

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
/ˌkrɒnə'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 /paɪl/ (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!* ⓘ 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
/'taɪm ˌki: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 /ˌʃɒpə'hɒlɪk/ (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
/ˌɪnhə'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:vən/ (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
/ˌsɪŋɡl 'mɑːndɪd/ (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'dʒʊərəns/ (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 /'skɔːpiən/ (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) ⓘ 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 /'ruːnz/ (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
/æbsənt 'maɪndɪd/ (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'plaɪ 'depəʊ/ (n)
place where large amounts of food or equipment is stored

9.32 groceries /'grəʊsəriz/ (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 'drɔːz/ (n)
piece of furniture kept in the bedroom for storing clothes

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

Listening

9.35 overwhelming
/ˌəʊvə'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 /'kiː ˌrɪŋ/ (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 /ˌdɪmli 'lɪt/ (adj)
not bright, having little light in it
♦ *I like dimly lit restaurants – they're much more romantic.*

9.41 open-plan
/ˌəʊpən '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 /ˌdeɪlɪ '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 /ˌnɒd '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 ˌbaɪt/ (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'fɪʃl/ (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
/'fɪɡə ˌsketɪŋ/ (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'naɪ/ (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
/ˌɡəʊ tu ɪk'strɔ:dnri ˌleŋθs/ (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'fɔ:məns ɪnˌhɑ:nsɪŋ 'drʌg/ (n)
illegal medicine that helps sportsmen do better in an event

9.60 gain an edge
/ˌɡeɪn ən 'edʒ/ (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 ˌtu:, 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 /'sprɪntə(r)/ (n)
person who runs races over a short distance, e.g. 100 metres ► sprint (v)

9.64 emigrate /'emɪɡreɪt/ (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 /'krɒsˌfaɪə(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 /'mæɪəθən/ (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

/ˌkʌm ˈfɔːwəd/ (phr v)
offer help, give requested information ♦ *Two people who had seen the accident finally came forward.*

9.73 testify /ˈtestɪfaɪ/ (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

/ˌɡəʊ ˌɪntu ə dɪˈklaɪn/ (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 /ˈhiːtɪd/ (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

/ˌpʊl ˈaʊt 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 /vɪkˈtɔːrɪəs/ (adj)

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

9.78 strip (sb of sth) /striːp/ (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

/ˌmiːtɪərəˈlɒdʒɪkl/ (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 /ˈskɔːz əv/ (phr)

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

9.82 flutter /ˈflʌtə(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

/ɪˈsteɪt ˌeɪdʒənt/ (n)
person who helps people buy and sell houses

9.84 client /ˈklaɪənt/ (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 /ˈævələːnʃ/ (n)

sudden heavy and dangerous fall of snow in the mountains

9.87 fit in /ˌfɪt ˈɪn/ (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)

/ˌwet jɔː ˈæpɪtaɪt (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 /swɪft/ (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

/ˈʃəʊvɪnɪzəm/ (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 /ˈdʒet ˌlægd/ (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 /əˈkɜː/ (v)

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