

FLUENT

Complete
Edition

English Vocabulary

2022

- Words
- Terms
- Phrasal Verbs
- Idioms

Premier English Learning Publishing

Fluent English Vocabulary 2022 Complete
Edition

Important Words, Phrasal Verbs, and Idioms
You Should Know to Write and Speak
English Fluently

by Premier English Learning Publishing

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From Publisher

In this book, we've collected words, phrasal verbs, and idioms you should know to write and speak English fluently.

This is the third and final book in a series of in-depth English dictionaries from Premier English Learning Publishing (the first two are *English C1 Advanced Vocabulary* and *English C2 Proficiency Vocabulary*).

This book contains only the most important words with clear and simple definitions and up-to-date example sentences.

Study at home, on the road, or in class; bookmark pages; and remember that repetition is the key to memory.

Vocabulary

Ablaze

Meaning: Burning very strongly; brightly colored.

Example: Our house was ablaze in a few minutes; the street was ablaze with lights.

Abound in

Meaning: Filled; contains a very large amount of something or someone.

Example: Our river abounds with fish.

Absolve

Meaning: To free someone from guilt or blame.

Example: I absolve you from responsibility; I absolve you from all your sins.

Abstain from something

Meaning: Intentionally avoid doing something because it's bad for you.

Example: My doctor ordered me to abstain from alcohol.

Acclaim

Meaning: Public approval; public praise.

Example: His work as a teacher was highly acclaimed.

Accomplice

Meaning: One who helps another to commit a crime.

Example: She was her husband's accomplice in the robbery.

Accustomed

Meaning: Familiar with something; customary; usual.

Example: John quickly became accustomed to new job.

Address oneself to something

Meaning: Fully focus on something.

Example: I need to address myself to the current problems.

Adhere to something

Meaning: To obey a rule, contract, or law; act as required; continue to support or believe in something.

Example: They failed to adhere to the terms of our contract; we adhere to this law for a reason; Erica adheres to a strict diet.

Alleviate

Meaning: To make something easier to deal with or endure; to make something less intense or severe.

Example: Alleviate the pain; alleviate his suffering; alleviate the problem.

Allow for

Meaning: To include something in a plan or calculation.

Example: You should allow for delays when planning a journey to Brazil.

Allude

Meaning: To mention someone or something in an indirect way.

Example: Did she allude to her hope of being chief executive officer?

Allure

Meaning: The quality of being charming, exciting, or interesting.

Example: The allure of Paris; the allure of diamonds.

Amusing

Meaning: Entertaining and funny; causing laugh; providing entertainment.

Example: Amusing story; amusing anecdotes.

Anachronistic

Meaning: Outdated; not attributed to the correct historical period.

Example: The costumes were anachronistic for a Renaissance play.

Angle for

Meaning: Attempting to get something indirectly by hinting or suggesting.

Example: Dina's been angling for an invitation, but I don't want her to come.

Anguish

Meaning: Mental or physical pain; extreme unhappiness.

Example: She anguished over her failure.

Appertain to something

Meaning: Relate to; be connected with.

Example: These dresses appertain to last year's collection.

Arguably

Meaning: Something that may be argued or shown by argument.

Example: The film is arguably a potential film of the year.

Argue down

Meaning: To beat someone in a discussion or argument.

Example: He tried to buy a new car, but I argued him down.

Atone for something

Meaning: To show that you are sorry for doing something bad; to compensate.

Example: John promised to atone for his crime.

Atrocious

Meaning: Of a very bad quality; shockingly bad or wicked.

Example: Conditions in the prison were highly atrocious.

Attrition

Meaning: Making something weaker; reducing something's strength; gradually destroy something.

Example: Attrition of human rights; a war of attrition.

Augment

Meaning: To make something greater or stronger by adding something to it.

Example: To augment the family income; to augment the army; to augment the work force.

Back out

Meaning: Decide not to do what you agreed to do.

Example: The buyer backed out of the deal.

Back to square one

Meaning: Back to where you started without making any progress.

Example: Fiona's startup didn't work, so she had to go back to square one.

Bank on

Meaning: Expecting something to happen and relying on it to happen.

Example: Our entire team is banking on him to save the match.

Bear on something

Meaning: To have an effect on something; influence something; relate to something.

Example: Emotions did not bear on our decision.

Beat around the bush

Meaning: To talk around a subject without getting to the main point.

Example: Stop beating around the bush and get to the point.

Beat someone to the draw

Meaning: To do something before someone else; to accomplish something quicker than someone else.

Example: John was just about to answer Jack's question when Ron beat him to the draw.

Bias

Meaning: To favor one person or thing over another in an unfair manner.

Example: Students accused their teacher of being biased in grading.

Bilk

Meaning: Deceive or cheat; to get money from someone in a dishonest way.

Example: He bilked me of hundred dollars.

Blatantly

Meaning: Done in an open or very obvious way.

Example: She blatantly violated the law; it was blatantly obvious; blatantly lie.

Blasphemous

Meaning: Showing disrespect for religion, God, or something holy.

Example: Blasphemous film; blasphemous writer; blasphemous article.

Blithering

Meaning: Foolish or stupid; talking foolishly.

Example: A blithering idiot; blithering nonsense.

Blue-blooded

Meaning: A member of a noble, wealthy, or influential family.

Example: Blue-blooded teens attend this private school.

Bone up on something

Meaning: Study hard; learn as much as possible about something.

Example: I need to bone up on my French grammar for a test on Monday.

Break your back

Meaning: To work very hard to achieve something.

Example: I broke my back to complete the project on time.

Bring over

Meaning: To bring someone or something from one place or locality to another; take something to place where someone is.

Example: Rita's bringing her new boyfriend over to our house tonight.

Bring the curtain down

Meaning: To end something.

Example: His injury brought the curtain down on his football career.

Brush off

Meaning: Refuse to take someone else's words or arguments into account; to treat something as unimportant.

Example: Tom brushed off my idea without any comment.

Carry someone away

Meaning: To cause someone to become extremely emotional and to lose control.

Example: The team got carried away when they won the championship.

Come to terms with

Meaning: To accept or deal with something difficult or unpleasant.

Example: Rita's still coming to terms with the death of her son.

Come what may

Meaning: No matter what might happen; whatever happens.

Example: Come what may, I will do it.

Condemn

Meaning: Sharply criticize someone or something; express strong disapproval.

Example: I condemn any act of violence.

Congenial

Meaning: Social, friendly, and pleasant.

Example: Congenial atmosphere; congenial friend.

Corroborate

Meaning: To confirm or make more certain; to support by providing evidence or necessary information.

Example: Details of the robbery were corroborated by five witnesses.

Creep up

Meaning: Slowly increasing in amount or quantity.

Example: The number of employees has crept up to 10; prices are creeping up.

Custody

Meaning: The legal right to care for someone; the state of being in prison (mostly while waiting for a trial).

Example: I got custody of my daughter after the divorce; Dan has sole custody of his son; John is in custody awaiting trial.

Cut out to be

Meaning: Be suitable for a particular position or role; have the necessary qualities.

Example: He's not cut out for this job.

Cut to the chase

Meaning: Strictly to the point; to start talking about what is really important without going into unnecessary details.

Example: I'm very busy right now, so please, cut to the chase and tell me what you want.

Defamation

Meaning: Damaging someone's good reputation with a lie.

Example: Tom sued the newspaper for defamation of character.

Delinquent

Meaning: One who behaves in an illegal or immoral manner.

Example: Ron has been delinquent in paying his taxes.

Depict

Meaning: To describe someone or something using pictures or a story; to represent by a drawing or painting.

Example: The media depict him as a hero; this tv show depicting the life of medieval knights; a painting depicting Achilles and Hector.

Destitute

Meaning: Extremely poor; homeless; lacking something needed.

Example: Destitute people who live on the streets.

Doable

Meaning: Can be achieved, reached, or accomplished.

Example: This task is difficult, but doable.

Do away with something

Meaning: To get rid of something; to stop or eliminate something.

Example: It's time to do away with all these old projects.

Drag out (something)

Meaning: To make something last much longer than necessary.

Example: Let's not drag out this meeting, my wife is waiting for me at home.

Drone on

Meaning: To talk for a long time in a tedious or boring manner.

Example: John was droning on and on about video games.

Ease off

Meaning: To become less intense, severe, or annoying.

Example: We waited until the rain had eased off.

Edify

Meaning: To teach or instruct someone in order to improve them morally or intellectually.

Example: Classical music can edify children's character; edifying books; travel is an edifying experience.

Elaborate

Meaning: Involving many carefully arranged details; done with great care.

Example: Elaborate preparations for a business meeting; elaborate plan; elaborate hairstyle.

Enigmatic

Meaning: Mysterious; difficult to understand; difficult to interpret.

Example: Enigmatic message; enigmatic behavior; enigmatic smile.

Enmeshed

Meaning: Being involved in something (usually bad or illegal).

Example: Enmeshed into the murder; enmeshed in difficulties; enmeshed in a war.

Enunciate

Meaning: Speak or pronounce something clearly.

Example: An actor or actress has to enunciate clearly.

Evaporate

Meaning: To change from liquid into vapor.

Example: You need to cook this dish until all the liquid has evaporated.

Exasperate

Meaning: To make someone extremely annoyed.

Example: I was exasperated by her scream.

Exemplary

Meaning: Representing the best of its kind; an ideal role model; serving as a warning to others (relating to punishment).

Example: His manners are exemplary; exemplary citizen; exemplary punishment.

Fabricate

Meaning: To invent or create something false in order to trick people; make something out of different materials.

Example: They fabricated evidence; the rumor was fabricated by my enemy; these shirts are fabricated from high quality synthetic materials.

Face the music

Meaning: To accept punishment or criticism for something (usually bad or wrong) you have done.

Example: You must face the music and admit your betrayal.

Factor something in

Meaning: To include something in the calculation; to take something into account.

Example: My salary is not that high when taxes and insurance are factored in.

Fed up

Meaning: Annoyed or bored, especially with something that has continued for too long.

Example: Eric had become fed up with country life.

Fictitious

Meaning: Not real or true; false; not existing.

Example: Fictitious rumors; fictitious name; fictitious characters.

Fizzle out

Meaning: To gradually end or fail; disappear; end in disappointment.

Example: A great desire to completely change my life has fizzled out; their relationship just fizzled out.

Flippant

Meaning: Frivolous; not serious about a serious subject.

Example: Flippant answer; flippant comment; flippant attitude.

Fragile

Meaning: Easily broken or destroyed; thin or light.

Example: Fragile glass; fragile economy; fragile health; fragile beauty.

Fragrant

Meaning: Having a pleasant smell.

Example: Fragrant perfume; fragrant oils; our kitchen was fragrant with Christmas cooking.

Freeze someone out

Meaning: To prevent someone from being part of a group or taking part in something (mostly by being very unfriendly to them).

Example: Other girls did everything they could to freeze me out of the volleyball team.

Fritter away

Meaning: To spend something in a foolish way.

Example: John frittered away his inheritance; she frittered away her time.

Gangling

Meaning: Unusually tall and thin; unable to move gracefully

Example: Dan is a very tall, rather gangling boy with a heart of gold.

Get out of hand

Meaning: Become chaotic or difficult to control.

Example: Things started to get out of hand.

Gnarled

Meaning: Very old and twisted; full of knots.

Example: Gnarled tree; gnarled hands.

Go all out

Meaning: To use all your strength, enthusiasm, or energy.

Example: We must go all out to complete this task.

Go down that road

Meaning: Take a particular course of action; decide to do something in a certain way.

Example: I've made similar mistakes before and don't want to go down that road again.

Good things come in small packages

Meaning: Said to indicate that something doesn't have to be big or expensive to be valuable or good.

Example: Right on my birthday, I received a University Acceptance Letter. I guess good things come in small packages.

Grandiose

Meaning: Too large, complex, or expensive; pretentious.

Example: Grandiose building; grandiose plans.

Hash out

Meaning: Talk about something to find a solution.

Example: We need to hash out an expansion agreement.

Hedged in

Meaning: To be surrounded by something; to be limited in something.

Example: My home was hedged in by palm trees; we were hedged in by the rules.

Hefty

Meaning: Large in size, amount, or weight.

Example: Hefty man; hefty bill; hefty profit; hefty bank charges.

Hint at

Meaning: To indirectly talk about something.

Example: Jack's been hinting at the possibility of becoming a department head.

Hold forth

Meaning: To express one's opinion about something for a long time in a rather boring way.

Example: John was holding forth on politics.

Immutable

Meaning: Unchanging; cannot be changed.

Example: The principles of our company are immutable; immutable set of rules.

Indigenous

Meaning: One who originally lived in some place; native; grow or live naturally in a particular place or environment.

Example: Indigenous people of Canada; indigenous plants; kangaroos are indigenous to Australia.

Inferior

Meaning: Lower in rank, position or quality; not as good as someone or something.

Example: Many imported products are of inferior quality.

Insignia

Meaning: An object, symbol, badge, or mark indicating a person's affiliation with a group or organization; emblem of military rank.

Example: I saw medic insignia on his uniform; the guard wore insignia identifying his company; insignia of a captain.

Interdisciplinary

Meaning: Involving two or more areas of expertise.

Example: Interdisciplinary research; interdisciplinary courses; interdisciplinary studies.

Interrogate

Meaning: To ask someone a lot of questions to get the information you need (often in an aggressive way).

Example: Interrogate a witness; the suspects were interrogated by the police.

Intertwined

Meaning: Twisted together; very difficult to separate; closely connected with something or someone.

Example: Her fingers intertwined with his; politics and television are closely intertwined; our destinies are closely intertwined.

Intrepid

Meaning: Extremely brave; fearless.

Example: Intrepid war correspondents.

Irreversible

Meaning: Cannot be canceled or changed.

Example: Irreversible damage; irreversible changes; irreversible process.

It's the thought that counts

Meaning: Said to emphasize that it is the care or kindness behind an act that matters.

Example: I can't afford to buy her an expensive gift, but I'll make something with my own hands, because it's the thought that counts.

Jack up

Meaning: To increase sharply; to move or lift.

Example: Some stores jack up their prices.

Jot down

Meaning: To write quickly or hurriedly.

Example: I carry a special notepad so that I can jot down any interesting ideas.

Keyed up

Meaning: Extremely excited or nervous.

Example: Ron always gets keyed up about tests.

Last out

Meaning: To manage to stay alive.

Example: How long can we last out without water?

Lavish

Meaning: Impressive; luxurious; large in quantity; a lot of money has been spent on it.

Example: Lavish lifestyle; lavish wedding; lavish gift; lavish banquet.

Leaf through

Meaning: To quickly turn the pages without really reading them.

Example: Leafing through magazines; leafing through books.

Let the cat out of the bag

Meaning: To share information that was previously hidden; reveal a secret.

Example: I'm afraid I let the cat out of the bag and told my husband about us.

Like-minded

Meaning: Having similar opinions or interests.

Example: Like-minded people; like-minded friends; like-minded groups.

Luxuriant

Meaning: Large; lush; and growing well.

Example: Luxuriant plants; luxuriant trees; luxuriant hair.

Malaise

Meaning: Feeling sick or lacking energy; unpleasant feeling that something is wrong; not operating effectively.

Example: Malaise and fatigue during illness; economic malaise.

Malfunction

Meaning: A failure to function or work correctly.

Example: All my data was lost due to a software malfunction; genetic malfunction; computer malfunction.

Meddle

Meaning: Try to influence or change something without being asked.

Example: I meddled in John and Mary's relationship and forced them to break up.

Meld

Meaning: Unite; combine; mix together.

Example: I melded country music with EDM to create my own unique sound.

Mettle

Meaning: The ability of a person to cope well with difficulties; perseverance; fortitude; strength of spirit.

Example: You must show your mettle under pressure before we can offer you this position.

Mind out

Meaning: Tell someone to be careful.

Example: Mind out! There's a train coming.

Minuscule

Meaning: Extremely small.

Example: A minuscule particle; minuscule amount; minuscule changes.

Nugatory

Meaning: Of little or no value or importance.

Example: Nugatory amount; nugatory efforts.

Off chance

Meaning: Something that you think might work, even though it's unlikely.

Example: On the off chance you get there before I do.

Ooze

Meaning: To flow slowly.

Example: Blood oozed out of the wound.

Ornately

Meaning: With a lot of complicated decoration.

Example: Ornately illustrated cards; ornately carved doors; ornately decorated vase.

Outing

Meaning: A short trip that a group of people take for fun and enjoyment.

Example: We went for an outing on a sunny day; school outing to the Central Park; family outing to the countryside.

Out of the blue

Meaning: Completely unexpected; without warning.

Example: My wife arrived out of the blue; he quit his job out of the blue.

Outwit

Meaning: To defeat by acting more cleverly.

Example: The runner managed to outwit the opponent by shortening the distance through the forest.

Paramount

Meaning: More important than anything else.

Example: Safety and health are paramount; clear air is of paramount importance.

Pensive

Meaning: Seeming to be thinking deeply about something.

Example: Ron looked pensive when he heard his verdict;
pensive poet; pensive writer.

Persevere

Meaning: To continue trying to achieve something despite all the difficulties.

Example: He persevered with his math lessons.

Pester

Meaning: To annoy someone, mostly with stupid questions or remarks.

Example: Don't pester me with your inappropriate questions about my personal life.

Phase in

Meaning: To introduce or start using something gradually.

Example: New laws can be phased in over five years.

Pipe up

Meaning: To speak; enter a conversation; to raise your voice.

Example: The smartest student piped up with the answer.

Plead

Meaning: To ask for something in a very emotional way.

Example: I was on my knees, pleading for forgiveness.

Poking around

Meaning: Looking for something by moving objects around.

Example: Poking around in his room; poking around in her closet.

Polarize

Meaning: To divide into groups with completely opposite opinions.

Example: This issue has polarized public opinion.

Precarious

Meaning: Dangerous or uncertain; not in complete control.

Example: Precarious financial situation; precarious position; precarious way.

Prerequisite

Meaning: Something that needs to happen before something else can happen.

Example: An advanced level of English is a prerequisite for this training course.

Prevaricate

Meaning: Avoid giving a direct answer to a question; not telling the truth.

Example: Josh and Kiara seemed to prevaricate when I asked them directly what happened between them.

Procrastinate

Meaning: To delay doing something; to postpone something until later.

Example: Ron procrastinated and missed the CV submission deadline.

Promptly

Meaning: Immediately; without delay; exactly at the correct time.

Example: The response from HR came promptly; Dan arrived promptly at five o'clock.

Puzzled

Meaning: Very confused because you can't understand something.

Example: The math task just puzzled me; he looked very puzzled.

Ragged

Meaning: Old; dirty; torn; untidy; in bad condition.

Example: Ragged clothes; ragged edge in the book.

Recurrent

Meaning: Happens again and again.

Example: Recurrent nightmare; recurrent infections.

Relentless

Meaning: Never stops; never becomes less intense; without a reduction in severity.

Example: Relentless heat; relentless criticism; relentless pressure at work; relentless determination.

Restate

Meaning: To say (something) again or differently.

Example: Restate your position; restate your requirements; we restate the importance and necessity of our work.

Rifle through

Meaning: To search quickly through something.

Example: Dan rifled through the hundreds of T-shirts looking for the green one.

Sabbatical

Meaning: A period of time during which employees (most commonly teachers) are allowed to temporarily stop their usual work in order to rest, study, or travel.

Example: Professor Ripley is on sabbatical this month.

Sacrilegious

Meaning: Treating something holy or respected without respect.

Example: It's sacrilegious to enter the temple with shoes on.

Scrape through something

Meaning: To succeed in something but with great effort; barely cope with something.

Example: Ron managed to scrape through the college entrance exams.

Seal off

Meaning: To prevent people from entering a particular building or area.

Example: Police sealed off the airport.

Serendipity

Meaning: The fact of finding or creating something nice or useful by chance; random occurrence of events in a favorable direction.

Example: I found the love of my life by pure serendipity.

Shambles

Meaning: A state of total disorder or mess.

Example: My room is a shambles; our economy is in a shambles; it was a shambles year.

Shatter

Meaning: To break something suddenly into many small pieces (literally and figuratively).

Example: The glass shattered into many pieces; shatter stereotypes; shatter illusions; shatter expectations.

Shift off

Meaning: To delay or postpone something.

Example: We cannot shift off these negotiations any longer.

Shrouded in mystery

Meaning: Hard to know or understand; have very little information about something.

Example: Dan's biography is shrouded in mystery.

Single someone out

Meaning: To choose one person from the group for some reason.

Example: Our team captain was singled out as MVP.

Sitting duck

Meaning: Easy target; one that is very easy for the enemy to attack.

Example: Without body armor and a helmet, I'm a sitting duck for the enemy; children are often sitting ducks for scammers.

Slip away

Meaning: To leave secretly; disappears or passes quickly.

Example: Ronda slipped away from the party; this opportunity slowly slipping away; how quickly the years had slipped away.

Smuggle

Meaning: To move someone or something illegally into or out of the country.

Example: He was a smuggler and smuggled cigarettes into the country.

Snowed under

Meaning: Be very busy; have too much work to deal with.

Example: I was snowed under with my work.

Spell something out

Meaning: Explain something in great detail.

Example: This math problem is so simple. Do I really need to spell it out for you?

Spooky

Meaning: Evil and frightening; weird in a bad way; creepy.

Example: Spooky old house; spooky maniac; spooky ghost stories.

Spurious

Meaning: False or fake; not reasonable or correct; not what it seems; based on false ideas; not sincere.

Example: A spurious claim; spurious arguments; spurious correlation; spurious association.

State-of-the-art

Meaning: The most recent stage in the development of something.

Example: State-of-the-art smartphone; state-of-the-art technology.

Stick Around

Meaning: Stay in a place or with someone for some time.

Example: It was so fun to stick around with Wendy last night; just stick around here and wait for her.

Stringent

Meaning: Very strict or severe; extremely limiting.

Example: Stringent terms in the contract; stringent laws; stringent requirements; stringent standards.

Succumb

Meaning: Fail to resist pressure or temptation; accept defeat; become very ill or die from an illness.

Example: Tom finally succumbed and let his daughter get the tattoo; succumbed to cancer; succumbed to infections.

Table something

Meaning: To delay or postpone something for further consideration.

Example: Let's table this decision for another meeting.

Taciturn

Meaning: Uncommunicative; doesn't talk much.

Example: My brother Dan was taciturn and unsociable, and rarely spoke to me.

Talk someone into something

Meaning: To convince or persuade someone to do something.

Example: The seller talked me into buying the most expensive laptop.

Tangled

Meaning: Twisted together in an untidy way; very complicated; extremely complex.

Example: Sarah's hair looks a little tangled; his tangled childhood.

Tatty

Meaning: In a bad condition; old.

Example: Tatty clothes; tatty old jeans; tatty cafe; tatty houses.

Tedious

Meaning: Lasts too long; boring; not interesting; often repeated.

Example: Tedious details; tedious job; tedious meeting; tedious task.

The best of both worlds

Meaning: When you have all the benefits of two different things.

Example: Working for this company gives me the best of both worlds: a lot of free time and a good income.

The calm before the storm

Meaning: A quiet or peaceful period before a very intense, chaotic, or bad period.

Example: My life is great right now, but I think it's the calm before the storm.

The more the merrier

Meaning: Said to emphasize that more people will make an event or activity more enjoyable.

Example: Can I bring my sister to your birthday party? Sure, the more the merrier!

Top off

Meaning: To finish something by adding one last thing.

Example: He topped off his project by adding the last detail.

Torqued up

Meaning: Overly excited or angry.

Example: Don't get torqued up about his words.

Tower over

Meaning: To be much taller than someone or something nearby.

Example: Sam towers over his girlfriend; our house towers over the houses of our neighbors.

Truculent

Meaning: Slightly aggressive; likely to argue a lot; easily annoyed or angered.

Example: Truculent and unpleasant teenager; truculent state of mind; truculent eyes; truculent person.

Unabashedly

Meaning: Without any worry, embarrassment, or shame.

Example: Dan acted unabashedly in front of the camera.

Undergo

Meaning: To experience something unpleasant but necessary.

Example: Policemen undergo regular medical examinations; the soldiers had to undergo a lot of suffering.

Unkempt

Meaning: Not looked after carefully; dirty; untidy.

Example: Long unkempt hair; unkempt grass; she looked unkempt; his beard looks unkempt.

Unleash

Meaning: To suddenly release a strong force or emotion.

Example: Your actions can unleash unstoppable economic changes.

Up in the air

Meaning: Uncertain; not yet fully planned; likely to change frequently.

Example: John's plans for his life are still up in the air.

Versatile

Meaning: Able to be used in many different ways; having many different abilities.

Example: Versatile basketball player who can play in all positions; versatile actors.

Vibrant

Meaning: Full of life or energy; very exciting.

Example: Vibrant city; vibrant woman; vibrant personality.

Vicissitudes

Meaning: An unexpected change of circumstances; unwanted life changes; unexpected challenges.

Example: Don't worry Dan, a hard breakup is just one of life's vicissitudes.

Vigorous

Meaning: Full of energy; forceful.

Example: Vigorous exercises; vigorous debate.

Vivacious

Meaning: Lively; happy; and attractive.

Example: She's so charming and vivacious; vivacious laugh; vivacious manners.

Vociferous

Meaning: Speaks loudly and with great energy.

Example: He was a vociferous speaker.

Volatile

Meaning: Likely to change suddenly or unpredictably.

Example: Volatile fuel prices; volatile character; volatile situation.

Vouch for someone

Meaning: To say that you believe that someone is honest, trustworthy, or good.

Example: She is my best friend and I can vouch for her honesty.

Water down

Meaning: To make something less powerful or effective.

Example: You should water down your requirements, they are too strict.

Wean someone off something

Meaning: Make someone gradually stop using, doing, or depending on something.

Example: I need to wean Jinna off cigarettes.

Weather the storm

Meaning: To successfully deal with a difficult or dangerous situation.

Example: My company did not weather the storm of the recession.

White lie

Meaning: A small or trivial lie about unimportant matter; small lie told to avoid making someone upset.

Example: She told a white lie as her excuse for missing my birthday.

With bells on

Meaning: Eagerly; excitedly; impatiently.

Example: Just tell me where the party is, and I'll be there with bells on.

Woozy

Meaning: Slightly weak; can't think clearly; not very steady.

Example: I was still woozy from the wine.

Wrap oneself up

Meaning: To dress in warm clothes.

Example: Wrap up well - it's windy outside; wrap up in cotton wool.

Zealot

Meaning: Fanatic; someone who is extremely enthusiastic about something.

Example: Religious zealots; political zealots.

Zip your lip

Meaning: To stop talking; to remain secret or silent.

Example: Zip your lip, John! If you tell them our secret, my company is over!