

Vocabulary – Chapter 1

1. rhetorical question – a question to which no answer is expected
2. tucked (I tucked it under my arm) – put in a safe spot
3. trusty – dependable, reliable, faithful
4. “no-fail” – sure to be a success, impossible to ruin
5. casserole – food prepared in a dish in which it is both baked and served
6. tackle (v.) – to take on a problem in order to solve it
7. mushroom soup stroganoff – a quick-to-prepare version of beef stroganoff
8. chuck – to throw out
9. entrée – the main course of a meal
10. duplex – a house divided into two living units
11. gourmet (adj.) – for those who are able to judge what is good quality in food and wine
12. foolproof – impossible to make a mistake with
13. gleaned – collected bit by bit (bit = little piece)
14. overrule – to change a decision you think is wrong using your official power
15. thrive – to become strong and healthy; to do very well
16. privilege – something that you are lucky to have a chance to do, and that you enjoy very much
17. aspect – part or side

18. stir-crazy – restless from being confined (kept in one small place)
19. gap – an opening or space between two things
20. redeem (my mistakes) – to make up for or make something less bad
21. blunders – careless or stupid mistakes
22. harmony – working well together
23. baffled – confused and frustrated, puzzled
24. “empty nest” – having children who have all grown up and left home
25. depletes – uses up
26. expends – consumes, uses up
27. burns up – consumes fuel
28. ironclad – so strong that it cannot be changed or argued against
29. uninterrupted – continuous
30. cookie cutter – a metal or plastic shape used to cut out cookie dough
31. smug – showing too much satisfaction with your own skill or success
32. mentor – a wise and trusted counselor or teacher
33. turf (on their own turf) – personal territory or area of interest
34. midst – center
35. ponder – spend time thinking carefully
36. reflection – careful thought
37. “end of your rope” – the limit of your patience or endurance

38. conduit –

Mothering by Heart

Chapter 2 – Throw Away the Cookie Cutter Vocabulary (pages 6 to 9)

1. **poolside** – beside the swimming pool
2. **dunked** – dipped into liquid
3. **tread water** – to keep the head above water while in an upright position by pumping the legs.
4. **sidelines** – a line along either of the two sides of a playing field, marking its limits; the space outside such limits where coaches, inactive players, and spectators stand.
5. **wailed** – made a long, loud, high-pitched cry
6. **strategy** – a plan of action to accomplish a goal
7. **coax** – to persuade by pleading or flattery
8. **pace** – the rate of speed at which a person moves (at her own pace)
9. **resist** – to keep from giving in to
10. **unique** – one of a kind
11. **temperament** – the way a specific person thinks, behaves and reacts
12. **quick-to-warm-up** – quick to adjust and feel comfortable in a new situation
13. **role model** – someone worthy of imitation
14. **dilemma** – a situation in which a choice must be made between alternative courses of action or argument; a problem
15. **compliant** – willing to carry out the wishes of another without protest
16. **barrels of fun** – a lot of fun

17. switch – change from one to another
18. puzzled – confused by a problem
19. vary – to be different
20. adaptability – the ability to change to fit a changed situation
21. attunement – the fit between parent and child
22. affirm – to support the validity of
23. processing – to take in and understand (process the information)
24. godsend – something wanted or needed that comes unexpectedly
25. predictable / predictability – able to be stated or known in advance
26. “go with the flow” – go along with whatever is happening
27. startle – to become alarmed, frightened or surprised
28. persevering – continuing in an activity in spite of discouragements
29. persistence – the quality of staying with an activity

Mothering by Heart

Chapter 2 – Throw Away the Cookie

Cutter Vocabulary pages 10 – 13

page 10:

- 1. wired – put together**
- 2. makeup – qualities or temperament that make up a personality**
- 3. individuality – the character or personality that makes one a unique person**
- 4. “major on the minors” – to put your focus or concentration on small, unimportant details**
- 5. determined – marked by firmness of purpose**
- 6. marvelous – causing wonder or astonishment**
- 7. distinct – clearly different or separate**

page 11:

- 8. auditory – related to hearing**
- 9. kinesthetic – relating to the sense that detects body position and movement**
- 10. analytical – skilled in breaking down a whole into its parts or basic principles; skilled at using reasoning**
- 11. spatial – of or pertaining to space**
- 12. precious – very valuable or dearly loved**
- 13. “rest on their laurels” – to rely on past achievements instead of continuing to work**
- 14. “keep us on our toes” – keep us alert and ready to act**

15. one-pronged approach – (prong – a thin, pointed projecting part) – a single strategy

16. “get a handle on” – to achieve an understanding of

17. mimic – to copy or imitate

18. refrain – 1. a verse repeated at intervals throughout a song
2. to keep oneself from doing something

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19. silver lining – something hopeful or comforting in the middle of difficulty

20. trait – a distinguishing feature or characteristic

21. argumentative – fond of arguing or disagreeing

22. bossiness – quality of ordering other people around

23. melancholy – sad, thoughtful

24. run ragged – to wear out, to work someone until she is exhausted

25. pitch – the relative position of a musical tone

26. social butterfly – someone who is outgoing; a person who moves quickly from one interest or group to another

27. uncanny – beyond what is natural

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28. “crack you up” – make you laugh

Mom's Group
Vocabulary – Chapter 3

1. put off – delay, postpone, wait until later
2. smooth out – get easier
3. tight – “finances are tight” means you don't have enough money
4. prodigal – someone who leaves his family and home (or his family's values) without the approval of his family, but who is sorry later and returns; wasteful with money
5. stake (v.) – attach, tie; to risk something that is valuable or important to you on the result of something that may or may not happen
6. stake (n.) – a pointed piece of wood, metal etc, especially one that is pushed into the ground to support something or mark a particular place.
7. perpetually – continually, constantly
8. miss out on – to not have the chance to do something that you enjoy and that would be good for you
9. Scripture – the Bible
10. count on – to depend or rely on someone or something
11. mist – very fine (small) liquid droplets (like the morning fog). A droplet is a small drop.

12. take advantage of – to use a particular situation to do or get what you want
13. vivid – intensely bright
14. stroll – walk along at a slow speed
15. fill up emotional tank – a metaphor meaning to give someone extra love and attention that she can store up in order to feel good for a long time
16. TLC – tender, loving care
17. “down time” – time when something is not working or operating, time off from usual activities
18. gold finch – a small yellow and black bird
19. unquenchable – impossible to stop or destroy

Mom's Group

Vocabulary – Chapter 4 – Never Be Too Smug

1. **smug** – showing too much satisfaction with your own cleverness or success
2. **mother's day out** – a day care center for occasional use
3. **disapproving** – showing that you think someone or something is bad or wrong
4. **exhibited** – showed, presented for others to see
5. **humble / humility** – not considering yourself or your ideas to be as important as other people's; not proud
6. **blunder (n.)** – a mistake made due to carelessness, ignorance, or stupidity
7. **spark (v.)** – to start or set in motion
8. **pushed around** – treated roughly, bullied; told what to do in an impolite or threatening way
9. **scolded** – verbally corrected in an angry way
10. **isolated case** – a single example
11. **hostile** – very unfriendly
12. **complacent** – pleased with a situation, especially something you have achieved, so that you stop trying to improve or change things
13. **scrupulously** – very carefully, exactly and completely
14. **lump it together** – to put two or more different people or things together and consider them as a single group
15. **pride** – a belief that you are better than other people and do not need their help or support

16. **telltale** – clearly showing that something has happened or exists
17. **wailing** – loud, high-pitched crying
18. **make a scene** – make a loud, public display of anger
19. **devotions** – a time of short, daily Bible reading and prayer
20. **lurking** – waiting somewhere quietly and secretly
21. **corner the market** – to gain control of the whole supply of a particular kind of goods
22. **disciplinarian** – someone who believes people should obey orders and rules, and who makes them do this
23. **tune out** – to ignore or stop listening to someone or something
24. **comparison trap** – to be caught in the situation of comparing yourself to others
25. **compassionate** – feeling sympathy for others; merciful
26. **going ballistic** – suddenly becoming very angry
27. **stoop** – to bend your body forward and down
28. **soar** – rise up high into the air
29. **nurture** – to help to grow or develop; to feed and take care of a child or a plant while it is growing
30. **you name it** – used to mean that there are many things you could mention
31. **set you up** – to put you in a position in which something is likely to happen to you

Chapter 5 – People are More Important Than Things

Vocabulary

1. set her sights – she wanted very much to have or achieve something, or was determined to do something.
2. transforming – completely changing the appearance, form, or character of something or someone, especially in a way that improves it
3. stripping / stripper – removing paint or other finish from furniture or floors / the chemical used to strip off the paint
4. polyurethane – a transparent plastic coating for furniture or floors
5. coats – layers of paint or other finish
6. gorgeous – extremely beautiful or attractive
7. stunning – extremely attractive or beautiful
8. handiwork – something that someone has made or done using their hands in a skilful way
9. “basked in the glow” – enjoyed (bask – to enjoy sitting or lying in the heat of the sun or a fire)
10. sloshing – spilling, splashing, or moving about in an uncontrolled way
11. limp – not firm or strong; lacking stiffness
12. eat through – to gradually destroy something by a chemical action
13. assure – to tell someone that something will definitely happen or is definitely true so that they are less worried
14. redeem – rescue, save
15. flaws – mistakes, marks, or weaknesses that make something imperfect
16. radiance – glowing brilliance

17. mishap – a small accident or mistake that does not have very serious results
18. sparkling – shining clean
19. luster – an attractive shiny appearance
20. picture-perfect – good enough to take a picture of
21. skewed – not straight and higher on one side than the other; an opinion or piece of information that is skewed is incorrect, especially because it has been affected by a particular thing or because you do not know all the facts
22. rearrange – to change the position or order things
23. priorities – what you think is most important and needs attention before other things

**Mom's Group
Vocabulary – Chapter 6
Follow the Leader**

1. **time out** – a short pause from doing something (in this case a form of discipline where a child has to sit away from others)
2. **reprimand (v.)** – to tell someone that something they have done is wrong
3. **mirror-image** – an image of something in which the right side appears on the left, and the left side appears on the right; something that is very similar to something else.
4. **imitation** – something copied from an original
5. **seldom** – not often, rarely
6. **misquote** – to repeat the words of someone else incorrectly
7. **drudgery** – hard, unpleasant work
8. **countless** – too many to be counted
9. **motivator** – something or someone that makes you want to do or achieve something
10. **“Actions speak louder than words”** – what you do communicates more clearly than what you say
11. **impact (v.)** – to have an important or noticeable effect on someone or something
12. **mirror (v.)** – to copy
13. **attitude** – the way that you behave towards someone or in a particular situation, especially when this shows how you feel
14. **observers** – people who watch carefully
15. **assume** – to think that something is true, although you do not have proof


16. internalize – to take in and make a part of your beliefs
17. determining – directly influencing or deciding
18. campaigns – series of actions intended to achieve a particular result relating to politics or business, or a social improvement
19. mimic (n.) – a person who is good at copying the movements, sound, or appearance of someone or something else
20. despite – in spite of; used to say that something happens or is true even though something else might have prevented it
21. “point person” – someone with a very important job or a lot of responsibility for a particular subject in a company or organization
22. motivated – eager to do something or achieve something, especially because you find it interesting or exciting
23. contagious – spreading from one person to another
24. “check out” – look at
25. dig for – to search for
26. avid – doing something as much as possible; having strong interest and enthusiasm
27. admit – to agree that something is true; to say that you have done something wrong

Chapter 7 – Teaching Your Kids to Pray Vocabulary

- 1. dense – thick; made of a lot of things that are very close together**
- 2. drought – a long period of dry weather when there is not enough water for plants and animals to live**
- 3. spread – to grow to cover a larger area**
- 4. “shot an arrow prayer” – prayed a quick, short prayer right where she was**
- 5. prayer chain – a list of people who have agreed to pray when they are called and then call the next person on the list**
- 6. pray-er – someone who prays**
- 7. mobilized – prepared for action**
- 8. hold back – to make someone or something stop moving forward**
- 9. give the advantage – put in a winning position**
- 10. interceding – speaking in support of someone or for the benefit of someone, especially in order to try to prevent him from being punished**
- 11. lingered – stayed somewhere a little longer, especially because you did not want to leave**
- 12. refuge – a source of help, relief, or comfort in times of trouble; a shelter or protection**
- 13. befall – happen to**
- 14. leaped – jumped up quickly**
- 15. embers – a piece of wood or coal that stays red and very hot after a fire has stopped burning**

16. last resort – what you will do if everything else fails
17. spontaneous – unplanned
18. visual aid – something such as a map, picture, or film that helps people understand, learn, or remember information
19. prompt (v.) – to make someone decide to do something; act as a cue or reminder
20. pray conversationally – to pray as if sharing thoughts with a friend
21. rote – something learned by repeating it many times, without thinking about it carefully or without understanding it
22. formalizing – making a plan, decision, or idea official, especially by deciding and clearly describing all the details
23. flowery – using complicated and rare words instead of simple clear language; fancy or showy
24. apt – likely
25. ground (v.) – to base
26. jump-start – to help a process or activity to start or become more successful; to start a car whose battery has lost power by connecting it to the battery of another car

Chapter 8 – A Heart for Your Home

1. fast forward living – living where events change quickly
 2. pit stop – a brief stop for rest and refreshment
 3. drop in – visit informally and spontaneously
 4. living “temporary” – living in a place where you only expect to stay for a short time
 5. shaky – lacking sturdiness, not to be depended on (a shaky neighborhood is not very safe)
 6. accessories – items in addition to the furniture that add to the decoration of a room (pictures, vases, plants, lamps).
 7. wicker – a flexible plant branch or twig, as of a willow, used in weaving baskets or furniture
 8. settee – a small sofa
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9. refurbished – made clean, bright , and fresh again
 10. rejuvenated – made young again
 11. chores – daily or routine household tasks

12. surround – to encircle or enclose on all sides
13. stuff (n.) – household or personal objects considered as a group
14. on the market – for sale
15. décor – the decorative style of a room
16. dwelling – a place to live in
17. neglect – pay little or no attention to, fail to care for properly
18. semblance – an outward appearance
19. cherished – treated or remembered with tenderness and affection
20. overwhelmed – covered over completely as by a great wave, made powerless by an excessive amount of something
21. fairy godmother – a generous benefactor (a person who helps people)
22. zip – to move quickly and energetically
23. mounds – big piles
24. peeking – glancing or looking quickly
25. inspired – motivated, stimulated to action
26. pitch in – to join with others to help
27. voilà – (French) There it is!
28. crankiest – most fussy and easily upset
29. nook – a small corner
30. impromptu – done or said without any preparation or planning

Chapter 9 – Fingerprints on the Wall Vocabulary

1. race – to move rapidly
2. pick up – to collect or gather
3. hit – to reach or arrive at
4. dash – to rush; to move very quickly
5. “time seemed to be crawling” – time seemed to be moving very slowly
6. cooped up – confined, as if in a small cage
7. bouts – periods of time spent in a particular way
8. “it bears pondering” – it is worth thinking about carefully
9. “the twinkling of an eye” – an instant, the time of a wink
10. decked out – clothed with fine or decorative clothing
11. grasps – to hold firmly with the hand
12. distinctive – serving to identify a person or thing

13. blaring – sounding loudly and harshly
14. “on the verge” – on the edge; at the point beyond which an action is about to begin
15. proceeds (v.) – goes forward, continues
16. savor – to taste or smell with pleasure; to appreciate fully
17. fleeting – passing quickly
18. static – not moving
19. tendency – a predisposition to think or act in a particular way (We have a tendency = We are likely)
20. vital – essential, very important, necessary for life
21. terrain – the surface features of an area of land
22. flextime – an arrangement by which employees may set their own work schedules, especially their starting and finishing hours.
23. constellations – formations of stars
24. overcommitted – obligated to participate in more activities than are possible
25. splintered – broken into sharp, slender pieces
26. fragments – broken off pieces

Lesson 10 – Listen with Your Heart

Vocabulary

1. bustling – moving busily and with energy
2. gotta – got to
3. “wrapping it up” – finishing
4. stoop – bend forward and down
5. distracted – unable to pay attention to what you are doing because you are worried or thinking about something else
6. juggling – keeping more than two activities in progress at one time
7. clue – a piece of information that helps you explain something; a hint in the solution of a mystery
8. aspect – part; a distinct element or feature in a problem
9. chatter – to talk rapidly, without stopping, on unimportant subjects
10. what they’re after – what they want; what they are looking for
11. “to get a word in edgewise” – (edgewise means with the thin edge forward) – to have a chance to speak (when it is difficult because others are talking)
12. deficient – lacking something important
13. odd – unplanned

14. sensitive – needing to be handled very carefully
15. overreact – to show too much emotion
16. clam up – to refuse to talk
17. open-ended – without a definite answer
18. reproof – blame or disapproval; criticism
19. problematic – full of problems and difficult to deal with
20. scary landscape – a frightening place
21. moderate (v.) – to make something less extreme or violent
22. predictable – happening in the way you expect; possible to state in advance
23. foster – to help or encourage to develop over a period of time

Chapter 11 – Cultivating Friendships with Moms Vocabulary

- 1. cultivating – working to develop; making an effort to develop a friendly relationship with someone**
- 2. “I busied myself” – I kept myself busy; I occupied myself**
- 3. cabin fever – when you feel upset and impatient because you have not been outside for a long time**
- 4. cranky – easily irritated or annoyed; bad-tempered**
- 5. isolated – alone; set apart from others**
- 6. blue – sad or depressed**
- 7. overdue for – something that is overdue should have happened or been done a long time ago**
- 8. gatherings – friendly, informal meetings or parties**
- 9. a coffee – an informal social gathering at which coffee and other refreshments are served**
- 10. newcomer – someone who has only recently arrived**
- 11. coffee ring – a ring-shaped cake with fruits or nuts and often iced that is served with coffee, usually in the morning**
- 12. laced – spread throughout**
- 13. bundled up – wearing lots of warm outdoor clothing**
- 14. dissipate – to gradually become less or weaker before disappearing completely**
- 15. Lone Ranger – someone who prefers to be alone, like the Lone Ranger, a masked cowboy hero from radio and TV**

16. corral (v.) – to keep people in a particular area, especially in order to control them (as one would control wild horses by moving them into a fenced area)
17. strong-willed – knowing exactly what you want to do and being determined to achieve it, even if other people advise you against it
18. “doing their own thing” – doing whatever they like to do
19. heart of matters – the most important or central part of something
20. hauling – pulling or dragging
21. designated – selected and set aside
22. take in (a movie) – go to see
23. tackle (v.) – to face or deal with a difficult problem or task
24. “ice cream social” – a picnic or outdoor social activity featuring eating ice cream

Chapter 12 – A Mom’s Greatest Gift Vocabulary

- 1. brand-spanking new – very new, never used**
- 2. braving –courageously facing**
- 3. “shoe-of-the-moment” – whatever shoe is very popular right now**
- 4. convince – to use argument or evidence to make someone accept what you say as true**
- 5. gear – equipment, such as tools or clothing, used for a particular activity**
- 6. discount – to offer for sale at a reduced price**
- 7. darling (adj.) – very cute**
- 8. “plastic” – a credit card**
- 9. affect – to have an influence on**
- 10. shrink – to become smaller**
- 11. clutter (v.) – to make messy or hard to use by filling or covering with objects**
- 12. dividend – a bonus; something extra**
- 13. invest – to commit money in order to gain a financial return**
- 14. outlive – to live longer than**
- 15. foundation -- base**
- 16. revealing – making known, showing**
- 17. involved – included, participating**

18. sapped – used up or weakened gradually; worn away
19. anxiety – feelings of worry, fear or uneasiness
20. unity candle – a big candle which is lit at a wedding ceremony using two smaller candles to symbolize two people becoming one
21. intimacy – closeness or warm friendship
22. devotions – a daily time to pray and read the Bible
23. resist -- to remain firm against; to keep from giving in to
24. mighty – having great power, skill, and strength
25. irresistible – impossible to resist, overpowering
26. trembles -- shakes involuntarily, as from excitement or anger
27. saint - any true Christian
28. resource – something that can be used for help or support
29. dissolve – to bring to an end
30. schemes – secret plans, plots
31. Moms in Touch –an organization that has chapters in local schools all over the United States. Moms of students meet once a week to pray for the students and teachers in the school their children attend.
32. brought to light – exposed, revealed or disclosed
33. convert – to persuade to adopt a particular religion, faith, or belief

34. on the contrary – in opposition to what has been stated or what is expected

35. demolish – to break down completely, destroy

36. strongholds – places that are made strong and secure

37. crush (n.) – extreme pressure

38. heart's desire – what you have always wanted very much

39. bear fruit – have success, to come to a satisfactory conclusion

40. intentionally – with purpose

Chapter 13 – Great Expectations Vocabulary

- 1. expectation – something expected or hoped for**
- 2. podium – a raised platform or stage for a public speaker**
- 3. beaming – smiling brightly**
- 4. huge – very large**
- 5. dynamic – characterized by force of personality, full of energy**
- 6. keynote – the main or featured (speech)**
- 7. accomplishment – an achievement; something completed successfully**
- 8. “keep his cool” – stay calm**
- 9. challenges – problems or difficulties**
- 10. ultimately – in the end**
- 11. perseverance – the act of staying with a task until it is finished; persistence**
- 12. avid – marked by great interest and enthusiasm**
- 13. overcome – defeat, conquer**
- 14. obstacle – something that stands in the way and prevents progress**
- 15. compensate – to counterbalance, to make up for**
- 16. downward spiral – an increasing downward movement**
- 17. accomplished – skilled, expert**
- 18. addled – confused not thinking clearly**

19. impact – effect, strong impression
20. capabilities – talents or abilities that have potential for development or use
21. unattainable – impossible to reach or achieve
22. take heart – to be confident or courageous
23. struggling – progressing with difficulty in spite of hard effort
24. spurts – sudden short bursts of growth or energy
25. click – become clear suddenly, become understood
26. “write off” – to consider as a failure
27. “throw cold water on” – to discourage, to express disapproval of

Lesson 14 – Go Fly a Kite Vocabulary

- 1. “Go fly a kite” – This is an idiom that means “Stop being annoying and go away.” It is used in this chapter literally. A kite is a light framework covered with cloth, plastic, or paper, designed to be flown in the wind at the end of a long string.**
- 2. peered – to look intently and curiously**
- 3. fascinated – very interested in or attracted by**
- 4. awed – filled with wonder**
- 5. icicles – a tapering spike of ice formed by the freezing of dripping or falling water**
- 6. gazed – looked steadily, intently, and with fixed attention and awe**
- 7. preoccupation – the state of having the mind or attention completely occupied with something else**
- 8. deadlines – time limits for completion of an activity or job**
- 9. task-oriented – focused on the jobs that need to be done**
- 10. deciphering – reading and interpreting something that is puzzling**
- 11. soared – to go higher than the usual or normal level**
- 12. hooked – addicted**
- 13. abounded – were present in great number or amount**
- 14. relished – experienced pleasure from**
- 15. cascade – something that resembles a series of small waterfalls**
- 16. stirred – awakened or started strong feelings in**
- 17. refreshed – renewed or revived, relieved from fatigue or depression**

18. drawn – pulled; attracted
19. metaphor – a figure of speech in which an expression is used to refer to something that it does not literally mean in order to suggest a similarity
20. sprouted – grown
21. spectacular – impressive, dramatic
22. breeze – a light, gentle wind
23. hummingbirds – tiny American birds having bright feathers and long slender bills; wings are specialized for vibrating flight
24. “take for granted” – to underestimate the value of; to assume something will always be there
25. inevitably – certainly, unavoidably
26. “your cup of tea” – something that you enjoy
27. blast – (slang) a highly exciting or pleasurable experience or event, such as a big party
28. colander – a bowl-shaped kitchen utensil with lots of small holes, used to drain or rinse food
29. feathered friends – birds
30. chirps – a short, high-pitched sound
31. remarkable – worthy of notice
32. cider – a drink made from juice pressed from apples
33. shooting star -- a starlike, shining meteor that, appears suddenly, moves quickly across a part of the sky, and then suddenly disappears
34. meteor shower – a large number of meteors that appear together and seem to come from the same area in the sky.

Chapter 15 – Trust Your Heart Vocabulary

1. dimmed – made less bright; turned down
2. rapt – so interested in something that you do not notice anything else; paying very close attention to something that has a very powerful emotional effect
3. urged – strongly suggested that someone do something; asked repeatedly
4. accompanying – going along with (in this case a book that goes with the video and covers the same material)
- Spelled out
5. strive – to make a great effort to achieve something
6. swiftly – very quickly
7. corporal punishment – punishment applied to the body of the person; physical punishment
8. “all quiet on the Western front” – a novel about World War I; an expression that meant no fighting was happening on the battle field between France and Germany; now an expression that means nothing is happening here
9. convincing – making you believe that something is true or right
10. red flag – something that warns you that something is wrong or that there may be problems in the future
11. harshness – excessive sternness or strictness
12. rigidity – state of being difficult to change or bend; inflexibility
13. concerns – things that cause one to worry
14. embrace – to accept willingly
15. jump on – to quickly and enthusiastically follow
16. “err on the side of...” – to be too (compassionate, kind, or careful, etc.) rather than risk making a mistake
17. bent (n.) – a natural skill or ability

18. heavy-handed – strict, unfair and not considering other people's feelings; harsh
19. compliance – the act of obeying a rule or law
20. resent – to feel angry or upset about something, especially because you think it is not fair
21. unconditional love – love without limits, that is not based on the behavior of the one you love
22. embitter – to cause to be angry and full of hate
23. accomplishing – achieving
24. major on – focus on
25. priority – the thing that you think is most important and that needs attention before anything else
26. sound (adj.) – sensible, correct and likely to produce the right results
27. distinguish – to recognize and understand the difference between two or more things or people
28. defiance – behavior that shows that you refuse to do what someone tells you to do
29. latch on to -- to adopt or accept an idea; to think an idea is so good that you start using it, too
30. overall – considering everything
31. to the letter of the law – to the exact literal meaning; to the last detail; exactly
32. snuggle – cuddle; curl up closely together
33. forevermore -- forever; at a time in the future
34. nurture – to help to grow or develop
35. putrefaction – the process of decay in a dead animal or plant during which it smells very bad
36. discernment – good judgment or insight

Chapter 16 – Gratitude is a Memory of the Heart

- 1. gratitude – thankfulness, feeling thankful**
- 2. pediatric – relating to the care and medical treatment of children**
- 3. brainstorm – to try to develop ideas and think of ways to solve problems, usually as a group**
- 4. marrow – the fatty, soft tissue that fills the inside of bones. It is the source of red blood cells.**
- 5. squishy – soft and wet like a sponge**
- 6. proclaim – to say publicly that something important is true**
- 7. facing (v.) – having to deal with a difficult situation**
- 8. uncertainty – the state of not being sure or feeling doubt about what will happen**
- 9. shifted – changed; moved from one place or position to another**
- 10. “put in perspective” – to think about things in a sensible way, so that you do not imagine that something is more serious than it really is. Don’t get too worried about something.**
- 11. stir up – to make someone begin to feel something**
- 12. attitude – the opinions and feelings that you usually have about something**
- 13. impact (n.) – the effect or influence that one thing has on another**
- 14. affirm – to show that you support something or agree with something; to express that you see value in another person**
- 15. boosts – increases or improves something; builds up, encourages**

16. self-worth – the feeling that you deserve to be liked and respected

17. index cards – 3 inch x 5 inch cards

18. sticky notes – Post-it notes

19. carpool (v.) – to travel together to school or work in one car

20. designate – to select and set aside; to choose something for a particular job or purpose

21. dictate – to say aloud so someone else can write it down

Chapter 17 – Create a Quilt of Memories Vocabulary

- 1. brown bag lunch – a homemade lunch packed in a paper bag**
- 2. panorama – an impressive view of a wide area of land; a complete view in every direction**
- 3. vintage – classic or old**
- 4. tight (money) – you do not have enough of it**
- 5. perused – to read or examine something in a careful way**
- 6. down (v.) – to eat or drink something very quickly**
- 7. privilege – something you are lucky to have the chance to do and that you enjoy very much**
- 8. planting seeds – helping an idea begin to grow**
- 9. consciously – knowingly, because you meant to do it**
- 10. continuity – continuing over a long period of time without being interrupted or changing; a feeling of connection**
- 11. reservoir – a large or extra supply of something**
- 12. tucked away – saved; stored in a safe place**
- 13. “don’t get me wrong” – don’t misunderstand me**
- 14. prickly – sensitive and easily offended**
- 15. fixer – someone who wants to solve everyone’s problems and make everyone happy**
- 16. tuning in – paying attention to; focusing closely on**

17. piling it on – assigning more and more
18. getaway – a vacation; a place to go on a vacation
19. seizing – quickly and eagerly doing something when you have the chance to do it
20. serendipity – the ability to make interesting or important discoveries by accident
21. smoothie – a thick drink made of fruit and fruit juices mixed together until smooth
22. weather (v.) – to come through a very difficult situation safely
23. glimpse – a quick or incomplete look at something
24. (a baby) on the way – she is pregnant
25. hectic – very busy or full of activity
26. chill (slang v.) – relax
27. keepsake – an object that you keep because it reminds you of something or someone

Chapter 18 – Words that Work

1. **project (n.)** – an important and carefully planned piece of work assigned to a student or group of students. It is usually completed over a period of time
2. **discouragement** – the feeling of not having the confidence you need to continue doing something
3. **flattened** – made flat; “flattened with discouragement” means very discouraged
4. **puzzled** – confused and unable to understand something
5. **challenging** – requiring full use of one’s abilities; difficult in an interesting way
6. **frustrated** – feeling upset, impatient or defeated because you cannot achieve something
7. **focus** – to concentrate energy or attention
8. **efforts** – the physical or mental energy that is needed to do something
9. **“stuck with”** – continued to do something, especially something difficult
10. **“to get caught up in”** – to put too much importance on something; to be or become involved in something
11. **motivate** – to provide the reason to do something; to make someone want to achieve something and be willing to work hard in order to do it
12. **backfire** – have the opposite effect to the one you intended; to produce an unexpected, unwanted result
13. **encountered** – met, especially unexpectedly

14. tough – difficult
15. subsequent – coming after or following something else
16. apt – likely
17. unwholesome – not likely to make you healthy; considered to have a bad moral effect
18. fuel (v.) – to make something increase; to support or stimulate
19. key (adj.) – very important and necessary
20. pursuits – regular activities; activities you spend a lot of time doing
21. formulating – putting together, developing
22. strategy – a plan intended to accomplish a specific goal
23. boosting – increasing

Chapter 19 – Connecting With Kids on Their Turf Vocabulary

- 1. turf – (slang) an area that you think of as being your own**
- 2. upcoming – happening soon**
- 3. chat (v.) – to talk in a friendly, informal way**
- 4. grueling – very tiring because you have to use a lot of effort for a long time; physically or mentally exhausting**
- 5. connect – to establish a sympathetic and trusting relationship. If two people connect they feel that they like and understand each other.**
- 6. “shoot some hoops” – to play basketball informally**
- 7. “clam up” – to refuse to talk**
- 8. driving range – a place to practice hitting golf balls for a long distance**
- 9. accessible / accessibility – easy to talk to and available**
- 10. available – not too busy and having enough time to talk to someone**
- 11. bothering – worrying, troubling, annoying**
- 12. flexible – able to adjust easily to different conditions**
- 13. controversy – a serious argument, especially a public one, among many people holding differing views**
- 14. brilliant – unusually intelligent**
- 15. renowned – famous**
- 16. follow through – to do what needs to be done to complete something or make it successful**

17. unexpected – surprising because it is not something you thought would happen

18. “warms the heart” – causes you to feel happy

19. motivator – something that makes you want to do something

20. love language – the action that would express love to a person. This is different for different people. One may feel loved if you give a hug, someone else if you give a gift, another if you send a card

Lesson 20 – You’ve Been on My Mind Vocabulary

- 1. “You’ve been on my mind” – I’ve been thinking about you.**
- 2. rack – a shelf or stand on which to display things**
- 3. “caught my eye” – attracted my attention and made me look**
- 4. shuttle – a bus, plane, or train that makes short, regular trips between two places**
- 5. bunch – a group**
- 6. weary – very tired**
- 7. brow – the part of your face above your eyes and below your hair**
- 8. gazed – looked at something for a long time**
- 9. wistfully – longingly; sadly because you are thinking of something that you would like but cannot have**
- 10. urgent – needing immediate action or attention**
- 11. “to do list” – a written list of things you need to do today**
- 12. sneak a peek – to look at something quickly and secretly**
- 13. visor – a movable shield above the front window inside a car that can be pulled down to keep the sun out of your eyes**
- 14. work station – a work or office area assigned to one person, often with a computer**
- 15. card stock – the heavy-weight paper that greeting cards are made out of**
- 16. prayer journal – a book where you write about things you are praying about**

17. unexpected – surprising because it is not something you thought would happen

18. “warms the heart” – causes you to feel happy

19. motivator – something that makes you want to do something

20. love language – the action that would express love to a person. This is different for different people. One may feel loved if you give a hug, someone else if you give a gift, another if you send a card

Lesson 21 – Letting Go Vocabulary

- 1. letting go – loosening your control over your children and allowing them to be independent**
- 2. khaki – a light yellow or olive brown**
- 3. rappel – to lower oneself from a cliff or wall, by sliding down a rope**
- 4. startling – very surprising**
- 5. denser – more solid, thicker**
- 6. peach fuzz – soft, light, short hairs like the fuzz on a peach**
- 7. prickles – small, sharp points like thorns**
- 8. recalled – remembered**
- 9. cushion – a pad or pillow**
- 10. fretful – unable to relax or be still because of worry or distress**
- 11. blare – to sound loudly and harshly**
- 12. frame – the structure of a human body**
- 13. glowing – radiant, shining with happiness**
- 14. orthodontist – a dentist who specializes in straightening teeth by putting on braces**
- 15. defining moments – life-shaping, important events**
- 16. squalling – screaming or crying loudly**
- 17. spurts – sudden short bursts, as of energy, activity, or growth**
- 18. reins – long narrow leather straps attached to each end of a bit to control a horse or other animal. (loosen the reins = loosen control)**

19. full well – very well
20. clinging – holding tightly to something
21. encounter – meet
22. thrive – prosper and grow
23. inevitable – impossible to prevent, unavoidable
24. nurturer / nurture – one who promotes growth and development / to help grow
25. comfy – comfortable
26. cultivate – to promote the growth of
27. absorbed – to have your full attention, interest, and time occupied by
28. jotted – wrote down briefly and quickly
29. freelance – relating to a person who sells services to employers without a long-term commitment to any of them
30. release – to give up claim to; to set free
31. conform – to make like
32. wringing – twisting or squeezing
33. entrust – to put into the care or protection of someone
34. precious – valuable, dearly loved
35. smother – to suffocate, to suppress
36. abdicate – to give up
37. aspect – side, part or feature

Chapter 22 – Keeping Your Kids Healthy and Fit Vocabulary

- 1. fit – healthy, in good physical condition**
- 2. toddled – walked with short, unsteady steps**
- 3. pantry – a small room or closet, next to a kitchen, where food and dishes are stored**
- 4. tossing – throwing lightly**
- 5. energizer bunny – a toy bunny that ran on batteries in an advertisement for Energizer brand batteries. The bunny kept going for a long time.**
- 6. obese – very fat**
The Body Mass Index uses an individual's weight in relation to height to measure body fat. Using the Body Mass Index, weight is assessed using the following scale:
BMI between 18.5-24.9 - Healthy Weight
BMI between 25-29.9 - Overweight
BMI 30 or higher - Obese
- 7. sedentary – characterized by sitting and getting little exercise**
- 8. down (v.) – to swallow quickly**
- 9. lure – something that tempts or attracts with the promise of pleasure**
- 10. eliminated – left out, omitted**
- 11. enormous – very, very big**
- 12. chronic – continuing for a long time**
- 13. demands – important requirements**
- 14. stimulates – increases the activity of, gets started**
- 15. anxious – worried, uneasy**
- 16. role model – someone worthy of imitation; someone whose behavior shows others how to behave**
- 17. tend – to have a tendency to do something**

18. incorporate – to include, to make a part of
19. crucial – very, very important
20. parked – sitting for a long period of time
21. warehouse (v.) – to leave in a setting in which services are below average or missing
22. competitive – involving a contest where one team wins
23. kayaking – boating in a boat with light frame covered with watertight material except for a single or double opening in the center, and propelled by a double-bladed paddle.
24. climbing wall – an artificial rock cliff used to practice rock climbing
25. dance “up a storm” – dance enthusiastically, with energy
26. sitcom – a situation comedy, a humorous television show
27. processed – changed by a special process (Processed foods contain refined sugar, extra salt, and other flavor enhancers and preservatives. Processing takes a lot of the nutrients out of nutrient-rich foods.
28. low-nutrient – containing little nourishment
29. finicky – hard to please, insisting on just what one wants, picky
30. shred – to cut into small, narrow pieces
31. waffle – pancake batter cooked in a waffle iron
32. kernels – individual pieces of corn
33. c. – cup
34. T. – tablespoon
35. t. – teaspoon

Lesson 23 – Move Your Body Vocabulary

- 1. simmered – cooked gently just at or below the boiling point**
- 2. hit [the track] – leave for or go to the track**
- 3. lacking – to be without, to be in need of**
- 4. jolt – to make suddenly active; to cause to move as if by a sudden hit**
- 5. slump – a sudden decrease in activity**
- 6. fatigue – tiredness, weariness**
- 7. strolled – walked slowly**
- 8. amid – in the middle of**
- 9. whoops – loud cries of**
- 10. cravings – strong desires**
- 11. curbed – controlled, reduced**
- 12. brisk – quick and energetic**
- 13. metabolism – the series of chemical changes which take place in an organism, by means of which food is used and waste materials are eliminated.**
- 14. density – thickness**
- 15. PMS – premenstrual syndrome (abdominal bloating, breast tenderness, headache, fatigue, irritability, anxiety, and depression)**
- 16. gynecologists – doctors dealing in health care for women**
- 17. mood – state of mind or emotion**

18. stabilizer – something that makes something stable or not easily moved
19. analogy – a comparison based on similarity
20. secure (v.) – fasten, make tight
21. component – element or part
22. exhausting – causing great fatigue, using up all one's energy
23. stamina – endurance, enduring strength and energy
24. aerobic – involving oxygen use by the body
25. buddy – friend, partner
26. swift – fast
27. pace – rate of speed
28. ticked off – counted off, to mark off a list with a check mark
29. impacted – affected by
30. shower – to cover with as if with a shower
31. slobbers – dog drools
32. destination – the set place for the end of a trip
33. rut – a fixed, usually boring routine
34. vary – make changes, alter
35. heart-to-heart – frank, honest
36. sheltie – Shetland sheepdog
37. detoxifies – removes the effects of poison from

38. rejuvenates – makes young again

39. revitalizes – to give new life and vigor to

40. pedometer – an instrument that measures the distance traveled by walking by counting the number of steps taken

41. sedentary – sitting and getting little exercise

42. passionate – showing strong emotion and enthusiasm

43. world of difference – a very big difference

44. apt – likely

Lesson 24 – Lord, Change Me Vocabulary

- 1. clash (v.) – to argue because your opinions or beliefs are very different**
- 2. critical – likely to find fault and judge severely**
- 3. scowled – looked at someone in an angry way**
- 4. irritated – annoyed, feeling slightly angry for a short time**
- 5. reminder – something that makes you remember something you must do**
- 6. bugging – annoying, pestering**
- 7. clammed up – refused to talk**
- 8. merely – only, just**
- 9. tolerate – to put up with, endure; to allow people to do, say or believe something without criticizing or punishing them**
- 10. quirk – an unusual, odd, or strange habit or behavior that someone has**
- 11. sportsmanship – behavior that is fair, honest, and polite in a game or sports competition**
- 12. refining – purifying; removing the bad parts to make something better**
- 13. bothering – worrying, annoying, confusing**
- 14. envisioned – imagined, pictured in your mind**
- 15. mold – to form into a particular shape**

Lesson 25 – Jump In!
Vocabulary

1. **observer** – one who watches but does not participate
2. **consumed** – using all your time or energy on something; totally absorbed or occupied
3. **tugging** – pulling repeatedly
4. **worn out** – tired, completely exhausted
5. **frolic** – to play in a lively and carefree way
6. **mulled over** – thought about
7. **conscious effort** – an effort that is deliberate and intentional
8. **golden opportunity** – excellent or perfect chance
9. **go our separate ways** – go in different directions
10. **seize** – grab, take
11. **take the plunge** – to dive in; to begin an unfamiliar activity, especially after hesitating
12. **dive-bombed** – attacked someone or something by flying down at it
13. **assaults** – violently attacks
14. **genuine** – real, sincere
15. **cement (v.)** – to bind or hold together as if with glue or concrete
16. **preoccupied** – thinking about something a lot, with the result that you do not pay attention to other things
17. **warrant (v.)** – to be a good enough reason for something; justify, show the need for
18. **troll** – an imaginary creature in ancient Scandinavian stories, like a very large or very small ugly person that lives in caves or under bridges
19. **stomping** – walking with heavy steps, or putting your foot down very hard

Chapter 26 – Lord, Give Me Patience Vocabulary

1. **petite – small**
2. **gingham – a kind of cotton, usually in checks, the yarn of which is dyed before it is woven**
3. **bubble suit – a one piece baby outfit with elastic in the leg openings and gathers from a yoke**



4. **ruffle – a strip of pleated material used as a decoration or a trim**
5. **display – public show**
6. **grinning – smiling broadly**
7. **gait – a particular way of walking**
8. **accomplishing – succeeding in doing or completing**
9. **feat – a act of skill; an achievement**
10. **scooped – gathered or collected quickly; grab**
11. **stumbles – missteps while walking; near falls; mistakes**
12. **trek – a slow, difficult journey on foot**
13. **peers – people who are equal in age, class or rank**
14. **long-winded – using too many words**

15. "cut him off" – interrupt or stop
16. dawdling – taking more time than necessary
17. transitions – changes
18. struggle – to work with great effort and progress with difficulty
19. regress – to go back; move backward
20. footing – secure placement of the feet; foundation
21. thrive – to make steady progress, to grow well
22. precocious – characterized by unusually early development
23. individuality – the qualities which distinguish one person or thing from another; the distinct personality of a person
24. restrain – to hold back; control
25. impulse – a sudden wish or urge
26. shove – to push forward
27. late bloomer – a person who attains full maturity and competence later than his peers
28. flourish (v.) – to grow well; thrive
(n.) – a dramatic or stylish movement

Chapter 27 – Why, Mommy, Why?

Vocabulary

- 1. investigated – examined with care**
- 2. off-limits – a place where you are not allowed to go; somewhere that is not to be entered or something that is not to be touched**
- 3. proceed – to do something next, especially something annoying or surprising**
- 4. obsession – something that one is unable to stop doing or thinking about**
- 5. coat – the fur that covers an animal's body**
- 6. driven – having a strong natural need to do something**
- 7. what makes something/someone tick – what makes something work; what makes something or someone behave in a particular way**
- 8. field questions – answer difficult questions**
- 9. curiosity – a desire to know or learn more about something**
- 10. mechanism – the way that something works; a pattern that controls behavior in a given situation**
- 11. hardwired – something that is built in so that it cannot be easily changed**
- 12. roly-poly – round and fat**
- 13. roly-poly bug – the pill bug (also called the wood louse and the roly-poly bug) is a small, segmented land creature that can roll into a tiny ball for protection. The pill bug is NOT an insect, but is an isopod.**
- 14. smash – to crush or completely break into pieces**
- 15. typically – usually**

16. "at the end of your rope" – ready to give up; at the limit of one's patience or endurance
17. jot – write down briefly or quickly
18. indelible – impossible to erase or remove, impossible to forget
19. query (v.) – to question
20. raw materials – basic supplies to be used to make something else
21. glitter (n.) – very small pieces of light-reflecting decorative material
22. pipe-cleaners – flexible, tufted wires originally used for cleaning pipes and now used for craft projects
23. put them down – to criticize someone and make her feel silly or stupid
24. off-the-wall – very unusual
25. affirm – to show that you support something or agree with something

Chapter 28 – Worry is Like a Rocking Chair Vocabulary

- 1. scrambling – to move or climb quickly**
- 2. inhaler – a small plastic tube containing medicine in a vapor that makes breathing easier**
- 3. wheezing – breathing with a whistling sound**
- 4. asthma – a chronic respiratory (related to breathing) disease with sudden, recurring attacks of difficult breathing, chest constriction, and coughing**
- 5. adrenaline – a chemical that narrows blood vessels and open airways in the lungs. This can reverse low blood pressure, wheezing or other symptoms of an allergic reaction. (Also called epinephrine)**
- 6. rally (v.) – to become stronger after a period of weakness; to show sudden improvement in health**
- 7. “his hands were tied” – he was unable to do anything**
- 8. chapel – a small place of worship**
- 9. pediatric ward – the division in a hospital for the care of children**
- 10. dedicated – set apart for religious purposes; (Some churches dedicate babies instead of baptizing them. The parents are promising to raise their baby in a Christian home and asking God’s guidance and protection for the baby.)**
- 11. clung / cling – held on tightly, remained attached; resisted separation**
- 12. entrust – to give someone or something over to the care of another**
- 13. gripped – kept a tight hold on**
- 14. burden – something that is carried; something difficult or worrying that you are responsible for**

15. "throne of grace" – come before God, trusting in His grace
16. transcends – is greater than; passes beyond the limits of; surpasses
17. resolved – solved; dealt with in a satisfactory way
18. prematurely – before the proper or usual time
19. muster – to find as much courage or support or strength as you need; summon up; gather together
20. banish – to drive away
21. absorb – to soak up; to take in
22. intervened – came between; involved oneself in a situation so as to change the action
23. chain reaction – a series of events in which each starts or influences the next

Chapter 29 – Power Struggle Vocabulary

1. **struggle** – a battle or fight; a violent effort to obtain an object; an energetic effort to achieve something
2. **burgundy** – a dark blackish red to dark purplish red or reddish brown
3. **envisioned** – pictured in the mind; imagined
4. **horrid** – causing horror; extremely disagreeable
5. **input** – contribution of information or a comment or viewpoint
6. **tension** – a strained relationship between people
7. **release** – let go; to give up claim to
8. **pick up** – clean up; tidy up
9. **glee** – joy, delight
10. **thereafter** – after that
11. **divinely inspired** – caused or planned by God
12. **abated** – decreased, lessened; reduced in intensity
13. **hue** – color; a shade or tint of a color
14. **mounting** – piling up; increasing in amount or intensity
15. **“let the line out”** – to release the string on a kite or a fishing line
16. **delegate (v.)** – to commit or entrust to another; to give responsibility to another
17. **exasperate** – to make very angry or impatient; to irritate

18. majors – important things
19. minors – less important things
20. temper (v.) – moderate; lessen the severity of
21. “save your steam” – save your energy
22. leeway – room, freedom from normal restraints or rules
23. curfew – the time one must be inside or home
24. relinquish – to give up or surrender; to let go of; to hand over
25. non-negotiables – things about which there is no possibility of compromise

Chapter 30 – Focus on the Donut

Vocabulary

1. “focus on the donut rather than the hole” – Concentrate on what our children are doing well instead of what they are doing poorly.
2. “studied up a storm” – studied very hard
3. rationale – reasons
4. assurance – confidence
5. course of action – thing to do; plan
6. encounter (v.) – to meet
7. throw cold water on – to be discouraging or negative about
8. spur (v.) – to encourage to try harder in order to succeed
9. withholding – refusing to give or share
10. overreacting – reacting with unnecessary force or emotion
11. inadvertently – without intending to do something; unknowingly
12. lacking – missing
13. accomplished – succeeded in doing; achieved
14. resort to (v.) – to do something that is bad in order to deal with a problem; to use
15. highlighting – emphasizing
16. overlook – ignore
17. commend – to praise; to express approval of

18. cuddled – held close and put your arms around

19. glitch – a small problem that prevents something from working correctly

20. snapshot – an informal photograph; a description that quickly gives you an idea of a situation

21. “bringing kids up without putting them down” – taking care of or raising kids without making them feel silly or stupid

Chapter 31 – Tell Me a Story Vocabulary

- 1. wiggle – to move back and forth with quick irregular motions**
- 2. giggle – to laugh in a light, silly way**
- 3. devotion – love and affection**
- 4. dim (adj.) – low, giving out only a small amount of light**
- 5. spin – to make up; tell**
- 6. lapses – short times when you forget something, do not pay attention, or fail to do something you should; minor failures**
- 7. antics – silly or clowning behavior**
- 8. preserve – keep, protect, save**
- 9. utter – to say, to express, to tell**
- 10. episode – one part of a story that is told in parts**
- 11. reestablish – restore; get started again**
- 12. ignites – to make something start burning; to get something started**
- 13. sheer – complete, absolute**
- 14. anecdotes – brief, interesting stories**
- 15. memorable – worth remembering; enjoyable or unusual**
- 16. “prime the pump” – to encourage an activity by putting energy into it**
- 17. round-robin – people take turns in order around a circle**
- 18. legacy – something handed down from an ancestor**

Chapter 32 – Around the Table Vocabulary

- 1. hectic – very busy or full of activity**
- 2. clattering – making a rattling sound (as of hard things hitting each other)**
- 3. squabbled – had a noisy argument over something unimportant**
- 4. grumpy – easily annoyed and tending to complain; bad-tempered**
- 5. portion – an amount of food for one person, a share of something**
- 6. okra – a green vegetable with long, edible pods**
- 7. yucky – disgusting; tasting very bad**
- 8. expose to – to make it possible for someone to experience ideas, events, etc. that are new to them**
- 9. potential – possibility; something that can develop or become actual**
- 10. centerpiece – the central or most important feature; a decoration in the middle of a table**
- 11. granted – conceded, acknowledged; to admit that something is true although it does not make much difference to your opinion**
- 12. coherent – clear and easy to understand; orderly and logical**
- 13. process (v.) – to deal with information so that you can understand it**
- 14. retain – to keep facts in your memory; remember**
- 15. sacrament – one of the important Christian ceremonies such as baptism or communion; an important ceremony**
- 16. shoot for – aim for; to try to achieve a particular goal, especially one that is difficult**

17. **brunch** – a meal eaten late in the morning as a combination breakfast and lunch
18. **eliminate** – get rid of; remove
19. **distractions** – things that take attention away from where it should be focused
20. **tune in to** – focus on; pay attention to
21. **radical** – extreme; a complete change
22. **grumbling** – complaining (often in a low tone)
23. **springboard** – something that helps to start an activity; beginning
24. **hashing over** – discussing or reviewing carefully
25. **dread** – to look forward to something with fear or anxiety
26. **checkered** – patterned with alternating squares of color
27. **themed** – having a particular style or relating to a particular group of people
28. **finds** – discoveries

Chapter 33 – Building Your Child's Faith Vocabulary

1. siblings – brothers or sisters
2. Maker – God, who made us (someone who makes something)
3. concern – something that worries you
4. impact (n.) / impacting (v.) – the effect or influence of an event / making a strong impression
5. indelible – permanent, impossible to forget
6. key (adj.) – very important
7. circumstances – the factors or conditions that affect a situation
8. quarrels – arguments or angry disagreements
9. hinder – to make it difficult for someone to do something; to slow or prevent progress or movement
10. “start with a bang” – get off to a quick and successful start (Here she uses it to mean *to have a quick and immediately busy start*)
11. assembling – gathering a number of things together
12. stationery – special paper for writing letters
13. awe – a feeling of wonder or admiration
14. gerbil – a small mouselike pet with soft fur and a long tail
15. bite-sized – small enough to understand or deal with quickly and easily
16. be intentional – act purposely or deliberately; to think carefully and make a decision to do something

17. choruses – songs (in this case short, informal songs)

18. tunic – a loose-fitting, knee length piece of clothing

19. like crazy – with great effort or intensity

Christian terms used in this chapter

1. **met Christ / committed her life to Him / received Christ** – These expressions are all ways of saying that a person becomes a Christian. She understands, believes, and accepts who Jesus is and what he did.
2. **quiet time** – This is a term that means spending time alone, reading a few verses or a chapter from the Bible, and praying. Christians consider that it is very important to spend time with God, just as we would spend time with a person we wanted to get to know.
3. **prayer journal** – a small notebook where one writes out everything she is feeling as if she were writing a letter to God. It may also be a record kept of requests a person has made to God along with the answers received.
4. **hide God's word in your heart** – memorize verses from the Bible.
5. **God's word never returns void** – These are words from the Bible in Isaiah 55:11 – Isaiah the prophet is quoting God as saying, "The words I speak are like that. They will not return to me without producing results. They will accomplish what I want them to. They will do exactly what I sent them to do."

Chapter 34 – Where's God Calling You?

Vocabulary

1. options – choices
2. consideration – careful thought
3. sensed – felt that something is true without being told; understood
4. involved – connected with something some way; connected by participation
5. issue – a subject or problem that people discuss
6. provides – meets our needs ; gives something to someone because he wants it or needs it
7. seek – to ask someone for help or advice
8. grace – God's kindness shown to people because He loves them
9. intends – have something in your mind as a plan or purpose
10. intentions – a course of action one plans to follow; goals
11. assure – to tell someone that something will definitely happen or is definitely true
12. unsearchable – hidden; mysterious or impossible to explain
13. influences – effects on the way something develops, behaves, or thinks
14. mandatory – required
15. minimize – to make something as small as possible; to make something seem less serious or important than it really is
16. ponder – to consider or think about carefully

17. thrive – to do well; to become successful
18. mission – an important job
19. conform – to bring into harmony with; make something fit or agree
20. delegating – giving part of the things you are responsible for to someone else
21. integral – forming a necessary part of something
22. head off – to block the progress of; to prevent something from happening
23. proactive – making changes to improve something before problems happen; acting in advance to deal with an expected difficulty
24. time-consuming – taking up a lot of time

Chapter 35 – I had a Mommy Who Read to Me Vocabulary

- 1. distinction –excellence; the quality of being unusually good**
- 2. porta potti – portable outhouse (outdoor toilet)**
- 3. “packed like sardines” – packed in tightly**
- 4. gazed – looked at someone or something for a long time**
- 5. decipher – to find the meaning of something that is difficult to read or understand**
- 6. rudimentary – very simple and basic**
- 7. strip shopping center – a line of stores with parking spaces in front**
- 8. saloon – a public place where alcoholic drinks are served over a counter (especially in the western U.S. in the 19th century)**
- 9. salon – a shop where you can get your hair cut or have a beauty treatment**
- 10. breakthrough – an important success that permits further progress**
- 11. “exploded in laughter” – laughed suddenly and loudly**
- 12. “splash of cold water” – a correction that is a reason for discouragement; something that may cause you to lose interest**
- 13. dampen – to make a feeling such as interest less strong; reduce**
- 14. tangible – real; possible to touch**
- 15. caskets (old-fashioned meaning) – small boxes or chests in which you keep jewels or other valuables**
- 16. coffers – large boxes used to hold valuable objects**

17. jaunts – short trips, usually for pleasure
18. “stir up” – wake; arouse or excite; serve as a cause of
19. reluctant – slow and unwilling
20. vital – absolutely necessary
21. tap into – to make as much use of as possible ; to use a resource for your benefit
22. fascinated – intensely interested in or attracted by
23. “the sky’s the limit” – there is no limit
24. incentives – things that encourage you to work harder or start new activities
25. obvious – easily seen or understood
26. hooked – strongly attracted to
27. cuddle – snuggle; curl up closely
28. boost – increase, raise, encourage
29. spark – to set in motion

Chapter 36 – Christmas is Coming

Vocabulary

1. **prospect** – chance, possibility
2. **blue** – sad, gloomy, depressed
3. **distinctly** – recognizably
4. **sprinkle cookies** – cookies covered with tiny pieces of colored candy
5. **caroling** – singing joyful Christmas songs, especially door to door
6. **infused** – filled, as if by pouring
7. **in the thick** – in the most active or intense part
8. **bustle** – excited and often noisy
9. **perspective** – mental view or outlook; a way of looking at something
10. **frenzy** – a state of violent mental agitation or wild excitement
11. **“to the hilt”** – to the limit, completely
12. **abounded** – were great in number
13. **inevitable** – impossible to avoid or prevent
14. **desperately** – with great urgency; intensely
15. **continuity** – an uninterrupted flow or connection
16. **keepsake** – a souvenir of sentimental value

17. perusing – to read or examine, typically with great care
18. embroider – to decorate with needlework
19. Emmanuel – a name for Jesus meaning “God with us”
20. appreciation – an expression of gratitude or admiration
21. intangible – incapable of being touched or seen
22. affirm – support
23. whirlwind – tornado; confused rush
24. sip – drink in small quantities

Chapter 37 - Mentors for Moms Vocabulary

- 1. mentor – a wise and trusted guide; an experienced person who advises, encourages and helps a less experienced person**
- 2. whip up – to prepare quickly**
- 3. yummy – delicious, good-tasting**
- 4. intercede – to plead on another's behalf**
- 5. going into the Lord's presence – praying**
- 6. humbly – in a meek or modest manner; not proudly**
- 7. perseveringly – with determination to keep trying to do something in spite of difficulties**
- 8. potential (n.) – ability to develop; something that can develop or become actual**
- 9. "rough waters" – difficult times**
- 10. abiding in – staying close to**
- 11. precious – beloved**
- 12. equipping – supplying with the things needed for an activity or type of work**
- 13. prolonged (adj.) – lengthy, lasting a long time**
- 14. invalid - one with a chronic illness or disability**
- 15. prime – the time of your life when you are strongest and most active**
- 16. embarking – starting out; setting out on**
- 17. ease – to lessen or reduce; to provide relief from**

18. potential (adj.) – possible; capable of being, but not yet in existence

19. acquaintances – people one knows

20. impart – to make known; to pass on; tell

21. initiate – to arrange for something to start

22. cultivate – to foster the growth of; nurture

23. puzzling – confusing; not clear

24. insights – understanding about the true nature of a situation

Chapter 38 – No Perfect Parents Vocabulary

- 1. fascinating – very interesting**
- 2. caned – hit or beat with a rod (Singapore's caning practice made international headlines in 1994 when American teen-ager Michael Fay was flogged for spray-painting cars despite objections from then - U.S. President Bill Clinton.)**
- 3. uproar – a lot of noise or angry protest about something**
- 4. brutal – very cruel or harsh; causing suffering and pain**
- 5. exceeded – surpassed; went beyond; was greater than**
- 6. overseeing – supervising; watching over and directing**
- 7. humility – the quality of not being too proud**
- 8. "eating up" – receiving or enjoying enthusiastically**
- 9. bonded – formed a close relationship**
- 10. angelic – like an angel**
- 11. hollered – yelled or shouted**
- 12. troublemaker – one who purposely causes trouble**
- 13. piercing – intense; strong; penetrating**
- 14. clamp down – to become more strict, impose controls; hold firmly**
- 15. soared – rose up and moved through the air; flew**
- 16. zapped – destroyed or killed suddenly**
- 17. "pulled themselves together" – forced themselves to stop behaving in a nervous, frightened or disorganized way**

18. glancing – looking briefly
19. menacingly – threateningly
20. "take credit" – claim recognition and approval; to say, "I did it."
21. "the jury would be out" – the result would not yet be known
22. complicated – complex; difficult to analyze or understand
23. reflected – expressed carefully considered thoughts
24. devastating – overwhelming, crushing; making someone feel very sad
25. pitfall – an unexpected source of trouble or danger
26. perfectionism – a tendency to set rigid high standards of personal performance; a feeling that anything less than perfect is unacceptable
27. compulsive – irresistible or uncontrollable
28. excessively – too; more than enough
29. driven – motivated by a compulsive need
30. underachieve – perform less well than expected
31. chuckle – to laugh quietly
32. overly – too; to an excessive degree

Chapter 39 – I Had My Life to Live Over Vocabulary

- 1. struck – suddenly impressed by the importance**
- 2. deadline – the point in time at which something must be completed**
- 3. crisis – an emotionally stressful event; an unstable situation of extreme danger or difficulty**
- 4. convicted – made aware of one's guilt or shortcoming**
- 5. workaholics – people with a compulsive need to work**
- 6. preoccupied – deep in thought; showing excessive concern with something**
- 7. overwhelmed – rendered powerless especially by an excessive amount of something**
- 8. faded – having lost brightness, loudness, or color gradually**
- 9. sculpted – cut into a desired shape**
- 10. cherished – treasured, appreciated**
- 11. wonderment – astonishment, awe, or surprise**
- 12. seize – take hold of; grab**
- 13. profoundly – deeply, totally, completely**
- 14. transitions – passages from one form, style, or place to another**
- 15. ginger – having a bright orange-brown color (used especially for hair or fur)**
- 16. pondering – considering with thoroughness and care**

17. unresolved – not solved; not brought to a conclusion

18. shuffle – to move with short sliding steps, without or barely lifting the feet

19. juggling – keeping several activities in progress at the same time

20. “take to heart” – to take seriously and be affected or troubled by

21. décor – the decorative style of a room

22. “tuck into bed” – to make a child, for example, secure in bed for sleep, especially by tucking bedclothes into the bed