

Word class abbreviations:

The following abbreviations are used in the word list: n = noun, v = verb, adj = adjective, adv = adverb, phr = phrase, phr v = phrasal verb

Unit 1	
Pages 8-9	
campaign (n)	
clear the arteries of (something) (phr)	
crowdsource (v)	
detract from (something) (phr v)	
extraneous (adj)	
flat-line (v)	
inner workings (of something) (n)	
inward (adj)	
landfill site (n)	
nest (v)	
practical (adj)	
promote (v)	
stem the inflow of (something) (phr)	
Pages 10-11	
anticipation (n)	
digitized (adj)	
emotional appeal (n)	
houseware (n)	
living space (n)	
mantra (n)	
multifunctional (adj)	
prop (n)	
reinforce (v)	
ruthlessly (adv)	
stack (v)	
working life (n)	
Pages 12-13	
get by (phr v)	
luxury (n)	
necessity (n)	
simplify (v)	
Pages 14-15	
contradict (v)	
deprivation (n)	
documented (adj)	
drift off to sleep (phr)	
function (v)	

highly rated (adj)	
instance (n)	
nod off (phr v)	
not sleep a wink (phr)	
overcrowded (adj)	
overdo (something) (v)	
overestimate (v)	
overpriced (adj)	
overrated (adj)	
oversleep (v)	
overspend (v)	
overused (adj)	
overworked (adj)	
shorten (v)	
sleep on it (phr)	
support (v)	
underdeveloped (adj)	
underestimate (v)	
underrated (adj)	
undersleep (v)	
understaffed (adj)	
underused (adj)	
undervalued (adj)	
unsafe (adj)	
wide awake (phr)	
Pages 16-17	
arguably (adv)	
canoe (n)	
conclude (v)	
direct (adj)	
in all likelihood (phr)	
Unit 2	
Pages 18-19	
authenticity (n)	
classical (adj)	
comic (book) (n)	
do an imitation of (someone) (phr)	
doubt (v)	
emigrate (v)	
ethnicity (n)	
form an opinion (phr)	
genuineness (n)	
installation (n)	
make an assumption (phr)	
race (n)	
tonal (adj)	
Pages 20-21	
attendance (n)	
authentic (adj)	
contrary to (something) (adj)	

distinctly (adv)	
imitate (v)	
imitation (n)	
impersonate (someone) (v)	
learn (something) by heart (phr)	
needless to say (phr)	
robe (n)	
strive for (something) (v)	
Pages 22-23	
bank fraud (n)	
behind the scenes (phr)	
benefits fraud (n)	
campaign (n)	
credit card fraud (n)	
detect (v)	
employment fraud (n)	
identity theft (n)	
loan fraud (n)	
portion (n)	
promote (v)	
recover (something) (v)	
the vast majority (phr)	
utilities fraud (n)	
Pages 24-25	
appropriateness (n)	
clashing (adj)	
come to the aid of (somebody) (phr)	
contradict (v)	
eccentric (adj)	
glamorous (adj)	
imaginative (adj)	
imply (v)	
in need (phr)	
inappropriate (adj)	
neutral (adj)	
reverse psychology (n)	
scruffy (adj)	
tasteful (adj)	
trendy (adj)	
ultimately (adv)	
unconventional (adj)	
well cut (adj)	
Pages 26-27	
chat forum (n)	
diplomatically (adv)	
fit in (phr v)	
lose heart (phr)	
marketable (adj)	
on a positive note (phr)	
supportive (adj)	

unconventional (adj)	
unspoken (adj)	
urge (v)	
Pages 28-29	
chuck (v)	
diversity (n)	
favour (v)	
government official (n)	
infrastructure (n)	
inspect (v)	
motto (n)	
refined (adj)	
safety (n)	
Unit 3	
Pages 30-31	
bloody (adj)	
chaos (n)	
civil (adj)	
civil war (n)	
contagious (adj)	
contrasting (adj)	
engage (v)	
fateful (adj)	
force (n)	
life-changing (adj)	
long-running (adj)	
put aside (something) (phr v)	
rewarding (adj)	
tear apart (something) (phr)	
turmoil (n)	
unstable (adj)	
vulnerable (adj)	
war-torn (adj)	
Pages 32-33	
(be) struck by (something) (v)	
cheerleader (n)	
realistically (adv)	
relatable (adj)	
show the true colours of (something) (phr)	
start from scratch (phr)	
stereotype (n)	
turning point (n)	
walk the talk (phr)	
Pages 34-35	
accomplish (v)	
founder (n)	
genius (n)	
proportion (n)	
start-up (n)	
teamwork (n)	

Pages 36-37	
acceptable (adj)	
blend in (phr v)	
case study (n)	
challenge (v)	
conform (v)	
conformity (n)	
disloyal (adj)	
established (adj)	
go with the flow (phr)	
non-conformist (n)	
opt (v)	
play it safe (phr)	
rock the boat (phr)	
stand out (phr v)	
stand up to (someone) (phr v)	
stick your neck out (phr)	
swim against the tide (phr)	
toe the line (phr)	
untrue (adj)	
Pages 38-39	
acknowledge (v)	
combative (adj)	
cost effective (adj)	
excellence (n)	
have second thoughts about (something) (phr)	
perspective (n)	
picture (v)	
plumbing (n)	
resolve (v)	
say for certain (phr)	
see eye-to-eye (with somebody) (phr)	
tone (n)	
your take on (something) (phr)	
Unit 4	
Pages 40-41	
acoustic (adj)	
adrenaline (n)	
charm (v)	
epiphany (n)	
extremity (n)	
fight or flight response (n)	
finalist (n)	
graphic designer (n)	
heart rate (n)	
onstage (adv)	
open mic (n)	
physiologically (adv)	
quirky (adj)	
relate to (something) (phr v)	

rush (n)	
stage fright (n)	
sympathetic nervous system (n)	
tool (n)	
unconscious (adj)	
wave of anxiety (phr)	
Pages 42-43	
conducive (adj)	
confront (v)	
convulse (v)	
emotive (adj)	
image (n)	
kick in (phr v)	
react (v)	
realization (n)	
sarcastic (adj)	
shake (v)	
sure enough (phr)	
Pages 44-45	
absorption (n)	
equivalent (n)	
e-reader (n)	
information overload (n)	
manageable (adj)	
social media (n)	
status (Facebook) (n)	
subscriber (n)	
tablet (computer) (n)	
transfer rate (n)	
tweet (Twitter) (n)	
Pages 46-47	
address an issue (phr)	
come up against (something) (phr v)	
get a cool reception (phr)	
hand-made (adj)	
make a splash (phr)	
market (n)	
meet with opposition (phr)	
obstacle (n)	
relocate (v)	
sell like hotcakes (phr)	
slogan (n)	
suppose (v)	
to each his own (phr)	
voice concern (phr)	
Pages 48-49	
be on the safe side (phr)	
be sure to (do something) (phr)	
beware of (something) (v)	
clarification (n)	

clarify (v)	
occasional (adj)	
repetition (n)	
sequence (n)	
Pages 50-51	
appliance (n)	
entrepreneur (n)	
scarcity (n)	
Unit 5	
Pages 52-53	
contradiction (n)	
exceptional (adj)	
inspiration (n)	
integrate (v)	
master (v)	
motivational (adj)	
nominate (v)	
objectification (n)	
propagate (v)	
workplace (n)	
Pages 54-55	
caption (n)	
dawn on (somebody) (phr v)	
diagnosis (n)	
impress (something) upon (someone) (phr v)	
lose count of (something) (phr)	
low key (adj)	
objectify (v)	
out of the ordinary (phr)	
radiate (v)	
repetitive (adj)	
serve a purpose (phr)	
take (something) out of the equation (phr)	
Pages 56-57	
it's high time (that) (phr)	
Pages 58-59	
adjacent (adj)	
appealing (adj)	
be stuck for ideas (phr)	
draw a blank (phr)	
hunch (n)	
in solitude (phr)	
incubation (n)	
innovation (n)	
move (n)	
not have the faintest idea (phr)	
stuck (adj)	
without exception (phr)	
Pages 60-61	
fancy dress party (n)	

hold back (something) (phr v)	
inspired (adj)	
put (something) together (phr v)	
send-off (n)	
Unit 6	
Pages 62-63	
aid agency (n)	
bring forth (something) (phr)	
contaminated (adj)	
coverage (n)	
demonstrate (v)	
diarrhoea (n)	
filter (n)	
free of (something) (adj)	
germ (n)	
helplessly (adv)	
ingenious (adj)	
nanometre (n)	
pore (n)	
portable (adj)	
solid (adj)	
sterile (adj)	
televised (adj)	
Pages 64-65	
affordable (adj)	
chuck (v)	
congregate (v)	
filthy (adj)	
purify (v)	
relief operation (n)	
self-perpetuating (adj)	
sewage plant (n)	
stay put (phr v)	
sterile (adj)	
switch off (phr v)	
to the dismay of (someone) (phr)	
Pages 66-67	
boredom (n)	
cut corners (phr)	
gadget (n)	
indecisive (adj)	
procrastinate (v)	
procrastinator (n)	
thrill seeker (n)	
time waster (n)	
Pages 68-69	
clear up a misunderstanding (phr)	
crack (a problem/puzzle) (v)	
figure out (something) (phr v)	
get round (a problem) (phr v)	

get to the bottom of (something) (phr)	
interpret (v)	
landowner (n)	
lateral thinking (n)	
overcome an obstacle (phr)	
parable (n)	
solve a riddle (phr)	
think outside the box (phr)	
Pages 70-71	
take stock of (something) (phr)	
Pages 72-73	
boundary (n)	
direction (n)	
seek to (do something) (v)	
Unit 7	
Pages 74-75	
airspace (n)	
billow (v)	
bronze (n)	
bundle (v)	
casting (n)	
ephemeral (adj)	
fabric (n)	
fastening (n)	
idiosyncratic (adj)	
inviting (adj)	
knot (n)	
lace (n)	
medium (n)	
mound (n)	
natural fibre (n)	
pay tribute to (something) (phr)	
point of focus (n)	
reshape (v)	
volumetric (adj)	
Pages 76-77	
accomplishment (n)	
authentic (adj)	
bland (adj)	
craftsperson (n)	
mesmerized (adj)	
ripple (v)	
shift (v)	
waterfront (n)	
Pages 78-79	
(somebody's) mind wander (phr)	
daydream (v)	
drawback (n)	
routine (adj)	
test subject (n)	

Pages 80-81	
be in two minds about (something) (phr)	
bear (something) in mind (phr)	
blow your mind (phr)	
ease your mind (phr)	
experimental (adj)	
give (somebody) peace of mind (phr)	
have something on your mind (phr)	
keep an open mind (about something) (phr)	
measurable (adj)	
outcome (n)	
put your mind to (something) (phr)	
see (something) in your mind's eye (phr)	
visualize (v)	
Pages 82-83	
alien (adj)	
allegedly (adv)	
artefact (n)	
by all accounts (phr)	
magnetic (adj)	
occurrence (n)	
quote (v)	
reportedly (adv)	
seemingly (adv)	
speculation (n)	
supposedly (adv)	
Unit 8	
Pages 84-85	
absorb information (phr)	
assign (v)	
collaboration (n)	
continually (adv)	
executive admin (n)	
facilitation (n)	
innovative (adj)	
iterative (adj)	
kindergartener (n)	
practitioner (n)	
skilful (adj)	
Pages 86-87	
assemble (v)	
high stakes (n)	
jockey for power (phr)	
orient (v)	
participant (n)	
significance (n)	
sketch (v)	
ta-da (phr)	
trial and error (phr)	
uh-oh (phr)	

up the ante (phr)	
Pages 88-89	
(be) the consequence of (something) (phr)	
acute (adj)	
arise from (something) (v)	
bring (something) about (phr v)	
foster (v)	
give rise to (something) (phr)	
kill (stop something) (v)	
migraine (n)	
neck strain (n)	
pull a 'sickie' (phr)	
recurring (adj)	
repetitive strain injury (n)	
Pages 90-91	
anticipate (v)	
bond (v)	
do your fair share of (something) (phr)	
enhance (v)	
feel a part of (something) (phr)	
go the extra mile (phr)	
have a sense of belonging (phr)	
motivate (v)	
pull your weight (phr)	
share the load (phr)	
team player (n)	
team-building (n)	
Pages 92-93	
abrupt (adj)	
administration (n)	
administrator (n)	
as a consequence (phr)	
coordination (n)	
debriefing (n)	
deliver (v)	
expertise (n)	
host (v)	
invite (ask officially) (v)	
jump in (phr v)	
leadership (n)	
lose money (phr)	
project manager (n)	
signal (v)	
take the time to (do something) (phr)	
teamwork (n)	
your take on (something) (phr)	
Pages 94-95	
cramped (adj)	
degrade (v)	
discarded (adj)	

downcycling (n)	
edge (n)	
ever-growing (adj)	
eye-catching (adj)	
immediate (closest) (adj)	
junk (n)	
noticeable (adj)	
upcycling (n)	
Unit 9	
Pages 96-97	
accessible (adj)	
clarity (n)	
focused (adj)	
frantic (adj)	
inundate (v)	
meditate (v)	
meditation (n)	
mindful (adj)	
monk (n)	
preventative (adj)	
restless (adj)	
spontaneous (adj)	
Pages 98-99	
(be) overwhelmed by (something) (adj)	
clarity (n)	
framework (n)	
illustrate (v)	
intense (adj)	
jargon (n)	
nagging (adj)	
reminisce (v)	
research paper (n)	
take your foot off the gas (phr)	
wobbly (adj)	
Pages 100-101	
mild (adj)	
moderate (adj)	
no (something) whatsoever (adv)	
quite literally (phr)	
undeniable (adj)	
utterly (adv)	
Pages 102-103	
(be) in over your head (phr)	
(be) on your toes (phr)	
(be) up to your eyeballs in (something) (phr)	
(something) makes your blood boil (phr)	
a pain in the neck (phr)	
a shot in the arm (phr)	
alert (adj)	
awareness (n)	

be a weight off your shoulders (phr)	
burst (n)	
chronic (adj)	
clinical (adj)	
exposure (n)	
get cold feet about (something) (phr)	
get something off your chest (phr)	
immune system (n)	
keep your chin up (phr)	
let your hair down (phr)	
nutrition (n)	
thoughtfully (adv)	
thrill (n)	
vaccination (n)	
Pages 104-105	
cover for (somebody) (phr v)	
spark (v)	
version (n)	
Unit 10	
Pages 106-107	
calamity (n)	
cut and dried (phr)	
give voice to (something) (phr)	
globe (n)	
innocuous (adj)	
legal battle (n)	
open (adj)	
prenuptial agreement (n)	
root out (something) (phr v)	
social network (n)	
stake (n)	
Pages 108-109	
(be) in harm's way (phr)	
bystander (n)	
gloomy (adj)	
landmark (n)	
odds (n)	
parameter (n)	
phishing (n)	
put forward (something) (phr v)	
spam (n)	
wedding vow (n)	
Pages 110-111	
BASE jumping (n)	
lacrosse (n)	
measure (judge) (v)	
skydiving (n)	
softball (n)	
white-water rafting (n)	
Pages 112-113	

antidepressant (n)	
asteroid (n)	
be a one-in-a-million chance (phr)	
bee sting (n)	
consumption (n)	
follow your heart (phr)	
gut instinct (n)	
impact (n)	
increase the likelihood of (something) (phr)	
intuition (n)	
make matters worse (phr)	
medication (n)	
pose a threat to (something) (phr)	
produce (n)	
reduce the odds of (something) (phr)	
run the risk of (something) (phr)	
sceptical (adj)	
statistically (adv)	
the chances of recovering from (something) (phr)	
Pages 114-115	
all things considered (phr)	
downside (n)	
drawback (n)	
in light of (something) (phr)	
on the plus/minus side (phr)	
Pages 116-117	
(financial) return (n)	
engage in (something) (phr v)	
ethical (adj)	
interest rate (n)	
mainstream (adj)	
philosophy (n)	
regulation (n)	
sector (n)	
sustainable (adj)	
Unit 11	
Pages 118-119	
cast (v)	
clay (n)	
compress (v)	
flatten (v)	
fragile (adj)	
harden (v)	
profound (adj)	
prototype (n)	
structure (building) (n)	
ventilation (n)	
Pages 120-121	
(be) over the moon (phr)	
fundraising (n)	

gravel (n)	
motivation (n)	
photoshopped (adj)	
privilege (n)	
scholarship (n)	
shape (v)	
Pages 122-123	
(be) concerned with (something) (adj)	
environmentalist (n)	
given that (something) (phr)	
heritage (n)	
in the event that (something) (phr)	
in the foreseeable future (phr)	
indigenous (adj)	
inevitable (adj)	
ranch (n)	
sample (v)	
unspoiled (adj)	
vineyard (n)	
widespread (adj)	
Pages 124-125	
(be) on the lookout for (something) (phr)	
as far as I can see (phr)	
constitute (v)	
inward (adj)	
look (someone) in the eye (phr)	
look and see (phr)	
look into (something) (phr v)	
look up to (somebody) (phr v)	
master (v)	
necessity (n)	
overlook (v)	
oversee (v)	
portray (v)	
pursue (v)	
see about (something) (phr v)	
see eye to eye about (something) (phr)	
visionary (n)	
wait and see (phr)	
Pages 126-127	
adulthood (n)	
asset (n)	
endorsement (n)	
envisage (v)	
honoured (adj)	
if money were no object (phr)	
life coach (n)	
persuasive (adj)	
proactive (adj)	
strength (n)	

Unit 12	
Pages 128-129	
augmented reality (n)	
blend (v)	
cutting-edge (adj)	
label (v)	
overlay (v)	
recognition (n)	
tag up (phr v)	
trigger (v)	
Pages 130-131	
advancement (n)	
animated (adj)	
lightweight (adj)	
modified (adj)	
overly (adv)	
paradigm shift (n)	
phenomenal (adj)	
rate (v)	
repetitive (adj)	
router (n)	
seamlessly (adv)	
trickery (n)	
Pages 132-133	
commonplace (adj)	
fake (adj)	
revolutionize (v)	
Pages 134-135	
every cloud has a silver lining (phr)	
light at the end of the tunnel (phr)	
look on the bright side (phr)	
mindset (n)	
optimist (n)	
pessimist (n)	
realist (n)	
realistically (adv)	
see (something) through rose-tinted glasses (phr)	
see clouds on the horizon (phr)	
the glass is half full/empty (phr)	
Pages 136-137	
pencil (something) in (phr)	
put forward (something) (phr v)	
Pages 138-139	
(company) share (n)	
fleet (n)	
market share (n)	
motorised (adj)	
venture (n)	