

Going to extremes

Words and phrases

Lead in

9.01 obsession /əb'seʃn/ (n)
state in which a person's mind is completely filled with thoughts of a particular person or thing
♦ *Collecting old magazines is more than a hobby, it's an obsession.*
He never thinks about anything else. ► **obsess** (v), **obsessed** (adj), **obsessive** (adj)

9.02 chronologically
/krɒnə'lɒdʒɪkli/ (adv)
in order of age or time ♦ *All our reports are filed chronologically so that we can access the information for any particular year.*
► **chronological** (adj)

9.03 pile /pail/ (n)
things put on top of each other
♦ *In my dad's study there are piles of papers all over the floor. I'm sure he doesn't know where anything is!*
► **pile** (v)

9.04 chuck /tʃʌk/ (v)
throw ♦ *Some people just chuck all their rubbish in the countryside. It's a terrible thing to do!* ① informal

9.05 loft /lɒft/ (n)
space in the roof of a building.
♦ *My parents have kept all my old children's books in their loft.*

9.06 time-keeper
/təm ki:pə(r)/ (n)
person able to do things at the right time ♦ *Oliver is a terrible time-keeper. He's always late for everything.*

9.07 shopaholic /ʃɒpə'hɒlik/ (n)
person who is addicted to shopping

Reading

9.08 countless /'kaʊntləs/ (adj)
very large number ♦ *Brenda has countless pairs of shoes! Her bedroom is full of them.* ► **count** (n, v), **countable** (adj)

9.09 inhospitable
/ɪnho'spɪtəbl/ (adj)
not welcoming, uncomfortable to be or live in ♦ *Antarctica has an extremely inhospitable climate. No one really wants to live there!*
► **hospitable** (adj)

9.10 even /'i:vn/ (adj)
smooth, all the same level ♦ *This floor isn't very even – some parts are higher than others.* ► **uneven** (adj)

9.11 major /'meɪdʒə(r)/ (adj)
very large or important ♦ *One of Greta's major achievements was to win the student of the year award.*
► **majority** (n)

9.12 single-minded
/sɪŋgl 'maɪndɪd/ (adj)
focusing with determination on one particular aim or goal ♦ *Jason is very single-minded and always does what he sets out to do.*

9.13 addictive /ə'dɪktɪv/ (adj)
making you want more and more
♦ *Some people find coffee or chocolate addictive. They can't live without it.* ► **addict** (n), **addicted** (to) (adj), **addiction** (n)

9.14 endurance /ɪn'djuərəns/ (n)
ability to do sth difficult for a long time ♦ *Karen had to do a lot of endurance training before attempting to swim the English Channel.* ► **endure** (v), **enduring** (adj)

9.15 scorpion /'skɔ:pɪən/ (n)
small animal with hard body and a tail that can deliver a poisonous sting, living in hot countries

9.16 sting /stɪŋ/ (v)
put a small amount of poison into you, often from an insect like a bee
♦ *Some bees die after they sting people.* ► **sting** (n) ① **irregular:** stung, stung

9.17 feat /fi:t/ (n)
action that needs skill, strength or courage ♦ *Getting Alex to come to the school play was quite a feat! She never usually comes.*

9.18 seal /si:l/ (n)
sea animal with smooth, black body that lives around the coast
♦ *Baby seals used to be hunted for their white fur but today it's forbidden.*

9.19 ruins /ru:ɪmz/ (n pl)
parts of an old building that remain after it has been destroyed
♦ *We visited the ruins of an old castle when we were in Scotland. There were only a few walls left but it was interesting to see.* ► **ruin** (v), **ruined** (adj)

9.20 stable /'steɪbl/ (adj)
not likely to change, secure ♦ *Jerry was a troubled teenager but now he has a stable job and a settled life.* ► **unstable** (adj), **stability** (n), **stabilise** (v)

9.21 compel /kəm'pel/ (v)
force ♦ *I was compelled to go out and buy sweets!* ► **compulsion** (n), **compelling** (adj)

9.22 exploit /'eksplɔɪt/ (n)
unusual and interesting activity
◆ *He often tells us stories about his exploits when he lived in America.*
► exploit (v), exploited (adj)
① usually plural

9.23 ponder /'pɒndə(r)/ (v)
think deeply about sth ◆ *Scientists today are pondering the question of whether there is life on other planets.* ► ponderous (adj)

9.24 layer /'leɪə(r)/ (n)
quantity of sth that lies over a surface ◆ *For this dessert you need a layer of fruit followed by a layer of pastry.* ► layer (v)

9.25 regiment /'redʒɪmənt/ (n)
large group of soldiers ◆ *My uncle was in charge of a regiment in the army but now he's retired.*
► regimental (adj)

9.26 squash /skwɒʃ/ (v)
Here: stop sth ◆ *His hopes of becoming a teacher were squashed when he failed the university exams.* Usually: press sth so that it becomes soft or flat

9.27 sheer /ʃɪə(r)/ (adj)
simple, pure ◆ *The baby laughed with sheer delight when her father held her in the air.*

9.28 evolve /ɪ'vɒlv/ (v)
develop gradually and change
◆ *Animals have evolved over millions of years and are still evolving.* ► evolution (n)

Vocabulary

9.29 absent-minded
/ə'bsənt 'mændɪd/ (adj)
forgetful ◆ *When women are pregnant they often get absent-minded and can't remember where they put things.*
► absent-mindedness (n), absentmindedly (adv)

9.30 self-centred
/self 'sentəd/ (adj)
thinking about yourself all the time ◆ *Mike is very self-centred and won't do anything unless it benefits him.*

Grammar

9.31 supply depot
/sə'plai ,depəʊt/ (n)
place where large amounts of food or equipment is stored

9.32 groceries /'grəʊsərɪz/ (n pl)
things usually bought weekly that you need for eating and cooking
◆ *I haven't bought the groceries this week I'm afraid. There's nothing in the cupboards.* ► grocer (n), greengrocer (n)

9.33 chest of drawers
/tʃest əv 'drɔ:z/ (n)
piece of furniture kept in the bedroom for storing clothes

9.34 paella /pə'elə/ (n)
Spanish dish made with rice, chicken and/or seafood and vegetables

Listening

9.35 overwhelming
/əʊvə'welmiŋ/ (adj)
too strong to ignore ◆ *When we passed the cake shop I had an overwhelming desire for a cream cake.* ► overwhelm (v)

9.36 key ring /'ki: ,rɪŋ/ (n)
a small ring where you keep keys

9.37 cabinet /'kæbɪnət/ (n)
piece of furniture often with a glass door and used for storing or showing things ◆ *My mum keeps all my swimming medals in a cabinet.*

Speaking

9.38 bare /beə(r)/ (adj)
uncovered, with nothing on
◆ *All the walls and floors in the old house were bare. There were no pictures or carpets at all.*

9.39 cluttered /'klʌtəd/ (adj)
covered with or full of lots of things in a way that is untidy
◆ *I really need to tidy my desk. It's cluttered with all sorts of papers and books.*

9.40 dimly-lit /'dɪmlɪ 'lit/ (adj)
not bright, having little light in it
◆ *I like dimly lit restaurants – they're much more romantic.*

9.41 open-plan
/əʊpən 'plæn/ (adj)
not divided by walls ◆ *We work in an open-plan office which means we can see each other.*

Vocabulary

9.42 heel /hi:l/ (n)
part of the foot at the back which touches the ground ◆ *I couldn't walk for days because I cut my heel on some broken glass.*

9.43 shin /ʃɪn/ (n)
front, lower part of the leg ◆ *I got kicked in the shins playing football yesterday.*

9.44 thigh /θaɪ/ (n)
upper part of the leg

9.45 waist /weɪst/ (n)
area around the middle of the body, often the narrowest part
◆ *These jeans are too small – they don't fit around my waist.*

9.46 wrist /rɪst/ (n)
where the hand and the arm meet
◆ *Judith often wears a gold watch on her left wrist.*

Writing

9.47 adrenalin /ə'drenəlɪn/ (n)
sth the body produces naturally when you are excited, afraid or angry ◆ *An actor often gets a rush of adrenalin just before going on stage.*

9.48 daily grind /'deɪlɪ 'graɪnd/ (n)
normal boring day-to-day life ◆ *It's good to get away from the daily grind from time to time.*

Review

9.49 nod off /nɒd 'ɒf/ (phr v)
go to sleep for a short time ◆ *Lara was so tired that she nodded off in class yesterday! The teacher was furious.* ① informal

9.50 peak /pi:k/ (n)
top ◆ *The climbers reached the peak of the mountain after a three day climb.* ► peak (v)

9.51 glacier /'glæsiə(r)/ (n)
large mass of ice in the mountains that moves very slowly down a valley

9.52 fjord /fjɔ:d/ (n)
long, narrow strip of water coming from the sea, especially in Norway

9.53 prospect /'prɒspekt/ (n)
idea of what might happen in the future ◆ *The prospect of spending a night in the old house was frightening but we did and there were no ghosts!* ► prospective (adj)

9.54 frost-bite /'frɒst ,baɪt/ (n)
damage to skin from severe cold weather ◆ *After three days on the mountain he got frost bite on two fingers but luckily he didn't lose them.*

Workbook Reading

9.55 official /ə'fiʃl/ (n)
person in charge ◆ *An official told us to wait by the entrance to the stadium.* ► official (adj), officer (n), officially (adv), office (n)

9.56 figure skating
/ˈfigə ,skeɪtɪŋ/ (n)
type of ice skating which involves jumps, spins and moving in circular patterns ◆ *Kris Stein won the figure skating competition at the Winter Olympics.*

9.57 deny /dɪ'nai/ (v)
say you didn't do sth ◆ *The burglar denied stealing from our flat although he admitted four other burglaries.* ► denial (n), undeniable (adj)

9.58 go to extraordinary lengths
/gəʊ tu ɪk'stro:dnrɪ ,leŋθəs/ (idm)
do very complicated and difficult things to get the result you want ◆ *Some students go to extraordinary lengths to avoid sports lessons.*

9.59 performance-enhancing drug
/pə,fo:məns ɪn,ha:nsɪŋ 'drʌg/ (n)
illegal medicine that helps sportsmen do better in an event

9.60 gain an edge
/geɪn ən 'eɪdʒ/ (idm)
get a small advantage over sb ◆ *Slight improvements in car design allow racing drivers to gain an edge over their rivals.*

9.61 opponent /ə'pəʊnənt/ (n)
person you are competing against ◆ *Roger Federer has easily beaten all his opponents so far in this competition.* ► oppose (v), opposing (adj)

9.62 resort to /rɪ'zɔ:t ,tu:, tə/ (phr v)
do sth because nothing else is possible ◆ *When my dad can't think of a good argument he usually resorts to shouting!* ► resort (n)

9.63 sprinter /'sprintə(r)/ (n)
person who runs races over a short distance, e.g. 100 metres ► sprint (v)

9.64 emigrate /'emigreɪt/ (v)
go and live in another country ◆ *A lot of English people have emigrated to Australia over the last twenty years.* ► migrate (v), migrant (adj), immigrant (n)

9.65 excel (at)
/ɪk'sel (æt, ət)/ (v)
be very good at doing ◆ *Bill excelled at Maths when he was ten but lost interest later on.*
► excellent (adj)

9.66 induct /ɪn'dʌkt/ (v)
officially introduce sb into a group, especially the army ◆ *Molly's son was inducted into the army at the age of seventeen.* ► induction (n)

9.67 tragic /'trædʒɪk/ (adj)
very sad ◆ *The film tells the tragic story of three men who died at sea.*
► tragedy (n)

9.68 crossfire /'krɒs,faiə(r)/ (n)
shots from guns from two sides

9.69 autopsy /'ɔ:tɒpsi/ (n)
examination of a dead body ◆ *An autopsy was carried out to discover how the man died.*
① American English

9.70 marathon /'mærəθən/ (n)
long running race of about 42 kilometres

9.71 fellow /'feləʊ/ (adj)
used to describe sb who is the same as you ◆ *My fellow students at university were mostly European but some were from the USA.*
► fellow (n), fellowship (n)

9.72 come forward

/kʌm 'fɔ:wəd/ (phr v)
offer help, give requested information ◆ *Two people who had seen the accident finally came forward.*

9.73 testify /'testifai/ (v)

make a statement, especially in a court ◆ *He testified in court that he had seen Ronnie rob the old man in the street.* ► *testimony* (n)

9.74 go into a decline

/gəʊ ,ɪntu ə dɪ'klain/ (phr)
start to get worse ◆ *I'm afraid your uncle went into a decline last week and by the weekend he was very ill indeed.* ► *decline* (v)

9.75 heated /hi:tɪd/ (adj)

full of anger and excitement ◆ *My parents had a heated discussion about who was the better driver.*
► *heat* (n, v), *hot* (adj)

9.76 pull out of

/pʊl 'aʊt əv/ (phr v)
not take part in sth you had entered or agreed to do ◆ *Lenny had to pull out of the competition because he's hurt his arm.*

9.77 victorious /vɪk'tɔ:riəs/ (adj)

winning ◆ *The victorious football team travelled round the city in an open bus.* ► *victory* (n), *victor* (n)

9.78 strip (sb of sth) /strip/ (v)

take away an honour or achievement as a punishment ◆ *The French athlete was stripped of several gold medals this year after admitting taking drugs.*

Vocabulary

9.79 meteorological

/mi:tɪərə'lɒdʒɪkl/ (adj)
connected with forecasting the weather ◆ *Meteorological data suggests that a major storm is approaching.* ► *meteorology* (n unc), *meteorologist* (n)

9.80 pitch /pɪtʃ/ (n)

area of ground marked out for a game such as football ◆ *The school is getting another football pitch next summer. We'll be able to play more matches at the same time.*

9.81 scores of /'sko:z əv/ (phr)

lots of ◆ *It's no problem. I've done this scores of times.*

9.82 flutter /'flʌtə(r)/ (v)

move a little in the wind ◆ *The clothes on the line in the garden fluttered in the wind.* ► *flutter* (n)

Listening

9.83 estate agent

/'estet ,eɪdʒənt/ (n)
person who helps people buy and sell houses

9.84 client /'klaɪənt/ (n)

customer, person who buys a service ◆ *The senior lawyer is speaking with an important client at the moment. He brings a lot of money into the firm.* ► *clientele* (n)

9.85 odd /ɒd/ (adj)

Here: occasional ◆ *I've been out with Harry for the odd meal but not very often.* Usually: strange

9.86 avalanche /'ævələ:nʃ/ (n)

sudden heavy and dangerous fall of snow in the mountains

9.87 fit in /'fit 'ɪn/ (phr v)

manage to find the time to do things ◆ *I can't fit in sports training with all this schoolwork!*

9.88 whet your appetite (for)

/wet jo: 'æpitait (fər)/ (idm)
make you want more of sth ◆ *I did a little waterskiing when we were on holiday and it's really whetted my appetite.*

9.89 swift /swif/ (adj)

fast ◆ *The government is quick to take our money in taxes but not so swift to return it when they make a mistake!* ► *swiftness* (n)

9.90 chauvinism

/'ʃəʊvɪnɪzəm/ (n unc)
strong, unreasonable belief that your country or sex is better than others ◆ *There's still a lot of chauvinism where I work. It's difficult for women to get promoted to the top jobs.* ► *chauvinistic* (adj), *chauvinist* (n)

9.91 jet-lagged /'dʒet ,lægd/ (adj)

feeling tired because of a long journey between time zones ◆ *I'm still jet-lagged after the flight back from the USA. I want to go to bed in the middle of the day!* ► *jetlag* (n)

Use of English

9.92 occur /ə'kɜ:/ (v)

make you think ◆ *Something occurred to me yesterday. Do you think Helen would like to be invited to the party?* ► *occurrence* (n)