

The Mommy Diaries – Forward – page 5  
Vocabulary

1. forward – a short piece of writing at the beginning of a book that introduces the book or the person who wrote it.
2. around the corner – going to happen very soon
3. Yosemite – one of the first wilderness parks in the United States, is best known for its waterfalls, but within its nearly 1,200 square miles, you can find deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, and much more.
4. hanging out – spending a lot of time at a particular place or with particular people
5. padding – material that fills or covers something to make it comfortable or softer
6. courtesy of – thanks to (used to say who provided something for you)
7. yanked – pulled something quickly and forcefully
8. railing – a short fence to keep people from falling over an edge or to support them on stairs
9. lilted – had a pleasant rise and fall in the sound of a voice or a piece of music
10. wispy – having a small thin amount
11. secured – fastened, locked or guarded; held safely
12. scanned – examined an area carefully because you are looking for something or someone particular
13. slumber – sleep (literary)
14. thrilling – giving a strong feeling of excitement and pleasure
15. struggled – tried very hard to do something or deal with something
16. cocoon – a place or situation in which you feel safe and comfortable

17. overwhelmed – feeling an emotion so strongly that you cannot think clearly or having so much work that you cannot deal with it

18. looks (n.) – how attractive someone is; attractiveness

19. season of life – one of the main periods of life

20. knickknack – a small object used as a decoration

21. MOPS – Mothers of Preschoolers, a national organization for mothers with branches in churches around the country

22. to the day – on the same date (day and month)

23. perspective – a way of thinking about something that is influenced by your experiences

24. teensy – very small; tiny

25. trek – a long and difficult trip on foot

1. Identity – Owning My Adventure  
Introduction – page 11  
Vocabulary

1. wear a lot of different hats – have many different roles
2. multitude – a very large number of things or people
3. core – the central or most important part of something
4. maturation – the process of becoming fully grown or developed
5. traits – particular qualities in someone’s character
6. outlet – a way of expressing or getting rid of strong feelings
7. exterior – the outside of something
8. her nose stuck in a good book – reading something she finds very interesting
9. rambunctious – noisy and full of energy
10. clash – to not fit very well together or go together
11. dedicated (adj.) – working very hard at something because you think it is important
12. envision – to imagine something as a future possibility; to get a picture of something in your mind
13. scenario – a situation that could possibly happen, but has not happened yet
14. jogging stroller – a stroller with three large wheels to use when you want to take a child while running
15. invigorating – making you feel more active and healthy
16. veering – changing direction suddenly
17. inept – having no skill

18. soar – to fly up high in the sky

19. influential – having a lot of effect on the way someone or something develops, behaves or thinks

20. undeniably – definitely, truly, or certainly

The High Chair Day – page 12  
Vocabulary

1. peeled back – removed or took off
2. glorious – having or deserving praise or honor; wonderful
3. grain elevator – a building for storing grain
4. chatter – quick and friendly talk about unimportant things
5. luscious – extremely good to eat; satisfying to the senses or the mind
6. hush – a peaceful silence
7. pulsating – making sounds or movements that are strong and regular like a heart beating
8. priorities – the things that you think are most important and that need attention before anything else
9. shift – change from one position to another
10. turning point – the time when an important change starts to happen
11. raison d’etre (French) – reason to be; reason for living
12. frontiers – the limit of what is known about something
13. plopped – sat down in a careless way
14. errand – a short trip to buy something, deliver something, or collect something
15. expressed – gently squeezed out
16. my anxiety climbed like mercury – my worry increased like the liquid silver-white metal inside a thermometer
17. soaking – completely surrounding
18. figuratively speaking – using a word in a different way from its usual meaning to give you a picture in your mind
19. conduit – a pipe or passage through which water, gas, a set of electric wires, etc. passes
20. whisking – quickly taking someone or something somewhere
21. my unstable emotional cart tipped – I lost control of my emotions

22. wretched – extremely bad or unpleasant
23. reproached – criticized someone and tried to make her sorry for doing something
24. hollowness – emptiness
25. over the edge – out of control; into a condition of extreme emotional suffering
26. slammed – hit with a lot of force
27. took inventory – made a list of all the things in a place
28. misshapen – not the usual or normal shape
29. nostrils – the two holes in the bottom of your nose
30. cupboards – furniture with doors and shelves used to store food, dishes or clothing
31. mentored – helped and advised a less experienced person
32. nurtured – helped someone or something to grow and develop
33. swapping – traded, exchanged
34. fragile – easily broken, damaged, harmed or ruined
35. vigilance – careful attention to what is happening, so that you will notice if something bad happens
36. revamp – to change something in order to improve it
37. gourmet (adj.) – relating to very good food and drink
38. withering away – becoming weaker and disappearing
39. discarded – got rid of
40. journaling – making a written record of your thoughts and ideas
41. disastrous – very bad, or ending in failure
42. emotional radioactivity – feeling emotions that are a danger to myself or others
43. strident – loud and unpleasant
44. nestle – to be in a comfortable and protected position
45. put stock in – to have faith in; to consider important

Finding Myself at Disney World – page 17  
Vocabulary

1. exasperated – very annoyed and upset
2. veiled threat – a warning or attack that is expressed so that its exact meaning is hidden or unclear
3. frazzled – feeling tired and anxious
4. cashed in – to exchange something for its value in money (or in this case free airline tickets)
5. apprehensive – worried or nervous about something that you are going to do, or about the future
6. ultra-picky – extremely hard to please because one only likes particular things and not others
7. prickly – someone who is prickly gets annoyed or offended easily
8. flirted – behaved towards someone in a way that shows that you are sexually attracted to them, although you do not really want a relationship with them
9. grumbled – complained in an unhappy way
10. ponchos – coats consisting of one large piece of cloth, with a hole in the middle for your head
11. dampen – to make something such as a feeling or activity less strong
12. go with the flow – to agree that you will do the thing that most people want to do
13. downpour – a lot of rain that falls in a short time
14. tempest – a violent storm
15. tempest in a teapot – an unimportant matter that someone has become upset about
16. trouper – someone who works hard and keeps trying, even when the situation is difficult

17. fortitude – courage shown when you are in pain or experiencing a lot of trouble
18. wiggled – moved with small movements from side to side or up and down
19. charmed – attracted someone and made them like you, sometimes in order to make them do something for you
20. glee – a feeling of satisfaction and excitement; open delight or pleasure
21. sneaking – going somewhere secretly and quietly in order to avoid being seen or heard
22. pixie – an imaginary creature that looks like a very small human being, has magical powers, and likes to play tricks on people; a small, amusing, or fun-loving person
23. unflagging – continuing strongly and never becoming tired or weak
24. ran out of gas – ran out of energy
25. in earnest – if something starts happening in earnest, it begins properly - used when it was happening in a small way before
26. ringed – encircled; surrounded
27. cherub – an angel shown in works of art as a fat pretty child with small wings; a young pretty child who behaves very well
28. embraced – eagerly accepted a new idea or opinion
29. chubby – slightly fat in a way that looks healthy and attractive
30. wore her heart on her sleeve – expressed her emotions freely and openly
31. rebellious – deliberately not obeying people in authority or rules of behavior
32. wellspring – a large amount of
33. flaws – mistakes, marks, or weaknesses that makes something imperfect

Identity – Control Release – page 20  
Vocabulary

1. trembling – to shake slightly in a way that you cannot control, especially because you are upset or frightened
2. rev up – become more active
3. piercing (sound) – high, sharp, and unpleasant
4. locks – someone's hair
5. damp – slightly wet
6. burped – helped a baby pass gas from her stomach out through her mouth, especially by rubbing or gently hitting her back
7. composure – the state of feeling or seeming calm
8. bassinet – a basket with a hood over one end, for use as a baby's cradle
9. conceive – to become pregnant
10. stumbling – walking in an unsteady way and often almost falling
11. muffle – to make a sound less loud and clear, especially by covering something
12. wilted – felt weak or tired, especially because you are too hot
13. desperation – the state of being willing to do anything to change a very bad situation, and not caring about danger or consequences
14. leisure – when you are not working or studying and can relax and do things you enjoy
15. naively – in a way that shows a lack of experience, judgment, or information
16. unpredictable – changing a lot so it is impossible to know what will happen

17. contradictions – differences between two statements, beliefs, or ideas about something that means they cannot both be true
18. invincible – too strong to be destroyed or defeated
19. eruptions – sudden and violent explosions
20. fits – a time when you feel an emotion very strongly and cannot control your behavior
21. exert – to put forth or into use; using a lot of physical or mental energy
22. relinquishing – giving up your position, power, or rights
23. dust bunnies – small balls of dust that form in a place that is not cleaned regularly, such as under furniture
24. in the cards – likely to happen
25. tangible – clear enough or definite enough to be easily seen or noticed
26. bouts – periods of time

Identity – Whispered Essentials – page 22  
Vocabulary

1. shattered – broken suddenly into very small pieces
2. scooped – picked something up or removed it using a scoop or a spoon, or your curved hand; gathered up hastily by a sweeping motion of one's arms or hands
3. drench – to make something or someone extremely wet
4. hysterically – in a way that is uncontrollably emotional; laughing very hard
5. grimace – an expression you make by twisting your face because you do not like something or because you are feeling pain
6. fiddled – kept moving and touching something, especially because you were bored or nervous; wasted time doing unimportant things
7. smirk – to smile in unpleasant way that shows that you are pleased by someone else's bad luck or think you are better than other people
8. cuddle bug – a person who loves to cuddle (to hold someone or something very close to you with your arms around them, especially to show that you love them)
9. persistence – determination to do something or keep doing something even though it is difficult
10. intimate – having an extremely close friendship; relating to very private or personal matters
11. awestruck – feeling great respect for the importance, difficulty, or seriousness of someone or something

Identity – It's Me I like! – page 25  
Vocabulary

1. soap opera – a television or radio story about the daily lives and relationships of the same group of people, which is broadcast regularly
2. tube – television
3. strolled – walked in a slow relaxed way
4. finger plays – nursery rhyme songs with hand motions
5. disarray – the state of being messy or not organized
6. plague – a disease that causes death and spreads quickly to a large number of people; any cause of trouble, annoyance, or worry
7. littered – if things litter an area, there are a lot of them in that place, scattered in an untidy way
8. jammies – pajamas
9. stinkier – more unpleasant, worse
10. glared – looked angrily at someone for a long time
11. pondered – spent time thinking carefully and seriously about a problem, a difficult question, or something that has happened
12. preoccupation – something that you give all your attention to with the result that you do not pay attention to other things

Identity – Miss Crystal – page 26  
Vocabulary

1. adore – to like or admire very much; to worship
2. showered – gave someone a lot of things
3. affectionately – lovingly; in a way that shows that you love someone and care about them
4. pediatrician – a doctor who deals with children and their illnesses
5. zest – eager interest and enjoyment
6. passion – a very strong liking for something; very strong belief or feeling about something
7. uninterrupted – continuous
8. thought-provoking – making people think seriously about a particular subject
9. skeptic – a person who disagrees with particular claims and statements, especially those that are generally thought to be true; a person who maintains a doubting attitude
10. hobby – an activity that you enjoy doing in your free time
11. precious – cute
12. profound – having a strong influence or effect
13. ecstatic – feeling extremely happy and excited
14. excerpts – a short piece taken from a book, poem, piece of music etc.
15. expeditions – short journeys, usually made for a particular purpose; trips (also – long and carefully organized journeys, especially to dangerous or unfamiliar places)
16. writer's block – the problem that a writer sometimes has of not being able to think of new ideas

Identity – Dance Fever – page 30  
Vocabulary

1. suppressed – kept inside (a feeling, yawn); kept from being revealed
2. writing it off – regarding something as lost or obsolete; deciding to forget
3. fellow (adj.) – people that you work with, study with, or who are in the same situation as you
4. surfed – searched haphazardly (in a way that is not planned or organized), as for information on a computer network or an interesting program on television or radio.
5. reminisced – talked or thought about pleasant events in your past
6. to be partial to – to like something very much
7. compelled – forced someone to do something
8. spatula – a kitchen tool with a wide flat blade, used for spreading, mixing, or lifting soft substances
9. unashamedly – not feeling embarrassed or ashamed about something that people might disapprove of
10. strike a pose – to stand or sit with your body in a particular position

Identity – Baking Blues – page 32  
Vocabulary

1. at a loss – to be confused and uncertain about what to do or say
2. hazel – a light green-brown color
3. goofy – silly; ridiculous
4. snort – to breathe air in a noisy way out through your nose
5. stuffed shirt – someone who behaves in a very formal, stiff way and thinks that they are important
6. uptight – having strict traditional attitudes and seeming unable to relax
7. scar for life – the problem you had will always stay with you; it will never go away
8. wacky – silly in an exciting or amusing way
9. revel in – to enjoy something very much
10. beamed – smiled very happily

Identity – Who Will Protect Us? – page 34  
Vocabulary

1. displaced – forced something out of a usual place or position
2. HUD – U.S. Department of Housing and Urban Development (HUD's mission is to increase homeownership, support community development and increase access to affordable housing free from discrimination.)
3. hood – (*slang*) neighborhood, usually in the inner city
4. tomboy – a girl who likes playing the same games as boys
5. confrontational – likely to cause arguments or make people angry
6. mystified – unable to understand or explain something; confused or puzzled
7. liberally – using or including plenty of something, especially in a generous way
8. surged – moved very quickly and suddenly
9. intimidated / intimidator – feeling worried and lacking confidence because of the situation you are in or the people you are with / someone who makes you feel worried and unconfident
10. contemptuous – showing that you think someone or something deserves no respect
11. homeboy – (*informal*) a friend or someone from the same area or gang as you – used especially by young people
12. flinch – to move your face or body away from someone or something because you are in pain, frightened, or upset
13. astounded – very surprised or shocked; astonished
14. dumbfounded – extremely surprised; made speechless with amazement
15. herded – to lead or bring people together in a group

16. quivering – shaking with fear, anger, or excitement

17. gruffly – speaking in a rough, unfriendly voice

18. dispensing – giving out in parts or portions

19. via – (Latin) by way of or by means of

20. precarious – situation or state which may very easily or quickly become worse

21. frazzled – feeling tired, worn out, and anxious; for example after a journey or because you are very busy

Identity – The New Me – page 37  
Vocabulary

1. self-imposed – a rule, duty etc that you have made for yourself, and which no one has asked you to accept
2. dreamt – past tense of dream; dreamed is also correct. Americans may slightly prefer dreamed and the British dreamt, but both occur frequently in American English.
3. humanitarian – having concern for or helping to improve the welfare and happiness of people
4. the outback – the Australian countryside far away from cities, where few people live
5. try my hand – to try doing something for the first time
6. Outward Bound – Outward Bound is a non-profit educational organization that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery and service both in and out of the classroom. ([www.outwardbound.org](http://www.outwardbound.org))
7. open road – a road or highway that is long and easy to travel
8. accomplishment – something successful or impressive that is achieved after a lot of effort and hard work
9. foremost – the best or most important
10. resembles – looks like or is similar to someone or something
11. flexibility – the ability to change or be changed easily to suit a different situation

Identity – Finding You ... Every Day – page 38  
Vocabulary

1. with abandon – in a careless or uncontrolled way, without thinking or caring about what you are doing; with freedom from shyness or embarrassment
2. relishing – enjoying an experience or the thought of something that is going to happen
3. feat – an impressive achievement, because it needs a lot of skill or strength to do
4. glove compartment – a small cupboard in a car in front of the passenger seat, where things such as maps can be kept
5. wired – created in a way that; put together
6. tailor-made – exactly right or suitable for someone or something
7. impact – effect or influence
8. legacies – something that we pass on to our children; something handed down from an ancestor
9. bring to the table – to provide something that will be a benefit

Growth – Introduction – page 41  
Stretching and Training  
Vocabulary

1. purifier – something used to remove dirty or harmful substances
2. moleskin – a soft, usually adhesive-backed fabric applied to the feet or other areas of the body to prevent rubbing or blisters.
3. backcountry – an area, especially in the mountains, away from roads and towns
4. devour – to read something quickly and eagerly, or watch something with great interest
5. lowdown – the most important facts about something
6. inevitably – used for saying that something is certain to happen and cannot be avoided
7. ill-equipped – not having the necessary equipment or skills for a particular situation or activity
8. shell-shocked – feeling tired, confused, or anxious because of a recent difficulty (original definition – mentally ill because of the terrible experiences of war)
9. lugging – pulling or carrying something heavy with difficulty
10. wreak havoc – to create a situation in which there is a lot of damage or a lack of order, especially so that it is difficult for something to continue in the normal way
11. coping mechanism – a system or a way of behaving that helps a living thing to avoid or protect itself from something difficult or dangerous
12. undergoing – experiencing, going through

Learning to Nurture – page 42  
Vocabulary

1. nurturers – ones who help children to grow and develop

2. soothing – making someone feel calmer and less anxious, upset, or angry
3. comfy – comfortable
4. browse – to look through the pages of a book or magazine without a particular purpose, just looking at the most interesting parts
5. scones – small round cakes, sometimes containing dried fruit, which are usually eaten with butter
6. freaked out – (slang) very anxious, upset or afraid; losing emotional control from extreme excitement, shock, fear, joy, despair
7. munching – eating something noisily and with pleasure
8. wobbly – moving unsteadily from side to side
9. snuggling – holding close for comfort and affection
10. nuzzling – gently rubbing or pressing your nose or head against someone to show you like them
11. make-believe – pretend
12. \_\_\_\_\_running – in a row; continuously
13. lullaby – a slow, quiet song sung to children to make them go to sleep
14. edelweiss – a small having white woolly leaves and flowers, growing in the high altitudes of the Alps

Baby Steps – page 45  
Vocabulary

1. planted – put something firmly in or on something else
2. frail – weak and thin; fragile
3. invigorated – if something invigorated you, it made you feel healthier, stronger and with more energy
4. wrestled – tried to understand or find a solution to a difficult problem
5. mustered up – tried very hard to have enough courage, energy, or strength, because you need it to do something difficult
6. separation anxiety – the normal fear expressed by infants when removed from their mothers or approached by strangers

Growth – Finding Courage – page 46  
Vocabulary

1. wimpy – afraid to do something difficult or unpleasant; weak or timid
2. cringed – moved away from someone or something because you are afraid; bent low and moved back because you were frightened
3. chuckle – to laugh quietly
4. barricade – to build a temporary wall or fence across a road or door that prevents people from going through; to prevent someone or something from getting in
5. extended – long or longer
6. reservation – a feeling of doubt
7. scaling – climbing to the top of something that is high and difficult to climb
8. daring – having courage that makes you willing to take risks
9. bravado – behavior that is deliberately intended to make other people believe you are brave and confident

Growth – Little Wanderers – page 48  
Vocabulary

1. wanderer – one who moves away from the place where he should be
2. would've – contraction of would have
3. cul-de-sac – a road which is closed at one end, so that there is only one way in and out
4. youngster – (*old-fashioned*) a child or young person
5. took off (running) – to move forward with a sudden or intense burst of speed
6. introvert – someone who is quiet and shy, and does not enjoy being with other people

Growth – Good-Bye Toddler Mom – page 49  
Vocabulary

1. towering – very tall
2. mischievously – in a way that is playfully teasing
3. anticipation – expecting something to happen
4. shimmering – shining with a soft light that looks as if it shakes slightly
5. comfort zone – the range of activities or situations that you feel happy and confident in
6. the tables had turned – the situation had changed giving the advantage to the party who had previously been at a disadvantage (This expression comes from the former practice of reversing the table or board in games such as chess or backgammon, thereby switching the opponents' positions)
7. on the brink – on the edge; at the beginning of a new situation
8. full blown – having all the qualities of something that is at its most complete or advanced stage
9. embed – to put something firmly and deeply into something else
10. overreacting – reacting to something with too much emotion, or by doing something that is unnecessary
11. biggie – something very large, important, or successful
12. rejuvenate – to make someone look or feel young and strong again
13. demurely – in a way that is quiet, serious, and well-behaved - used especially about women in the past
14. given – any particular time, situation, or amount that is being used as an example
15. bring it on – you're confidently ready to deal with something

Growth – Power Struggle – page 52  
Vocabulary

1. power struggle – a situation where two people or groups are each trying to become the most powerful
2. slung – (past tense of sling) – to throw or put something somewhere with a careless movement and some force
3. move (n.) – a decision or action; something that you decide to do in order to achieve something
4. staggering – walking or moving unsteadily, almost falling over
5. nauseous – feeling that you are going to vomit
6. caved – finally stopped opposing something, especially because someone has persuaded or threatened you
7. boundaries – the real or imaginary lines that mark the edge of a state, country etc, or the edges of an area of land that belongs to someone; the limits of what is acceptable
8. consequences – the effect, result, or outcome of something occurring earlier
9. executed – carried out or accomplished something that has been planned
10. the clean plate club – the idea that eating every thing on your plate is an important goal
11. options – choices
12. standoff – a situation in which neither side in a fight or battle can gain an advantage
13. inappropriate – not suitable or right for a particular purpose or in a particular situation
14. follow through – to continue an effort or plan to its completion
15. maneuver – to move or turn skillfully; to steer in various directions as required
16. staples – foods that are needed and used all the time; a basic or necessary item of food

Growth – DEPRTONLS – page 53  
Vocabulary

1. head off – to leave to go to another place
2. rustled – caused slight, soft sounds, as of parts rubbing gently one on another by moving or stirring something
3. piping (adj.) – chirping, peeping, or trilling
4. ground (v.) – (past tense of grind) – to rub your upper and lower teeth together, making a noise
5. cast a glance – to look quickly in a particular direction
6. jumbled – mixed together in an untidy way, without any order
7. queries – questions that you ask to get information, or to check that something is true or correct
8. splattered – (usually refers to liquid that falls or spills on a surface) – scattered; spread over a wide area
9. chaotic – a situation in which everything is happening in a confused way; completely confused or disordered
10. seminary – a college for training priests or ministers
11. commentaries – books or articles that explain or discuss a book, poem, or idea
12. bobbed – moved down quickly
11. mind-bender – a person or thing that radically and suddenly affects one's thinking
12. seeping – flowing slowly through small holes or spaces
13. stash – an amount of something that is kept in a secret place; here it means supply
14. snuggled – pressed closely, as for comfort or from affection; nestled; cuddled
  
15. metaphor – a way of describing something by referring to it as something different and suggesting that it has similar qualities to that thing

16. guzzling – eating or drinking a lot of something, eagerly and quickly; (gas-guzzler)

17. ignited – started burning, or made something start burning; stimulated or started

18. rut – a deep narrow track left in soft ground by a wheel

19. in a rut – living or working in a situation that never changes, so that you feel bored

20. exotic – unusual and interesting because it is related to a foreign country

Growth – Sunday Grace – page 56  
Vocabulary

1. pew – a long wooden seat in a church
2. extracting – removing an object from somewhere, especially with difficulty
3. aisle – a long passage between rows of seats in a church, plane, theatre, or between rows of shelves in a shop
4. squirmers – those who twist from side to side to get free from something which is holding them; wiggle
5. shushers – those who tell someone to be very quiet, especially by putting their fingers against their lips or by saying 'shush'
6. funeral – a religious ceremony for burying) someone who has died
7. sob – to cry noisily while breathing in short sudden bursts
8. ached – had a strong unhappy feeling
9. muffle – to make a sound less loud and clear, especially by covering something
10. comfort zone – the range of activities or situations that you feel happy and confident in

Growth – Defining Moment – page 58  
Vocabulary

1. defining moment – moments in our lives that define who we are
2. tow-headed – very light blond, almost white hair
3. huddle – to lie or sit with your arms and legs close to your body because you are cold or frightened
4. stark – unpleasantly clear and impossible to avoid; harsh
5. harsh – severe, cruel, or unkind; unpleasant
6. outburst – something you say suddenly that expresses a strong emotion, especially anger
7. cradled – held something gently, as if to protect it
8. wretched – extremely bad or unpleasant
9. shed (v.) – to drop something or allow it to fall; to lose hair, fur or skin
10. shed tears – to cry
11. lose our cool – to suddenly become very angry and start shouting
12. struggled – tried hard to do something, even though it is very difficult
13. astounded – very surprised or shocked
14. caboose – the last car on a freight train
15. kiddo – an informal, familiar form of address; child

The Mommy Diaries – Mississippi Epiphany – page 61  
Vocabulary

1. epiphany – a sudden insight into the reality or essential meaning of something, usually started by some simple, commonplace occurrence or experience.
2. sultry – hot and humid
3. spin – a short trip for pleasure
4. outboard boat – boat with a motor attached to the back
5. squished – pushed very close; squashed
6. flittered – flitted; passed quickly; moved lightly or quickly and didn't stay in one place for very long
7. cut – stopped; turned off
8. paddling – moving through the water using one's arms
9. squealing – making a long, loud high sound or cry
10. novice – someone who has no experience in a skill, subject, or activity; beginner
11. frustration – the feeling of being annoyed, upset, or impatient, because you cannot control or change a situation, or achieve something
12. shrugged – raised and then lowered your shoulders in order to show that you do not know something or do not care about something
13. cushion – a soft bag of cloth, leather, or rubber, filled with feathers, air, foam rubber, etc., on which to sit, kneel, or lie; pillow
14. bask – to enjoy sitting or lying in the heat of the sun or a fire; to enjoy a pleasant situation
15. fabulous – extremely good or impressive; wonderful

16. clutching – holding something tightly because you do not want to lose it
17. outings – short trips that groups of people take for pleasure
18. gave it a whirl – tried something that you were not sure you were going to like or be able to do
19. whitewater – a part of a river that looks white because the water is running very quickly over rocks
20. white-water rafting – the activity of traveling on a small rubber boat through whitewater

The Mommy Diaries – Silent Night – page 63  
Vocabulary

1. hint – a very small amount or sign of something
2. whimper – a low crying sound
3. beckoned – signaled to show that you should come; appeared so attractive that you wanted to have it
4. creeping – moving slowly and quietly
5. sleeper-padded – with feet made quiet by the footed sleeper he was wearing
6. shuffle – a slow walk in which you do not lift your feet off the ground
7. tentatively – done without confidence; hesitantly
8. scooped – gathered up by a sweeping motion of one's arms or hands
9. embracing – eagerly accepting
10. transform – completely change the appearance, form, or character of something or someone, especially in a way that improves it
11. instinctively – not involving thought; unlearned
12. reflected – thought carefully about something, or to said something that you had been thinking about
13. drifted – moved, changed, or did something without any plan or purpose
14. interlude – a period of time between two events or situations, during which something different happens
15. came to grips – understood or dealt with something difficult
16. diagnosed – determined what illness someone has, or what the cause of a fault is, after doing tests and examinations

17. ranted and raved – complained in a loud excited and rather confused way because you felt strongly about something
18. tumultuous – full of activity, confusion, or violence; so upset and worried that you cannot think clearly
19. hectic – very busy or full of activity
20. designate – to choose someone or something for a particular job or purpose
21. cozy – small, comfortable, and warm
22. savor – to fully enjoy the taste or smell of something; to fully enjoy a time or experience
23. gratitude – the feeling of being thankful
24. quaint – unusual and attractive, especially in an old-fashioned way
25. herbs – small plants that are used to improve the taste of food, or to make medicine
26. uplifting – making you feel happier and more hopeful

Mommy Diaries – Growing...Every Day – page 66  
Vocabulary

1. adapt – gradually change your behavior and attitudes in order to be successful in a new situation
2. glean – to collect grain that has been left behind after the crops have been cut; to learn, discover, or find out, usually little by little or slowly
3. intention – a plan or desire to do something
4. reveal – to show something that was previously hidden or unknown
5. feeling down on yourself – having a severe and negative attitude towards yourself, especially when this is unfair
6. strive – to make a great effort to achieve something
7. outcome – the final result - used especially when no one knows what it will be until it actually happens
8. wholly – completely
9. scale (v.) – to climb to the top of something that is high and difficult to climb
10. scale new heights – to be successful
11. wayside – the side of a road
12. left by the wayside – left behind or neglected
13. incorporate – to include something as part of a group, system, plan
14. catalogue (v.) – to make a complete list

Relationships: Finding Climbing Partners – page 68  
Vocabulary

1. breathtaking – very impressive, exciting, or surprising
2. veering – changing direction
3. stranded – unable to move from the place where they are; stuck
4. go it alone (idiom) – to do something independently, without assistance or companionship
5. cut (ourselves) off – to separate ourselves; to stop having a relationship with someone
6. solitude – when you are alone, especially when this is what you enjoy
7. accountability – being responsible for the effects of your actions and willing to explain or be criticized for them
8. sheer – complete
9. navigate – to find which way you need to go when you are travelling from one place to another
10. unfulfilled – an unfulfilled dream has not been achieved

Let's Play Friends – page 69  
Vocabulary

1. struck – (past tense of *strike*) if something strikes you, you think of it, notice it, or realize that it is important, interesting, or true
2. “twos and threes” class – the class for children ages two and three
3. patent leather – thin shiny leather, usually black
4. got to – were allowed to; had the opportunity to
5. gem – a very helpful or special person
6. cock – to lift a part of your body, or hold a part of your body at an angle
7. proclaimed – said publicly or officially that something important is true or exists

Making an Impact – page 70  
Vocabulary

1. steamy – hot and humid
2. drop – send
3. just because – for no particular reason
4. relishing – taking pleasure in; liking; enjoying
5. accompanying – going somewhere with someone
6. rustic – simple, old-fashioned, or not modern, in a way that is typical of the countryside
7. balled it up – made something form a small round shape

Mom's Theater – page 72  
Vocabulary

1. played with – thought about possible ways of doing something to decide what would work
2. insecurity – a feeling of not being at all confident about yourself, your abilities, or your relationships with people; lack of confidence
3. emoting – clearly showing emotion, especially when you are acting
4. take this show on the road – If you take the show on the road, you put a plan into operation or begin something.
5. crumpled – crushed into a smaller bent shape; wrinkled
6. weighed upon – made someone feel worried and upset; made someone feel depressed
7. trudging – walking with slow heavy steps, especially because you are tired or it is difficult to walk
8. scattered – moved quickly in different directions
9. overheard – accidentally heard what other people were saying, when they did not know that you have heard
10. audition – a short performance by an actor or singer that someone watches to judge if they are good enough to act in a play, sing in a concert etc.
11. conducting – carrying out a particular activity or process, especially in order to get information or prove facts
12. intense – intense activity is very serious, uses a lot of effort, and often involves doing a great deal in a very short time
13. decent – of a good enough standard or quality; big enough
14. walk-up – someone who comes to the theater without a ticket and buys a ticket when they get there

Relationships: Winning Relationships – page 75  
Vocabulary

1. squealed – made a loud high sound or cry
2. arcade – a place where you play games on machines by putting coins into them
3. frame – the general shape formed by the bones of someone's body
4. bobbed – moved up and down quickly
5. planted – to put something firmly in or on something else
6. stuttered – spoke with difficulty because one could not stop oneself from repeating the first consonant of some words
7. scooted – ran quickly from one place to another
8. tokens – round pieces of metal that you use instead of money in some machines
9. demeanor – the way someone behaves, dresses, and speaks that shows what their character is like
10. scenario – a situation that could possibly happen
11. reserved – unwilling to express your emotions or talk about your problems; shy
12. bold – not afraid of taking risks; confident
13. self-assured – calm and confident about what you are doing
14. hampered – held back; prevented from moving
15. stifled – stopped from expressing a feeling; held back; smothered
16. incapable – not able to do something
17. eye-opening – enlightening; causing one suddenly to learn or understand what was not known before

18.distracted – anxious and unable to think clearly; having someone's attention taken from something by making them think about or notice other things

19.pitfalls – problems or difficulties that are likely to happen in a particular job, course of action, or activity; hidden sources of trouble or danger

20.drained – very tired and without any energy

21.spent – already used, and now empty or useless

22.foster – to help a skill, feeling, or idea develop over a period of time

Relationships: The Mom in the Mirror – page 78  
Vocabulary

1. decade – ten years
2. caught a glimpse – took a quick look at someone or something that did not allow you to see it clearly
3. vivid – so clear that it seems real; very bright
4. approached – moved towards or nearer to someone or something
5. pipe up – to suddenly say something, especially when you have been quiet until then
6. immense – extremely large, enormous
7. suited her fancy – agreed with her mental image of how something should be done
8. caustic – critical and unkind
9. condescending – behaving as though you think you are better, more intelligent, or more important than other people
10. lingering – continuing to exist for longer than usual or desirable
11. seared – burned with a sudden powerful heat
12. proverbial – well-known by a lot of people
13. matter-of-factly – in a way that shows no emotion when you are talking about something exciting, frightening, or upsetting
14. retorted – replied quickly (could be in a sharp or angry tone)
15. my heart sank – I suddenly lost hope and began to feel unhappy
16. my heart broke – I felt great sorrow or disappointment
17. instantaneously – immediately; at the same instant
18. painstakingly – carefully and thoroughly
19. paled in comparison – seemed small or unimportant compared to something else
20. disrespectful – not showing respect, rude
21. adage – a well-known phrase that says something wise about human experience

22. excruciatingly – in a way that is extremely painful
23. goes right out the window – disappears completely or no longer has any effect
24. belittle – to make someone or something seem small or unimportant
25. cloaked – purposely hidden so that people do not see or understand
26. horrified – very shocked and upset or afraid
27. heartfelt – very strongly felt and sincere
28. transpired – happened
29. bared my soul – revealed my most secret feelings
30. colleagues – people you work with or are part of the same profession
31. in check – under control
32. confide – to tell someone you trust about personal things that you do not want other people to know
33. forging – forming; developing something new, especially a strong relationship with other people, groups, or countries
34. catalyst – something or someone that causes an important change or event to happen
35. riveted – fastened; if your eyes are riveted on something, you are so interested that you keep looking at it
36. lest – in order to make sure that something will not happen
37. petitions – requests to God
38. on behalf of – instead of someone, or as their representative
39. chubby – slightly fat in a way that looks healthy and attractive
40. dingy – dark, dirty, or in bad condition
41. in jest – intended as a joke
42. call on the carpet – summon for a reprimand by superiors or others in power

Relationships – Mothering Guides – page 81  
Vocabulary

1. mothering – the process of caring for children in the way that a mother does
2. impact – effect or influence (used with the verb ‘have’)
3. undeniably – in a way that is not able to be denied and is definitely true or certain; clearly, obviously
4. persevere – to continue trying to do something in spite of difficulties
5. left their mark – affected someone so that they change in a permanent or very noticeable way
6. boisterous – making a lot of noise and having a lot of energy
7. hilarious – extremely funny
8. have the makings – have the qualities or skills necessary to do a particular job; to have what is needed
9. fondly – lovingly
10. varied – consisting of or including many different kinds of things or people, especially in a way that seems interesting; diverse
11. demonstrated – showed or proved something clearly
12. unshakable – very strong and unable to be changed or destroyed (referring to a belief)
13. fiercely – strongly
14. been there, done that – to have experienced the topic under discussion, to the point of boredom; expresses complete familiarity with a situation
15. trench – a long narrow hole dug into the surface of the ground

- 16.in the trenches – in the place or situation where most of the work or action in an activity takes place
- 17.shot (adj.) – in bad condition because of being used too much or treated badly
- 18.gracious – behaving in a polite, kind, and generous way
- 19.unceasingly – without stopping; continuously
- 20.mentor – an experienced person who advises and helps a less experienced person
- 21.hysterical – unable to control your behavior or emotions because you are very upset, afraid, excited
- 22.reassured – made someone feel calmer and less worried or frightened about a problem or situation

Relationships – A Two-Way Street – page – 84  
Vocabulary

1. two-way street – used to say that a situation depends on two people working well together
2. running errands (run an errand) – making a short trip for a particular purpose, usually to buy or deliver something
3. inherent – a quality that is inherent in something is a natural part of it and cannot be separated from it; existing in someone or something as a permanent and inseparable element
4. expended – used or spent a lot of energy/effort/time in order to do something
5. let down his guard – relax and stop looking out for danger
6. casually – in a relaxed way, or seeming not to care about something
7. pondering – spending time thinking carefully and seriously about a problem, a difficult question, or something that has happened
8. regret – sadness that you feel about something, especially because you wish it had not happened; a sense of loss or disappointment
9. scrunched – contracted (made smaller) or squeezed together; crushed so that something becomes smaller
10. sidled – walked towards something or someone slowly and quietly, as if you do not want to be noticed; approached from the side

Relationships – Gummy Gifts – page 85  
Vocabulary

1. envied – wished that you had someone else's possessions, abilities etc.
2. adorable – very attractive; charming; lovable
3. frilly – decorated with lots of frills (trimmings, such as a strip of cloth or lace, gathered at one edge and left loose at the other; ruffles)
4. stomping – walking with heavy steps or to putting your foot down very hard
5. lint – soft light pieces of thread or wool that come off cotton, wool, or other material
6. worth her salt – deserving of her wages or salary
7. sauntered – walked in a slow relaxed way, especially so that you look confident or proud
8. good intentions – plans or desires to do something, especially when you do not succeed in doing it
9. kidding – saying something that is not true, especially as a joke
10. kidding yourself – letting yourself believe something that is untrue or unlikely
11. gestures – something that you say or do, often something small, to show how you feel about someone or something
12. elaborate (adj.) – carefully planned and organized in great detail
13. trigger (v.) a memory – make you suddenly remember something
14. heirloom – a valuable object that has been owned by a family for many years and that is passed from the older members to the younger members

Relationships – Perfect Strangers – page 87  
Vocabulary

1. our paths crossed – if two people's paths cross, they meet by chance
2. hit-and-run – an accident in which a car driver hits someone and does not stop to help
3. numb – un able to feel anything; unable to think, feel, or react in a normal way
4. plowed – moved with a lot of effort or force
5. treasured – very special, important, or valuable to you
6. racked my brain – tried very hard to remember or think of something
7. recollection – memory
8. plastered – completely covered a surface with something, especially large pieces of paper or pictures
9. process (v.) – to deal with information
10. bond (n.) – a feeling of closeness; something that unites two or more people or groups, such as love, or a shared interest or idea
11. morphed – developed a new appearance or changed into something else, or made something do this
12. steering committee – a committee that guides or directs a particular activity
13. impromptu – done or said without any preparation or planning
14. memorial service – a service to remember someone who has died
15. hot spot – a place that is popular for entertainment or a particular activity

16. infatuation – a strong feeling of love for someone or interest in something, especially a feeling that is unreasonable and does not continue for a long time

17. outing – a short trip that a group of people take for pleasure

18. defiant – clearly refusing to do what someone tells you to do

19. irked – annoyed; irritated

20. fizzled – gradually stopped happening; failed or died out

Relationships – The Power of Human Touch – page 90  
Vocabulary

1. to say the least – used to say that you could have described something, criticized someone, etc. a lot more severely than you have
2. complication – a problem or situation that makes something more difficult to understand or deal with; a medical problem that happens while someone is already ill and makes treatment more difficult
3. at risk – in a situation where you may be harmed
4. neonatal – relating to babies that have just been born
5. regulate – to make regular; to make a machine or your body work at a particular speed, temperature, etc.
6. bear (v.) – to stand; to bravely accept or deal with a painful, difficult, or upsetting situation
7. couldn't bear – to be so upset about something that you feel unable to accept it or let it happen
8. make it – to continue to live after you have been seriously ill or badly injured
9. desperately – very much; urgently
10. corridor – a long narrow passage between rooms in a building, with doors leading off it; hallway
11. gurney – a long narrow table with wheels used for moving sick people in a hospital
12. agonized – thought about a difficult decision very carefully and with a lot of effort and emotional pain
13. prayer warrior – someone who is in the habit of praying regularly for the needs of others

- 14.isolette – a brand of incubator for premature or other newborn infants, providing controlled temperature, humidity, and oxygen levels and having armholes through which the infant can be reached with minimum disturbance to the controlled environment
- 15.sterile – completely clean and not containing any bacteria that might cause infection
- 16.micro-preemie – a baby born weighing less than 1 pound, 12 ounces (800 grams) or before 26 weeks gestation
- 17.withstand – to be strong enough to remain unharmed by something such as great heat, cold, pressure, etc.
- 18.teared up – began to have tears in one’s eyes; to cry
- 19.cherish – to love someone or something very much and take care of them well; remember fondly
- 20.extraordinary – very unusual or surprising
- 21.maneuver – to move or turn skillfully or to move or turn something skillfully, especially something large and heavy
- 22.portal – an entrance or access to a place
- 23.revel in – to enjoy something very much
- 24.accustomed – familiar with something; used to
- 25.at our disposal – available for us to use
- 26.conviction – a very strong belief or opinion
- 27.caresses – gentle touches or kisses that show you love someone
- 28.soothe – to make someone feel calmer and less anxious, upset, or angry

Relationships: Midnight Kisses – page 93  
Vocabulary

1. brood (n.) – a family of young birds all born at the same time; a family with a lot of children - used humorously
2. get (back) on my feet – recovered from anything, especially financial problems
3. close – to remain at one's job at a store or restaurant after closing time to make sure everything is finished for the day
4. tuck in bed – to make a child comfortable in bed by arranging the sheets around them
5. crept – (the past tense and past participle of creep) moved in a quiet, careful way, especially to avoid attracting attention
6. atop – on top of something
7. sis – a shortened form of sister
8. grinned from ear to ear – smile very widely
9. popped – to quickly put something somewhere, usually for a short time
10. savored – fully enjoyed the taste or smell of something
11. keen – (slang) great; wonderful
12. bust – a failure
13. bawl – to cry loudly
14. fests – informal occasions when a lot of people do a fun activity together
15. reveled in – enjoyed something very much
16. toss – to throw something, especially something light, with a quick gentle movement of your hand

17.window – a short period of time that is available for a particular activity

18.haven – a place where people or animals can live peacefully or go to in order to be safe

19.plight – a very bad situation

20.enveloped – covered or wrapped up completely; completely surrounded

Relationships: Needing Others...Every Day – page 95  
Vocabulary

1. crevices – narrow cracks in the surface of something, especially in rock; deep parts
2. scratch the surface – to deal with only a very small part of a subject or problem
3. maturation – the period during which something grows and develops
4. key – very important or necessary
5. stranded – a person or vehicle that is stranded is unable to move from the place where they are; stuck
6. flourish – to develop well and be successful; thrive
7. swap – to give something to someone and get something in return; exchange, trade
8. extended family – a family group that consists not only of parents and children but also of grandparents, aunts etc.

Help: Utilizing Guidebooks and Gear – page 97  
Vocabulary

1. sportscaster – someone who describes a sports game as it is being broadcast on television
2. postgame – happening after a sports game
3. camaraderie – a feeling of friendship that a group of people have, especially when they work together
4. pooling – combining your money, ideas, skills etc with those of other people so that you can all use them
5. prestigious – admired as one of the best and most important
6. draft – to ride close behind another bike so as to benefit from the reduction in air pressure created behind the bike ahead.
7. embrace – welcome; to eagerly accept an idea
8. assumption – something that you think is true although you have no definite proof
9. thrive – to become very successful or very strong and healthy
10. desperate – willing to do anything to change a very bad situation, and not caring about danger
11. impose – to expect or ask someone to do something for you when this is not convenient for them
12. frantically – in an extremely worried way; frightened about a situation, so that you cannot control your feelings
13. favor – something that you do for someone in order to help them or be kind to them
14. indebted – to be very grateful to someone for the help they have given you; owing something to another

15.ironically – in a way that shows you really mean the opposite of what you are saying

16.benevolent – kind and generous

17.impact – the effect or influence that an event or situation has on someone or something

Help: Help Wanted – page 98  
Vocabulary

1. lugged – pulled or carried something heavy with difficulty
2. readying – to cause to be ready; getting something ready
3. stash – an amount of something that is kept in a secret place, especially money or weapons; a supply of something
4. ice pack – a bag containing ice that is put on injured parts of your body to keep them cold or put in a container with food to keep it cold
5. endearing – making someone love or like you
6. doozy – something that is extremely good, bad, strange, big etc.
7. sneak – to go somewhere secretly and quietly in order to avoid being seen or heard; to do, take, or enjoy something hurriedly
8. catnap – a very short, light sleep
9. factor in – to include a particular thing in your calculations about how long something will take, how much it will cost etc.
10. to be big on – to be enthusiastic about
11. beat me over the head with – to keep repeating something
12. faith-seekers – people who are trying to get to know God better
13. unattainable – impossible to achieve
14. no strings attached – without conditions or restrictions
15. glimpse – a quick look
16. abundant – available in large quantities so that there is more than enough; rich

17.vulnerable – easily harmed or hurt; open to attack

18.inconvenienced – forced to go out of your way or to take extra trouble for someone else

Help: It's all Up to Me – page 101  
Vocabulary

1. It's up to me – I am in charge and responsible; success depends on me
2. voila! – used when you are showing or telling someone something surprising or satisfying; French word meaning “There it is.”
3. subtle – not easy to notice or understand unless you pay careful attention
4. detect – to notice or discover something, especially something that is not easy to see or hear
5. stunned – too surprised or shocked to speak
6. caught off guard – surprised by something happening when I am not expecting something or prepared for it
7. self-discovery – the process of achieving understanding or knowledge of oneself
8. psychoanalytic – involving talking to someone about their life and feelings in order to find out the hidden causes of their problems
9. insights – sudden clear understanding of something or part of something
10. cast a glance – to look quickly in a particular direction
11. obligatory – something that must be done; something that is always done or included in a particular situation
12. go figure – said to show that you think something is strange or difficult to explain
13. assumption – something that you accept as true although you have no proof
14. sarcasm – a way of speaking that involves saying the opposite of what you really mean in order to make an unkind joke or to show that you are annoyed
15. outburst – something you say suddenly that expresses a strong emotion, especially anger
16. it fell to me – if a duty or job falls to someone, they are responsible for doing it, especially when this is difficult or unpleasant

17.redirection – using something for a different purpose

18.summon – to try very hard to have enough

Help: My Hero – page 103  
Vocabulary

1. chores – a small job that you have to do regularly, especially work that you do to keep a house clean; something you have to do that is very boring and unpleasant
2. sported – wore something or had something on your body and showed it to people in a proud way
3. posted – put up a notice about something on a wall or notice board
4. contemplating – thinking about something that you might do in the future
5. let loose – to speak or behave in an uncontrolled way
6. jaw dropped – to be very surprised or astonished
7. showdown – a meeting, argument, or fight that will settle a disagreement or competition that has continued for a long time
8. procrastination – delaying to do something that you ought to do, usually because you do not want to do it
9. fest – an informal occasion when a lot of people do a fun activity together
10. excuse-fest – getting together to make excuses
11. pinky swear – when two people twist together their little fingers to signify that a promise has been made. The pinky swear signifies a promise that cannot be broken.
12. fly by the seat of my pants – to do something difficult without the necessary experience or ability
13. stumble – to walk in an unsteady way and often almost fall

Help: Navigating Family Setbacks – page 104  
Vocabulary

1. navigating – finding which way you need to go when you are traveling from one place to another; understanding or dealing with something complicated
2. setbacks – problems that delay or prevent progress, or make things worse than they were
3. adversity – a situation in which you have a lot of problems that seem to be caused by bad luck
4. escorted – taken somewhere, especially to protect or guard them
5. layoff – an occasion when an employer ends a worker's employment for a temporary period of time because there is not enough work
6. sabotage – to secretly damage or destroy equipment that belong to an enemy or opponent, so that it cannot be used
7. juggling – keeping three or more objects moving through the air by throwing and catching them very quickly; trying to fit two or more jobs or activities into your life, especially with difficulty
8. uncertainty – when you feel doubt about what will happen
9. scrimping – trying to use as little money as you can; being careful to buy only what is necessary
10. deferring – delaying something until a later date
11. ration – to control the supply of something because there is not enough; to allow someone only a small amount of something
12. nebulous – not at all clear or exact; vague
13. troublesome – causing problems or worry, in an annoying way
14. revving up – if you rev up something, or if it revs up, it becomes more active

15. compensation – the money someone is paid for doing their job; money paid to someone because they have suffered injury or loss, or because something they own has been damaged
16. snap – to say something quickly in an angry way
17. vacillated – continued to change your opinions, decisions, ideas
18. optimism – a tendency to believe that good things will always happen
19. rationalization – an invented explanation for something, so that it does not seem as bad
20. tradeoff – a balance between two opposing things, that you are willing to accept in order to achieve something
21. penny-pinching – unwilling to spend or give money
22. all over the map – if something like a discussion is all over the map, it doesn't stick to the main topic and goes off in different directions
23. extravagant – spending or costing a lot of money, especially more than is necessary or more than you can afford
24. COBRA – Consolidated Omnibus Budget Reconciliation Act (COBRA) gives workers and their families who lose their health benefits the right to choose to continue group health benefits provided by their group health plan for limited periods of time
25. theology – the study of God; the study of religion and religious ideas and beliefs
26. inquisitive – interested in a lot of different things and wanting to find out more about them
27. bust – a sudden decrease in business activity
28. frugal – careful to buy only what is necessary; opposite of extravagant
29. cutback – a reduction in something, such as the number of workers in a company or the amount of money a government or company spends

- 30.tagalong – someone who goes somewhere with someone else
- 31.oddity – a strange or unusual person or thing
- 32.frayed – if someone's temper or nerves are frayed, or if something frays them, they become annoyed
- 33.scoured – searched very carefully and thoroughly
- 34.resent – to feel angry or upset about a situation or about something that someone has done, especially because you think that it is not fair
- 35.albeit – used to add information that reduces the force or importance of what you have just said; although, even if
- 36.articulate – to express your ideas or feelings in words
- 37.accommodate – to have or make room for; to allow for
- 38.invaded – entered in order to take control
- 39.blossoms – the flowers on a tree or bush
- 40.negativity – an attitude in which someone considers only the bad qualities of a situation, person etc, not the good ones
- 41.adequacy – being enough in quantity or of a good enough quality for a particular purpose

Helping – Mother Helping Mother – page 109  
Vocabulary

1. harsh – difficult to live in and very uncomfortable; severe
2. endured – existed in a difficult or painful situation for a long time without complaining
3. detached – not reacting to or becoming involved in something in an emotional way
4. clothe/ clothing (v.) – to provide clothes for yourself or other people
5. means – the money or income that you have
6. empathy – the ability to understand other people's feelings and problems
7. grieved – to feel extremely sad, especially because someone you love has died
8. bound – controlled or limited by something, so that you cannot do what you want
9. stand idly by – to see something bad happen without trying to prevent it
10. pleading – asking for something that you want very much, in a sincere and emotional way; begging
11. adequately – sufficiently, well enough
12. restock – to bring in more supplies to replace those that have been used; refill
13. food pantry – A food pantry is a non-profit organization that gets donated food items. The food pantry then gives the food to low income people; who prepare the food at home.

Help – Mommy’s Needs, Baby’s Needs – page 111  
Vocabulary

1. fascinated – extremely interested by something or someone
2. chattering – talking quickly in a friendly way without stopping, especially about things that are not serious or important
3. wild abandon – in a careless or uncontrolled way, without thinking or caring about what they are doing
4. breezy – windy
5. antics – playful tricks; behavior that seems strange, funny, silly, or annoying
6. stacking – making things into a neat pile
7. fair-haired – having light-colored hair
8. envisioned – imagined something that you think might happen in the future, especially something that you think will be good
9. overbite – a condition in which someone's upper teeth are too far in front of their lower teeth
10. seared – had a very strong sudden and unpleasant effect on you
11. tilted – moved or made something move into a position where one side is higher than the other; changed
12. miscarriage – if a woman who is going to have a baby has a miscarriage, she gives birth before the baby is properly formed and it dies
13. fetal position – a body posture like that of a fetus in the uterus, in which the body is curled with head and limbs drawn in, sometimes assumed in states of fear or emotional withdrawal.
14. burrowing – pressing your body close to someone or under something because you want to get warm or feel safe

15. rants – loud complaints made in an excited and rather confused way because you feel strongly about something
16. solitude – the state of being or living alone
17. teetered – to stand or walk moving from side to side, as if you are going to fall; move unsteadily, see-saw
18. cheery – happy or making you feel happy
19. gulping back – stopping yourself from expressing your feelings
20. torrent – a large amount of water moving very quickly and strongly in a particular direction; a flood; a lot of something in a short time
21. curling up – moving so that you are lying or sitting with your arms and legs bent close to your body
22. needy – needing and wanting a lot of love and attention
23. emerged – appeared or came out

Helping – Peanut Butter Love – page 114  
Vocabulary

1. encounter – an occasion when you meet someone or experience something, especially unexpectedly
2. forlorn – seeming lonely and unhappy
3. spare – to make something such as time or money available for someone, especially when this is difficult for you to do
4. jaded – no longer interested in or excited by something, usually because they have experienced too much of it
5. straining – trying very hard to do something; stretching
6. well up – come to the surface of something and starts to flow out
7. skeptical – tending to disagree with what other people tell you
8. turn down – to refuse an offer, request, or invitation
9. pleaded – asked for something that you want very much, in a sincere and emotional way; begged
10. glancing – quickly looking at someone or something

Helping – Dusty Trusty Guidebook – page 116  
Vocabulary

1. trusty – something that you have had for a long time and can depend on
2. trying – annoying or difficult in a way that makes you feel worried or tired
3. devotions – a daily time of prayer and Bible reading
4. sandwiched – in a very small space between two other things
5. hesitation – a pause before saying or doing something because you are nervous or not sure
6. catch (n.) – a hidden problem or difficulty
7. obvious – easy to notice or understand; easily seen
8. thumb (v.) – to look through a book or magazine quickly
9. captive audience – people who listen or watch someone or something because they have to, not because they are interested
10. captivated – attracted by something very, so that it holds your attention; enchanted
11. sly – cleverly deceiving people in order to get what you want; mischievous; (sly grin – a smile that shows you know something secret)
12. relevance – the direct relating to the subject or problem being discussed or considered
13. chimed in – to say something in a conversation, especially to agree with what someone has just said
14. Little did he know – used to remark on the fact that a person committed some action while entirely unaware of what was going to happen next, or what he was getting himself into
15. accountability – being responsible for the effects of your actions and willing to explain or be criticized for them

16. exposure – the chance to experience new ideas, ways of life etc.
17. lost sight of – stopped being able to see someone or something; forgot
18. caught up in – involved in something; having become involved involuntarily or involved in something negative
19. pertains – relates directly to something
20. courtesies – polite behaviors and respect for other people

Helping – Helping Hands – page 119  
Vocabulary

1. chirped – spoke in a high, happy voice
2. unison – say the same words at the same time or do the same thing at the same time
3. invigorated – made to feel healthier, stronger and to have more energy
4. proposition – an offer or suggestion
5. dashed – ran somewhere very quickly
6. tackle – to try to deal with a problem
7. boomed – said something in a loud, deep voice
8. alligator tears – (crocodile tears) fake tears; a false or insincere display of emotion
9. rosy – pink
10. intimidating – making you feel worried, fearful and not confident
11. accumulation – a gradual increase in numbers or amount of something until there is a large quantity in one place; something that has been collected, gathered, or heaped
12. hamper (n.) – a large basket that you put dirty clothes in until they can be washed
13. assessing – judging; making a judgment about a person or situation after thinking carefully about it
14. wreckage – the parts of something such as a plane, ship, or building that are left after it has been destroyed in an accident (used here as an exaggeration)
15. best of intentions – a plan or desire to do something good or kind, especially when you do not succeed in doing it
16. triggered – started or made something happen very quickly, especially a series of events
17. poignant – making you feel sad or full of pity
18. epiphany – a sudden insight into the reality or essential meaning of something, usually initiated by some simple or commonplace occurrence or experience.

19. engulfed – completely surrounded or covered something
20. impose – to expect or ask someone to do something for you when this is not convenient for them
21. disarray – the state of being untidy or not organized
22. chaos – a situation in which everything is happening in a confused way and nothing is organized or arranged in order
23. booked – made arrangements to stay in a place, eat in a restaurant, fly on a plane, etc. at a particular time in the future; made a reservation
24. indication – a sign, remark, or event that shows what is happening, what someone is thinking or feeling, or what is true
25. cut the mustard – to perform up to expectations or to a required standard
26. pluck – courage and determination
27. ranks – the people who belong to a particular organization or group
28. shambles – a confused, disorganized mess
29. learning curve – the rate at which you learn a new skill
30. flailing – waving your arms or legs in an uncontrolled way
31. inevitably – certain to happen and cannot be avoided
32. flounder – to be unable to move easily because you are in deep water or mud, or cannot see very well; to not know what to say or do because you feel confused or upset
33. pitching in – joining others and helping with an activity
34. resentment – a feeling of anger because something has happened that you think is unfair
35. overburdened – having more work or problems than one can deal with

Seeking Help...Every Day – page 123  
Vocabulary

1. summon up – to try very hard to have enough courage, energy, or strength, because you need it
2. come full circle – to end in the same situation in which you began, even though there have been changes in the time in between
3. stagnant – not changing or making progress; stagnant water or air does not move or flow and often smells bad
4. oftentimes – often
5. stems from – develops as a result of something else
6. favors – things that you do for someone in order to help them or be kind to them

Perspective: Embracing the View from the Summit – page 125  
Vocabulary

1. perspective – a view, especially one in which you can see a long way into the distance; a sensible way of judging and comparing situations so that you judge the importance of something correctly
2. embracing – taking in with the eye or the mind
3. ascent – the act of climbing something or moving upwards
4. eye candy – someone or something that is attractive to look at, but is not serious or important
5. cramp – develop a severe pain when a muscle becomes too tight
6. for dear life – desperately, urgently, so as to save one's life
7. hoist – to raise, lift, or pull up something, especially using ropes
8. take in – to observe and appreciate
9. plastered – completely covering a surface with something
10. undulating – moving or being shaped like waves that are rising and falling
11. precipices – high rocks, mountains or cliffs with very steep sides
12. hue – a color or type of color
13. grounded – reasonable and in control of your emotions
14. whiny – likely to complain in a sad, annoying voice about something
15. downright – completely or totally

Perspective – Learning to Live with Plan A – page 126  
Vocabulary

1. crippled – hurt badly so that they cannot walk properly; disabled
2. bedridden – unable to leave your bed, especially because you are old or ill
3. trailing – being pulled behind you, especially along the ground
4. discern – to notice or understand something by thinking about it carefully
5. plan B – a secondary plan of action in the event that something would make the primary plan unsuccessful
6. eliminated – completely get rid of something; removed from further consideration
7. restricted – limited in your movements or in what you are able to do
8. foist – to force someone to have to deal with something that they do not want
9. virtuoso – someone who is a very skilful performer, especially in music
10. nudging – pushing someone gently; gently persuading or encouraging someone to take a particular decision or action
11. hobbled – walked with difficulty, especially because your legs or feet hurt
12. wrest – to pull something away from someone; to get by effort
13. bounded – ran, leaped, or jumped with a lot of energy
14. firecracker – a cardboard tube filled with an explosive and having a fuse, for discharging to make a noise, as during a celebration (used here as a metaphor)

15. overshadow – to make something else seem less important; to make insignificant by comparison

16. uniquenesses – things that are different from everything else

17. resilient – able to become strong, happy, or successful again after a difficult situation or event

Perspective – Puff – page 129  
Vocabulary

1. jabbering – talking quickly in an excited and unclear way; chatter
2. flat-out – moving or working at top speed or with maximum effort; completely
3. sparked – was started or stimulated (in this case a thought or idea)
4. profound – showing great knowledge and understanding; deep
5. bundle of joy – baby
6. energetic – having a lot of energy
7. snowballed – grew bigger at a faster and faster rate
8. vigor – physical or mental energy and determination
9. revived – became healthy and strong again; renewed, restored
10. riding high – doing very well
11. recharging – to get back your strength and energy again

Perspective – Cocoa Box Sink – page 131  
Vocabulary

1. morphed – developed a new appearance or changed into something else
2. abode – someone's home
3. custodian – a person who guards or takes care of a property; janitor
4. cabanas – a tent or small wooden structure used for changing clothes at a beach or pool
5. indulged – let someone have or do whatever they want, even if it is bad for them
6. scraps – small pieces of paper or cloth
7. tartar sauce – a mayonnaise dressing for fish and seafood, usually with chopped pickles, onions, olives, capers, and green herbs added
8. semblance – a likeness, image, or copy
9. improvising – to make something by using whatever you can find because you do not have the equipment or materials that you need
10. pout – to push out your lower lip because you are annoyed or unhappy
11. warmed up – became friendlier or more receptive
12. array – a group of things, especially one that is large or impressive
13. tulle – a thin soft silk or nylon material like a net
14. garbed – to be dressed in a particular type of clothing
15. making do – managing with the things that you have, even though this is not really enough
16. emerging – in an early state of development; developing

Perspective – Perspective from a Puddle – page 133  
Vocabulary

1. perspective – a way of thinking about something
2. struggling – trying extremely hard to achieve something
3. shrieked – made a very high loud sound, especially because you were afraid, angry, excited, or in pain; screamed
4. tipped the scale – gave a slight advantage to someone or something
5. upbeat – positive and making you feel that good things will happen
6. drift – wander; move slowly
7. resonated – made a deep loud clear sound that continues for a long time
8. floppy – something that is floppy is soft and hangs down loosely rather than being stiff
9. tufts – bunches of hair, feathers, or grass growing or held closely together at their base
10. smudged – smeared; spread in a careless or untidy way
11. bedraggled – looking untidy, wet, and dirty, especially because you have been out in the rain
12. erupting – exploding suddenly
13. slumped – bent forward because you are unhappy or tired
14. lowly – low in rank, importance, or social class
15. pitiful – looking or sounding so sad and unfortunate that you feel very for yourself or someone else
16. to go through the wringer – to have a lot of problems and upsetting experiences

17. slush pile – partly melted snow; a collection of unsolicited manuscripts submitted to a publisher

18. in the moment – what is happening right now

19. perk up – to become more cheerful, active, and interested in what is happening around you, or to make someone feel this way

20. dawned on me – if a fact dawns on you, you realize it for the first time

21. blaring – making a very loud unpleasant noise

22. strung – (past tense of string) combined things in order to make something that is complete, good, or useful

23. muddle – to continue doing something without having any clear plan or purpose, or without having enough help or support

24. trinkets – pieces of jewelry or small objects that are not valuable

25. critter – a creature, especially animal

26. vintage – old

27. quirky – unusual or strange, especially in an interesting way

Perspective – Freefalling – page 136  
Vocabulary

1. freefalling – moving of through the air without engine power
2. plummeting – falling suddenly and quickly from a very high place
3. presumably – probably; thinking that something is true, although you are not certain
4. impact (n.) – the moment when one thing hits another
5. bolt awake – wake up very suddenly
6. brink – the edge of a steep place; almost in a new situation, usually a very bad one
7. smeared – spread over a surface, especially in a careless or untidy way
8. my heart sinks – I lose hope or confidence
9. cringe – to suddenly feel very uncomfortable or embarrassed because of something that happens or something you remember
10. toting – carrying
11. rotund – having a fat round body; plump
12. potluck – a meal in which everyone who is invited brings something to eat
13. perch (n.) – a place or position, especially one where you can sit and watch something; any place or object, as a sill, fence, branch, or twig, for a bird, animal, or person to alight or rest upon
14. waddled – to walk with short steps, with your body moving from one side to another - used especially about people or birds with fat bodies and short legs
15. turned up empty – failed to achieve a desired result
16. affinity – a natural liking for or attraction to a person, thing, or idea

17. peered – looked very carefully at something, especially because you were having difficulty seeing it
18. bound to – likely to
19. squinted – looked at something with your eyes partly closed in order to see better
20. jolt – a sudden shock
21. dead – squarely, exactly in the middle
22. once-over – to look at someone or something quickly to check what they are like
23. burgeoning – growing or developing quickly
24. implication – a suggestion or opinion that is not made directly but that people are expected to understand or accept
25. withering – a look, remark etc. that makes someone feel stupid, embarrassed, or lose confidence (wither = become drier and smaller and start to die)
26. veneer – a thin layer of wood or plastic that covers the surface of a piece of furniture made of cheaper material, to make it look better; outer behavior that hides someone's real character or feelings
27. brought me to my knees – caused me to turn to God in prayer; defeated me
28. potential (adj.) – possible to develop in the future
29. pride ourselves – to be especially proud of something that we do well, or of a good quality that we have
30. freaked out – became very anxious, upset or afraid, or made someone very anxious, upset or afraid
31. rival – to be as good or important as someone or something else
32. crave – to have an extremely strong desire for something

Perspective – God’s Eye View – page 139  
Vocabulary

1. restored – to make something return to its former state or condition; to repair an old building, piece of furniture, or painting so that it is in its original condition
2. sheers – curtains made of thin, see-through fabric
3. ottoman – a piece of furniture like a large box with a soft top, used as a seat, for resting your feet on when you are sitting, or for storing things
4. sentiment – an opinion or feeling you have about something
5. devastated – feeling extremely shocked and sad
6. whined – complain in a sad, annoying voice about something
7. vested interest – a strong reason for wanting something to happen because you will gain from it
8. allegiance – loyalty to a leader, country, belief etc.
9. let alone – not to mention; not even to take someone or something into account
10. principled – having strong opinions about what is morally right and wrong
11. bulk – sold or moved in large quantities (**bulk trash** is large items that don’t fit in regular trash can)
12. meandered – walked somewhere in a slow relaxed way rather than take the most direct way possible
13. tickled – amused or pleased
14. beamed – smiled very happily

15.basked – enjoyed the approval or attention that you are getting from other people

16.pout – to push out your lower lip because you are annoyed or unhappy

17.in store – about to happen

Perspective – A Mixture of Colors – page 141  
Vocabulary

1. answer to – to be called a particular name
2. dread – to feel anxious or worried about something that is going to happen or may happen
3. infamous – well known for being bad
4. lined – covered with rows along the sides
5. cascading – flowing, falling or hanging down in large quantities
6. greenery – green leaves and plants
7. fit a mold – have all the attitudes and qualities typical of a type of person
8. peers – the people who are the same age as you, or who have the same type of job, or social class

Perspective – Transition Pains – page 143  
Vocabulary

1. transition – movement or change from one position, state, stage, subject, or concept to another
2. gourmet – producing or relating to very good food and drink
3. kneaded – worked (dough, clay, etc.) into a uniform mixture by pressing, folding, and stretching.
4. voila – French for “There it is.” Used when you are showing or telling someone something surprising.
5. simplicity – the quality of being simple and not complicated, especially when this is attractive or useful
6. smitten – suddenly feeling that you love someone or something very much; suddenly affected by a feeling or an illness
7. reinvent yourself (or ourselves)– to do something differently from before, especially in order to improve or change the way people think of you
8. semi-begged – sort of asked for something in an anxious or urgent way, because she wanted it very much
9. whim – a sudden feeling that you would like to do or have something, especially when there is no important or good reason
10. spattered – drops of something fall or are thrown all over a surface
11. muttered – speak in a low voice, especially because you are annoyed about something, or you do not want people to hear you
12. shot – sent forth (words, ideas, etc.) rapidly
13. weaned – gradually stopped feeding a baby its mother's milk and started giving it ordinary food

14.glide – to move smoothly and quietly, as if without effort

15.clumsily – in an awkward way; without skill or grace

16.quibbling – arguing about small unimportant details

17.fiasco – completely unsuccessful, in a way that is very embarrassing or disappointing

18.bumbling – behaving in a careless way and making a lot of mistakes

Perspective – Discipline 401 Honors – page 145  
Vocabulary

1. stick with – to continue doing something the way you did or planned to do before
2. patio – an area, usually paved, adjoining (next to and connected to) a house and used as an area for outdoor lounging, dining, etc.
3. mechanisms – parts of a machine or a set of parts that does a particular job; a system that is intended to achieve something or deal with a problem
4. assault (n.) – an attack
5. inspired (v.) – gave someone the idea for something
6. time-out – a brief suspension of activity used for discipline
7. turbo-charged – having a system that makes a vehicle more powerful by using a turbine to force air and gasoline into the engine under increased pressure
8. unfazed – not confused or shocked by a difficult situation or by something bad that has happened
9. humbled – if you are humbled, you realize that you are not as important, good, smart or kind as you thought you were
10. vigilance – careful attention that you give to what is happening, so that you will notice any danger, problem or illegal activity
11. redirection – changing the direction or focus of someone
12. vanguard – in the most advanced position of development; the forefront in any movement, field, or activity
13. whizzing – moving very quickly, often making a sound like something rushing through the air

Perspective – The Day I took Flight – page 147  
Vocabulary

1. took flight – began flying
2. ecstatic – feeling extremely happy and excited
3. cupped (adj.) – held in the shape of a cup
4. cradled – held something gently, as if to protect it
5. mantra – a word or sound that is repeated as a prayer
6. inevitably – certain to happen and cannot be avoided
7. make it – to succeed or survive
8. acquainted – gave someone information about something
9. hangar – a large building in which aircraft are kept
10. housing (v.) – if a building, place, or container houses something, it is kept there
11. remote (adj.) – far from towns or other places where people live
12. martyred – killed because of their religious beliefs
13. sandbar – a long pile of sand in a river or the ocean, formed by the movement of the water
14. ministering – giving help to someone who needs it
15. fair – having hair or skin that is very light in color
16. skirted – went around the outside edge of a place or area
17. swath – a long thin area of something, especially land

18. swarmed – moved together in a large group

19. disembarked – got off a ship or aircraft

20. hunkered down – with your knees bent so that you are sitting on your heels very close to the ground; made yourself comfortable in a safe place, especially for a long time

Perspective – Olivia’s Grace – page 150  
Vocabulary

1. satin – a type of cloth that is very smooth and shiny
2. mementos – a small thing that you keep to remind you of someone or something; souvenir or keepsake
3. hospitalization – being put in a hospital for treatment
4. postpartum – relating to the time immediately after a woman has a baby
5. fallout – the results of a particular event, especially when they are unexpected
6. massacre – when a lot of people are killed violently, especially people who cannot defend themselves
7. stomach (v.) – to be able to accept something, especially something unpleasant; endure
8. yearning (n.) – a strong desire for something; longing (to want something very much, especially when it seems unlikely to happen soon)
9. thyroid – a two-lobed endocrine gland, located in the neck that secretes two hormones that regulate the rates of metabolism, growth, and development.
- 10.refinanced – satisfied (a debt) by making another loan on new terms; revised the terms of a debt (usually by changing the interest rate or payment schedule)
- 11.in vitro fertilization – a process in which a human egg is fertilized outside a woman's body
- 12.hunch over – to bend down and forwards so that your back forms a curve
- 13.bitterness – a feeling of being angry, jealous, and upset because you think you have been treated unfairly
- 14.gifting – presenting someone with a gift
- 15.ventured – to go somewhere that could be dangerous or involve risks

- 16.nauseous – feeling that you are going to vomit
- 17.goes up in smoke – if a plan or some work goes up in smoke, it is spoiled or wasted
- 18.pity party – away of experiencing grief, in which you spend your time feeling sorry for yourself and whining endlessly about how bad your life is
- 19.fed up – annoyed or bored, and wanting something to change; impatient; disgusted
- 20.sludge – soft thick mud, especially at the bottom of a liquid; muck, goo, gunk
- 21.bickering – arguing, especially about something very unimportant
- 22.solace – a feeling of emotional comfort at a time of great sadness or disappointment
- 23.tutus – short skirts made of many folds of stiff material, worn by ballet dancers
- 24.relish (v.) – to enjoy an experience or the thought of something that is going to happen
- 25.ebullient – very happy and excited
- 26.grieve – to feel extremely sad, especially because someone you love has died
- 27.wavered – became weaker or less certain
- 28.barren – unable to produce children
- 29.infested – filled with too many of something you do not want; if things or people you do not want infest a place, there are too many of them

Perspective – Keeping Perspective...Every Day – page 154  
Vocabulary

1. immersed – put deep in a liquid so that something is completely covered; completely involved in an activity
2. reap – to get something, especially something good, as a result of what you have done
3. boo-boos – a minor injury; a stupid or silly mistake
4. inevitably – used for saying that something is certain to happen and cannot be avoided
5. heart-to heart – a conversation in which two people say honestly and sincerely what they really feel about something
6. attest – to show or prove that something is true; to officially state that you believe something is true, especially in a court of law
7. descent – the process of going down
8. dose – the amount of a medicine or a drug that you should take

Hope – Expanding My Limit – page 156  
Vocabulary

1. pursuit – an activity which you spend a lot of time doing; trying to get, achieve, or find something in a determined way
2. inevitably – used for saying that something is certain to happen and cannot be avoided
3. sliver – a small pointed or thin piece that has been cut or broken off something
4. creeping – gradually entering something and changing it; moving slowly or gradually
5. triathlete – a competitor in a triathlon (a sports competition in which competitors run, swim, and cycle long distances)
6. leg – one part of a long journey or race
7. switchback – a road or track that goes up and down steep slopes and around sharp bends; a highway, as in a mountainous area, having many hairpin curves
8. gulps – breathes in large amounts of air quickly
9. plunges – moves, falls, or is thrown suddenly forwards or downwards
10. rapid (usually rapids) – part of a river where the water looks white because it is moving very fast over rocks
11. resurface – to come back up to the surface of the water
12. fraught – full of (problems, difficulty, danger)
13. intensifies – increases in degree or strength, or makes something do this
14. thwart – to prevent someone from doing what they are trying to do
15. in the throes of – in the middle of a very difficult situation

16. agony – very severe pain or a very sad, difficult, or unpleasant experience
17. bleak – without anything to make you feel happy or hopeful; cold and without any pleasant or comfortable features
18. on cue – happening or done at exactly the right moment

Hope – Still Beautiful – page 157  
Vocabulary

1. nightmarish – like a very frightening or bad dream
2. layover – a short stay between parts of a journey, especially a long plane journey
3. tucked – put something into a small space, especially in order to protect, hide, carry, or hold it
4. irritable – getting angry or upset quickly or easily
5. accommodations – a place for someone to stay, live, or work
6. frantically – in a way that is hurried and using a lot of energy, but not very organized
7. deflected – turned something that was moving in a different direction
8. overtiredness – the state of being very tired, so that you cannot think or do things normally and become annoyed easily
9. threw a fit – became extremely excited or angry
10. wriggled – twisted your body from side to side with small quick movements
11. clamping – putting or holding something in a position so that it cannot move
12. claustrophobic – a strong fear of being in a small enclosed space or in a situation that limits what you can do
13. aisle – a long passage between rows of seats in a church, plane, theatre etc, or between rows of shelves in a shop (I'll, isle)
14. dazed – unable to think clearly, especially because of a shock or accident
15. nudged – to push someone gently, usually with your elbow, in order to get their attention

16. paced – walked first in one direction and then in another many times, especially because you were nervous
17. wailed – cried out with a long, loud, high sound
18. glared – looked angrily at someone for a long time
19. flabbergasted – extremely surprised or shocked
20. bloodshot – if your eyes are bloodshot, the parts that are normally white are red or pink
21. choked out – said something with difficulty because you were very upset or angry
22. let loose – became free
23. baffled – totally confused
24. tantrum – a sudden short period when someone, especially a child, behaves very angrily and unreasonably
25. see us through – provides support or cooperation to (a person) throughout a period of time

Hope – Lost and Found – page 160  
Vocabulary

1. proverbial – used when you describe something using part of a well-known expression
2. Need I say more? – you know what else would follow if I were to tell you more
3. constituents – someone who votes in a particular area
4. red tape – official rules that seem unnecessary and prevent things from being done quickly and easily
5. not to mention – used to introduce an additional thing that makes a situation even more difficult, surprising, interesting
6. rough patch – when things are not going well
7. kajillionth – an extremely large, indeterminate number
8. get a grip – to understand how to deal with something
9. scattered – thrown or dropped over a wide area in an irregular way
10. threadbare – very thin and in bad condition because they have been used a lot
11. buck naked – completely naked
12. fermenting – if fruit, beer, wine etc ferments, the sugar in it changes to alcohol  
(In this case she means the smell was getting worse and spreading)
13. permeated – entered and spread through every part
14. clunked – made a loud sound when two solid objects hit each other
15. flustered – confused and nervous
16. shrugging his shoulders – raising and then lowering his shoulders in order to show that he does not know something or does not care about something
17. toe-curling – making someone feel very embarrassed or uncomfortable

18. blur – a shape that you cannot see clearly
19. streaked – ran or flew somewhere so fast it can hardly be seen
20. humongous – very big, enormous
21. indescribable – so terrible, so good, or so strange that you cannot describe it, or it is too difficult to describe
22. nuts – (informal) crazy
23. humbling – making you realize that you are not as important, good, or kind as you thought you were
24. accountability – being responsible for the effects of your actions and willing to explain or be criticized for them
25. impenetrable – impossible to get through, see through, or get into
26. prep – prepare (to make something ready to be used)
27. sow – to plant or scatter seeds on a piece of ground
28. singes – burns the surface of something slightly

Hope – My Best Years – page 164  
Vocabulary

1. streamed – if light streamed somewhere, it shined through an opening into a place or onto a surface
2. stifling – very hot and uncomfortable, so that it seems difficult to breathe
3. frenzied – fast and uncontrolled
4. cherubs – an angel shown in works of art as a fat pretty child with small wings; a young pretty child who behaves very well
5. squalling – crying noisily
6. uttering – saying
7. chaos – a situation in which everything is happening in a confused way and nothing is organized or arranged in order
8. hysteria – extreme excitement that makes people cry, laugh, or shout in a way that is out of control
9. chuckle – a quiet laugh
10. steeped – to have a lot of a particular quality
11. sheer – with no other feeling or quality mixed with it; pure
12. empty-nester – a parent whose child or children have reached adulthood and moved away from home
13. baffled – if something baffles you, you cannot understand or explain it at all
14. mumbled – to say something too quietly or not clearly enough, so that other people cannot understand you
15. crumpled – lying still in a strange position after having fallen
16. running amok – behaving in a wild or uncontrolled manner

- 17.nudged – pushed someone gently, usually with your elbow, in order to get her attention
- 18.reluctantly – slowly and unwillingly
- 19.intentional – done on purpose; planned
- 20.pursued – continued doing an activity or trying to achieve something over a long period of time ; applied oneself to
- 21.consumed – used
- 22.drastic – extreme and sudden
- 23.maniac – crazy person
- 24.giddy – feeling silly, happy, and excited, or showing this feeling
- 25.reminisce – to talk or think about pleasant events in your past

Hope – The Little Boy Who Waves – page 167  
Vocabulary

1. squeaky – making a short shrill cry or high-pitched sound
2. attendant – someone whose job is to assist, guide, or provide a service for others or help customers in a public place
3. dashboard – the part of a car in front of the driver that has various gauges and accessories for the use of the driver on it
4. distracting – taking someone's attention away from something by making them look at or listen to something else
5. routine (n.) – the usual order in which you do things, or the things you regularly do
6. anticipating – expecting that something will happen and being ready for it
7. bittersweet – happy and sad at the same time
8. pleading – asking for something that you want very much, in a sincere and emotional way
9. woke up on the wrong side of the bed – began the day feeling unhappy and uncomfortable
10. grumpily – in a bad-tempered and annoyed way
11. handed off – passed from one member of a team to another
12. panic-stricken – so frightened that you cannot think clearly or behave sensibly
13. frantically – urgently or wildly
14. hastily – quickly, perhaps too quickly; hurriedly
15. out of the blue – suddenly and unexpectedly
16. desperately – showing distress and having a great need or desire

Hope – Hope Springs Eternal – page 170  
Vocabulary

1. hope springs eternal – People will keep on hoping, no matter what the odds. This expression was coined by Alexander Pope ( *An Essay on Man* , 1732) and quickly became proverbial.
2. A-frame – any upright, rigid supporting frame in the form of a triangle or an inverted V
3. dangling – hanging or swinging loosely
4. excruciating – extremely painful
5. wing chair – a comfortable chair with a high back and pieces pointing forward on each side where you can rest your head
6. out of the question – totally unlikely; unimaginable
7. overcome – 1. unable to behave normally because you feel an emotion so strongly; 2. to successfully control a feeling or problem that prevents you from achieving something
8. in a heartbeat – almost immediately
9. cope – to succeed in dealing with a difficult problem or situation
10. inadequacies – weaknesses or defects
11. hurdle – a problem or difficulty that you must deal with before you can achieve something; obstacle (To overcome a hurdle = to deal successfully with a problem)
12. accommodate – to have enough space for
13. vivid – very bright or clear
14. perseverance – determination to keep trying to achieve something in spite of difficulties
15. tackle – to try to deal with a difficult problem