

LESSONS 1&2 “PREP” WORKBOOK



SUPER-FAST

**VOCABULARY &
SPELLING**

F O R A D U L T S

Use this book with the lesson tape. Say each word as your hypnotist pronounces it and touch each letter with a pen or pencil. Symbols used are: (v) = verb, (n) = noun, (adj) = adjective, (adv) = adverb. Words have multiple definitions; we've selected a common usage. Every day, use two (2) words in your speech, writing or thoughts. As you read more, you'll see the words more frequently. Watch for them!

Abrogate (v) To repeal or abolish. *The company's chairman was forced to **abrogate** his no smoking regulation.*

Acclimate (v) To adapt, to get used to. *The man knew he would soon **acclimate** to the hours of his new job.*

Acrimonious (adj) Bitter, caustic, stinging. *Their **acrimonious** shouting match was heard throughout the building.*

Adamant (adj) Unyielding, stubborn. *The baseball commissioner would not overrule the referee's **adamant** decision at home base.*

Anathema (n) Someone or something cursed or denounced by religious authority. *The idea of abortion was an **anathema** to the priest.*

Anomaly (n) Something irregular or abnormal. *High blood pressure is an **anomaly** which requires medical attention.*

Banal (adj) Common, trite. *His **banal** speech aroused nothing but yawns in the audience.*

Beguile (v) To delude or deceive, often with the use of charm. *The major's smile **beguiled** his men into thinking their danger was over.*

Bellicose (adj) Belligerent, quarrelsome. *As the children struggled over the ball, their voices became **bellicose** and high-pitched.*

Besmirch (v) To soil, sully; to defile. *The rejected suitor gossiped and lied to **besmirch** the reputation of his ex-girl friend.*

Cabal (n) A small, secret group; plotters. *The environmentalist said the land developers were an evil **cabal**, intent on destroying precious wetlands.*

Carte blanche (n) Unlimited authority. *While they were married, Paul's wife had **carte blanche** with his credit cards.*

Cachet (n) A mark of distinction. *The head bellman recognized the star's luggage at once: fine leather marked with her exclusive **cachet**.*

Catalyst (n) Something that begins or starts a process or event. *The assassination of Martin Luther King was the **catalyst** for widespread rioting in Detroit.*

Choleric (adj) Expressing anger easily; irritated. *The attendant's choleric attitude was offensive to everyone on the tour bus.*

Cogent (adj) Forcefully convincing. *A well-written argument always contains a cogent conclusion.*

Consensus (n) General agreement. *The consensus of the basketball team was to purchase uniforms with red and white stripes.*

Copious (adj) Abundant, plentiful; large in number. *The student took copious notes during the professor's long lecture.*

Cryptic (adj) Hidden, secret, occult. *During the last war, many cryptic messages were intercepted by military spies.*

Derision (n) An act or state of ridicule or contempt. *The crowd greeted her speech with shouts of derision.*

Demagogue (n) A leader who appeals to prejudice and/or fear to gain power. *To his critics in the U.S. Senate, Joseph McCarthy was nothing more than an ambitious demagogue.*

Duplicity (n) Deception by saying one thing but doing another; hypocrisy. *The mayor's duplicity was evident when he signed a bill he had promised to veto.*

Ebullient (adj) Filled with excitement and enthusiasm. *At the victory party, the candidate's workers were ebullient about their successful campaign.*

Eclectic (adj) Taken from many different styles or doctrines. *Susan's eclectic living room was furnished with antiques, modern furniture and art deco vases.*

Epitome (n) Prototypical representation for the whole; an example. *The Ford Taurus is the epitome of automotive aerodynamic design.*

Empathy (n) The projection of one's on feelings onto another. *Mrs. Jones' face reddened with empathy as she watched the embarrassed young mother calm her screaming baby.*

Emulate (v) To strive to equal or surpass; to copy. *Most boys want to emulate their fathers.*

Exacerbate (v) To make worse; to aggravate. *Surgery would only exacerbate the elderly man's chances for recovery.*

Forte (n) A strong talent. *An elaborate cha-cha-cha was the couple's forte on the dance floor.*

Felicity (n) Happiness, bliss. *The divorce was over; she could once again enjoy domestic felicity.*

Fiasco (n) An undignified failure. *A sudden rainstorm turned the outdoors reception into a wet, mud-splattered fiasco.*

Germane (adj) Relevant. *The expert's testimony was particularly germane to the prosecutor's case.*

Grandiose (adj) Characterized by pompous grandeur. *The company went bankrupt due to the owner's ill-conceived and grandiose business plans.*

Halcyon (adj) Calm, tranquil. *Grandmother would often tell stories about the halcyon days prior to WWII.*

Harangue (n) A long, bombastic speech against something. *The principal's harangue lasted nearly two hours and greatly embarrassed his office staff.*

Heinous (adj) Horribly wicked. *The murder of the young mother and her two children was a heinous crime.*

Hyperbole (n) Obvious exaggeration; an extravagant statement. *Could the jar of cream really make her wrinkles disappear, or was the chemist's promise nothing more than advertising hyperbole?*

Ilk (n) Of a sort or kind. *How could he possibly sit down to dinner with people of their ilk?*

Impervious (adj) Incapable of penetration. *He was still alive, thanks to the impervious material of his bullet-proof vest.*

Indigenous (adj) Originating in a particular place or locality. *The dangerous eel was not indigenous to the Great Lakes region.*

Impugn (v) To attack as false. *The defense attorney tried his best to impugn the witness' testimony.*

Incessant (adj) Without interruption. *The incessant noise of traffic prevented her from getting a single hour's sleep.*

Incipient (adj) Just beginning or commencing. *Her father tried to end his daughter's incipient romance with the lifeguard.*

Inundate (v) To overflow; to flood. *When the television star appeared on stage, the phone lines were inundated with pledges for donations to the cause.*

Inure (v) To become accustomed to something in a hard way. *Soldiers quickly become inured to the sights of war.*

Largess (n) Generous giving. *Grandfather wasn't enormously wealthy, but his largess to the public orphanage was legendary.*

Languid (adj) Lacking in vitality; listless from weakness or fatigue. *The heat in the town made everyone languid and lazy.*

Loquacious (adj) Too talkative. *The consumption of liquor sometimes turns a quiet person into a loquacious bore..*

Maelstrom (n) A powerful whirlpool; a turbulent state of affairs. *Despite the danger, the company official broke through the police line and walked into the **maelstrom** of fighting union strikers.*

Malign (v) To speak evil of, untruthfully. *At her trial, the Queen sat impassively while each witness **maligned** her reputation.*

Malleable (adj) Capable of being formed or shaped, like metal. *When a child is very young, his **malleable** mind absorbs both positive and negative influences.*

Miasma (n) A poisonous atmosphere. *The walls of the prison loomed above him like a dike holding back the **miasma** of criminality within.*

Mollify (v) To soften in disposition; to soothe. *Rather than leave the meeting, the mother tried to **mollify** her screaming infant with a baby rattle.*

Myopic (adj) Near sighted; a lack of foresight. *The developer's **myopic** plans resulted in an environmental disaster.*

Moribund (adj) Approaching death; in a dying state. *With the invention of the automobile, horse carriages were a **moribund** form of transportation.*

Mundane (adj) Ordinary; everyday. *She wanted a new hair style, anything but the **mundane** cut she'd had for years.*

Myriad (n) An indefinitely large number. *Doing one's taxes involves understanding a **myriad** of IRS rules and regulations.*

Nemesis (n) A seemingly unbeatable rival. *The Joker is Batman's **nemesis** in comic book reality.*

Niche (n) Something for which a person is particularly well-suited. *She found her **niche** in specialty advertising.*

Nullify (v) To void or render invalid. *In a court filing, Mrs. Jones tried to **nullify** the prenuptial agreement with her husband.*

Obtuse (adj) Blunt; slow in comprehension. *The salesman waited patiently while the **obtuse** client reread the contract for a third time.*

Occlude (v) To obstruct; to cause to be closed. *The sewers overflowed because they were **occluded** with leaves and garbage.*

Onerous (adj) Burdensome; oppressive. *Cleaning the bathroom was a particularly **onerous** job on Monday mornings.*

Pandemic (adj) Occurring over a large area. *A **pandemic** virus requires fast action by health authorities.*

Paradox (n) A statement that appears contradictory but may nevertheless be true. *The paradox was that he loved his mother as much as he hated her.*

Pariah (n) An outcast. *After he refused to contribute to the Christmas party, John was a pariah in the company lunch room.*

Perennial (adj) Lasting from year to year. *The obnoxious councilman was a perennial candidate for state senator.*

Plausible (adj) Having a superficial appearance of truth. *Her husband always had a plausible excuse for being two hours late from work.*

Propitious (adj) Favorably disposed to a good outcome. *Marketing executives always look for a propitious time to introduce new products.*

Portend (v) To give advanced warning. *On the horizon dark black clouds and lightning portend severe weather.*

Prowess (n) Bravery combined with skill. *The quarterback's passing prowess on the field was well documented in the sports pages.*

Quandary (n) A puzzled situation. *His quandary — to stay or to flee — would not be resolved until the moment of decision.*

Querulous (adj) Habitually dissatisfied; complaining. *A querulous person is rarely pleasant to work with.*

Quintessential (adj) The best example of something. *A BMW was the quintessential "yuppie" automobile of the 1980's.*

Quixotic (adj) Absurdly romantic; impractical. *The young architect's quixotic building plans were soundly rejected.*

Raucous (adj) Loud; strident. *Around midnight, the neighbors called the police and reported the fraternity's raucous party across the street.*

Redolent (adj) Having a pleasant scent. *In spring, the hills of Southern Virginia are redolent with the fragrance of lilies.*

Redundant (adj) Repetitious; more than is necessary or normal. *The last chapters of her book contained no more than redundant information.*

Rescind (v) To void or annul. *The city council voted to rescind the unpopular law.*

Reverie (n) A state of restful imagining. *She hung up the phone and was lost in reverie about her upcoming marriage.*

Sacrosanct (adj) Sacred and inviolable. *In most foreign countries, churches are sacrosanct property, safe for refugees.*

Sardonic (adj) Sarcastic. *Everyone agreed that his newspaper column was the most liberal, and the most sardonic.*

Scapegoat (n) One that is made an object of blame for others. *The Nazis made the Jews scapegoats for difficult economic problems in Germany.*

Seethe (v) To boil and bubble with agitation. *Mrs. Jones seethed with anger at the other woman's snide remark.*

Serendipity (n) The ability to make lucky, unexpected discoveries. *The discovery of penicillin is attributed to careful human observation and serendipity.*

Taboo (n) A cultural or social prohibition. *In his company, men didn't wear jewelry, and single ear rings were completely taboo.*

Titanic (adj) Enormous. *As the oil tanker approached the shore, the young boy stared up in disbelief at the titanic hulk of approaching steel.*

Turbid (adj) Muddy; unclear. *Beneath the bridge the turbid water of the swollen stream thundered past.*

Uncouth (adj) Speaking or acting without manners; rude. *The diners were shocked by the tycoon's sloppy and uncouth eating habits.*

Unfathomable (adj) Too deep to be measured; incomprehensible. *Tax instructions from the IRS are usually unfathomable to the general public.*

Usurious (adj) Lending money at excessive rates. *Don't let usurious credit card companies put you in debt.*

Utopia (n) A place of social perfection. *Thomas More defined a perfect society in his book Utopia.*

Vacillate (v) To waver; to be indecisive. *Sometimes he wanted strongly to marry her, other times he would vacillate for days on the question of matrimony.*

Verisimilitude (n) That which has the appearance of truth. *The most effective junk mail creates the verisimilitude of an important notice.*

Vernal (adj) Relating to the spring season. *The vernal return of migratory birds is welcomed as a sign of winter's end.*

Vicarious (adj) Acting or feeling in place of someone else. *The coach felt a vicarious thrill of achievement as the young student dove from the diving board for the very first time.*

Witticism (n) A cleverly witty remark. *The princess charmed her entourage with continuous witticisms about the royal family.*

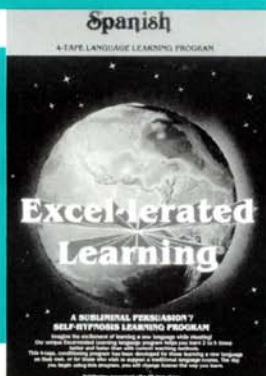
Xenophobia (n) Fear or distrust of the foreign or strange. *The Japanese appear to have overcome their xenophobia of western culture.*

Zenith (n) The highest point. *The actress knew she had reached the zenith of her acting career when she won the Academy Award.*

Zephyr (n) A light breeze. *As the sun set, a cool zephyr blew across the deck of the boat.*

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