

Gildan Media

Companion PDF

**30 DAYS TO A MORE
POWERFUL VOCABULARY**

by

Dan Strutzel

session three review - money and finance

Good morning! Today we'll review the first twenty-five words from session three of the program. Session three's topic is the vocabulary of money and finance.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

Breathe slowly and deeply for a minute or so.

To complete the relaxation process, I'm going to count down from five to one, and then we'll be ready to start. I'll repeat each word and its definition three times.

5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

Money is any circulating, quantifiable, and symbolic medium of financial exchange.

Circulating means that money can be passed without difficulty between one person and another

Quantifiable means that money can be expressed by bills or coins and in different denominations.

Symbolic means that as a purely physical object, money has no value. It's a scrap of paper or a piece of metal.

Riches simply means having a lot of money or having the things that money can buy.

Wealth can include riches, but also wealth includes a sense of emotional and spiritual abundance

Capital refers to any financial resources that are available for use.

Income is money that a person or a business receives in exchange for providing goods or services, or by investing capital.

Interest is a fee that's charged for the privilege of borrowing money

Profit is a financial benefit that is realized when the amount of revenue gained from a business activity exceeds the expenses

Return on Investment is a measure for evaluating the efficiency of an investment, or to compare the efficiency of a number of different investments.

Debt is an amount of money borrowed by one party from another, with the expectation that the borrowed amount will at some time be paid back.

A **debtor** is a company or an individual who owes money

Credit is the borrowing capacity of an individual or a company.

Credit score is a statistically derived number that expresses the likelihood that you will repay your debts, based on your financial history.

A **salary** is a fixed amount of money paid by an employer to an employee.

Compensation also refers to payment, but can include other forms of payment besides money.

Accounts payable are the vendors to whom a company owes money beyond the company's fixed cost operating expenses

Accounts Receivable refers to any money owed to a company by its customers, clients, or other companies.

Amortization is the paying off of debt through a fixed repayment schedule in regular installments over a predetermined period of time.

An **asset** is a resource with economic value that an individual, a corporation, or a country owns or controls.

Bankruptcy is a legal process to discharge the debts of a person or business that is unable to repay them.

A **bond** is a document through which the purchaser of the bond loans money to a corporation or a government.

A **broker** is an individual or a firm that executes buy and sell orders from investors, and charges fees or commissions for those services.

A **certificate of deposit** is a savings certificate entitling the bearer to receive interest.

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Good evening! We're about to continue our review of words from session three of the program, on the vocabulary of money and finance.

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A **deficit** is the amount by which expenses exceed income or costs exceed revenues.

Depreciation is a tax and accounting method for allocating the cost of a physical asset over the course of its useful life.

A **dividend** is a payment of a portion of a company's earnings to the company's shareholders, as decided by the board of directors.

A nation's **economy** includes everything related to the production and consumption of goods and services in that country.

Entrepreneurs are individuals who start their own businesses and assumes all the risk and rewards.

Equity refers to stock or any other form of ownership in an asset, after all debts associated with that asset are paid off.

An **investment fund** is a resource of capital belonging to numerous investors that is used to collectively purchase securities for the investors.

Gross Domestic Product, or **GDP**, is the total market value of goods and services produced by both workers and capital in a country during a given period.

Growth stock refers to shares in a company whose earnings are expected to grow at an above-average rate compared to the market as a whole.

A **hedge fund** is an aggressively managed portfolio of investments that uses advanced investment strategies with the goal of generating high returns.

Leverage is use of various financial instruments or borrowed capital to increase the potential return of an investment.

Liabilities are any money or service that is currently owed to another party.

A **margin account** is an investment account in which a broker lends a client cash to finance the purchase of securities.

A **margin call** is a broker's demand for an investor to deposit additional money or securities.

A **money market** is a market for short-term debt instruments.

A **mortgage** is a debt secured by the collateral of real estate property.

A **mutual fund** is an investment made up of a pool of money collected from many investors for the purpose of buying securities.

A **portfolio** is a list of the investments held by an individual or a bank or other financial institution.

A **recession** is a significant decline in activity across an economy that lasts longer than a few months.

A **depression** is a severe and prolonged downturn in economic activity.

a **shareholder** is any person or institution that owns at least one share of a company's stock.

Short Selling is the sale of a security that is not actually owned by the seller, or that the seller has borrowed.

A **subprime mortgage** is a real estate loan granted to individuals who would not be able to qualify for conventional mortgages.

A **treasury bill** is a short-term debt obligation backed by the U.S. government.

An **initial public offering**, or **IPO**, is the first sale of stock by a company to the public.

A **venture capitalist** is an investor who provides funds to startup ventures or supports small companies that want to expand but don't have access to public funding.

Productivity is the measure of economic output compared to investment of labor and capital.

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session four review -- persuasion

Good morning! Today we'll review the first twenty-five words from session four of the program. Session four's topic is the vocabulary of persuasion.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

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Now we're ready to begin....

Confidence is the ability of persuasive individuals to trust themselves and other people.

Acumen is an intuitive understanding of people and their unique characteristics.

Ambience is the atmosphere or mood of a particular location.

Allure is a level of intense interest the one person is able to generate in another.

Fettle is a synonym for good health.

Plenitude refers to wealth or other forms of abundance.

Concupiscence is intense attraction to another person.

Reciprocity in persuasion is the repayment of a generous action. It's the expectation that if I do something good for you, you will later do something good for me.

Reiteration means repetition. It's saying or doing something more than once.

An **encomium** is an extended expression of praise.

Rectitude means strict righteousness and integrity

Validation is proof of a positive attribute or ability

Imminence means immediately and urgently.

Paucity is a state of scarce or limited resources.

Portrayal is the how a person, place, or thing is made to appear.

An **affinity** is a sense of emotional or intellectual connection.

Suppleness means graceful flexibility.

To **reconnoiter** means engage in exploring or scouting out.

Ardor is highly focused and determined energy.

Placidity is a sense of emotional peace. which

Precipitously means suddenly, quickly, and surprisingly.

Forthwith means immediately.

Expeditiously means as soon as possible.

Celerity means quickness.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session four.

Good evening! We're about to continue our review of words from session four of the program, on the vocabulary of persuasion.

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Heralding means introducing with a theatrical sense of grandeur.

To **ameliorate** means to improve or restore.

Brobdignagian is a word from Jonathan Swift's 18th century novel *Gulliver's Travels*. It means gigantic.

Prodigious also means large but not in a physical sense. It could for example refer to someone's intellect or their musical talent.

Startling means surprised, and usually mildly or pleasantly surprised.

Thaumaturgical means magical.

Expeditious means without delay

Facile means easy.

Onerous means difficult in a negative way, as in a punishment.

Fortuity means luck or good fortune.

Unrecompensed means not reciprocated.

Unremunerated means a financial debt that hasn't been paid.

Gratis means without cost.

Gratuitous means freely or without connection or association, as in a gratuitous complement.

Felicitations means happy greetings.

Fervor means intense emotion or affection.

Amity means friendship.

Amorous means with love.

Animating means inspiring to action.

Idiosyncratic means unique to an individual, or “one of a kind.”

Diacritical means distinctive or the intention to emphasize something that’s distinctive.

Anomalous means unique or outside the norm.

A **caprice** is a whimsical action or thought

A **chimera** is a tempting or convincing illusion.

A **figment** is an illusion from a dream or fantasy.

A **bogy** is an imaginary monster or threatening being.

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Session Five – marriage and relationships

Good morning! Today we'll review the first twenty-five words from session five of the program. Session five's topic is the vocabulary of marriage and relationships.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Enticement is a kind of attraction that's calculated to gain attention.

Enthrallment literally means to become someone's servant or slave. When you're so attracted to someone that you're enthralled, it means you've lost the power to resist.

Apprehension means expectation slightly or not so slightly tinged with worry.

Presumption is a kind of confidence, or overconfidence. It can mean seeing only what they want to see.

Incredulity is a sense that something is beyond belief.

A **portent** is a sign or foreshadowing of something yet to come.

Auguries are predictions based on fortune telling.

Solicitude means kindness and comforting.

Devoir is a vow or obligation.

Besotted can mean drunken or intensely infatuated.

Adjudicated means judged or decided by an authority.

Conciliation means agreeing to put aside your differences.

Discernment is the ability to see the truth beyond distractions.

Sapience means wisdom. *Homo sapiens* is the scientific term for human being. In Latin it means "wise man."

Veracity means verifiable truth

Prudence means careful preparation.

Vagaries are unexpected happenings.

Vicissitudes are the elements of constant change in life.

An **asseveration** is an emphatic statement.

An **avermment** is a statement that something is true.

Colloquies are discussions or minor disagreements.

A **kerfuffle** is a disagreement about something that isn't really important.

A **brannigan** is a loud argument.

To **lacerate** means to cut. It can also refer to an insult.

Mutable means subject to change.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session five.

Good evening! We're about to continue our review of words from session five of the program, on the vocabulary of marriage and relationships.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

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A **scruple** is a refusal to do something based on a moral judgment.

Constancy means adhering to certain principles, especially in an emotional relationship.

Sacerdotal means pertaining to a priest.

A **dyad** is a couple, married or unmarried.

Consanguineous means related by common ancestry

Hedonism is a philosophy or lifestyle based on pursuit of pleasure.

Risibility readiness and eagerness to laugh.

Dour means humorless, grim, or depressed.

Ecclesiastical means pertaining to religion.

Insouciance means without care or concern.

Narcissism means fascination with oneself to the exclusion of other people's needs.

Solipsism is the belief that you're the most important person in the world, or even the only person in the world.

Nuptial means pertaining to a wedding ceremony

Pliancy is a measure of how much something could possibly or theoretically bend.

Pliable means the ability to bend.

Plasticity is the ability to assume different shapes.

Revivification means to be reborn or come back to life.

Septuagenarians are people in their 70s.

Octogenarians are people in their 80s. E

Existential means pertaining to the most basic aspects of the human condition.

Choleric means having an angry disposition.

Vituperative means angry or expressing anger.

Vindication means to be proven right in a dispute.

Sanguine means to feel optimistic or hopeful.

Imperturbability is the power to remain calm and content in the midst of distractions.

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Session Six – Ecology and Nature

Good morning! Today we'll review the first twenty-five words from session six of the program. The topic of session six is the vocabulary of ecology and nature.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Now we're ready to begin....

Ecology is the study of the physical environment and the interaction of living organisms within that environment.

A **habitat** is place where a particular population of a species lives.

Anthropogenic means originating with or caused by humans.

A **community**, with respect to ecology, is a habitat shared by more than one species.

An **aquifer** is an underground layer of rock and sand that naturally stores water and transmits it to wells and springs.

A **hydrosphere** is the area in which water exists. For the purpose of our ecology, this includes all liquid water on Earth, such as rivers, lakes and oceans, all frozen waters such as glaciers, icebergs, and polar icecaps, and all water vapor.

The **cryosphere** is the sum total of earth's fresh water supply that is locked up in frozen forms, including polar ice, mountain glaciers, permafrost, and snow.

An **ecosystem** is an environment that soil, air, water, weather, and living organisms interacting as a system.

Abiotic refers to non-living chemical and physical components of an environment.

Biotic refers to the living or once-living organisms in a habitat.

Climate change, which is often called 'global warming,' refers to changes in weather patterns that can express themselves in a number of ways. These include a rise in global temperatures, changes in rainfall patterns that result in floods and droughts, and melting polar ice that raises sea levels. Climate changes can be caused both by natural forces and by human activities.

Carbon footprint is a measure of the effect that human activities have on the climate. It's measured in units of carbon dioxide.

Carbon Dioxide -- CO₂ -- is a heavy, colorless, atmospheric gas emitted during respiration by plants and animals.

The **global carbon cycle** is the cyclical movement of carbon within the biosphere.

A **Carbon Sink** is a location in nature where carbon accumulates and is stored. Plants and trees are carbon sinks.

A **Carbon Source** is a place where carbon is produced or released. In addition to being carbon sinks, plants can also be carbon sources.

Photosynthesis is the process by which plants use sunlight, water and carbon dioxide to produce their food.

Fossil fuels are substances formed in the ground from the remains of dead plants and animals. Oil, natural gas and coal are all fossil fuels.

Greenhouse gases are gases that trap the heat of the sun within the earth's atmosphere, producing the so-called greenhouse effect.

Methane is an odorless, colorless, flammable gas formed when organic matter decomposes. It is one of the most prevalent greenhouse gasses.

Deforestation is the destruction of forests in order to clear land for agriculture or industry.

Desertification is a change from once fertile land into desert as a result of natural or human activities.

Wetlands are areas of marshy or swampy ground, or any land area that tends to be regularly wet or flooded.

Genetic modification means changing the characteristics of an organism by inserting genes from another organism into its DNA.

Irradiation is process that uses radiation to reduce or destroy bacteria and germs in food products in order to prevent illnesses and to lengthen the shelf life of the products.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session six.

Good evening! We're about to continue our review of words from session six of the program, on ecology and nature.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

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Now we're ready to begin....

Organic is a general term for gardening or agriculture that no chemical or synthetic fertilizers or pesticides.

Biodiversity is a measure of the variety of organisms present in an ecosystem.

Edge Effects are the different conditions along the boundaries of an ecosystem, where one habitat meets another.

Extinction is the disappearance of a species when the last of its members dies.

Carrying Capacity is the number of organisms of a given species that an environment can support.

Pioneer Species are the first organisms to live in a new habitat.

Succession is the regular progression of species replacement and the process by which the structure of a biological community evolves over time.

Primary succession is a type of succession that occurs where plants have not previously grown

Secondary succession, is a type of succession that occurs in areas where there has been previous plant growth.

Autotrophs are organisms that produce their own food.

Heterotrophs are organisms that consume other organisms for food.

A **food chain** is the path of energy through the levels of an ecosystem

A **trophic level** is position an organism occupies in a food chain.

Herbivores are animals that eat only plants.

Carnivores are animals that eat only meat.

Detritivores are organisms such as worms, fungus and bacteria that pull energy from fecal waste and dead bodies to release nutrients back into the environment.

Predation is the act of one organism feeding on another.

Symbiosis is a relationship between two species through their life cycles.

Mutualism is a symbiotic relationship between species that is clearly beneficial to both.

Commensalism is a relationship between species that is neither destructive nor beneficial.

Parasitism occurs when an organism feeds on or lives off of another species but does not necessarily destroy the host.

Niche refers to how and where an organism lives and the function it performs in an ecosystem.

A **fundamental niche** is the entire range of conditions an organism is potentially able to occupy.

realized niche is the part of a fundamental niche a species currently occupies as a result of limiting factors present in its habitat.

An **Introduced Species** is an organism that is not native to an area, but is brought to an area intentionally or unintentionally by humans.

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session seven review -- conversation

Good morning! Today we'll review the first twenty-five words from session seven of the program. Session seven's topic is the vocabulary of conversation.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

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Eavesdropping means to listen in on a private conversation.

Persiflage is light, superficial conversation.

Badinage is small talk but with a humorous, teasing manner.

A **glower** is a frowning or threatening facial expression.

Attire means clothing, and usually high quality clothing.

Vestial is an adjective referring to clothing and fashion, as in, “She was interested in his vestial habits.”

Sartorial is an adjective that refers specifically to men’s attire, as in, “His sartorial choices were excellent.”

Approbation is sincere approval or praise.

Flattery is praise that’s often insincere or excessive, in order to achieve some end.

Unctuousness is flattery that’s delivered in an excessively smooth and fawning way. It comes from the Latin word for oil.

Servility is an attitude of deference carried to excess.

Obsequiousness is obvious and excessive flattery.

A **toad-eater** or **toady** is a sidekick or unofficial servant.

Braggadocio is excessive bragging for comical effect.

Hauteur is an arrogant, aristocratic attitude.

Sesquipedalian is an adjective referring to extremely long words.

Arcane means little-known or secret.

Recondite means “known only to a few.”

Synergy is a process of cooperation that magnifies results. The whole becomes more than the sum of its parts.

Lingua franca is a type of conversation that allows people to communicate across cultural boundaries, like talking about sports.

Pedagogy refers to topics about children. It can serve as a lingua franca.

A **prodiorthotic** statement is a warning of a controversial topic.

Triggering means introducing a topic that might make a listener uncomfortable.

A **heuristic** is points of information intended to encourage further learning.

A **meme** is a word, phrase, or idea that spreads through popular culture like a virus in an organism.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session seven.

Good evening! We're about to continue our review of words from session seven of the program, on the vocabulary of conversation.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

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Nostalgia is memory often tinged with longing and regret.

Schmaltz is excessive sentiment or theatrical emotion

Cloying means an excessively sweet mannerism.

Maudlin means a predictable style, like a cliché.

Ratiocination is a sequence of logical thought that leads from one point to another..

A ***non sequitur*** is a remark in a conversation that's illogically out of sequence with the topic at hand.

Pedantic means related to education in a fussy way.

An **oxymoron** is the bringing together of two incompatible ideas, like “reasonable madness” or “dry wetness.”

Pathos is genuine, deeply-felt emotion.

Bathos is emotion that’s comically overdone.

Decorum mean to tastefully organized social behavior.

Style refers to the presentation a person creates in order to make an impression on other people.

Irony means that what is said is different from what is actually meant.

Stentorian is an adjective referring to a loud voice.

Plangent means a voice that’s loud and pleading.

Sonorous is a voice that’s deep and vibrating.

Orotund is a strong but pompous voice.

Resonant is a voice that seems to echo or amplify.

Unobtrusive is a soft, polite, unthreatening voice.

Jocund is a humorous, good-natured personality.

Loquaciousness is a tendency to talk well, but too much.

Verbosity is a tendency to talk too much, without talking well.

Logorrhea means compulsive, non-stop talking.

Quiescence means inactivity or without motion,

Taciturnity is a very restrained style of speech.

We've now reached the end of our review of words from session seven, on the vocabulary of conversation. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

session eight review – religion

Good morning! Today we'll review the first twenty-five words from session eight of the program. Session eight's topic is the vocabulary of persuasion.

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5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

Religion is an organized a set of beliefs concerning the origin, nature, purpose, and final end of humanity and the universe.

Spirituality is interest in or devotion to concepts outside a purely materialistic view of life and the world.

An **atheist** is someone who rejects belief in a god or a higher form of intelligence.

Agnostics are people who don't take a position on the existence of God.

Faith is a high level of belief that doesn't depend on logic or evidence.

Blasphemy is a disrespectful or impious speech or action against a particular religious tradition.

An **apostate** is a member of a religion who renounces that belief.

Heresy is an opinion or a teaching in a religion that deviates from established doctrine.

Manichaeism was an offshoot of early Christianity that depicted good and evil as separate, opposing forces..

Henotheism is the belief in one god without denying the existence of others.

Monotheism is the belief that there is only one god.

Polytheism is the acceptance that more than one God exists, and even the worship of more than one God.

Anathema is a prohibition in Roman Catholicism that forbids any contact by church members with the anathematized individual or teaching.

Syncretism is the attempt to resolve differences or even contradictions among different systems of belief.

Secularism teaches that people should concern themselves only with questions that can be tested and answered by our direct life experiences.

A **cult** is a religious or spiritual group with certain well-defined characteristics, including extreme beliefs that exclude outsiders and the leadership of charismatic individual whose will can't be questioned by the cult members.

Dogma is the overall beliefs and regulations of a religion concerning matters of faith, morality, and observance.

Doctrine is the application of dogma to a specific question or situation.

Alms refers to money given to the poor.

Charity can include alms but can also include other forms of service to those in need.

Tithing is a religious tradition of donating the first one-tenth of any income to the religion itself.

The **Talmud** is a book of Jewish teachings and Biblical commentary.

Parables are stories containing a hidden spiritual lesson.

A **covenant** is a sacred agreement with God.

Celibacy is the renunciation of both sex and marriage. It is a vow taken by priesthoods in Roman Catholicism, Buddhism, and several other spiritual traditions.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session eight.

Good evening! We're about to continue our review of words from session eight of the program, on the vocabulary of religion.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

Lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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To complete the relaxation process, I'm going to count down from five to one, and then we'll be ready to start. I'll repeat each word and its definition three times.

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Now we're ready to begin....

Chastity is regulation but not renunciation of sex.

Angels are spiritual beings who appear as divine messengers in the Old Testament, the New Testament, and other Christian and Jewish literature.

Seraphim are high ranking angels referenced in the Old Testament, who convey important messages directly from God.

Cherubim are lower ranking angels mentioned frequently in the Old Testament.

Beelzebub is an evil angel mentioned in the Book of Kings in the Old Testament. Later his identity expanded into that of the Devil.

Nobodaddy is the name of an angel in the poetry of the 19th century author William Blake.

The Zohar is a book of mystical Jewish Biblical commentary.

Hajj is a word that refers to a pilgrimage to the city of Mecca in Saudi Arabia. Every Muslim man is expected to make that journey at least once in his lifetime.

Infidels are non-believers, especially as seen by Islam.

Jihad in Islam is a sacred war against infidels. It may mean a physical war, or an internal spiritual struggle

a **ghazwa** is a battle in a jihad, based on an actual battle in which the prophet Muhammad took part.

a **ghazi** is someone who takes part in a ghazwa

Transubstantiation is the belief in Roman Catholicism that bread and wine are literally transformed into the body and blood of Christ during the communion service.

Karma is Hindu and Buddhist principle that “you will reap what you sow” in this life or a future one.

Dharma is the correct way of living for a given individual.

Nirvana in Buddhism is the highest state of spiritual development.

Reincarnation literally means repetition of the process of assuming bodily form after death.

Eschatology is the branch of theology and philosophy that deals with questions of the afterlife.

Canonization is the process of elevating someone to sainthood in the Roman Catholic church.

A **miracle** is an extraordinarily positive event that happens through divine intervention.

A **rabbi** is a Jewish scholar and spiritual leader.

An **imam** is the leader of prayers in a mosque, and may also be recognized as an authority on Islamic theology and law.

A **caliph** is the political leader of an extended Islamic community known as a caliphate.

The Holy See is the Roman home of the Pope and of the central administration of the Roman Catholic Church. Also known as the Vatican.

We've now reached the end of our review of words from session eight, on the vocabulary of religion. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in

your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Nine review – health and nutrition

Good morning! Today we'll review the first twenty-five words from session nine of the program. Session nine's topic is the vocabulary of nutrition and health.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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To complete the relaxation process, I'm going to count down from five to one, and then we'll be ready to start. I'll repeat each word and its definition three times.

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Now we're ready to begin....

Nutrition refers to the body's physical processes of taking in food and using it for growth, metabolism, and repair.

Diet refers to the specific foods that make up someone's nutritional intake.

Nutrients are the components of the nutritional process. Basically, nutrients are what you eat.

A **calorie** is a measurement of energy. Calories are the most common measure of the amount of energy in food.

Carbohydrates are a group of chemical substances that can provide a large amount of energy in an average diet.

Protein is a nutritional category and the main structural component of the human body. Organs, muscles, blood, cell membranes, and the immune system are all made up of protein.

Vitamins are group of nutrients that are needed in small amounts to maintain physical processes. Most vitamins cannot be made by the body and therefore have to be obtained through the diet.

Fiber is the indigestible part of a food that can benefit the process of digestion.

Amino acids are the building blocks of proteins. Of the 20 different amino acids, 11 can be manufactured in the body. The other nine must come from diet.

Fat is a nutrient that supplies energy and promotes growth. It can also be a carrier of vitamins.

Saturated Fats are solid at room temperature, such as the fat in meats, poultry skin, and foods made from whole milk. Taken in excess, they increase blood cholesterol levels and the risk of heart disease.

Unsaturated Fats are liquid at room temperature. They include the fat in vegetable oils, nuts, fish, and olives.

Trans Fats are formed when liquid oils are made into solid fats such as shortening and margarine. They increase blood cholesterol levels and elevate the risk of heart disease.

Triglycerides are the major form of fat stored by the body.

Cholesterol is a waxy substance present throughout the body. Cholesterol is produced in the liver, and is also obtained from animal products in the diet.

Metabolism refers to biochemical processes that break down nutrients and converted into energy.

Basal metabolism is the amount of energy an individual needs to maintain life while at complete rest.

Antioxidants are chemical substances that help protect against cell damage from free radicals.

Free radicals are by-products from the body's use of oxygen in normal metabolism. They are also associated with smoking, air pollution, and fried foods.

Enzymes are complex proteins that enable chemical reactions to occur in the body. Digestive enzymes assist in breaking down food into chemical compounds that the body can absorb.

Malabsorption is weak intestinal absorption of nutrients.

Minerals pertaining to nutrition are inorganic elements that are essential for health.

Selenium is an essential trace mineral that has been shown to activate enzymes that may help protect the body from cancer.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session nine.

Good evening! We're about to continue our review of words from session nine of the program, on the vocabulary of nutrition and health.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

Lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Now we're ready to begin....

Sodium is a mineral found in salt. It helps to maintain blood volume and to regulate the balance of water in the cells.

A **vegetarian** is someone who excludes meat, fish and poultry from the diet.

A **vegan** is someone who abstains from the use of animal products in any form, and especially in diet.

Gluten is a composite of proteins that's found in wheat products and barley. No human being can really digest gluten, and some people are sensitive to its presence in their diets.

Celiac Disease is a digestive illness that has very convincingly been related to gluten.

Homeostasis is a condition of natural balance within the body. It's loosely synonymous with "health."

Allopathic is an approach in medicine that creates an environment that is incompatible or antagonistic to whatever condition needs to be cured.

Homeopathic treatments, in contrast to allopathic, are based on the idea that "like cures like." The same substance that causes a disease can cure the disease if that substance is properly administered.

Holistic health care is treatment that addresses not only the biology, but also the physical, emotional, and spiritual well-being of patients.

Alternative therapies are methods of treatment used in place of conventional medicine. They are often highly controversial.

Palliative is a word that denotes any measures taken to treat symptoms such as pain, but without an intention to cure a disease.

Idiopathic means "without recognizable cause." It's any medical condition that is self-originating.

Acupuncture is a technique in traditional Chinese medicine that injects carefully placed needles into the skin.

Analgesia is inability to feel pain while still conscious. It can be caused by a disease or it may be induced in a medical procedure.

Anesthesia is inability to feel sensation, especially pain, while unconscious. Anesthesia can also refer to drugs used to bring on that inability.

An **antibody** is substance formed by the body to produce immunity to an agent of infection such as a bacteria.

An **antigen** is a substance that causes the body to produce antibodies.

Bacteria are one-celled microorganisms found throughout the environment and also in the human body. Many are beneficial to health and others cause disease

Bioethics is a branch of medicine concerned with the moral issues of technological advances and research.

Blood pressure is a measurement of the force exerted by the heart against arterial walls when the heart contracts and then relaxes.

Hypertension is condition of high blood pressure. Over time it can be a cause of heart failure and other cardiac problems.

Diastolic pressure is a measurement of blood pressure in the arteries when the heart is at rest.

Systolic pressure is a similar measurement of blood pressure when the heart is contracting and forcing blood into the arteries

Cancer is a large group of diseases characterized by abnormal cell division and the migration of abnormal cells across the body.

A **neologism** is a tumor, often a cancerous tumor.

An **oncologist** is a physician who specializes in cancer research and treatment.

Metastasis is the process by which cancer cells spread from one location in the body to another.

Chemotherapy is the treatment of a disease, especially cancer, using chemical agents

Diabetes is a metabolic disease caused by an insufficient production or use of insulin, leading to excessive sugar in blood and urine.

Insulin is a substance secreted by the pancreas to regulate blood-sugar level. It's essential for the metabolism of blood sugar.

An **electrocardiogram** is an instrument that produces a graphic tracing of the electrical activity of the heart.

An **electroencephalogram** records electrical activity in the brain

Genome refers to the total mass of genetic instruction that individuals inherit from their parents

Infarction is an area of tissue that becomes necrotic, or dead, when blood supply ceases. It can occur in the heart as a result of a heart attack.

Positron emission tomography is a form of computerized body scanning in which a computer detects a radioactive substance injected into a patient. It's often used to evaluate a patient for the presence of cancer.

We've now reached the end of our review of words from session nine, on the vocabulary of nutrition and health. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become

established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Ten review – science large and small

Good morning! Today we'll review the first twenty-five words from session ten of the program. Session ten's topic is the vocabulary of science large and small.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

Life is a characteristic of organisms that exhibit certain biological processes, and that are capable of growth through metabolism and are capable of reproduction.

An **element** is a substance that can't be broken up into simpler substances by chemical means.

An **atom** is the smallest unit of an element.

A **molecule** is made up of two or more atoms that are chemically joined.

The Big Bang was a huge explosion 13.7 billion years ago in which the universe -- including all space, time and energy -- is thought to have been created.

The **nucleus** is the central part of an atom. It makes up 99.9% of an atom's mass.

The Copernican Principle states that the Earth is a planet circling the Sun, and not vice versa.

Quarks are elementary particles that combine to form large particles such as protons and neutrons, which are the components of an atom's nucleus.

A **proton** is a positively charged particle.

A **neutron** is a particle with no charge.

Electrons are particles with negative charge.

Charge is the amount of electricity carried by any entity. Charge can be negative, as in an electron, or positive, like a proton.

The Cosmological Principle proposes that, averaged over large distances, one part of the universe looks approximately like any other part -- and that, viewed on sufficiently large distance scales, there are no preferred directions or preferred places in the universe.

Conservation of Energy is the principle that energy can never be created or destroyed, but only converted from one form to another.

The Multiverse is hypothetical set of multiple universes -- including our own -- which exist parallel to each other.

Matter is defined as an entity that can exist in the form of a solid, liquid, or gas. Liquid is matter in a state with volume but no definite shape. Gas is matter with neither shape nor volume. A solid has both volume and shape.

Colloidal Suspension is matter in a condition that has properties of more than one state.

Mass is the measure of the amount of matter an object possesses.

Gravity is the force of attraction that exists between any two masses, whether they're stars, microscopic particles, or any other bodies with mass.

Antimatter are particles with charges opposite that of ordinary matter. In antimatter, protons have a negative charge while electrons have a positive charge.

Dark Matter is a term used to describe matter in the universe that cannot be seen, but can only be detected by the effect of its gravity on other bodies. Dark Matter makes up a large percentage of the universe.

The Strong Force is one of the four basic forces in nature. The strong force holds together the protons and neutrons of an atom's nucleus.

The Weak Force is another of nature's four basic interactions. It governs the radioactive decay of subatomic particles.

Electromagnetism is a type of physical interaction that occurs between electrically charged particles.

Space-Time is a mathematical model that combines space and time into a single construct.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session ten.

Good evening! We're about to continue our review of words from session ten of the program, on the vocabulary of science large and small.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

Lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

A **quantum** is the smallest chunk into which something can be divided in physics.

Nonlocality is the mysterious ability of objects in quantum theory to instantaneously know about each other's quantum state, even when separated by large distances.

A **Neutrino** is a fundamental particle produced by the nuclear reactions in stars. Neutrinos are very hard to detect because they're so tiny.

The Solar Neutrino Problem refers to the fact that the number of neutrinos observed to be coming from the sun is much less than the number predicted based on our understanding of the sun's inner workings.

Cosmology is the branch of science that studies the origin, structure, and nature of the universe. It shouldn't be confused with

Astronomy studies the physics, chemistry, and evolution of planets, stars, and galaxies

. **Physics** is the study of matter, energy and force.

A **star** is an astronomical ball of hot gas that creates and emits its own radiation through nuclear fusion.

A **galaxy** is large grouping of stars bound together by gravity. Hundreds of billions of galaxies are known to exist in the observable universe.

A **Light Year** is an astronomical measure equal to the distance light travels in one year, about 5.8 trillion miles.

Absolute Zero is temperature at which the motion of all atoms and molecules stops and no heat is given off.

A **Black Hole** is the collapsed core of a massive star.

a **singularity** occurs when all matter in a collapsed star is crushed out of existence.

An **Event Horizon** is the invisible boundary around a black hole within which nothing can escape its gravitational pull - not even light

A **Quasar** is an unusually bright object found in the remote areas of the universe. They may be the nuclei of ancient but still active galaxies.

Kelvin is a scientific temperature scale that begins at absolute zero, where there is no molecular movement.

A **wormhole** is a hypothetical tunnel through space-time that connects widely distant regions.

Wave-Particle Duality is the mysterious principle that light is both a wave and a particle at the same time.

Cosmic rays are high-energy radiation that originate outside the Solar System.

Special Relativity is Albert Einstein's 1905 theory that time and space are interconnected to form space-time.

General Relativity is Einstein's generalization of special relativity to include gravity

String theory seeks to incorporate a quantum theory of gravity into the Standard Model.

A **supernova** is an explosion that occurs when a star exhausts its nuclear fuel and undergoes a catastrophic collapse.

The Uncertainty Principle states that in the world of quantum mechanics, there is an intrinsic uncertainty in studying the position and the momentum of a particle at the same time.

We've now reached the end of our review of words from session ten, on the vocabulary of science large and small. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Eleven – computers and high technology

Good morning! Today we'll review the first twenty-five words from session eleven of the program. Session four's topic is the vocabulary of computers and high technology.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

A **hacker** is a person with advanced knowledge of computers, networking, programming, or hardware, and who uses that knowledge with malicious intent.

Secure Socket Layer is a protocol that allows the sending of encrypted messages across the Internet.

Unique Resource Locator or URL is an acronym for an internet address.

A computer **virus** is a piece of programming code inserted into other programming to cause damage.

Back-end is a computer term for part of an application that performs an essential task not apparent to the user.

Backdoor also called manhole or trapdoor, describes a hidden method or other form of bypassing traditional security in order to gain access to a secure online area.

Backward Compatible denotes new software that can read earlier versions. Backward compatibility is a valuable attribute when new software is introduced.

Bandwidth is the maximum amount of data that can travel a communications path in a given time.

Booting is loading and initializing the operating system on a computer. It means starting up your machine.

Bug tracking is a part of a software development process in which a separate and dedicated piece of software keeps track of reported problems and fully documents their diagnosis and resolution.

A **bug fairy** is an individual who brings or reports a software bug or error to a developer.

A **double bucky** is a term for pressing two modifier keys on a computer's keyboard at the same time.

Broadband is a type of communication in which a single wire can carry more than one type of signal at once, across a spectrum from audio to video frequencies. Cable TV uses broadband data transmission.

An **algorithm** is a list of instructions, procedures, or formulas used to solve a specific problem in technology

Server farms are collections of ten or more computers working together or in conjunction with one another.

Phishing is a term to describe a scam that sends e-mails or creates web pages to collect users' confidential information.

Catfishing is the creation of a fake identity with the intention of deceiving someone online.

Gamergate is an event that began in August 2014. Women became the target of harassment because of their criticism of sexism in the video game industry.

Blue Screen of Death is a blue full screen error message generated by Microsoft Windows operating systems.

Black Screen of Death is the name of a similar error message that occurs with Apple operating systems.

A **Key-logger** or keystroke logger is a software program or hardware device that monitors and logs each of the keys a user types into a computer keyboard.

Compression is the reduction of the size of a file so that it takes up less memory

Black hat is a term to describe a hacker, who attempts to break into a computer system or computer network with malicious intent.

A **White Hat** is a hacker who legally attempts to find vulnerabilities in computer and network systems. The White Hat identifies security weaknesses then informs the appropriate personnel.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session eleven.

Good evening! We're about to continue our review of words from session eleven of the program, on the vocabulary of computers and high technology.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

Lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Now we're ready to begin....

A **Cookie** is a piece of code or data created by a web server that is stored on a user's computer. It keeps track of the user's patterns and preferences.

Cookie poisoning is a process in which an unauthorized person changes the content within a user's cookie file in order to gain access to information stored in the cookie.

Darknets are private, anonymous, peer-to-peer file sharing networks in which only trusted individuals can make connections.

Native is a word that describes the language understood by a particular computer.

Native code is code that is written to run on a specific processor.

Malware is a software program that has been intentionally designed to change a user's settings without his or her permission.

Scareware is a form of malware that scares the users into purchasing a program.

Policeware is software that is secretly installed on a computer to allow government and law enforcement to monitor computer use.

Ransomware is a malicious program that infects a computer and then locks it.

A **fragmented file** is computer content that's split up into many pieces and scattered over the storage capacity on a hard drive.

A **neural network** is a method of simulating intelligence based on how the human brain receives and processes information.

A **noob**, also called a nub, is a slang term for an individual who is new to some online activity, such as a computer game. Noobs were previously known as newbies.

A **Graphics Interchange Format** or **GIF** is a compressed graphics file format.

Non-real time is a term to describe a processor event that does not occur immediately.

Snarfing is a obtaining any computer data or other personal information illegally or without permission.

Noise is any disturbance that interferes with data transmission and corrupts the quality of a signal.

A **Honey Pot** is a computer or network created with the deliberate purpose of attracting computer hackers.

Joint Photographer Experts Group or **Jpeg**, is an image file format that is used for full-color scanned photographs shown as websites.

Clickjacking is a technique that deceives users into unintentionally clicking on an option.

PDF is acronym for Portable Document Format. It's a file type that allows fully formatted, high-resolution documents to be downloaded and transferred but not edited.

A **processor** is the brain of a computer. It's responsible for performing calculations and tasks that make programs work.

Protocol is the standard or set of rules that two computers use to communicate with each

A **dictionary attack** is a brute force password attack that tries every word in a dictionary in hopes that the user has used one of the words as his a password.

Random Access Memory or **RAM** is computer's "memory" in which it stores information that is used with running programs and applications.

Read-Only Memory or **ROM** refers to chips with information written into them at the time of their manufacture. These chips cannot be re-written so they're called "read-only."

A **fork bomb** is a malicious "denial of service" attack.

A **logic bomb** is a piece of code inserted into an operating system or software application that activates a malicious function after a certain amount of time has passed or specific conditions are met.

We've now reached the end of our review of words from session eleven, on the vocabulary of computers and high technology. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Twelve – philosophy and wisdom

Good morning! Today we'll review the first twenty-five words from session twelve of the program. Session twelve's topic is the vocabulary of philosophy and wisdom.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

A **paradox** is a statement that seems to be saying contradictory things at the same time.

A **contradiction** is a statement that lacks the ambiguity of a paradox and really is contradictory.

Incompleteness is the title of a theorem by the mathematician Kurt Godel that demonstrates why certain truths in math cannot be proven.

Process philosophy is a school of thought led by Alfred North Whitehead, in his book entitled *Process and Reality*, arguing that even seemingly unquestionable truths are still in the process of change and always will be.

Anthropomorphism is the perception of human characteristics in non-human entities.

Anthropocentrism is the belief that the existence and the concerns of human beings are the central fact of the universe.

Abolutism is the belief some types of action are strictly prohibited by morality, no matter what the specific facts are in a particular case.

Deductive reasoning is the process of drawing a specific conclusion from a general principle.

Inductive reasoning draws general principles from specific actions.

Empiricism is theory of knowledge that emphasizes the importance of experience.

Behaviorism is the idea that all we can understand about other beings is what they actually do.

Causation is the study of how and why things happen.

Consequentialism teaches that the only way to judge the morality of an action is by the consequences it causes.

Utilitarianism teaches that we should minimize actions that have bad consequences or no consequences, and maximize actions that have a positive impact.

Contingency is the idea that certain facts exist only because other facts preceded them.

Freedom, in politics, means having civil or political liberty and having certain basic rights.

Free will, in philosophy, means that human beings authentically have the power to make choices.

Determinism teaches that outcomes are pre-determined.

Fatalism teaches that although an outcome may be pre-determined, we can exercise a some degree of free will along the way to that outcome.

Teleology is the belief that the end point of a sequence of events is not only predetermined, but is also designed or evolved into being. An acorn turning into an oak tree is an example of teleology

Egoism in philosophy, means that human beings ought to pursue their own self-interest.

Egotism is mental state of a self-centered or conceited person.

Externalism is a the philosophical belief study of the relationship between reality and perception.

Presentism is the philosophy that realit only exists in the present instant.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session twelve.

Good evening! We're about to continue our review of words from session twelve of the program, on the vocabulary of philosophy and wisdom.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

Lie on your back, close your eyes, and focus on your breathing. Relax and open you mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

Breathe slowly and deeply for a minute or so.

To complete the relaxation process, I'm going to count down from five to one, and then we'll be ready to start. I'll repeat each word and its definition three times.

5.... 4.... 3.... 2.... 1....

Now we're ready to begin....

Evil is a concept that can only be defined relatively, as in "evil is the opposite of good."

Materialism is the doctrine that reality consists of material objects and their physical properties and relationships.

Illusion is the difference between what our senses tell us and what is really there.

Metaphysics is a branch of philosophy that asks general questions about the nature of reality.

Omnipotence is the idea that God is "all powerful" and can "do anything."

Omniscience is the idea that God "knows everything."

Cynicism is disbelief in sincerity, virtue, altruism, and many other qualities that are usually considered good and held in high esteem.

Solipsism is the idea that only the self exists -- or at least that only the self can be known to exist.

An **optimist** is a person who feels things are good and are getting better.

Pessimism is the the belief that regardless of whether things are bad or good now, they're going to get worse.

Epicureanism is a philosophy that defines happiness not as pleasure, but as avoiding pain.

Eudaimonia is a Greek word that refers to our purpose and fulfillment as human beings.

Platonism is the belief, taught by Plato, that entities of the material world are imperfect reflections of an ideal truth.

Positivism is a philosophical position that authentic knowledge can only be gained through science..

Mysticism is antithetical to positivism, and teaches that knowledge can come from a spiritual connection with a higher reality or consciousness.

Sophism is the phenomenon of an incorrect viewpoint presented as if it were a correct one, with the intention to mislead or cheat.

Absurdism is the philosophy that any effort to find meaning in life will ultimately fail and is therefore absurd.

Nihilism is similar to absurdism in its rejection of meaning – but nihilism is more of a political viewpoint usually directed against orthodoxies like communism or fascism.

Holism is the idea that all the properties of a system can't be determined or explained by the sum of its parts alone.

Classicism is the belief in certain fixed standards that the classicist must seek to express.

Romanticism is a philosophy that sees art as an emotional experience of the artist and that he or she then brings those feelings to the world. There are no classical rules or standards.

Conservatism as a political philosophy is analogous to classicism. A conservative believes that there are certain long-standing principles and values that need to be understood and continued.

Progressivism that standards and interpretations have to change with the times.

Stoicism is the Greek and Roman philosophy that self-control and self-mastery are the keys to living a good life.

Pantheism literally means that God is everywhere. Since God is everywhere, everything in the universe is beautiful and valuable.

Transcendentalism is an extension of pantheism. Once we realize that God is everywhere – including within ourselves – we can feel unbound from our individual identity and identify with everything in nature.

Pragmatism is the philosophy that a belief or proposition is true if it works well in the world, and that that the meaning of an idea can be found in the practical effects of accepting it.

We've now reached the end of our review of words from session twelve. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Thirteen review parenting

Good morning! Today we'll review the first twenty-five words from session thirteen of the program. Session thirteen's topic is the vocabulary of persuasion.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open your mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Now we're ready to begin....

A **nuclear family** is a family group consisting of a married father and mother and any number of children who share the same living quarters.

Co-parenting is the sharing of parenting responsibilities outside marriage with someone other than a blood relative.

A **blended family** means a family with two parents who have children from different relationships, and may include a child of the current relationship.

Alternative family is a newer terminology that can refer to a wide variety of possible arrangements.

Closed adoption means there is no contact between the birthmother, the child, and the adopting parents once the adoption has been made.

Open adoption includes a level of continuing interaction between the birthparents, the adopted child, and the adopting family.

The Good Enough Parent is the concept the vast majority of people can be excellent parents simply through intuition and common sense.

Magical Thinking in children refers to small children's beliefs that the sun is following them around or that what goes on in their minds causes effects in the physical world.

Developmental milestones are predictable accomplishments associated with certain stages of life in a baby or toddler.

Object Permanence is a child's understanding that objects still exist even when the objects aren't seen.

Acting out is a psychological term for children in stressful situations who express their feelings through actions -- because they lack the language skills to put feelings into words.

Active Vocabulary is a category of language skill that allows a child to learn a word, remember it, and then retrieve it and use it at will. The child chooses to use the word and actively finds it from memory.

Passive Vocabulary refers to words that are understandable to a child when heard, but aren't used by the child independently.

Receptive Language is a baby or toddler's ability to listen, process, and understand someone talking to them.

Age-appropriate refers to anything that falls into a widely accepted range of behavior for a specific age.

Attention span is the length of time a child can participate in an activity before losing interest.

An "**au pair**" is someone who comes from another country to live with a family and care for the children.

The **Bibinski Sign** is a reflex in infants that assesses neurological health.

A **breast pump** is a device used to extract milk from a mother's breast.

Cafe au lait spots are irregularly shaped flat patches of skin that are darker than the surrounding skin.

A **CCPST** is a certified child passenger safety technician. It's someone who is qualified to assist with proper car seat installation, including how to use safety restraint systems and seatbelts.

Developmental Domains is a general term that references the major areas of a child's growth, including gross motor development, fine motor skills, and language development.

A **toddler** is usually defined as a child from age 1 to age 3.

Gross motor skills use the child's large muscles in the arms and legs.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session thirteen.

Good evening! We're about to continue our review of words from session thirteen of the program, on the vocabulary of persuasion.

The best time for this review is when you're relaxing in bed, just before you go to sleep. Set aside 20 to 30 minutes when you won't be disturbed.

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Now we're ready to begin....

Fine motor skills relate to tasks that use the small muscles of a child's body, like those in the fingers.

Language development refers to all aspects of a child's relationship to language, not just the ability to speak.

School Readiness is a well-defined state of development in which a child is ready to engage in and benefit from first grade learning experiences.

A **birth defect** is any problem that happens while a baby is developing in the mother's body. Most birth defects take place during the first 3 months of pregnancy.

Cleft lip and palate is a not uncommon birth defect that usually occurs early in pregnancy. The lip and the roof of the mouth form an incomplete closure. Usually surgery is required to correct this condition.

Down syndrome is a condition in which genetic issues results in varying degrees of developmental delay.

Circumcision is the surgical removal of the foreskin of the penis.

Invented spelling refers to children's attempts to spell based only on the sound of the word. It's phonetic spelling.

Meta-cognitive skills are skills used by children to think about their own thinking and learning.

Scaffolding is a term describing how adults support and guide children's learning.

Colic is prolonged crying by an infant.

Sensory Based Play is activity that engages more than one of the five senses.

Comfort habits are things that babies and toddlers do in order to comfort or soothe themselves, such as thumb or finger sucking.

A transitional object can be a blanket, a stuffed animal, or a doll that a child is deeply attached to.

Autonomy is a child's experience of independence.

Attachment parenting is an approach in which parents are guided by the child's own behavior in determining what should be done and when.

Separation anxiety is a child's fear of change, expressed by behaviors like crying and clinging.

Baby wearing is an element of attachment parenting.. It means wearing a child over your shoulder in a sling or other carrier.

Baby-led weaning is also part of attachment parenting. It's the belief that there's no fixed age in which children should stop breastfeeding, and there's no reason why breastfeeding can't go on indefinitely.

The family bed, in attachment parenting, is the practice of parent and children sleeping together until the child initiates change.

"Self-soothing" is the basis for Dr. Richard Ferber's widely accepted method of sleep training.

Ferberizing is a slang term for Dr. Richard Ferber's sleep training method.

A **meltdown** is term from the nuclear power industry to describe a child's tantrum.

Tiger mothers are strict parents who high achievement from their kids and nothing less.

Helicopter parents hover over their offspring day in and day out.

Snow plow parents who want to create an obstacle-free existence for their children.

We've now reached the end of our review of words from session thirteen, on the vocabulary of parenting. It's best to fall asleep as soon as possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.

Session Fourteen review politics and history

Good morning! Today we'll review the first twenty-five words from session fourteen of the program. Session four's topic is the vocabulary of politics and history.

It's best to set aside 20 or 30 minutes at the start of the day for this review. The ideal time is just after awakening, while you're still lying in bed.

Once you're certain you won't be disturbed, lie on your back, close your eyes, and focus on your breathing. Relax and open you mind to the words you're going to hear. By doing so, you'll allow the words and their definitions to enter your mind at a subconscious level. As you complete this review a number of times, the words will literally become part of you. They'll be available to you whenever you want them or need them, even years from now.

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Now we're ready to begin....

Ad hominem is a Latin phrase that means “to the man.” In politics, it refers to attacks directed against individuals rather than the positions or arguments they represent.

Agitprop is an old fashioned word derived from the Department of Agitation and Propaganda in the former Soviet Union. It refers to items disseminated through the media for the sole purpose of anger and dissention.

Adjournment is a temporary interruption during a parliamentary or congressional session.

The **adversarial system** is a legal doctrine in which issues are decided based on court proceedings between two opposing sides.

Affirmative action is a term for programs in employment, academic placements, housing, and government positions in which minority applicants are given some preference.

Anarchy can refer to a condition of chaos and lawlessness caused by the absence of any controlling authority. Anarchy can also refer to a philosophical viewpoint that people will behave ethically if the corrupting influence of authority is removed.

Autocracy is form of government where unlimited power is held by a single individual.

Autonomy is limited form of independence where, for example, a country has control its domestic policies but has no say over its foreign affairs.

A **client state** is a country that is economically or militarily dependent upon another state, but not officially ruled by the patron state.

Androcracy is a nation or society ruled exclusively by men. Gynocracy is a nation ruled by women.

Democracy comes from a Greek root meaning “rule by the people.” In a pure democracy, political issues are decided by popular vote. The majority rules.

A **republic** is a form of government in which representatives are elected by the people to fill governmental positions.

Marxism is an analysis of history based on conflict between different economic classes in various times and places. It was the life's work of Karl Marx, a 19th century German philosopher who lived most of his life in England.

Capitalists in Marx's view were the ruling class who owned the raw material and the means of industrial production.

The **bourgeois** class in Marxist terminology were shopkeepers, small business owners, and professionals like lawyers and doctors.

The **proletariat** was Marx's third economic class, including factory workers, miners, and others who physically operated the means of production.

Communism was and is a system that uses Marxist terminology to impose a tightly controlled governmental dictatorship.

Fascism is an authoritarian form of government in which the means of production remain privately owned -- but the owners and the government are so closely aligned that they function as a single unit.

An **apparatchik** was a member of the communist party bureaucracy in the old Soviet Union. Today it can refer to any low level political operative who simply follows orders.

Backbencher is a derogative term for an elected official who simply takes up space in a legislative body, without any real power, leadership, or initiative.

A **bellwether** is a small political entity whose tendencies seem to reflect or predict those of a whole state or nation.

The **Beltway** is Interstate Highway 495 which goes around Washington like a belt. "Inside the beltway" has come to mean a politically and socially insular community of the nation's capital.

A **bill** is a piece of proposed legislation submitted for debate and possible passage into law.

Bipartisan refers to some level of cooperation between opposing political parties.

Now we've reached the end of this morning's review. Take a few more moments to relax. When you feel ready, it's time to start your day. This evening, just before you sleep, we'll review the remaining words from session fourteen.

Good evening! We're about to continue our review of words from session fourteen of the program, on the vocabulary of politics and history.

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Now we're ready to begin....

A **boondoggle** is a wasteful government-financed program developed at a cost much greater than its value. Boondoggles are undertaken for local or political gain.

Bicameral – meaning “two rooms” – is a system of government featuring two legislative bodies. In the United States they are the Senate and the House of Representatives.

Carpetbagger is a negative term describing outsiders taking advantage of a situation in a specific location.

A **caucus** is a closed meeting of members of a political party who have some common identity. In the United States that identity might be based on race, gender, or a particular issue.

The **coat tails effect** refers to a popular candidate's ability to draw votes for other candidates who would otherwise not be elected. The coat tails effect was very powerful during John Kennedy's presidential election in 1960.

A **constitution** is the set of basic rules by which a country or state is governed. In the United States, the constitution also has a list of amendments including a Bill of Rights.

Judicial activism is a philosophy advocating an active role by the courts. Under this philosophy, jurists have responsibility to interpret the law in the context of present day society.

Originalism is an opposite philosophy to judicial activism. Originalist judges feel a responsibility to identify and adhere to the original meaning and intent of all laws.

A **coup d'état** is a sudden and often violent overthrow of a government. The phrase means "a blow to the state."

A **junta** is a military faction that initiates a coup d'etat.

Deficit spending means the government intentionally spends more money than it takes in.

Keynesianism refers to the principles of the economist John Maynard Keynes, who advocated taxing and deficit spending to keep control on the economy.

Laissez-faire – French for “allow to do” -- is an economic system that advocates free markets and minimum government regulation.

Libertarianism is a laissez-faire political philosophy based on self-reliance, reason, and non-interference by the government in personal affairs.

The word **Doublespeak** refers to misleading political statements that distort or even reverse authentic meaning. The word is a combination of two Doublethink and Newspeak, two creations of George Orwell in his novel 1984.

A **dystopia** is a nightmare vision of the future. It's the opposite of a utopia, which is the imagination of a perfect society in the future.

A **filibuster** is form of obstruction by a legislator who simply keeps talking in order to prevent a vote.

Glasnost is a Russian word meaning “openness.” It referred to the greater accountability and visibility demanded of the government when the Soviet Union collapsed.

Hegemony is the more or less exclusive dominance of a single entity -- which might be a nation, a corporation, or even an idea. Following the fall of the Soviet Union, the United States occupied a position of hegemony.

Impeachment is an accusation against an office holder that is adjudicated by the congress. President Bill Clinton was impeached, but his impeachment was thrown out by the House of Representatives.

Isolationism is a policy of isolating a country from foreign alliances or other commitments. Historically, isolationism has been a strong sentiment in the United States.

Jingoism is a nineteenth and early twentieth century term to describe aggressive, angry nationalism, especially in warlike pursuits.

A **lobbyist** is someone who acts as an advocate for business interests with elected officials. Often this will involve persuading the official to support legislation that will bring financial benefits to the business.

Log rolling is a practice in American legislatures where two or more members agree to support each other's bills. It's like two men standing on the same log and rolling it together.

Machiavellian is an adjective that describes manipulative and cynical political activity where morals and principles have no account. The Italian Renaissance political theorist Niccolo Machiavelli wrote a manual on survival for aristocrats in a hostile environment.

A **muckraker** is a journalist or author whose goal is to expose negative or dangerous elements in his chosen subject matter.

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possible after completing the review. That will allow the words to become established in your subconscious mind without distraction. Thank you taking part in this program. You can be confident that you'll reap the benefits for years to come.