

DAY 1 - READING PASSAGE 1 - OPTIMISM AND HEALTH

outlook (*noun*) - C2 a person's way of understanding and thinking about something:

» He has a fairly positive outlook on life.

coincidental (*adjective*) - happening completely by chance without being planned → coincidence

» purely/completely/entirely coincidental

» Any similarity between this film and real events is purely coincidental.

bolster (*verb*) - support or improve something or make it stronger:

» More money is needed to bolster the industry.

» She tried to bolster my confidence/morale (= encourage me and make me feel stronger)

phenomenon (*noun*) - something that exists and can be seen, felt, tasted, etc., especially something unusual or interesting:

» Gravity is a natural phenomenon.

» Do you believe in the paranormal and other psychic phenomena?

strengthen (*verb*) - to make something stronger or more effective, or to become stronger or more effective:

» They have been strengthening their border defences in preparation for war.

» His battle against cancer has strengthened his belief in God.

reverse (*verb*) - to change the direction, order, position, result, etc. of something to its opposite:

» The new manager hoped to reverse the decline in the company's fortunes.

» Now that you have a job and I don't, our situations are reversed.

sideline (*verb*) - to stop someone taking an active and important part in something:

» The minister was sidelined after he criticized party policy.

Influential (*adjective*) - having a lot of influence on someone or something:

» She wanted to work for a bigger and more influential (= powerful) newspaper.

» Johnson was influential (= important) in persuading the producers to put money into the film.

equate (*verb*) - to consider one thing to be the same as or equal to another thing:

» He complained that there was a tendency to equate right-wing politics with self-interest.

blame on - to place the responsibility for something wrong on someone

» She blamed everything on him. He blames it on her, of course. The police blamed the accident on him.

insufferable (*adjective*) - very annoying, unpleasant, or uncomfortable, and therefore extremely difficult to bear:

» She disliked the president, whom she once described as an 'insufferable bore'.

» The metro is insufferable in this heat.

jolly (*adjective*) - happy and smiling:

» a jolly smile/manner/mood

» She's a very jolly, upbeat sort of a person.

rosy (*adjective*) - seeming to offer hope of success or happiness:

a company that sees a rosy future for itself

Letters to relatives in Europe painted a rosy picture of life in the United States.

Grim (*adjective*) - worrying, without hope:

» The future looks grim.

exhort (*verb*) - formal to try very hard to persuade someone to do something SYN urge

» exhort somebody to do something

» Police exhorted the crowd to remain calm.

unprecedented (*adjective*) - never having happened or existed in the past:

» This century has witnessed environmental destruction on an unprecedented scale.

frenetic (*adjective*) - involving a lot of energy and activity in a way that is not organized

» a scene of frenetic activity

» to live at a frenetic pace

perception (*noun*) - a belief or opinion, often held by many people and based on how things seem:

» We have to change the public's perception that money is being wasted.

» These photographs will affect people's perceptions of war.

DAY 1 - READING PASSAGE 1 - OPTIMISM AND HEALTH

ascertain (*verb*) - to discover something:

» The police have so far been unable to ascertain the cause of the explosion.

» [+ question word] Have you ascertained whether she's coming or not?

apt (*adjective*) - suitable or right for a particular situation:

» an apt comment/description

point something ↔ out (*phrasal verb*) - to tell someone something that they did not already know or had not thought about:

He was always very keen to point out my mistakes.

The murder was obviously well planned, as the inspector had pointed out.

cockeyed (*adjective*) - completely unreasonable; ridiculous:

The movie is based on a cockeyed premise.

skeptical (*adjective*) - tending to disagree with what other people tell you SYN doubtful
sceptical about/of

I'm extremely sceptical about what I read in the press.

Environmental groups are sceptical of the government's claims.

conversely (*adverb*) - in an opposite way