer, our kids eat a lot of _____ food - popcorn, candy, ice cream, cookies, etc.
2. He got food _____ after eating some seafood from a street vendor.
3. I buy _____ produce at the farmer's market.
4. I drink in _____; I don't like getting drunk.
5. I'm not a huge fan of Mexican _____. It's too spicy for me.
6. I've lost ten pounds so far while on this new _____.
7. Spinach is one of the most _____ vegetables - it's full of vitamins and minerals.
8. That lasagna is delicious; I think I'll have another _____.
9. The food at this restaurant is all natural - they don't use any type of _____ food.
10. We stopped driving to grab a quick _____ at a roadside cafe.



Lesson 45 – Claiming & Denying

Read and listen to this news report about a corruption scandal in a large company:

Randy Fisher, president of the software company NewTech, is **facing accusations** of fraud by its chief financial officer, Brian King, who has **openly accused** Fisher of hiding millions of dollars of profit in off-shore bank accounts in order to avoid paying taxes.

Fisher **denies the allegations** (*says the accusations are not true*) and **clearly states** that King has no evidence to **substantiate his claims** (*prove his claims are true or reasonable*). However, in a **leaked document** (*a secret document that was accidentally released to the public*) from the company's internal archives, Fisher **heavily implies** (*says indirectly but strongly*) that the company is in fact much more profitable than it appears on paper. Some journalists are now **spreading the rumor** (*transmitting the comment*) that these "invisible" funds were used to finance Fisher's recent real estate investments in Central America.

According to King, Fisher wanted him to participate in the illegal financial scheme, and became angry when King **refused his offer**. It is **widely acknowledged** (*known by many people*) that if Fisher were to resign, King would be the logical successor to the position of CEO. This has **fueled speculation** (*created beliefs*) that there may be an **ulterior motive** (*a hidden reason*) for his accusations.

NewTech's public relations department has **issued a statement** affirming its total compliance with tax regulations. If indeed King's **claims are unfounded** (*his claims have no basis in fact*), then he will probably face legal action for **unjustly** and **maliciously accusing** Fisher, thus resulting in damage to his reputation.



Lesson 45 – Quiz

1. A **disclosed / escaped / leaked** document shows that the U.S. is planning to build additional military bases in Central America.
2. A lot of people believe the completely **impossible / malicious / unfounded** claims they read on the internet, and never actually research the issue.
3. In the interview, the director heavily **implied / included / intended** that there would be a sequel to the film.
4. My cousin wanted to give me a job at his restaurant, but I **denied / refused / repelled** the offer.
5. Some parents are **honestly / openly / transparently** accusing the teacher of favoritism in the classroom.
6. That university is **hugely / unjustly / widely** acknowledged to be the best place in the world to study law.
7. The corporation laid off 10,000 workers, **inflaming / firing / fueling** speculation that it is close to bankruptcy.
8. The human resources manager **defends / denies / denounces** the allegations that the company hired illegal immigrants.
9. The police are **claiming / facing / implying** accusations of using excessive violence to arrest a teenager, after some witnesses filmed the situation on their cell phones.
10. The sports team **declared / issued / transmitted** a statement apologizing for the athlete's offensive behavior.
11. The tabloid magazines are **divulging / growing / spreading** the rumor that the actress is pregnant.
12. Whenever my brother calls me "just to say hi," there's always an **ulterior / ultimate / undercover** motive - usually he needs to borrow some money.



Lesson 47 – Praising & Criticizing

When I told my family I wanted to be a professional musician, I faced a **barrage of criticism** (*intense attack of negative comments*) from my parents, who **strongly disapproved** of the idea. I'd had a feeling that they would only **give their blessing** (*give their approval/support*) to a more "traditional" career track.

I **countered their criticism** (*argued against their criticism*) by pointing out that I'd rather follow my passion and enjoy my job than get rich working a job I hated. Although they gave their **grudging approval** (*angry and reluctant approval*) to my enrollment in music school, I could tell by my father's **frown of disapproval** (*disapproving facial expression*) that he wished I'd study law or medicine instead.

The only person who encouraged me was my aunt, who **thinks the world of me** (*has great respect and admiration for me*) and has always offered **enthusiastic support** for my hopes and dreams. She **heartily approved** (*completely and sincerely approved*) of my plans and **dismissed** my parents' **criticisms** as ridiculous.

My parents finally came around when I gave my first concert in Carnegie Hall, to a **standing ovation** (*when the audience stands up and claps for an extended period of time*). The critics had given my show **rave reviews** (*extremely positive evaluations*), describing it as **an outstanding performance** (*an excellent, superior performance*).

After seeing me on stage, my parents **congratulated me warmly** (*congratulated me with love*) and apologized for the **scathing criticisms** (*very strong and hurtful criticisms*) they had made in the past. Later, I heard them **speaking highly of** (*saying good things about*) my music to some of their friends. I had finally **won their approval**.



Lesson 47 – Quiz

1. Her parents refused to give their **blessing / grace / thanksgiving** to her marriage to a man from a different culture.
2. I **animatedly / enthusiastically / forcefully** support the campaign for humane treatment of farm animals.
3. My son is my parents' only grandchild, so of course they think the **globe / earth / world** of him.
4. Some men will do anything to **catch / stand / win** the approval of the woman they love.
5. That course seems excellent - everyone who takes it speaks very **deeply / greatly / highly** of it.
6. The actress' **distinguished / outstanding / warm** performance in the film won her an Oscar.
7. The article made some **burning / grudging / scathing** criticisms of the corruption in the country's political system.
8. The author's new book received a **barrage / barricade / blast** of criticism from people who disagree with her philosophy.
9. The manager **attacked / countered / defended** criticism that he was overspending by showing how the investments would grow the business' profit in the future.
10. We **emotionally / heartily / politely** approve of your proposal.



Lesson 48 – Metaphor

A number of words in English are used metaphorically – with a meaning that is not exactly the same as their literal meaning. Usually they apply a quality of one word to another word. For example, when we say that something is **lightning fast**, we are using the quality of lightning (which is almost instantaneous) to describe something that is extremely fast.

Another example is **the root of the problem** – the literal meaning of the word “root” is the part of a plant or tree that is under the soil. The roots are what support and sustain the entire tree. Therefore, “the root of the problem” is the deepest, most basic or fundamental reason for the problem.

Many metaphors are related to elements in the natural world, such as light and dark, water, fire, and plants – in this lesson, you’ll learn 5 collocations in each category.

LIGHT AND DARK

- If someone’s **face** or **eyes light up**, it means that they suddenly get very happy or excited. You can also say someone’s **eyes are shining with delight**.
- The expression **lighten the mood** means to make a depressing atmosphere/situation more relaxed and happy.
- On the other hand, if someone’s **face/eyes/expression darkens**, it means that they suddenly appear sad or angry.
- **Dark days** or **dark times** refer to periods of time that are bad or unpleasant, full of problems

WATER

- You can say that **ideas are flowing** or **conversation is flowing** to describe when it is proceeding easily and naturally.
- Water metaphors are often used to describe the movement of groups of people – you can say that **people poured/streamed** into the stadium (to describe continuous movement of large groups of people) or that **people trickled** into the church (when only a few people come, occasionally).
- The expressions **waves of disappointment** or **waves of sadness** refer to strong feelings.

FIRE

- A **heated discussion** or **heated debate** is one that is very intense, often with negative emotions like anger.
- If someone has a **fiery temper**, it means that when they get angry, they get VERY angry, and could possibly explode. There’s also the expression **tempers flared** to describe a situation when people began to get angry.



- The verbs **kindle** and **spark** describe the act of starting fires. “Kindle” is usually used for starting positive things – something can **kindle interest/enthusiasm/hope** – and “spark” is usually used for starting negative things – something can **spark outrage/controversy**.

PLANTS

- It’s difficult for a plant to grow in soil that has a lot of rocks. So if something **gets off to a rocky start**, it means that it encountered many problems in the beginning.
- **Thorns** are the small, sharp growths that appear on some plants (such as roses). The expression **a thorny issue** describes a matter that is difficult, complicated, and possibly dangerous.
- The word “blossom” is used to describe when a flower appears and opens, revealing all its beauty. So if a **romance/friendship is blossoming**, then it is developing in a beautiful way.
- If your efforts begin to produce the desired results, we can say your **efforts are bearing fruit**.
- A seed represents something very small that can grow into something big. So if some event **plants seeds of hope / seeds of jealousy**, it means it produces a small feeling that can grow into a stronger emotion over time.

Lesson 48 – Quiz

1. A new TV show has sparked **argument / contention / controversy** by showing the positive side of dropping out of college.
2. A **flood / roll / wave** of disappointment came over me when I heard that the show had been canceled.
3. Having lots of pets as I was growing up **ignited / kindled / started** my interest in studying veterinary medicine.
4. Her face **lit / shone / turned** up when I asked her about the award she'd recently won.
5. I was thrilled to see a romance **blossoming / rooting / shining** between two of my best friends.
6. My grandmother remembers the **black / dark / shady** days of the civil war.
7. The boxer dodged his opponent's punch and threw a **lightning / streaming / thunder** fast counterattack.
8. The city's efforts to cut down on pollution are finally **bearing / growing / producing** fruit.
9. The legality of abortion is a **flowing / sharp / thorny** issue involving questions of human life, women's rights, and societal responsibility.
10. Hundreds of people **dripped / poured / trickled** into the store the moment the doors opened.



Lesson 49 – Confusing Words

We've already looked at a few pairs of confusing words, like end and finish, big and large, or fast and quick. Here are some additional verbs that are frequently confused by English learners, with their different collocations explained.

close / shut

Close and shut are the same for doors, windows, mouths, and eyes.

- **Close the door / Shut the door** so that the mosquitoes don't get in.
- It's cold in here; could you please **close the window / shut the window** ?
- She **shut her eyes / closed her eyes** as she began to meditate.
- Dan's **mouth was closed / shut**.

Note: The word "shut" can be used with a word that implies the action was noisy:

- She **slammed** the door shut.
- The wind made the gate **bang** shut.

Note: The phrase "Shut your mouth!" is a rude way to tell somebody to stop talking.

Close (not shut) is used for shops, banks, etc. as well as for airports and roads that are not open or available at a particular time:

- What time does the bank **close**?
- The roads are **closed** due to construction.
- The shop is **closing** in 30 minutes.

We use expressions with "close" to refer to the end of an event or process:

- Let's **bring** this meeting **to a close**.
- It appears that the economic crisis is **drawing to a close / coming to a close**.
- Messi scored a goal in the **closing moments** of the game.

gain / win / earn

The word **win** means to be #1 in a competition, or to receive an award.

- My soccer team **won** the game 3-1.
- I want to **win** the lottery!
- John **won** a prize in the science competition.



You can **win a game**, **win a race**, **win a competition**, or **win the lottery**. You can also win a medal (like in the Olympics), a prize, or an award. In conflicts, you can **win an argument**, **win a battle** or **win the war**.

The word **earn** means to get something in exchange for your work or effort.

- Sarah is a famous lawyer; she **earns** a lot of money.
- I'm not rich, but I **earn** a decent salary.
- My bank account **earns** 2% interest per month.
- The salesman **earns** a 10% commission on every sale he makes.

The word **gain** means to receive/obtain or to increase (it may or may not be the result of work or effort).

- I've **gained weight** ever since I stopped exercising.
- Jack's car **gained speed** as he drove down the mountain.
- This training has helped me **gain insight** into modern educational methods.
- In my last job, I **gained** a lot of **experience**.
- He has **gained a reputation** for complete honesty in his business dealings.

save / keep

Save is used for conserving something – you can **save energy**, **save time**, or **save space**. It can also be used for rescuing, as in the expression "**save someone's life**." The expression "**save money**" has two meanings - to conserve money by paying less, for example: "Coupons help me save money at the supermarket." It also means to keep money for a long time, for example: "I'm saving money for my vacation in December." In this second case, we often say "**saving up money**."

The word **keep** means to maintain something in your possession – for example, if someone gives you a jacket, and you try to return it, but the other person tells you to keep it. There are various other expressions using **keep** in the sense of maintaining or continuing:

- **keep trying** = continue trying
- **keep an eye on / keep track of** = continue to observe/monitor a situation
- **keep in mind** = continue being aware of something
- **keep in touch** = maintain contact with a person
- **keep something clean/safe, keep someone happy/quiet** = maintain the object or person in that state
- **keep a promise** = do the action that you promised to do
- **keep a secret** = maintain a secret hidden, not tell it to anybody

spend / pay

You **spend** money and time:

- I **spent \$100** on tickets to the baseball game.



- We **spent three hours** waiting in line to buy the tickets!

You can also **spend** a period of time like the morning, afternoon, night, weekend, week, etc.

- I **spent the weekend** making repairs to the house.
- The students **spent the afternoon** volunteering at the animal shelter.

You **pay** the request, bill, or demand for the money: **pay rent, pay a fine, pay your bills, pay your taxes**

It's also possible to use **pay** with quantities of money, but we use a different preposition:

- I **spent \$100 on** the tickets.
- I **paid \$100 for** the tickets.

Lesson 49 – Quiz

Complete the sentences with close, shut, gain, win, earn, save, keep, spend, or pay.

(Note: You may need to change the form of the verb: close, closed, closing)

1. As the movie drew to a _____, there were some surprising twists in the story.
2. He slammed his book _____ and stormed out of the room.
3. I have so many different projects, it's hard to _____ track of everything that needs to be done.
4. I love shopping - I _____ several hundred dollars on new clothes every month.
5. I was thrilled that my daughter _____ first place in the skating competition.
6. I've _____ in touch with my childhood friends for over 30 years.
7. Last week, he _____ two days in the hospital recovering from surgery.
8. Let's take the highway, not the local roads - it'll _____ time.
9. My son is _____ up money to buy a new video game system.
10. No thanks, I don't want any chocolate cake. I'm trying to avoid _____ weight.
11. Some people _____ outrageous salaries considering how little work they do!
12. The supermarket is _____ on Sundays.
13. The Union forces _____ the Battle of Gettysburg in 1863.
14. This is a part-time job; you'll _____ about \$700 a month.
15. Volunteering as a teacher's assistant enabled me to _____ experience in the classroom.
16. We prefer to _____ our bills electronically; it's much more convenient.



Lesson 50 – Everyday Verbs

To finish up our study of collocations, we're going to focus on some expressions with everyday verbs. A lot of learners make mistakes with these verbs because the collocations are often different in their native languages. Listen and repeat:

HAVE

- have a baby / have children
- have a good time / have a blast / have fun
- have breakfast/lunch/dinner/ a snack
- have an opportunity
- have an advantage

TAKE

- take a shower/bath
- take a class/test/exam
- take a bus/train/taxi
- take a break / take a rest
= *pause from an activity in progress*
- take advantage of
- take care of
- take action

PAY

In the previous lesson, you learned collocations with **pay** involving money. Here are some collocations with **pay** that have nothing to do with money:

- pay attention = give attention, observe
- pay tribute = give honor or recognition
- pay someone a compliment = give someone a compliment
- pay someone a visit = an informal way to say "visit someone"
- pay (your) respects = express your admiration for someone (often used for someone who has died)

BREAK

- break a habit = stop doing a habit
- break a promise = fail to do what you promised to do



- break the ice = (informal) initiate conversation and social interaction, especially in a group that is a little quiet or reserved
- break the rules/law = disobey
- break the news to someone = tell someone important news (usually bad news)

CATCH

- catch a cold / the flu = when you get sick due to a bacteria/virus transmitted from another person
- catch fire = when something begins to burn
- catch sight of / catch a glimpse of = get the opportunity to look at something
- catch someone's eye = make eye contact with someone
- catch the bus/train/subway = an informal way to say that you went on the bus, train, or subway

COME

- come into force/effect = begin to have an effect
- come to an end
- come to terms with = learn to accept someone or something
- come under attack/scrutiny
- come close = to approximate someone or something in a specific quality

GET

As you learned in Lesson 36 about changes, **get** can be used in the sense of “**become**”:

- get married/divorced
- get drunk/pregnant
- get angry/scared/excited/tired



Lesson 50 – Quiz

Complete the sentences with **have, take, pay, break, catch, come, and get**.

(**Note:** You may need to change the form of the verb: **take, taking, took, etc.**)

1. Are you _____ married in a church?
2. Billy _____ drunk and started making really stupid comments.
3. He smiled when I _____ him a compliment.
4. He _____ a quick shower after his workout.
5. I can't seem to _____ the habit of procrastination.
6. I _____ a glimpse of the wolf before it disappeared into the forest.
7. I'm _____ close to my limit of cell phone minutes for the month.
8. I'm going to _____ a computer class.
9. I'm _____ care of my sister's kids this weekend.
10. It took years for his family to _____ to terms with his sexual orientation.
11. Let's _____ the 6 AM train.
12. Our kids _____ a blast at the amusement park.
13. Regina is going to _____ a baby next month.
14. She was disqualified for _____ the rules of the competition.
15. The car engine _____ fire after the accident.
16. The doctor _____ the news to me that I'd need another operation.
17. The new policy will _____ into effect next Monday.
18. We haven't seen Frank in a long time. Let's _____ him a visit soon.
19. We're _____ dinner right now; can I call you back later?
20. You're not _____ attention - look at me when I'm talking to you!



Lesson 4 – Quiz Answers

1. A lot of successful entrepreneurs have not only a **vivid** imagination, but also the willingness to work hard.
2. He really hurt my **feelings** when he called me an idiot.
3. His superiority **complex** makes him impossible to work with because he won't listen to suggestions.
4. I had to **swallow** my pride and apologize to Janet for overreacting to her criticism.
5. I like to date men with a great **sense** of humor.
6. In some cultures, it's considered very rude to **speak** your mind.
7. It's good to **put** others first, but not at the expense of your own well-being.
8. Most people who work as comedians have very **outgoing** personalities.
9. My brother is **painfully** shy, but I'm trying to encourage him to come out of his **shell**.
10. My daughter gets along with her classmates, but she has a competitive **streak** when it comes to academics.
11. My husband forgives other people very easily; he's not one to **bear** a grudge.
12. She would never cheat on her husband; she's **fiercely** loyal to him.
13. The kids were suspended for playing a **prank** on the teacher - they put a live snake inside her desk.
14. Working with a therapist has helped me overcome my problems with **low** self-esteem.
15. You need to develop a **thicker** skin; you can't let every little comment upset you.

Lesson 5 Quiz Answers

1. At his mother's funeral, he was so **overwhelmed** with emotion that he couldn't finish his speech.
2. I was **pleasantly** surprised by the excellent customer service - that company really cares about its customers.
3. I'm sorry I **lost** my temper with you yesterday. It was a really stressful day at work.
4. Instead of confronting his issues, he **bottles** up his emotions and tries to pretend everything's OK.
5. It's normal to go through a **roller coaster** of emotions after the end of a long-term relationship.
6. My mother was worried **sick** when it passed midnight and my brother still hadn't come home.
7. The boss was **visibly** annoyed when the employees told him about the problems.
8. The fans were seething with **anger** when the team lost the game in the last 5 minutes.
9. We're **terribly** sorry, but we won't be able to go to your graduation.
10. We're **immensely** grateful for all the help you've given us in this project.



Lesson 6 Quiz Answers

1. Her father paid the **down** payment on her apartment.
2. I can't stand living with my parents; I need a place of my **own**.
3. I hope the apartment is **furnished**, because I can't afford to buy appliances.
4. I was having so much fun during my semester abroad that I didn't feel **homesick** at all.
5. It's a ten- **story** building with two elevators.
6. My bedroom window **overlooks** the mountains.
7. My parents finished paying off their **mortgage** after 25 years.
8. This weekend I'm helping my cousin **move** into his new place.
9. We're going to need a more **spacious** apartment now that we're going to have a baby.
10. We're **remodeling** the bathroom, so you'll have to use the one on the second floor.

Lesson 7 Quiz Answers

1. During the summer, our kids eat a lot of **junk** food - popcorn, candy, ice cream, cookies, etc.
2. He got food **poisoning** after eating some seafood from a street vendor.
3. I buy **fresh** produce at the farmer's market.
4. I drink in **moderation**; I don't like getting drunk.
5. I'm not a huge fan of Mexican **cuisine**. It's too spicy for me.
6. I've lost ten pounds so far while on this new **diet**.
7. Spinach is one of the most **nourishing** vegetables - it's full of vitamins and minerals.
8. That lasagna is delicious; I think I'll have another **helping**.
9. The food at this restaurant is all natural - they don't use any type of **processed** food.
10. We stopped driving to grab a quick **snack** at a roadside cafe.

Lesson 8 Quiz Answers

1. A movie from an amateur filmmaker was **nominated** for three awards at an international film festival.
2. Did you see the **trailer** for the new Star Wars movie? It looks like it'll be awesome!
3. The opening **scene** of the movie is very violent.
4. I didn't like the **end** of the movie; it just didn't seem believable.
5. I enjoyed the book because I could really identify with the main **character**.



Lesson 44 - Quiz Answers

Choosing which college to attend was tough. I was **considering** 12 different universities, and every person who I **asked** for advice gave me a different suggestion. I **remained** undecided until a week before the deadline, when my parents reminded me that if I didn't **make** my decision soon, I would **have** no choice but to wait another year before reapplying. My mother told me to **trust** my intuition, and I decided to **take** her advice - but the college I most wanted to go to was also the most expensive, and I started **having** second thoughts. I **discussed** the issue in-depth with my dad, and he helped me **weigh** the possible outcomes of taking out student loans. In the end, I chose to go to a less expensive university that was also excellent - though I had to **defend** my decision from my grandmother, who had wanted me to go to the "best" college in the country. The next choice I'll have to make is what area to major in - I really have no idea, so I'm going to **keep** my options open as long as possible!

Lesson 45 - Quiz Answers

1. A **leaked** document shows that the U.S. is planning to build additional military bases in Central America.
2. A lot of people believe the completely **unfounded** claims they read on the internet, and never actually research the issue.
3. In the interview, the director heavily **implied** that there would be a sequel to the film.
4. My cousin wanted to give me a job at his restaurant, but I **refused** the offer.
5. Some parents are **openly** accusing the teacher of favoritism in the classroom.
6. That university is **widely** acknowledged to be the best place in the world to study law.
7. The corporation laid off 10,000 workers, **fueling** speculation that it is close to bankruptcy.
8. The human resources manager **denies** the allegations that the company hired illegal immigrants.
9. The police are **facing** accusations of using excessive violence to arrest a teenager, after some witnesses filmed the situation on their cell phones.
10. The sports team **issued** a statement apologizing for the athlete's offensive behavior.
11. The tabloid magazines are **spreading** the rumor that the actress is pregnant.
12. Whenever my brother calls me "just to say hi," there's always an **ulterior** motive - usually he needs to borrow some money.



Lesson 46 – Quiz Answers

1. Brian **took** an instant dislike to his father's new girlfriend.
2. I hate soap operas with a **passion**; I don't understand why anyone would watch that trash.
3. I have nothing but **contempt** for parents who abandon their children.
4. I was sad when my parents gave away my childhood toys; I had **grown** quite attached to them.
5. I'm a **great** admirer of your poetry - it's really inspiring.
6. Life is Beautiful is my **all-time** favorite movie.
7. My grandfather is a **lifelong** fan of his old college basketball team.
8. My husband has an **irrational** hatred of cats.
9. Some people don't like their parents, but I hold mine in the highest **regard**.
10. The customers have a **clear** preference for inexpensive products.

Lesson 47 – Quiz Answers

1. Her parents refused to give their **blessing** to her marriage to a man from a different culture.
2. I **enthusiastically** support the campaign for humane treatment of farm animals.
3. My son is my parents' only grandchild, so of course they think the **world** of him.
4. Some men will do anything to **win** the approval of the woman they love.
5. That course seems excellent - everyone who takes it speaks very **highly** of it.
6. The actress' **outstanding** performance in the film won her an Oscar.
7. The article made some **scathing** criticisms of the corruption in the country's political system.
8. The author's new book received a **barrage** of criticism from people who disagree with her philosophy.
9. The manager **countered** criticism that he was overspending by showing how the investments would grow the business' profit in the future.
10. We **heartily** approve of your proposal.

Lesson 48 – Quiz Answers

1. A new TV show has sparked **controversy** by showing the positive side of dropping out of college.
2. A **wave** of disappointment came over me when I heard that the show had been canceled.
3. Having lots of pets as I was growing up **kindled** my interest in studying veterinary medicine.



4. Her face **lit** up when I asked her about the award she'd recently won.
5. I was thrilled to see a romance **blossoming** between two of my best friends.
6. My grandmother remembers the **dark** days of the civil war.
7. The boxer dodged his opponent's punch and threw a **lightning** fast counterattack.
8. The city's efforts to cut down on pollution are finally **bearing** fruit.
9. The legality of abortion is a **thorny** issue involving questions of human life, women's rights, and societal responsibility.
10. Hundreds of people **poured** into the store the moment the doors opened.

Lesson 49 – Quiz Answers

1. As the movie drew to a **close**, there were some surprising twists in the story.
2. He slammed his book **shut** and stormed out of the room.
3. I have so many different projects, it's hard to **keep** track of everything that needs to be done.
4. I love shopping - I **spend** several hundred dollars on new clothes every month.
5. I was thrilled that my daughter **won** first place in the skating competition.
6. I've **kept** in touch with my childhood friends for over 30 years.
7. Last week, he **spent** two days in the hospital recovering from surgery.
8. Let's take the highway, not the local roads - it'll **save** time.
9. My son is **saving** up money to buy a new video game system.
10. No thanks, I don't want any chocolate cake. I'm trying to avoid **gaining** weight.
11. Some people **earn** outrageous salaries considering how little work they do!
12. The supermarket is **closed** on Sundays.
13. The Union forces **won** the Battle of Gettysburg in 1863.
14. This is a part-time job; you'll **earn** about \$700 a month.
15. Volunteering as a teacher's assistant enabled me to **gain** experience in the classroom.
16. We prefer to **pay** our bills electronically; it's much more convenient.

Lesson 50 – Quiz Answers

1. Are you **getting** married in a church?
2. Billy **got** drunk and started making really stupid comments.
3. He smiled when I **paid** him a compliment.
4. He **took** a quick shower after his workout.
5. I can't seem to **break** the habit of procrastination.



6. I **caught** a glimpse of the wolf before it disappeared into the forest.
7. I'm **coming** close to my limit of cell phone minutes for the month.
8. I'm going to **take** a computer class.
9. I'm **taking** care of my sister's kids this weekend.
10. It took years for his family to **come** to terms with his sexual orientation.
11. Let's **catch** the 6 AM train.
12. Our kids **had** a blast at the amusement park.
13. Regina is going to **have** a baby next month.
14. She was disqualified for **breaking** the rules of the competition.
15. The car engine **caught** fire after the accident.
16. The doctor **broke** the news to me that I'd need another operation.
17. The new policy will **come** into effect next Monday.
18. We haven't seen Frank in a long time. Let's **pay** him a visit soon.
19. We're **having** dinner right now; can I call you back later?
20. You're not **paying** attention - look at me when I'm talking to you!