FLUENT

Complete Edition

English Vocabulary

- Words
- Terms
- Phrasal Verbs
- Idioms

Fluent English Vocabulary 2022 Complete Edition Important Words, Phrasal Verbs, and Idioms You Should Know to Write and Speak English Fluently

by Premier English Learning Publishing

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From Publisher

In this book, we've collected words, phrasal verbs, and idioms you should know to write and speak English fluently.

This is the third and final book in a series of in-depth English dictionaries from Premier English Learning Publishing (the first two are *English C1 Advanced Vocabulary* and *English C2 Proficiency Vocabulary*).

This book contains only the most important words with clear and simple definitions and up-to-date example sentences.

Study at home, on the road, or in class; bookmark pages; and remember that repetition is the key to memory.

Vocabulary

Ablaze

Meaning: Burning very strongly; brightly colored.

Example: Our house was ablaze in a few minutes; the street was ablaze with

lights.

Abound in

Meaning: Filled; contains a very large amount of something or someone.

Example: Our river abounds with fish.

Absolve

Meaning: To free someone from guilt or blame.

Example: I absolve you from responsibility; I absolve you from all your

sins.

Abstain from something

Meaning: Intentionally avoid doing something because it's bad for you.

Example: My doctor ordered me to abstain from alcohol.

Acclaim

Meaning: Public approval; public praise.

Example: His work as a teacher was highly acclaimed.

Accomplice

Meaning: One who helps another to commit a crime.

Example: She was her husband's accomplice in the robbery.

Accustomed

Meaning: Familiar with something; customary; usual.

Example: John quickly became accustomed to new job.

Address oneself to something

Meaning: Fully focus on something.

Example: I need to address myself to the current problems.

Adhere to something

Meaning: To obey a rule, contract, or law; act as required; continue to support or believe in something.

Example: They failed to adhere to the terms of our contract; we adhere to this law for a reason; Erica adheres to a strict diet.

Alleviate

Meaning: To make something easier to deal with or endure; to make something less intense or severe.

Example: Alleviate the pain; alleviate his suffering; alleviate the problem.

Allow for

Meaning: To include something in a plan or calculation.

Example: You should allow for delays when planning a journey to Brazil.

Allude

Meaning: To mention someone or something in an indirect way.

Example: Did she allude to her hope of being chief executive officer?

Allure

Meaning: The quality of being charming, exciting, or interesting.

Example: The allure of Paris; the allure of diamonds.

Amusing

Meaning: Entertaining and funny; causing laugh; providing entertainment.

Example: Amusing story; amusing anecdotes.

Anachronistic

Meaning: Outdated; not attributed to the correct historical period.

Example: The costumes were anachronistic for a Renaissance play.

Angle for

Meaning: Attempting to get something indirectly by hinting or suggesting.

Example: Dina's been angling for an invitation, but I don't want her to

come.

Anguish

Meaning: Mental or physical pain; extreme unhappiness.

Example: She anguished over her failure.

Appertain to something

Meaning: Relate to; be connected with.

Example: These dresses appertain to last year's collection.

Arguably

Meaning: Something that may be argued or shown by argument.

Example: The film is arguably a potential film of the year.

Argue down

Meaning: To beat someone in a discussion or argument.

Example: He tried to buy a new car, but I argued him down.

Atone for something

Meaning: To show that you are sorry for doing something bad; to

compensate.

Example: John promised to atone for his crime.

Atrocious

Meaning: Of a very bad quality; shockingly bad or wicked.

Example: Conditions in the prison were highly atrocious.

Attrition

Meaning: Making something weaker; reducing something's strength;

gradually destroy something.

Example: Attrition of human rights; a war of attrition.

Augment

Meaning: To make something greater or stronger by adding something to it.

Example: To augment the family income; to augment the army; to augment

the work force.

Back out

Meaning: Decide not to do what you agreed to do.

Example: The buyer backed out of the deal.

Back to square one

Meaning: Back to where you started without making any progress.

Example: Fiona's startup didn't work, so she had to go back to square one.

Bank on

Meaning: Expecting something to happen and relying on it to happen.

Example: Our entire team is banking on him to save the match.

Bear on something

Meaning: To have an effect on something; influence something; relate to something.

Example: Emotions did not bear on our decision.

Beat around the bush

Meaning: To talk around a subject without getting to the main point.

Example: Stop beating around the bush and get to the point.

Beat someone to the draw

Meaning: To do something before someone else; to accomplish something quicker than someone else.

Example: John was just about to answer Jack's question when Ron beat him to the draw.

Bias

Meaning: To favor one person or thing over another in an unfair manner.

Example: Students accused their teacher of being biased in grading.

Bilk

Meaning: Deceive or cheat; to get money from someone in a dishonest way.

Example: He bilked me of hundred dollars.

Blatantly

Meaning: Done in an open or very obvious way.

Example: She blatantly violated the law; it was blatantly obvious; blatantly

lie.

Blasphemous

Meaning: Showing disrespect for religion, God, or something holy.

Example: Blasphemous film; blasphemous writer; blasphemous article.

Blithering

Meaning: Foolish or stupid; talking foolishly.

Example: A blithering idiot; blithering nonsense.

Blue-blooded

Meaning: A member of a noble, wealthy, or influential family.

Example: Blue-blooded teens attend this private school.

Bone up on something

Meaning: Study hard; learn as much as possible about something.

Example: I need to bone up on my French grammar for a test on Monday.

Break your back

Meaning: To work very hard to achieve something.

Example: I broke my back to complete the project on time.

Bring over

Meaning: To bring someone or something from one place or locality to another; take something to place where someone is.

Example: Rita's bringing her new boyfriend over to our house tonight.

Bring the curtain down

Meaning: To end something.

Example: His injury brought the curtain down on his football career.

Brush off

Meaning: Refuse to take someone else's words or arguments into account; to treat something as unimportant.

Example: Tom brushed off my idea without any comment.

Carry someone away

Meaning: To cause someone to become extremely emotional and to lose control.

Example: The team got carried away when they won the championship.

Come to terms with

Meaning: To accept or deal with something difficult or unpleasant.

Example: Rita's still coming to terms with the death of her son.

Come what may

Meaning: No matter what might happen; whatever happens.

Example: Come what may, I will do it.

Condemn

Meaning: Sharply criticize someone or something; express strong disapproval.

Example: I condemn any act of violence.

Congenial

Meaning: Social, friendly, and pleasant.

Example: Congenial atmosphere; congenial friend.

Corroborate

Meaning: To confirm or make more certain; to support by providing evidence or necessary information.

Example: Details of the robbery were corroborated by five witnesses.

Creep up

Meaning: Slowly increasing in amount or quantity.

Example: The number of employees has crept up to 10; prices are creeping up.

Custody

Meaning: The legal right to care for someone; the state of being in prison (mostly while waiting for a trial).

Example: I got custody of my daughter after the divorce; Dan has sole custody of his son; John is in custody awaiting trial.

Cut out to be

Meaning: Be suitable for a particular position or role; have the necessary qualities.

Example: He's not cut out for this job.

Cut to the chase

Meaning: Strictly to the point; to start talking about what is really important without going into unnecessary details.

Example: I'm very busy right now, so please, cut to the chase and tell me what you want.

Defamation

Meaning: Damaging someone's good reputation with a lie.

Example: Tom sued the newspaper for defamation of character.

Delinquent

Meaning: One who behaves in an illegal or immoral manner.

Example: Ron has been delinquent in paying his taxes.

Depict

Meaning: To describe someone or something using pictures or a story; to represent by a drawing or painting.

Example: The media depict him as a hero; this tv show depicting the life of medieval knights; a painting depicting Achilles and Hector.

Destitute

Meaning: Extremely poor; homeless; lacking something needed.

Example: Destitute people who live on the streets.

Doable

Meaning: Can be achieved, reached, or accomplished.

Example: This task is difficult, but doable.

Do away with something

Meaning: To get rid of something; to stop or eliminate something.

Example: It's time to do away with all these old projects.

Drag out (something)

Meaning: To make something last much longer than necessary.

Example: Let's not drag out this meeting, my wife is waiting for me at

home.

Drone on

Meaning: To talk for a long time in a tedious or boring manner.

Example: John was droning on and on about video games.

Ease off

Meaning: To become less intense, severe, or annoying.

Example: We waited until the rain had eased off.

Edify

Meaning: To teach or instruct someone in order to improve them morally or intellectually.

Example: Classical music can edify children's character; edifying books; travel is an edifying experience.

Elaborate

Meaning: Involving many carefully arranged details; done with great care.

Example: Elaborate preparations for a business meeting; elaborate plan; elaborate hairstyle.

Enigmatic

Meaning: Mysterious; difficult to understand; difficult to interpret.

Example: Enigmatic message; enigmatic behavior; enigmatic smile.

Enmeshed

Meaning: Being involved in something (usually bad or illegal).

Example: Enmeshed into the murder; enmeshed in difficulties; enmeshed in

a war.

Enunciate

Meaning: Speak or pronounce something clearly.

Example: An actor or actress has to enunciate clearly.

Evaporate

Meaning: To change from liquid into vapor.

Example: You need to cook this dish until all the liquid has evaporated.

Exasperate

Meaning: To make someone extremely annoyed.

Example: I was exasperated by her scream.

Exemplary

Meaning: Representing the best of its kind; an ideal role model; serving as a warning to others (relating to punishment).

Example: His manners are exemplary; exemplary citizen; exemplary punishment.

Fabricate

Meaning: To invent or create something false in order to trick people; make something out of different materials.

Example: They fabricated evidence; the rumor was fabricated by my enemy; these shirts are fabricated from high quality synthetic materials.

Face the music

Meaning: To accept punishment or criticism for something (usually bad or wrong) you have done.

Example: You must face the music and admit your betrayal.

Factor something in

Meaning: To include something in the calculation; to take something into account.

Example: My salary is not that high when taxes and insurance are factored in.

Fed up

Meaning: Annoyed or bored, especially with something that has continued for too long.

Example: Eric had become fed up with country life.

Fictitious

Meaning: Not real or true; false; not existing.

Example: Fictitious rumors; fictitious name; fictitious characters.

Fizzle out

Meaning: To gradually end or fail; disappear; end in disappointment.

Example: A great desire to completely change my life has fizzled out; their relationship just fizzled out.

Flippant

Meaning: Frivolous; not serious about a serious subject.

Example: Flippant answer; flippant comment; flippant attitude.

Fragile

Meaning: Easily broken or destroyed; thin or light.

Example: Fragile glass; fragile economy; fragile health; fragile beauty.

Fragrant

Meaning: Having a pleasant smell.

Example: Fragrant perfume; fragrant oils; our kitchen was fragrant with

Christmas cooking.

Freeze someone out

Meaning: To prevent someone from being part of a group or taking part in something (mostly by being very unfriendly to them).

Example: Other girls did everything they could to freeze me out of the volleyball team.

Fritter away

Meaning: To spend something in a foolish way.

Example: John frittered away his inheritance; she frittered away her time.

Gangling

Meaning: Unusually tall and thin; unable to move gracefully

Example: Dan is a very tall, rather gangling boy with a heart of gold.

Get out of hand

Meaning: Become chaotic or difficult to control.

Example: Things started to get out of hand.

Gnarled

Meaning: Very old and twisted; full of knots.

Example: Gnarled tree; gnarled hands.

Go all out

Meaning: To use all your strength, enthusiasm, or energy.

Example: We must go all out to complete this task.

Go down that road

Meaning: Take a particular course of action; decide to do something in a certain way.

Example: I've made similar mistakes before and don't want to go down that road again.

Good things come in small packages

Meaning: Said to indicate that something doesn't have to be big or expensive to be valuable or good.

Example: Right on my birthday, I received a University Acceptance Letter. I guess good things come in small packages.

Grandiose

Meaning: Too large, complex, or expensive; pretentious.

Example: Grandiose building; grandiose plans.

Hash out

Meaning: Talk about something to find a solution.

Example: We need to hash out an expansion agreement.

Hedged in

Meaning: To be surrounded by something; to be limited in something.

Example: My home was hedged in by palm trees; we were hedged in by the

rules.

Hefty

Meaning: Large in size, amount, or weight.

Example: Hefty man; hefty bill; hefty profit; hefty bank charges.

Hint at

Meaning: To indirectly talk about something.

Example: Jack's been hinting at the possibility of becoming a department

head.

Hold forth

Meaning: To express one's opinion about something for a long time in a rather boring way.

Example: John was holding forth on politics.

Immutable

Meaning: Unchanging; cannot be changed.

Example: The principles of our company are immutable; immutable set of rules.

Indigenous

Meaning: One who originally lived in some place; native; grow or live naturally in a particular place or environment.

Example: Indigenous people of Canada; indigenous plants; kangaroos are indigenous to Australia.

Inferior

Meaning: Lower in rank, position or quality; not as good as someone or something.

Example: Many imported products are of inferior quality.

Insignia

Meaning: An object, symbol, badge, or mark indicating a person's affiliation with a group or organization; emblem of military rank.

Example: I saw medic insignia on his uniform; the guard wore insignia identifying his company; insignia of a captain.

Interdisciplinary

Meaning: Involving two or more areas of expertise.

Example: Interdisciplinary research; interdisciplinary courses; interdisciplinary studies.

Interrogate

Meaning: To ask someone a lot of questions to get the information you need (often in an aggressive way).

Example: Interrogate a witness; the suspects were interrogated by the police.

Intertwined

Meaning: Twisted together; very difficult to separate; closely connected with something or someone.

Example: Her fingers intertwined with his; politics and television are closely intertwined; our destinies are closely intertwined.

Intrepid

Meaning: Extremely brave; fearless.

Example: Intrepid war correspondents.

Irreversible

Meaning: Cannot be canceled or changed.

Example: Irreversible damage; irreversible changes; irreversible process.

It's the thought that counts

Meaning: Said to emphasize that it is the care or kindness behind an act that matters.

Example: I can't afford to buy her an expensive gift, but I'll make something with my own hands, because it's the thought that counts.

Jack up

Meaning: To increase sharply; to move or lift.

Example: Some stores jack up their prices.

Jot down

Meaning: To write quickly or hurriedly.

Example: I carry a special notepad so that I can jot down any interesting

ideas.

Keyed up

Meaning: Extremely excited or nervous.

Example: Ron always gets keyed up about tests.

Last out

Meaning: To manage to stay alive.

Example: How long can we last out without water?

Lavish

Meaning: Impressive; luxurious; large in quantity; a lot of money has been

spent on it.

Example: Lavish lifestyle; lavish wedding; lavish gift; lavish banquet.

Leaf through

Meaning: To quickly turn the pages without really reading them.

Example: Leafing through magazines; leafing through books.

Let the cat out of the bag

Meaning: To share information that was previously hidden; reveal a secret.

Example: I'm afraid I let the cat out of the bag and told my husband about

us.

Like-minded

Meaning: Having similar opinions or interests.

Example: Like-minded people; like-minded friends; like-minded groups.

Luxuriant

Meaning: Large; lush; and growing well.

Example: Luxuriant plants; luxuriant trees; luxuriant hair.

Malaise

Meaning: Feeling sick or lacking energy; unpleasant feeling that something

is wrong; not operating effectively.

Example: Malaise and fatigue during illness; economic malaise.

Malfunction

Meaning: A failure to function or work correctly.

Example: All my data was lost due to a software malfunction; genetic

malfunction; computer malfunction.

Meddle

Meaning: Try to influence or change something without being asked.

Example: I meddled in John and Mary's relationship and forced them to

break up.

Meld

Meaning: Unite; combine; mix together.

Example: I melded country music with EDM to create my own unique

sound.

Mettle

Meaning: The ability of a person to cope well with difficulties;

perseverance; fortitude; strength of spirit.

Example: You must show your mettle under pressure before we can offer

you this position.

Mind out

Meaning: Tell someone to be careful.

Example: Mind out! There's a train coming.

Minuscule

Meaning: Extremely small.

Example: A minuscule particle; minuscule amount; minuscule changes.

Nugatory

Meaning: Of little or no value or importance.

Example: Nugatory amount; nugatory efforts.

Off chance

Meaning: Something that you think might work, even though it's unlikely.

Example: On the off chance you get there before I do.

Ooze

Meaning: To flow slowly.

Example: Blood oozed out of the wound.

Ornately

Meaning: With a lot of complicated decoration.

Example: Ornately illustrated cards; ornately carved doors; ornately decorated vase.

Outing

Meaning: A short trip that a group of people take for fun and enjoyment.

Example: We went for an outing on a sunny day; school outing to the

Central Park; family outing to the countryside.

Out of the blue

Meaning: Completely unexpected; without warning.

Example: My wife arrived out of the blue; he quit his job out of the blue.

Outwit

Meaning: To defeat by acting more cleverly.

Example: The runner managed to outwit the opponent by shortening the

distance through the forest.

Paramount

Meaning: More important than anything else.

Example: Safety and health are paramount; clear air is of paramount

importance.

Pensive

Meaning: Seeming to be thinking deeply about something.

Example: Ron looked pensive when he heard his verdict; pensive poet;

pensive writer.

Persevere

Meaning: To continue trying to achieve something despite all the difficulties.

Example: He persevered with his math lessons.

Pester

Meaning: To annoy someone, mostly with stupid questions or remarks.

Example: Don't pester me with your inappropriate questions about my

personal life.

Phase in

Meaning: To introduce or start using something gradually.

Example: New laws can be phased in over five years.

Pipe up

Meaning: To speak; enter a conversation; to raise your voice.

Example: The smartest student piped up with the answer.

Plead

Meaning: To ask for something in a very emotional way.

Example: I was on my knees, pleading for forgiveness.

Poking around

Meaning: Looking for something by moving objects around.

Example: Poking around in his room; poking around in her closet.

Polarize

Meaning: To divide into groups with completely opposite opinions.

Example: This issue has polarized public opinion.

Precarious

Meaning: Dangerous or uncertain; not in complete control.

Example: Precarious financial situation; precarious position; precarious

way.

Prerequisite

Meaning: Something that needs to happen before something else can happen.

Example: An advanced level of English is a prerequisite for this training course.

Prevaricate

Meaning: Avoid giving a direct answer to a question; not telling the truth.

Example: Josh and Kiara seemed to prevaricate when I asked them directly what happened between them.

Procrastinate

Meaning: To delay doing something; to postpone something until later.

Example: Ron procrastinated and missed the CV submission deadline.

Promptly

Meaning: Immediately; without delay; exactly at the correct time.

Example: The response from HR came promptly; Dan arrived promptly at

five o'clock.

Puzzled

Meaning: Very confused because you can't understand something.

Example: The math task just puzzled me; he looked very puzzled.

Ragged

Meaning: Old; dirty; torn; untidy; in bad condition. Example: Ragged clothes; ragged edge in the book.

Recurrent

Meaning: Happens again and again.

Example: Recurrent nightmare; recurrent infections.

Relentless

Meaning: Never stops; never becomes less intense; without a reduction in severity.

Example: Relentless heat; relentless criticism; relentless pressure at work; relentless determination.

Restate

Meaning: To say (something) again or differently.

Example: Restate your position; restate your requirements; we restate the importance and necessity of our work.

Rifle through

Meaning: To search quickly through something.

Example: Dan rifled through the hundreds of T-shirts looking for the green one.

Sabbatical

Meaning: A period of time during which employees (most commonly teachers) are allowed to temporarily stop their usual work in order to rest, study, or travel.

Example: Professor Ripley is on sabbatical this month.

Sacrilegious

Meaning: Treating something holy or respected without respect.

Example: It's sacrilegious to enter the temple with shoes on.

Scrape through something

Meaning: To succeed in something but with great effort; barely cope with something.

Example: Ron managed to scrape through the college entrance exams.

Seal off

Meaning: To prevent people from entering a particular building or area.

Example: Police sealed off the airport.

Serendipity

Meaning: The fact of finding or creating something nice or useful by chance; random occurrence of events in a favorable direction.

Example: I found the love of my life by pure serendipity.

Shambles

Meaning: A state of total disorder or mess.

Example: My room is a shambles; our economy is in a shambles; it was a shambles year.

Shatter

Meaning: To break something suddenly into many small pieces (literally and figuratively).

Example: The glass shattered into many pieces; shatter stereotypes; shatter illusions; shatter expectations.

Shift off

Meaning: To delay or postpone something.

Example: We cannot shift off these negotiations any longer.

Shrouded in mystery

Meaning: Hard to know or understand; have very little information about something.

Example: Dan's biography is shrouded in mystery.

Single someone out

Meaning: To choose one person from the group for some reason.

Example: Our team captain was singled out as MVP.

Sitting duck

Meaning: Easy target; one that is very easy for the enemy to attack.

Example: Without body armor and a helmet, I'm a sitting duck for the

enemy; children are often sitting ducks for scammers.

Slip away

Meaning: To leave secretly; disappears or passes quickly.

Example: Ronda slipped away from the party; this opportunity slowly

slipping away; how quickly the years had slipped away.

Smuggle

Meaning: To move someone or something illegally into or out of the country.

Example: He was a smuggler and smuggled cigarettes into the country.

Snowed under

Meaning: Be very busy; have too much work to deal with.

Example: I was snowed under with my work.

Spell something out

Meaning: Explain something in great detail.

Example: This math problem is so simple. Do I really need to spell it out

for you?

Spooky

Meaning: Evil and frightening; weird in a bad way; creepy.

Example: Spooky old house; spooky maniac; spooky ghost stories.

Spurious

Meaning: False or fake; not reasonable or correct; not what it seems; based on false ideas; not sincere.

Example: A spurious claim; spurious arguments; spurious correlation; spurious association.

State-of-the-art

Meaning: The most recent stage in the development of something.

Example: State-of-the-art smartphone; state-of-the-art technology.

Stick Around

Meaning: Stay in a place or with someone for some time.

Example: It was so fun to stick around with Wendy last night; just stick around here and wait for her.

Stringent

Meaning: Very strict or severe; extremely limiting.

Example: Stringent terms in the contract; stringent laws; stringent requirements; stringent standards.

Succumb

Meaning: Fail to resist pressure or temptation; accept defeat; become very ill or die from an illness.

Example: Tom finally succumbed and let his daughter get the tattoo; succumbed to cancer; succumbed to infections.

Table something

Meaning: To delay or postpone something for further consideration.

Example: Let's table this decision for another meeting.

Taciturn

Meaning: Uncommunicative; doesn't talk much.

Example: My brother Dan was taciturn and unsociable, and rarely spoke to me.

Talk someone into something

Meaning: To convince or persuade someone to do something.

Example: The seller talked me into buying the most expensive laptop.

Tangled

Meaning: Twisted together in an untidy way; very complicated; extremely

complex.

Example: Sarah's hair looks a little tangled; his tangled childhood.

Tatty

Meaning: In a bad condition; old.

Example: Tatty clothes; tatty old jeans; tatty cafe; tatty houses.

Tedious

Meaning: Lasts too long; boring; not interesting; often repeated.

Example: Tedious details; tedious job; tedious meeting; tedious task.

The best of both worlds

Meaning: When you have all the benefits of two different things.

Example: Working for this company gives me the best of both worlds: a lot

of free time and a good income.

The calm before the storm

Meaning: A quiet or peaceful period before a very intense, chaotic, or bad period.

Example: My life is great right now, but I think it's the calm before the storm.

The more the merrier

Meaning: Said to emphasize that more people will make an event or activity more enjoyable.

Example: Can I bring my sister to your birthday party? Sure, the more the merrier!

Top off

Meaning: To finish something by adding one last thing.

Example: He topped off his project by adding the last detail.

Torqued up

Meaning: Overly excited or angry.

Example: Don't get torqued up about his words.

Tower over

Meaning: To be much taller than someone or something nearby.

Example: Sam towers over his girlfriend; our house towers over the houses of our neighbors.

Truculent

Meaning: Slightly aggressive; likely to argue a lot; easily annoyed or angered.

Example: Truculent and unpleasant teenager; truculent state of mind; truculent eyes; truculent person.

Unabashedly

Meaning: Without any worry, embarrassment, or shame.

Example: Dan acted unabashedly in front of the camera.

Undergo

Meaning: To experience something unpleasant but necessary.

Example: Policemen undergo regular medical examinations; the soldiers

had to undergo a lot of suffering.

Unkempt

Meaning: Not looked after carefully; dirty; untidy.

Example: Long unkempt hair; unkempt grass; she looked unkempt; his

beard looks unkempt.

Unleash

Meaning: To suddenly release a strong force or emotion.

Example: Your actions can unleash unstoppable economic changes.

Up in the air

Meaning: Uncertain; not yet fully planned; likely to change frequently.

Example: John's plans for his life are still up in the air.

Versatile

Meaning: Able to be used in many different ways; having many different

abilities.

Example: Versatile basketball player who can play in all positions; versatile

actors.

Vibrant

Meaning: Full of life or energy; very exciting.

Example: Vibrant city; vibrant woman; vibrant personality.

Vicissitudes

Meaning: An unexpected change of circumstances; unwanted life changes; unexpected challenges.

Example: Don't worry Dan, a hard breakup is just one of life's vicissitudes.

Vigorous

Meaning: Full of energy; forceful.

Example: Vigorous exercises; vigorous debate.

Vivacious

Meaning: Lively; happy; and attractive.

Example: She's so charming and vivacious; vivacious laugh; vivacious

manners.

Vociferous

Meaning: Speaks loudly and with great energy.

Example: He was a vociferous speaker.

Volatile

Meaning: Likely to change suddenly or unpredictably.

Example: Volatile fuel prices; volatile character; volatile situation.

Vouch for someone

Meaning: To say that you believe that someone is honest, trustworthy, or

good.

Example: She is my best friend and I can vouch for her honesty.

Water down

Meaning: To make something less powerful or effective.

Example: You should water down your requirements, they are too strict.

Wean someone off something

Meaning: Make someone gradually stop using, doing, or depending on

something.

Example: I need to wean Jinna off cigarettes.

Weather the storm

Meaning: To successfully deal with a difficult or dangerous situation.

Example: My company did not weather the storm of the recession.

White lie

Meaning: A small or trivial lie about unimportant matter; small lie told to avoid making someone upset.

Example: She told a white lie as her excuse for missing my birthday.

With bells on

Meaning: Eagerly; excitedly; impatiently.

Example: Just tell me where the party is, and I'll be there with bells on.

Woozy

Meaning: Slightly weak; can't think clearly; not very steady.

Example: I was still woozy from the wine.

Wrap oneself up

Meaning: To dress in warm clothes.

Example: Wrap up well - it's windy outside; wrap up in cotton wool.

Zealot

Meaning: Fanatic; someone who is extremely enthusiastic about something.

Example: Religious zealots; political zealots.

Zip your lip

Meaning: To stop talking; to remain secret or silent.

Example: Zip your lip, John! If you tell them our secret, my company is

over!