

A.A. Grapevine - see Grapevine**abandon** -(uh ban dun) -59,63,164,199,305 **ed** -(... dun'd) -15,45,48,395,440

-surrender / to give up, leave, cease, or withdraw from

aberrations -(ab ur ay shuns) -140

-abnormal actions / deviations from the proper or expected course

abetted -(uh bet id) -248 -helped / supported / urged / encouraged**abide** -(uh bide) -144 -live / stand / follow / to conform to or comply with**object** -(ab ject) -540 -total / complete / lowly / humiliating / undignified**objectively** -(ab ject lee) -54 -totally / being of the most objectionable or

contemptible kind / surrendered to a humiliating state of mind or condition

abnormal -(ab nor mul) -xxvi, 23, 30, 114, 122, 140, 155, 246, 334-not normal / other than normal / away from normal (**see normal**)**abounded** -(uh bound id) -449 -were great in number or amount**above-board** -(uh buv bord) -140 -honest / without trickery / straightforward**abroad** -(uh brod) -203, 390, 430 -out of country / in a foreign country**abruptly** -(uh brupt lee) -4, 31, 179, 200, 321, 544 -suddenly / unexpectedly**abstemious** -(ab sen tee iz um) -503, 537

-repeated, habitual, or deliberate absence from work, school, etc.

abstained -(ab stain'd) -473 **abstainer** -(ab stain ur) -139

-non-drinker / one who chooses not to drink alcoholic beverages

abstinence -(ab stuh nunts) -xxx, 181, 391, 505

-sobriety / choosing not to drink alcoholic beverages / not drinking

absurd -(ab serd) -1 (ab zurd) -21, 37, 68, 87, 218

-ridiculous / senseless / completely lacking in reason, sense, or logic

absurdities -(ab sir duh tees) or (ab zur duh tees) -140-ridiculous actions / unreasonable behaviors / **see absurd****abysmal** -(uh biz mul) -201 -complete / profound / immeasurable**abyss** -(ab iss) or (uh biss) -vii, 309,316,346 **es** -(uh/ab biss uz) -207

-bottomless pit / deep or endless hole / something immeasurably deep

academic -(ack uh dem ik) -23, 321, 400, 422 **s** -(... iks) -359

-theoretical / without practical or useful purpose or meaning

academically -(ack uh dem ik lee) -422 -in learning and schooling**academics** -(ack uh dem iks) -359 -learning / school teachings**academies** -(uh kad uh meez) -220 -schools, usually of higher education**accept** -(ak sept) -xvi, 25, 39, 47, 96, 97, 204, 207, 229, 267, 295, 356, 357, 367, 379,381, 417, 418, 419, 443, 540, 559, 569 **ed** -(... tid) -xix, xxviii, xxxi, 14, 47, 80, 134,139, 145, 283, 331, 335, 353, 380, 386, 412, 448, 449, 528, 542, 543, 554 **s** -48, 143

-endure without protest or reaction / to bear or tolerate patiently / to receive

something willingly / to receive as satisfactory / to admit to a group or place /

to regard as usual, true, or right / take to oneself

acceptance -(ak sep tants) or (ik sep tants) -viii, xx, 48, 266, 366, 367, 407, 416,

417, 418, 420, 428, 475, 542, 564 -agreement / taking / approval / enduring,

bearing, putting up with, patiently and without protest or reaction / belief in the

goodness of something / the act, state, or condition of being accepted favorably

accepting -(ak sep ting) -xxvii, 31, 47, 181, 203, 207, 275, 313, 541 -**see accept****accommodate** -(uh kah muh date) -161

-hold / contain / receive / take in / to hold without inconvenience

accompanied -(uh kum puh need) -38, 93, 130

-joined / coupled / combined / occurred or associated with something

accompany -(uh kum puh nee) -92, 252, 339

-joined / joined, be, go with / going with another on an equal basis

accord -(uh kord) -186 -ing -266, 267 -ing -196, 203, 550 **ingly** -100

-as such / in an appropriate, suitable way (100) / agreement to do so / voluntary

or spontaneous impulse to act (186) / in agreement with (196, 203, 550)

accustomed -(uh kuss tum'd) -4, 131, 236, 429

-usual / normal / customary (4) / used [to] / in the habit of (131)

acquaintance -(uh kwain tants) -74, 154, 158, 161, 279, 505**acquaintances** -76, 112, 131, 159, 221, 240, 267, 366, 367, 505

-friend / friends / associate / associates / a person or persons whom

one knows but is not necessarily a close friend

acquainted -(uh kwain tid) -13, 89, 443 -advised / informed (13)

-familiar (89) / caused to know personally / made familiar / informed

acquire -(uh kwire) -274, 275, 276, 529, 567 -obtain or receive**acquired** -(uh kwired) -xxv, xxvii, 4, 26, 28, 33, 40, 77, 235, 257, 514, 547, 558

-gained / developed / achieved / formed / received / to get as one's own

acute -(uh cute) -157, 218, 272, 558

-severe / critical / dire / felt, perceived, or experienced intensely

acutely -(uh k'yoote lee) -144, 450, 555

-severely / desperately / felt, perceived, or experienced intensely

acuteness -(uh k'yoote nus) -272 -intelligence / clever mind / awareness**adapt** -(uh dapt) -258 **adapted** -(uh dapt tid) -104 [in footnote]

-make or make suitable to or fit for a particular situation or specific use

addition -(uh dik shun) -xxv, xxvii, 162 -compulsive physiological [of the

physical body] and psychological need for a habit-forming substance / the

condition of being habitually or compulsively occupied with or involved in

something / a compulsion and need to continue taking a drug as a result of

taking it in the past / [Has been said: "...anything you can't stop if you want or

need to."] (**also see compulsion and compulsive**)**adhere** -(ad here) -366 **adhering** -(ad here ing) -395

-conform / keep / follow / abide / stick / cling

adherence -(ad here unts) -60, 373 -compliance / obedience / observance /

carrying out steadily and faithfully without deviation

ad infinitum -(ad in fuh night um) -31-without end / limitless / **ad infinitum** is Latin for -to infinity**ad-libbed** -(ad lib'd) -454 -made up / invented / improvised**administer** -(ad min utz ur) -97 -give / provide as a remedy**administrators** -(ad min utz urz) -573 -manages / oversees / has charge of**admonish** -(ad mon ish) -135 **admonition** -(... ish un) -551 -warning

-warn / to express a warning about or disapproval of something

ad nauseam -(ad nah zee um) or (ad nahzshum) -177-to a sickening degree / to the point of nausea or sickness / **also see nausea****ado** -(uh doo) -139

-fuss / trouble / bother / signs of excited activity, hurry, or commotion

adolescence -(ad uh les unts) -438 -**see adolescent****adolescent** -(ad uh les unt) -xviii, xix, 418, 453, 513

-growing / maturing / teenage / pre-adult / characteristic of a teenager

adopt -(uh dopt) -3 **adopted** -(... tid) -11, 153, 523 **adopts** -(... dops) -130

-to take and follow by choice / to take up and make one's own / accept

adversities -(ad vur suh teez) -530 **adversity** -(ad vur suh tee) -530

-hardship/s / misfortune/s / affliction/s

advocates -(ad vuh kuts) -xx

-supporters / those who defend or believe in a cause or idea

affection -(uh fek shun) -35, 104, 107, 387 **s** -(... shunz) -82, 128

-tender feelings for another / fondness / devotion / love / loyalty

affectionate -(uh fek shu nit) -126, 361 -loving / caring / devoted / loyal

affects -(uh feks) -65- influences or effects a change in (my:) / brings about a usually strong mental or emotional effect on (my:)
affiliate -(uh fil e ate) -255- associate / closely connect / partner
affiliation -(uh fil e aye shun) -xx, 563, 564 s- (... shunz) -28
- association / close connection / partnership with an organization
affinity -(uh fin uh t)-182- liking / attraction / liking or drawn toward something
afflicted -(uh flik tid) -xiv, xxvii, 92, 116, 180
- troubled / tormented / suffering / distressed / affected / tortured
afford -(uh ford) -22, 138, 204, 256, 293, 358, 362, 513, 532, 559, 570
- be able to meet the expense of (22) / allow / provide (138)
afforded -(uh ford id) -148, 273 **affords** -(uh fordz) -275
- provided / allowed / allowed without incurring harm or criticism
afterthought -(af tur thot) -505
- something thought about or responded to after all else
agent -(ay jant) -171- representative or official of a government department
agents -(ay jantz) -49, 62- those given power to act for or represent another / means by which something is done or caused / instruments
age-old -116, 221, 571- old / very old or happening in times long past
aggregate -(ag greh gut / ag reh git) -xxix
- total / sum total / total amount of things gathered or collected
aggrieved -(uh greev'd)-124- injured / offended / troubled / distressed
aghost -(uh gast) -9- shocked / struck with terror, amazement, or horror
agitated -(aj eh tay tid) -87- upset / disturbed / distracted / unsettled
agnostic -(ag nos tik) -viii, 28, 44, 46, 60, 93, 181, 287, 365, 369, 373
- one who believes the existence or non-existence of God cannot be proven or known / a person unsure that God or a god exists / see **agnosticism**
agnostically -(ag nos tik uh lee) -53- as an agnostic / see **agnosticism**
agnosticism / "We agnostically inclined ..." - thinking like an **agnostic**
agnosticism -(ag nos tik us um) -228
- the belief that the "first cause" (of the universe), God, or absolute truths, cannot be known and that only observable things can be accepted as real
agonizing -(ag uh nye zing) -v, 44, 45, 49, 52, 499- extremely painful or distressing / torturous / harrowing / tormenting / anguishing
agonizingly -(ag uh nye zing lee) -394- extremely painful or distressing
agony -(ag uh nee) -6, 247, 435, 536
- suffering / distress / torment / intense struggle / misery / pain / torture
ailing -(al ling) -140- sick / suffering from a lack of comfort, well-being or health
ailments -(ail munts) -vii, 135, 269, 407
- troubles / ills / causes for lack of comfort, well-being, or health
ails -(ay ulz) -139- troubles / causes for lack of comfort, well-being, or health
airing porch -(air ing ...) -176- a covered porch where things such as wet clothes or certain food items might be hung or exposed to dry
alcoholic -(al kuh hall ik) - (399 entries) -1- containing alcohol (as a drink) / a person affected with alcoholism / see **real alcoholic**
alcoholism -(al kuh hall izm) -(140 entries)- continued excessive or compulsive use of alcoholic drinks / poisoning by alcohol / a complex chronic psychological and nutritional disorder associated with excessive and usually compulsive drinking - (Dr. Magnus Huss, coined the term "alcoholism" in 1849.)
ale -(ay ul) -6, 41*, 154*, 210*, 554- a fermented alcoholic beverage containing malt and hops, similar to but heavier than beer / ale is often used meaning simply beer / 41*, 154*, 210* - (**ginger ale** - a soft drink flavored with ginger)
alibi -(al uh buy) -210- excuse / justification / explanation of fault or defect
alibis -(al uh buyz) -23- is the plural form of **alibi** / see **alibi**

Allah -(ah la) -14- Islamic religion's name for God
allegiances -(uh leedj un z) -203- loyalty or devotion
allergy -(al lur jee) -xxvi, xxviii, xxx, 261, 355
- an abnormally high sensitivity to certain substances
allergic -(uh lur jik) -xxviii, 290, 355- made ill by, as by having an allergy to / exaggerated or disease-like reaction to substances or physical states that are without comparable effect on the average individual
alleviate -(uh leev e ate) -174, 546- ease / relieve / make less troublesome
alliance -(uh lie unts) -340 **alliances** -(uh lie unt s uz) -xix
- connection, bond, or union between groups or individuals
allied -(al lied) -xiv
- associated / joined in, supportive of, or in close connection with
alien -(a lee un) or (al yun) -204- foreign / strange / very different / of another place or part of the world / not part of one's basic nature
alienated -(a lee uh nay tid) or (al yuh nay tid) -450- broke or disrupted a bond of love, friendship, or loyalty with or among others / caused distance between
alimony -(al uh moe nee) -79- a court ordered allowance for support to a divorced person by the former spouse
allies -(al eyes) -234- supporters / joined in friendship and support
alloy -(al oy) -2- mixture / combination / a mixture or union of different things
alluring -(uh lur ing) -123, 162- tempting / seductive / captivating / enticing
alpha -(al fu) -49- beginning / the first / the 1st letter in the Greek alphabet
alternatives -(al turn uh tivz) -25, 44, 467- choices / options
altruistic -(al true iss tik) -xxvi, xxviii
- helping others / showing concern for the welfare of others
ambition -(am bish un) -348, 447, 555 **ambitions** -(... unz) -64, 65, 221
- goal / aim / desire to gain or accomplish a particular outcome
ambitious -(am bish us) -32- eager / greatly desiring / full of **ambition**
amends -(uh mendz) -8, 59, 69, 76, 84, 252, 356, 373, 443, 445, 491, 492
- a return for something lost or suffered, usually through the fault of another / to set right something that is wrong / [a 'mend' - ing]
amplification -(am pluh feh kay shun) - (in footnote on page 27)
- an additional expansion of " ... necessary vital spiritual experience."
analysis -(uh nal uh s) -55- careful examination / inspection / a careful, detailed, and often formal study designed to uncover valuable information
analyst -(an uh list) -385- psychotherapist / psychiatrist / psychologist / a practitioner of psychoanalysis or psychotherapy
analyze -(an uh lyze) -83, 104- examine carefully / inspect / investigate / evaluate / appraise / judge regarding worth or importance
analyzed -(an uh lyze'd) -ix, 70, *238, 446, 449
- examined / evaluated / investigated / studied closely (ix, 70)
- psychoanalyzed (446, 449) / chemically evaluated (*238)
annals -(an ulz) -xxvi- historical records or accounts / archives / chronicles
anesthetic -(an iss teh ik) -556- something that causes loss of feeling with or without the loss of consciousness
anesthetize -(uh ness the tize) -556
- numb / bring about a lessening or absence of feeling of
anew -(uh noo) -114- again / over / in a new and different way
anger -37, 66, 88, 135, 206, 216, 397, 428, 439, 443, 522, 537, 559
- a strong feeling of displeasure or hostility / to be or become **angry** / to cause to feel or show anger
angers -108- makes angry **angrier** -(ang re ur) -438, 490- more **angry**

angry -18,61,64,67,106,111,113,216,312,314,376,397,429,448,490,521
-feeling or showing a strong feeling of displeasure, ill will, or a warlike attitude /
anger and rage denote varying degrees of marked or noticeable displeasure.
Anger, the most general, is strong displeasure. Rage implies intense,
explosive, often destructive emotion. Resentment refers to righteous
smoldering anger generated by a perception that something unjust or wrong
being done. / also **see** **resent** and **resentment**
animated -(an uh may tid) -200, 367 -lively / very active (200) /
-filled / inspired / raised the spirits of / provided life and energy to (367)
animately -(an uh may tid lee) -394 -energetically / spiritedly
annihilation -(uh nyeh uh lay shun) -18 -complete destruction
annoy -(uh noy) -216, 217 -irritate / trouble / disturb / harass / aggravate
annoyance -(uh noy unts) -139 **annoyed** -(uh noy'd) -139 -irritated
-aggravation / irritation / something that irritates, troubles, or disturbs
anon -(uh non) -248 -later / in a short time / soon / at another time
anonymity -(an uh nim uh t) -401, 444, 562, 565, 566, 576 -namelessness /
-the practice of not disclosing or acknowledging AA members names or
photographs in any form of media broadcast, film, or public print
-being **anonymous**
anonymous -(uh nah nuh muss)-(165 entries)- without name / unidentified /
undisclosed / having an unknown or unacknowledged name, usually by choice
antabuse -(ant uh byouss) -392 -a trademark used for the drug "disulfiram"
which is used in the treatment of alcoholism. It interferes with the body's ability
to break down (or digest) alcohol, causing an unpleasant reaction when even
a small amount of alcohol is consumed
antagonism -(an tag uh niz um) -48, 355
-hostility / opposition / an opposing position, state, or action
ante -(ant e) -190 -a small amount of money in a gambling card game (poker)
that a player must place on the table before receiving his cards or "hand"
antics -(an tiks / ant tiks) -141 -crazy, odd, extreme, or fantastic actions / pranks
antipathy -(an tip uh thee) -12 -strong feeling of dislike, hostility, or opposition
apathy -(appa thee / ap uh thee) -127 -indifference / lack of interest or concern
apex -(ay peks) -257, 383 -high point / top / crown / peak / greatest
appalling -(uh pall ing) -5, 108, 382 **appallingly** -(... lee) -14
-terrible / horrible / disgusting / shocking / dreadful
appeal -(uh peal) -xxviii, xxix,34,178,197,346,574 -request / question / request
for help / plea / an earnest & usually urgent request for something (xxviii, xxix)
-interest / be attractive (34) / call / draw / seem attractive (178)
appeals -(uh pealz) -xiii, 526 -the transfer of a case from a lower to a higher
court for a new hearing / resort to a higher authority or greater power for a
decision (526) / requests for information (xiii)
appealed -(uh peel'd) -549 -requested / questioned / **see** **appeal**
appealing -(uh peal ing) -310 -attractive / interesting
appendices -(uh pen duk seez) -x, xi, 561 -a collection of supplementary or
additional material, usually at the end of a book
appendix -(uh pen diks) -25, 27, 47, 150, 405 -**see** **appendices**
appraisal -(uh pray'z ul) -267 -evaluation / estimation / the act or result of
judging the worth or value of something or someone / also **see** **self-appraisal**
apprehension -(ap reh hen shun) -102, 128, 437, 507
-fear / anxiety / concern / fear that something is going or will go wrong
apprentice -(uh pren tics) -478 -beginner / one who is learning a trade or
occupation, especially as a member of a labor union
approximately -(uh prok suh mit lee) -xxiii, 147, 162, 236
-nearly / about / nearly the same as / almost exactly / roughly

apropos -(ap ruh po) -135 -fitting / very fitting or related to the matter at hand
apt -256 -likely / inclined / liable / prone / given / disposed
aptitudes -(ap tuh tud) -21 -learning capacities / tendencies / natural abilities
arbiter -(ar buh tur) -69 -judge / one who settles disputes among others
Armistice & Armistice Day -(ar meh stis) -8, 210, 223 -truce / an end or
temporary end of fighting / November 11, formerly observed in the US in
commemoration of the signing of the armistice ending World War I in 1918.
Incorporated in Veterans Day observances in 1954.
arose -(uh roze) -134, 235 -appeared / began / came into being
arousing -(uh rowf'z) -69, 89 **arouse** -(uh rowf'z d) -12 **s** -(uh rowl zuz)- 146
arouse -(uh rowf'zing) -93, 100, 113
-stir / awaken / create / provoke / inflame / cause to be active
arraignment -(uh ray'n ment) -244 -a court hearing to answer charges
arrears -(uh rear'z) -[like 'rears' with an r] -155
-unpaid and overdue status / unfilled obligations or debts
arrest -(uh rest) -79,241,308,329,330,459,464,(house arrest - 506) 515, 528
-being held or arrested by law officials / stop (308) / detaining in legal custody
or the state of being so detained / **house arrest** (506) -**see** **house arrest**
arrested -(uh rest id) -275,330,331,332,369,438,448,456,480,524,547
-seized and held by law officials / -stopped / checked (275, 547)
arresting -(uh rest ing) -272 -stopping
arrestment -(uh rest munt) -272, 275 -condition of being stopped
arrogance -(air uh gunts) -332, 540 -being arrogant / **see** **arrogant**
arrogant -(air uh gunt) -195, 336, 351, 421, 448, 449 -overly convinced of
one's own superiority and importance / prideful / proud / superior / lordly
articulate -(r tik yuh lit -this usage only) [other form - r tik yuh late] -390
-endowed with the power of speech / able to express oneself easily in clear
and effective language / silver-tongued / smooth-spoken
ascertained -(ass ur tain'd)-72- determined / discovered / concluded / decided
ascribe -(uh skribe) -527
-credit / attribute / to regard as belonging to or resulting from another
ashamed -(uh shaym'd) -39, 190, 209, 293, 311, 423, 492, 524, 533, 538
-feeling shame or guilt / feeling inferior, inadequate, or embarrassed
ashore -(uh shor) -53 -to or onto the shore / on land
askance -(uh skants) -46 -doubtfully / suspiciously / with doubt or disapproval
asset -(ass elt) -124, 379 **assets** -(ass elts) -xix, 124
-valuable things / total of valuable things or qualities owned
aside -(uh side) -37,46,48,49,51,131,160,353,393,404 -apart / away /
set out of the way / to or toward the side / out of one's thoughts or mind
aspect -(ass pek't) -67, 132, 380 **s** -(ass peks) -347, 406, 493
-appearance/s / side/s / part/s / way in which something can be viewed
aspirations -(ass puh ray shunz) -423
-ambitions / desires for high achievement or objects of such desires
assert -(uh surt) -23, 130, 131 -show / express / defend, maintain or
insist on the recognition of one's interests or rights / act forcefully
asserting -(uh sur ting) -202 -declaring / saying / stating positively
assessing -(uh sess ing) -425 -determining / appraising / evaluating
assumption -(uh sump shun) -48, 49 **assumptions** -(... shunz) -48
-idea / theory / belief / proposal / premise / supposition / presumption /
a statement accepted or supposed true without proof or demonstration
assurance -(uh shur unts) -1, 86, 250, 267
-confidence / certainty / lack of doubt or question of one's ability

assure -(uh sure / uh shur) -xxxi, 47, 474 **assured** -(...d) -142, 202, 287, 383, 429, 444 **assuring** -(uh shur / sure ing) -340 -ensure / insure / -convince / to cause (another) to believe or feel sure about something
astonished -(uh ston ish'd) -33 -surprised / shocked / amazed
-impressed strongly by what is unexpected or unusual
astonishing -(uh ston ish ing) -30 -amazing / surprising / startling
astonishingly -(uh ston ish ing lee) -xxviii -surprisingly / amazingly
astonishment -(uh ston ish munt) -xviii -surprise / amazement / shock
astounded -(uh stoun did / uh stound id) -205 -surprised / amazed
astronomers -(uh stron uh murz) -10 - those who study the science of outer space, planets, stars, galaxies, and the universe
astronomical -(as truh nah mi h kull) -51
-astronomy views / pertaining to beliefs about laws of stars and planets
-(Galileo Galilei [1564-1642] was arrested and punished for saying he believed the "Copernican" theory, that earth revolves around the sun)
asylum -(uh sye lum) -7, 35, 36, 38, 202, 213, 241, 270, 364
asylums -(... lumz) -15, 31, 97, 114, 279, 435 -psychiatric hospital/s / place/s where the sick, very poor, and especially the insane are cared for
atheist -(ay thee ist) -10, 44, 55, 93, 181 **atheists** -(... ists) -44, 49, 52
-one who does not believe in the existence of gods
at large -(at larj) -114 -free / free of confinement or restraint
atmosphere -(at muss fer) -99, 101, 115, 160, 210, 447, 570
-environment / surrounding conditions / attitude / mood / feeling
-a dominate intellectual or emotional environment or attitude
atop -(uh top) -282 -on top of / to, on, or at the top of
atrophied -(at ruh feed) -346 -shrunk / declined / withered
attendant -(uh ten dunt) -22
-related / associated / accompanying / occurring in company with
attributes -(at tra buutes) -53, 178
-qualities / qualities or characteristics of something or someone
attuned -(uh tuned) -161 -tuned / in harmony / made aware or responsive
audacity -(ah dass uh tee) -463 -nerve / rudeness / daring / recklessness
augury -(ah guh ree) -xv -sign / something that indicates future happenings
auspices -(ah spuh sez / aush puh sez) -570 -support / sponsorship
authentication -(ah thin tuh kay shun) -xiii
-proof / proof of the truthfulness or validity of something
autonomous -(ah tah nuh muss) -xix, 562
-independent / not subject to the rule or control of others
avail -(uh vail) -24, 392, 403 -help / benefit / to be of use toward some aid
availed -(uh vay ulled / uh vail'd) -59, 305 -gained / benefited / provided
aversion -(uh versh un) -221 -dislike / opposition / dread / hatred
avert -(uh vert) -124 -prevent / avoid / turn away / stop from happening
avid -(av id) -558 -enthusiastic / devoted / fanatical
avocation -(av uh kay shun) -xiii
-an activity taken up in addition to one's regular work or profession
awake -189,200,408 **awaken** -119 **ed** -362,392 **ing** -60,86,151,334,356, 422,427,450,567 **ings** -405 **awaking** -346 -definitions for **awaken** only
-to become aware from a state of sleep or unawareness / to induce, call forth or bring out a reaction or emotion / to cease sleeping / also **see**...
APPENDICES - II & V of the "Big Book" of AA - 4th. Ed. - Pages 567-568 & 572
awe -(all) -4,46,335 -respect / wonder / reverence / fear / an emotion that arouses one's deep respect or honor inspired by something majestic, or grand
AWOL -223 -(aye wall) -"absent without leave" - (unauthorized absence)

baby boom -501 -a great and rapid growth in new births following the end of World War II. (1945 to 1960 - near 60 million births in the USA)
baffling -(baf ling) -26, 34, 58-59, 107, 328, 350, 354, 382
baffle -84 **baffled** -23,51,92 -confusing / frustrating / disappointing / defeating / bewildering / of a nature that defies solution or understanding
baling hay -476 -putting fields of cut and dried grasses or other plants into twine or wire bound "bales" for later use as feed for farm animals
balked -(balk't) -58
-stopped short of completion / tried to avoid / resisted / hesitated
ballet -(bal aye / bile aye) -60 -a classical dance form characterized by grace and precision of movement and by elaborate gestures, steps, and poses
balmy -(bah me) or (balm ee) -128, 261
-crazy or foolish / crazy, foolish, or eccentric in behavior
balustrades -(385) -railings / a railing held up by small posts; balusters
bankruptcy -(bank rup see) -35, 203, 387 **bankrupt** -(... rupt) -287, 381 -ruin / to be in a state of, or to cause complete financial ruin / legally declared financially unable to meet debts or liabilities / a person who is totally lacking in a specified resource or quality / impoverished
Barleycorn -(bar lee corn) -209, 210 -the seed or grain of the 'barley' plant, a cereal grass, used in food & making beer & whiskey **see John Barleycorn**
bar mitzvah -(bar mitz vah) or (bar miz vah) -402 **bar mitvahed** -282
-a **bar mitzvah** is a ceremony which confirms a Jewish boy's arrival at the age of religious responsibility which is considered to be 13 years old
barrier -(bair e ur) -vii, 126, 369, 373, 374 **barriers** -(... urz) -56, 115 -block/s / wall/s / something that obstructs, hampers, hinders, or stops
bar tab -504 **bar tabs** -506 -records of debt to a place where alcoholic drinks are, or have been, purchased
base necessity -68 -fundamental need / underlying requirement
basis -(bay siss) -xxv, 19, 34, 39, 44, 50, 60, 68, 76, 80, 99, 118, 120, 127, 135, 146, 155, 162, 359, 360, 362, 376, 406, 462, 498, 520, 572
-foundation / base / principle / standard / underlying condition
bathub gin -5 -homemade drink made from raw alcohol, water, and spices / -bathub gin was made in large enough batches to require or fill a bath tub
battery -1 -an army artillery unit, like a "company" in the infantry / ("artillery = large caliber weapons such as cannons)
beaver -(b vur'd) -390-worked steadily and energetically / "busy as a beaver"
beckoning -(bek un ing) -450 -calling / signaling / attracting / enticing
bedevilmnts -(beh dev ul ments) or (bed ev munts) -52
-troubles / torments / disturbances / aggravations
bedlam -(bed lum) -526 -noisy uproar and confusion
befall -(beh fall) -116 -happen to / to happen to, especially as if by fate
befell -(beh fell) -127, 387 -happened to, especially as if by fate
befogged -(beh fog'd) -xxvi
-confused / bewildered / muddled / made unclear in character
begotten -(be got'n) -105 -caused / produced / caused to exist
beguaded -(beh gru'd) -349 -reluctantly used, given or spent
behalf -(beh haf) -104 -(...in behalf of...) -for the benefit of
beheld -(beh held) -54 -looked upon / gazed at / perceived visually
behoove -(beh hoove) -181
-seem necessary for / to be necessary, proper, or gainful for
belittle -(beh lit ul) -133 -discount / think, represent, or speak of as small or unimportant / to cause to seem less than another or little
belladonna -(bell uh donna) -7
-a plant that a muscle relaxant drug atropine (at ro peen) can be made from

belladonna treatment - (bell uh donna ...) - 7 - a treatment, no longer in use, developed by Dr. Alexander Lambert, using a sedative created from the Belladonna plant to treat muscle spasms in the intestinal tract, due to nausea and diarrhea

bellboy - (bell boy) - a person employed by a hotel to assist guests

belligerent - (buh lij ur unt) - 398, 568

- hostile / quarrelsome / combative / having or taking a fighting attitude

bender - (ben dur) - 5, 23, 139, 142, 155, 517 **benders** - (ben durz) - 259

- drunk / drinking spree/s / period/s of excessive drinking

Benedictine - (ben eh dik tin) or (... teen) - 340 - referring to a famous French liqueur first made by Benedictine monks in the 17th century and is still being made today by a French company. Many are more familiar with their brand of "B&B" (Benedictine & Brandy)

benefactor - (beh nuh fak tur) - xi

- helper / one who freely gives to, or provides help for, others

beneficial - (ben uh fish ul) - 77, 134

- helpful / useful / producing or promoting favorable result

benevolent - (buh neh uh lunt) - 308 - helpful / kind / charitable / caring

Benedrine - (ben zuh dreen) - 410 - a form of amphetamine / [speed]

berserk - (bur zerk) or (buh zerk) - 439 - wild / destructively violent

beset - (be set) or (beh set) - xix, 252 - troubled / harassed / surrounded / set upon

bestows - (beh stohs) - 119 - places / gives or offers as a gift

bewail - (beh wail) - 69 - express sorrow for / complain or cry about / wail /

- to express sorrow, unhappiness, or regret over or about

bewildered - (beh wil durd) - 353, 440 - confused, especially with numerous conflicting situations, objects, or statements / puzzled

bewilderment - (beh wil dur munt) - 151, 555 - extreme confusion of the mind / a state of confusion, perplexity, or befuddlement especially with numerous conflicting situations, objects, considerations, or statements

bias - (by us) - 134 - intolerance / prejudice / unfair influence or attitude /

- personal & sometimes unreasoned opinion, inclination, disposition, or tendency

biased - (by us' d) - 51 - influenced in a particular, typically unfair direction

bidding - (bid ing) - 76 - will / command / order / request / direction / instruction

bilboarded - (bil bor did) - 145 - spread as if it were publicly advertised

binge - (bin j) - 90, 112, 197, 383, 385, 390, 392, 472 s - (bin juz) - 259, 332, 382, 383, 384 - period/s of excessive or uncontrolled drinking

biofeedback - (by o feed bak) - viii, 388, 392 - a technique of using monitoring devices to furnish information about bodily functions, such as heart rate, blood pressure, or even brain waves, in an attempt to gain some voluntary control over that function or state of mind

biopsy - (by op see) - 336 - removal of a sample piece of bodily tissue for medical examination and diagnostic purposes

bistro - (be stro) or (bis tro) [French] - 340 - a small bar, tavern, or nightclub

blacked out - 222, 225, 310, 456 **black out** - 323, 456

blackout - 238, 330, 361, 362, 363, 364, 370, 410, 489, 533

blackouts - 310, 311, 323, 329, 340, 341, 350, 363, 462, 464, 556

blacked out - 321, 322, 329 **blacking out** - 270 **black me out** - 283

- a temporary loss of memory or consciousness / [for alcoholics it's not always, if ever, so 'temporary'] / While in an alcoholic blackout, one may 'appear' fully conscious, although later, the alcoholic may have no memory of anything - no what, when, or where... whatsoever.

- (Alcohol acts as a sedative which progressively numbs the brain)

blatant - (blay tant) - 473 - plainly seen / obvious / outright / barefaced

blight - (blite [like kite with a 'bf' rather than a 'k']) - 124

- disease / something that frustrates growth, plans, or hopes

blotted out - 12, 571 **blotting out** - 25

- hiding / covering (25) // destroyed / hidden / covered (12, 571)

bogged - (bog' d / bahg' d) and in the Southern USA - balg' d) - 154

- slowed / caused to sink in or as if in a bog (swampy area)

bohemian - (bo he me un) - 382 - Gypsy like / different than the usual routine or that which is thought normal / living in an unconventional or nonconforming way

boiled as an owl - (boy ul' d as an owl) - 158 - drunk / 'drunk as an owl' (undetermined origin) // Possibly an old Dutch expression / In the 17th Century, owls were often associated with fools or vulgar behavior. / "drunk as an owl" has been used by famous writers in the past. / A myth in Peru has it that boiled owl is strong medicine. / Some interpretations of a line from *Satyricon* by Petronius (27-66 AD) include "drunk as an owl" / - most interpret it "drunk as a beast". / "Owl-eyed" means drunk - used by writer Horace Walpole in 1764.

bolster - (bowl stur / bol stir) - 322 - prop / support / sustain / help /

- to keep from yielding or failing during stress or difficulty

bondage - (bon dij) - x, 63, 340, 450, 544, 552 - enslavement / being bound as a slave / being in a circumstance that places one under the power or authority of another or other forces, powers, or influences

boom - 3, 501* - great and rapid growth // for use on page 501* - **see baby boom**

boomerang - (boom uh rang) - 2 - a flat, curved, usually wooden device made for throwing, made such that when thrown returns to the thrower

boon - 116 - blessing / benefit / godsend / something desirable or favorable

booth - 155 - telephone booth / an enclosure that provided a telephone & privacy

bootlegger - (boot leg ur) - 175, 176, 212, 495 - one who makes, sells, or transports, illegal alcoholic beverages. Once known to be carried in their boots or pantlegs.

bore - xvii, 4 - produced / brought forth (xvii) // displayed / showed (4)

bore on - 13 - have to do with / concern / apply or pertain to / support

bottom - for this definition only - 187, 279, 283, 311, 314, 324, 325, 425

(Program definition - generally: a time in one's life when alcoholism has brought a sense of absolute hopelessness, which is later viewed as a turning point and beginning toward recovery.) / reach the lowest level or least favorable position / the lowest or deepest part or point / also **see** - '12 Step & 12 Traditions' book - Pg. 23: "admission of hopelessness." & "low-bottom cases" & "raise the bottom"

bouillabaisse - (boo yuh baze) or (boo yuh base) - 388

- a special fish and vegetable stew with a broth that's served over bread

bounds - xx, xxiii, 129 - (xx & xxiii) - **see leaps and bounds** / limits / ends (129)

bouquet - (bo kay) - 287 - small group (usually referring to a flower arrangement)

bout - 23, 90, 140, 223 **bouts** - 32, 109

- period of time / period of time drinking / period of time spent in a particular way

Bowery - (bowl ree) - 342 - area of cheap hotels & bars in lower Manhattan, NY

bracketed - (brak it id / brak uh tid) - placed within these () like (fear)

bravestrom - 66 - fits of rage / sudden, violent disturbance of mind

bravado - (bruh vah doe) - x, 501, 503 - bragging / boasting / self glorification /

- sounding courageous, defiant, and brave, when there is little or nothing to support it in reality

brazen - (Bray zin) - 292 - shameless / defiant / act in a bold and unashamed way

breathalyzers - (breth uh yez zur) - 509

- devices that estimate blood alcohol content from a breath sample

brimming over - (brim ing) - xxxi - overflowing / full to the point of flowing over

bris - (briss) - 398, 401 - the rite or ceremony of male circumcision usually performed on the eighth day of life (short for bris-mile)

bristle - (briss ul) - 48 - flare up / become agitated / take on an aggressive attitude

broker - xv, xvi, xvii, 2 - see **stockbroker** (501 - properties broker)
brokerage - (broke ur j) / bro kur ij) - 4, 5, 248
- a company that buys and sells properties or stocks and bonds for clients
brownstone - (brown stone) - 201
- a house built or faced with brownish-red sandstone
brunch - 398 - a meal serving as a late breakfast and early lunch
buckwheat - (buk wheat) - 208 - a type of wheat made into flour for baking
bugalademujis - (best guess... bug uh laid uh mus / or / mooz) - 499
- see text description re: Mic-Mac Indian folklore
bumbling - (bum bling) - 386 - awkward / stumbling / clumsy
bureau - (b'yure o) - 41, 224 - agency / a specialized administrative group
bust - 138, 377 s - 554 - drinking spree or binge / a time of heavy drinking
by-gones - 82 - things in the past / things gone by / past events
by-paths - 123 - rarely used or indirect paths
cagey - (kay jee) - 291 - careful / clever / smart / wary / resourceful
calamities - (kuh lam uh teez) - 56
- events that bring terrible loss, distress, or severe affliction / disasters
calamitous - (kuh lam uh tuss) - 268 - tragic / disastrous / unfortunate
calamity - (kuh lam uh tee) - 6, 46, 55, 68, 116, 544 **calamities** - (... teez) - 56
- disaster / tragedy / something that causes great loss and pain
caldon - (kal drun) - xxx - kettle / vat / a large container used for boiling liquids
caulous - (kow luss / kal luss) - 107
- insensitive / coldhearted / lacking in feeling or consideration
camaraderie - (kah muh rah duh ree) or (kahm rah duh ree) - 17, 336, 390,
522, 523 - a spirit of friendliness and good will / good-fellowship
capitalize - (kap eh tul eyes) - 117, 133
- gain from / take advantage of / gain by turning it into a profit
capitulated - (kuh pich uh lay tid) - 160
- surrendered / gave up resistance / submitted / succumbed
carom - (kair um) - 4 - bounce / glance / to hit something and bounce off
carousing - (kuh rle zing) - 557 - excessive drinking and loud merrymaking
catapulted - (kat uh pul tid) - 8
- thrown / hurled / launched / as if hurled from a catapult or slingshot
CCTV - 380 - Closed-Circuit Television
cellar - (sel ur) - 82, 176, 177 - an enclosed space used for storage or shelter
from storms, usually beneath the ground or under a building
cellaret - (sel uh tel) - 212 - a storage cabinet for wine or liquor
ceremonies - (sair uh mo neez) - 28, 398, 469 - formal acts of ritual or custom
ceremony - (sair uh no nee) - 398 - formal act of ritual or custom
cervix - (sur vik) - 336 - the narrow outer end of the uterus or womb
certainty - (sirt un tee) or (sir tun tee) - 8, 11, 25, 56, 374, 512
- assurance / sureness / fact / the quality, state, or fact of being certain /
a state of mind in which one is free from doubt / positive assurance
cessation - (sess ay shun) - 122, 299 - stopping / to discontinue or stop
character - (kare ik tur) - 26, 34, 39, 59, 73, 75, 76, 100, 115, 193, 207, 218,
263, 355, 356, 443 - the combination of behaviors, traits, features, and
qualities that identifies, sets apart, or distinguishes someone or something /
- the combined moral or ethical structure of a person or group
characteristic - (kare ik tuh riss tik) - 37 **characteristics** - xxiii
- a distinctive trait / distinctive feature, quality, attribute, or peculiarity
characterized - (kare ik tur eyes'd) / (kair ik tur ized) - 30, 52, 565
- marked / distinguished / defined / represented / portrayed
charade - (shuh raid) - viii, 359 - act / disguise / deception / pretense
chartered - (chart ur) - 9 - hired or leased for temporary use

Charrydis - (kuh rib dis) - 175 - a whirlpool - (Greek Mythology) - a whirlpool
off the Sicilian coast in the Strait of Messina, now called Galafalo / see **Scylla**
chastened - (chay sund) - 229 - subdued / restrained / corrected by penalty
cheery - (chea e) - 8 - cheerful / joyful / bright / happy / pleasing
chemist - (kem ist) - 54 **chemists** - 10 - scientist/s specializing in **chemistry**
chemistry - (kem eh stree) - 344, 400 - the science of the structure, properties,
and reactions of matter, especially of atomic and molecular systems
cherish - (chair ish) - 267, 496 **cherished** - (chair ish'd) - 118, 505
- value / valued / treasure / treasured / prize / prized
chicanery - (shah / or che) / kane uh ree) or (shah / or che) / kane ree) - 11
- artful trickery / deception by tricky or misleading reasoning
chronic - (kron ik) - xxvii, xxviii, xxx, xxxi, 27, 297, 455
- habitual / marked by long duration or frequent recurrence / always
present or encountered / constantly vexing, weakening, or troubling
chucking - (chuk ing) - 105 - leaving / quitting / throwing aside, away, or out
chute - (shoot) - 176 - (... clothes chute.) - an opening or passage way between
cloths of a house for dropping clothes near a washing area
cider - (sye dur) - the juice pressed from fruits, especially apples / hard cider is
fermented juice: where yeast has converted fruit sugars to gases and alcohol
cipher - (sife ur [like 'life'-er with an 's' rather than 't']) - 10
- meaningless empty number / a symbol absent of value / zero
cirrhosis - (seh ro sis) or (sir o sis) - ix, 470, 473, 556 - a chronic disease of
the liver characterized by the replacement of normal tissue with fibrous tissue
and the loss of functional liver cells. It can result from alcohol abuse, lack of
nutrition, or infection such as the hepatitis virus
citation - (sigh tay shun) - 571 - formal statement of one's accomplishments
cited - (sighted / site id) - 42
- referred to / mentioned / specified / quoted as an authority or example
citing - (sight ing / site ing) - 570 - referring to / mentioning / specifying
civic - (siv ik) - 131, 349
- public / of, concerning, or affecting the community or the people / civil
clang - (klang) - 27 - a loud, ringing, metallic sound
clammers - (klam urz) - 13, 98 - outcries / commotions (13) /
cries out / shouts (98) / - loud outcries or any loud and sustained noises
clattered - (klat ur) - 4 - chattered / rattled / made successive short, sharp sounds
clear-cut - (klear kut) - 29, 274, 503 - clearly & sharply outlined / distinct / definite
clemeency - (kleh men see / klem in see) - 136
- forgiveness / mercy / to reduce the severity of punishment due
clergyman - (klur jee mun) - xviii, 154, 155, 552 **clergymen** - (... men) - 572
- church official/s or representative/s given authority to perform certain duties
clientele - (kleye un tel) or (klee ahn tel) - 313 - customers / clients / patrons
climes - (klymz / klyme'z) - 388 - climates / prevailing weather conditions
clinch - (klinch) - 138 - settle / assure / cap / make final / to completely settle
cocksureness - (kok shur nus) - 6 - overconfidence / being too sure / a feeling
of assurance often without good reason / strutting (rooster like) confidence /
also cocky - (kok ee): as sure as a 'stop-cock' or faucet valve
cocky - (kok ee) - 68, 85, 264
- self assured / "full of oneself" / arrogant / overconfident / egotistical
coddle - (kod ud) - 384
- pamper / spoil / baby / treat with indulgence and often overly tender care
code - (kode) - 44, 84 s - 45 - rule/s / systematically arranged and wide in
scope, collection of laws, regulations, rules of procedure or conduct
codeine - (ko deen) - 410 - a narcotic derived from opium or morphine and
used as a cough suppressant, analgesic (pain reducer), and hypnotic

coincided -{ ko in side it } 203 - happened at the same time or period of time
coincidence -{ ko in suh dunts / ... dents } 457, 489, 492 - a sequence of events that although accidental seems to have been planned or arranged
cognac -{ kon yak } 340 **cognacs** -{ kon yaks } 223
- a brandy distilled from white wine made in the area of Cognac France
cognizance -{ kog nuh zunts } 569 - notice / attention / heed / regard
coherent -{ ko hear/hair ut } 250 - sticking together / consistent
colleagues -{ kah leegs } 180, 341
- associates / friends or others of common office or profession
collective -{ kuh lek tiv } 446, 574 **collectively** -{ kuh lek tiv lee } 149
- as a whole / as a combined or assembled group of individuals
combating -{ kom bat ing } 7, 101
- fighting / struggling with / opposing or resisting / trying to get rid of
commence -{ kuh mints } 43, 47, 68, 91, 153 **commenced** -{ ... mints' d } xiv, xxv, 2, 15, 25, 41, 46, 70, 79, 84 **commences** -{ ... mints uz } 81, 98
- begin / start / carry out the first step of an action / begin to appear of develop
commendable -{ kuh men duh bul } 35- deserving honor, respect, or admiration
commendation -{ kom un day shun } 307- compliment / praise / congratulation
commentary -{ kah mun tary } ii - written or expressed opinion or judgment
commodities -{ kuh mod uh teez } 135
- products / natural resources used to create valuable products
communicative -{ kuh mew nuh kuh tiv / kuh muuh nuh kuh tiv } 91, 126, 366
- talkative / verbal / open to discussion / inclined to communicate
compelling -{ kum pel ling } xviii, 333
- forceful / convincing / obtaining or bringing about as if by force
competent -{ kom puh tunt } xxv, 18, 89, 143- possessing proper or required skills
comprehend -{ kom pra hend } xiii, 46, 70, 83, 238, 443
- understand / understand the nature, significance, or meaning of
comprehensive -{ kom pra hen siv } 22
- complete / all inclusive / covering completely / encyclopedic
compulsion -{ kum pul shun } 250, 256, 270, 352, 396, 416, 417
- compelling or driving force / an irresistible impulse to act, regardless of the sensibility or sanity of the motivation or the act itself
compulsive -{ kum pulse iv } 279, 333, 396
- uncontrollable / caused or conditioned by **compulsion** or **obsession**
- obsessive / passionate / driving / irresistible / uncontrollable / urgent
concede -{ kon seed } 30, 42, 122, 140, 229
- admit / agree with / accept / acknowledge / to show although often against ones will, that one agrees to or with something
conceive -{ kon seev } 569 **conceived** -{ ...v'd } 2 **conceives** -{ ...v'z } 50
- to form or develop in the mind / come to or form an understanding, realization, view, or idea think / create / understand / realize / perceive / imagine / believe
concept -{ kon sept } 62, 197, 313, 367, 405, 490, 512, 540 s - x, xii, 574, 576
- idea / conception / image / impression / notion / perception / thought / - what exists in the mind as a representation (as of something understood) or as a formulation (as of a plan)
conception -{ kun sep shun } xviii, 12, 45, 46, 47, 49, 50, 74, 93, 218, 568
conceptions -{ ... shunz } xxv, 12, 27, 42, 93 - the sum of a person's ideas and beliefs about something / idea / plan / design / thought
concocted -{ kun kok lid } 284, 312 - created / devised, using skill & intelligence
condemn -{ kun dem } 108, 129, 142
- judge critically / express or declare a harsh negative judgment
condemnation -{ kon dem nay shun } 50
- judgment as worthless, wrong, unfit, guilty, or evil

conferring -{ kun fun ing } 563
- consulting / meeting in order to deliberate together or compare views
Confidence-approved literature - [Copyright Page - [iv]] - Literature that has been through a formal review and vote by the A.A. General Service Conference. Items such as newsletters, service material, and Guidelines from the General Service Office and anything from the "AA Grapevine" have a more simple approval process but are also official A.A. literature.
confidence -{ kon fun dunts } or (kon fun dents) 6, 14, 18, 26, 54, 74, 75, 78, 89, 112, 114, 123, 143, 189, 190, 194, 246, 255, 288, 309, 321, 423, 426, 503, 505, 543
- trust / faith / conviction / being certain / faith and trust in something, someone, or oneself without any suggestion of conceit or arrogance / secret / belief that another will keep a secret / not to be discussed without consent
confident -{ kon fun dunt } 40, 220, 521 - sure / certain / positive / convinced / having a strong, fearless, and bold belief in oneself and one's views or abilities
conformity -{ kun form uh tee } 563
- agreement / compliance / similarity in form or character / action or behavior in correspondence with current customs, rules, or styles
confronted -{ kun frunt id } 53, 385 **confronting** -{ kun frunt ing } 448
- run into / face / met face to face with, especially with defiance or hostility
congregations -{ kon gruh gay shunz } 132
- groups / people gathered together for worship or teaching
connote -{ kuh noled / kuh no tid } 423 - suggested / implied / meant
conquer -{ kong kur } 44, 266 **ed** - 540 **ing** 98 - to overcome or defeat by physical, mental or moral force / to defeat, subdue, or secure control of
conscience -{ kon chunts } 95, 132, 462, 562, 563, 574
- moral sense / conformity to one's own sense of right conduct
conscientious -{ kon she in shus } 268, 363 **conscientiously** -{ ... lee } 147
- careful / carefully / thoroughly / painstakingly / according to conscience
conscious -{ kon chus } 47, 56, 59, 63, 87, 178, 182, 233, 297, 371, 462, 469
ly -{ ... lee } 283 - aware / personally felt / aware of by thought or observation
consciousness -{ kon chus nuss } 24, 25, 51, 55, 98, 130, 202, 268, 270, 457
- awareness / knowledge / mindfulness / realization / being **conscious**
consecutive -{ kun sek yuh tiv } 408
- following one after another in an orderly pattern / successive
consent -{ kun sent } 80, 143 **ed** -{ kun sent id } xviii, 159 - agreed
- agreement / permission / authorization / approval / 'OK'
consequence -{ kon seh kwents } 362 - [In consequence, ...] - as a result
consequences -{ kon seh kwents uz / ... kwunts uz } - results / effects / logical conclusions / the relation of results to their cause or causes
consequent -{ kon seh kwent / kon seh kwunt } 572
- result / a natural effect or conclusion / following a logical conclusion
consequently -{ kon seh kwent / kwunt lee } 174, 542 - therefore / as a result
conservative -{ kon serve uh tiv } 359, 360
- traditional / traditional, moderate, or restrained in views, values, or style
conservatively -{ kon serve uh tiv lee } xxii
- moderately / reasonably / cautiously / within reasonable bounds
consider -{ kun sid ur } 29, 46, 86, 339, 471, 510, 512, 527, 528
- think / regard / think of / think about / believe / think carefully about
considerable -{ kun sid ur uh bul } xxvi, xxix, 30, 34, 148, 174, 182, 246, 249
- significant / substantial / meaningful / large in amount, size, extent, or scope
considerably -{ kun sid ur ab lee } 22, 172 - to a large extent / significantly
considerate -{ kun sid ur it } 61, 74, 83, 99, 356
- thoughtful / having regard and concern for the needs or feelings of others

consideration -(kun sid ur ay shun) - 140, 131, 569, 574 - attention / regard
considerations -(kun sid ur ay shunz) - 128 - concerns / regards / attentions
considered -(kun sid urd) - 64, 65, 193, 194, 390, 454, 503, 517, 523 - thought / regarded / thought of / thought to be / looked upon / contemplated
considering -(kun sid ur ing) - 140, 459 - thinking about / regarding
consigned -(kun sye'n'd) - 152 - sent / committed / assigned / turned over
console -(kun sole / kun soul) - 111, 325 - sympathize with / cheer / comfort - make or try to make brighter, a person overcome by grief or misery
conspired -(kun spired / kun spy'erd) - 160
- worked together / operated / tended / combined / joined / united
consternation -(kon str nay shun) - 35
- amazement / confusion / wonder / distress / dismay
constitutionally -(kon steh too shun lee) - 58
- by their basic nature / in agreement with the essential nature of a person
consult -(kun sul) - 96, 132 - seek advice or information of / refer to / consider - meet and exchange views to reach a decision
consultants -(kun sul tants) - 575 - those who give expert advice
consultation -(kon sul tay shun) - 412
- an exchange of views in an attempt to reach a decision
- meeting between physicians to discuss the diagnosis or treatment of a case
consulted -(kun sul tid) - 26, 80, 114, 563 - sought advice or information of - met with to exchange views to reach a decision
consulting -(kun sul ting) - 80, 134
- exchanging views / seeking advice or information from
consummation -(kon suh may shun) - 25
- completion / finish / fulfillment / an ultimate end or goal
consumption -(kun sump shun) - 21, 383, 384 - amount consumed / usage
contemplate -(kon tem plate) - 363
contemplated -(... play tid) - 428
contemplating -(... play ting) - 399
contemplation -(... play shun) - 566
- consideration / reflection / thoughtful observation or meditation
contemporaries -(kon tem puh rar eez) - 51
- other people in the same age and time period
contempt -(kun tempt) - 10, 203, 267, 395, 512, 568
- bitter scorn / dislike / defiance / disrespect / disregard / ridicule
contention -(kun ten shun) - 19, 118 - controversy / dispute / debate / conflict
contentions -(kun ten shun) - 49
- beliefs / theories / debatable ideas on a subject
contentment -(kon tent munt) - xxxi, 357
- satisfaction / being in a state of desiring no more than what one has
contingent -(kun tin junt) - 85 - dependent / determined by something else
contracted -(kun trak tid) or (kon trak tid) - 3 - got / developed / caught
contradict -(kon truh dik't) - 94 - deny / clash or conflict with / refuse to admit the truth, reality, value, or worth of / express or assert the opposite
contradiction -(kon truh dik shun) - 309 - inconsistency / condition of conflict
contrary -(kon trair ee) - 10, 20, 125, 147, 419
- conflicting / opposite / completely different / unfavorable (10, 125)
- reverse / opposite position / opposite to what is expected (20, 147, 419)
contribute -(kun trib yoot) - xxvii, 63, 207 - to give or supply in common with others / give to a common fund or for a common purpose / donate / give / to have a share, as in an act or result / have a hand in / share / participate
contributed -(kun trib y'uh tid) - xxviii, 308 - given / see **contribute**
contributing -(kun trib y'uh ting) - 480 - giving / see **contribute**
contribution -(kon truh b'y'ou shun) - 229 - gift / donation / see **contribute**
contributions -(kon truh b'y'ou shunz) - xix, 562, 564, 565 - gifts / donations

contributors -(kun trib y'uh torz) - xxvii - creators / developers / supporters
contrition -(kun trish un) - 126
- remorse / expressed or displayed regret for wrongdoing
controversial -(kon truh vur shul) - 19, 565
- subjects or ideas that people have opposing views about
controversy -(kon truh vur c) - 69, 154, 562, 575
controversies -(... c'z) - xix
- argument / debate / dispute / squabble / difference of opinion
- matters that people have strong differences of opinion about
convalescence -(kon vuh less unts) - 129
- recovery / healing / restoration of health or well-being
convalescing -(kon vuh less ing) - 127 - recovering / healing / improving in health
convenience -(kun ven yunts) - 176, 519 - suitable or agreeable time
convenient -(kon ven yunt) - 11 - easily reached / suited to one's purpose
conventional -(kun ven shuh nul) - xiii, 203, 387 - ordinary / commonplace / usual
converse -(kun verse) - 359
- talk / speak / take part in a spoken exchange of thoughts, ideas, or feelings
convert -(kun vurt) - 124
converted -(kun vur tid) - 123, 232
- change / changed / to change or changed one form or function to another
conviction -(kun vik shun) - xix, 42, 56, 189, 229, 250, 270, 527
- belief / strong persuasion or belief / being convinced
conviviality -(kon viv ee al uh tee) - 151, 336
- festivity / feasting / a banquet / food, drink, and good company
cordially -(kord jewel lee / kord jul lee) - 134, 161 - sincerely / deeply felt
corker -(kork ur) - 156
- someone or something that is excellent, remarkable, surprising, or bewildering
cornerstone -(korn ur ston) - 47, 56 - indispensable and fundamental beginning or basis / a stone at a corner of a building which is often used for holding historical information
correspond -(kor eh spond) - 573
correspondence -(... dunts) - 255, 573
- communication by the exchange of letters / letters written or received
corroding -(kuh road ing / kuh ro ding) - 67
- destructive / deteriorating / consuming / corrupting / eroding / rusting
councilman -(kown sul mun) - 182 - member of an appointed or elected group or 'council' responsible for administrative functions
counsel -(kown sul) - 69, 119, 342, 389
ed -(... suld) - ix, 105, 446, 449, 484
counseling - 97, 424, 425, 564 - advise / advisor / exchange opinions and ideas
countenance -(kown tuh nunts) or (count nunts) - 161 - part of the term "out of countenance" which means to be in an unsupported or unfavorable position. In this use the meaning is "... these are laughed out of favor," or shown to be disapproved of with laughter. / 'Countenance' means - to show approval (literally to show an approving face) agree that something is right or acceptable
counteract -(kown tur act) - 451 - oppose / act against / make ineffective
counter-evaluations -(kown tur - e val u ay shunz) - 507
- opposing or opposite estimates, appraisals, or judgments
courage -(kur ij) - 6, 53, 68, 115, 132, 154, 178, 193, 266, 267, 270, 285, 340, 357, 386, 419, 523, 526, 528, 545 - the quality of mind or spirit that allows one to face danger, fear, or difficulties with self-possession, confidence, and determination
courageous -(kor ray jus) - 81 - having or showing courage / see **courage**
courteous -(kurt e us) - 356
courteously -(kurt e us lee) - 248
- kind / kindly / polite / given or done as a kind or polite act or gesture
courtesy -(kurtuss e) - 505 - free of charge
coveted -(kuv uh tid) - 174 - desired / craved / wanted / wished for excessively
coward -(kow urd) - 233
towards -(kow urdz) - 526 - see **cowardly**

cowardly -{ kow urd lee } -16 - noble or brave in character, purpose, or action / fearful / - a coward is one who runs away from a challenge "with his tail between his legs" or who "turns tail" and runs like a rabbit with tail showing (cowed= frightened with threats or a show of force / filled with fear / made timid)

crackpot -{ krak pot } -9 - lunatic / nut / strange, odd, or crazy person

crankiness -{ krangk e nus } -127 - having or showing a bad temper (cranky = irritable / disagreeable / grouchy / grumpy / cross)

cranny -{ kran e } -75 - corner / crack / hidden corner or small opening / crevice

crave -{ krayv } -164 **craved** -{ krayv'd } -176 **craves** -{ krayv'z } -479 - to have an intense desire or urgent need for

craving -{ kray ving } -xxviii, xxix, xxx, 134, 176, 181, 318, 350 - intensely wanting / hungering for / experiencing an intense and often prolonged, urgent, or abnormal desire, yearning, or appetite for something such as a feeling, food, or the affects of alcohol or drugs

creditably -{ kred uh tub lee } -173, 174 - respectfully / respectfully / decently / so as to be worthy of respect

creed -{ kreed } -28, 208, 450 **creeds** -49 - religion / faith / -religious system or confession of faith / any set of beliefs or principles

criterion -{ kry tear e un } -163 - measure / yardstick / a standard, rule, or test on which a judgment or decision can be based

crockery -{ krok uh ree } -106 - earthenware / pottery made from clay

crossroads -428 - turning point / decisive point / a point or place that determines, or has the power to determine, an outcome

crowbar -{ kro bar } -467 - a straight metal bar with a curved and pointed end used as a lever or pry bar

crucial -{ kroo shull } -64, 235, 284 - essential / very important in the determination of an issue

crusade -{ kroo say'd } -95 - campaign / vigorous organized movement for a cause or against an abuse / an organized effort to accomplish a purpose

crux -{ kruks } -35 - core / most important point / innermost significance

culminated -{ kul muh nay tid } -284 - ended / peaked / came to completion

cunning -{ kun ing } -58, 328, 350, 352 - clever / sly / shrewd / crafty / exhibiting creativity and ingenuity

cups -{ kups } (... in his or my 'cups'...) -16,334,340 - in a drunken or intoxicated condition / something that falls to one's fate / 'cup' - container for drinking and its contents / any various beverages usually containing wine, fruit, and spices

curative -{ cure uh tiv / Kyur uh tiv } -308 - corrective / serving to cure / remedy

curricular -172 - see extra-curricular

cynic -{ sin ik } -204 - one who is critical and untrusting of others

cynical -{ sin uh kul } -xxviii, 351 - critical / doubtful / a person whose outlook is most often scornful and often habitually negative

cynically -{ sin ik uh lee / sin ik lee } -49 - critically / expressing dislike, distrust, and disbelief by ridicule or 'making fun' of something / a sneering disbelief in the sincerity, integrity, or goodness of motive

cynicism -{ sin uh siz um } -132, 134 - distrustful criticism / pessimism / expressed negative judgment

Czar -{ zar } -12 - king / emperor / one having great power or authority

dampen -{ dam pun } -119 - deaden / restrain / depress / stifle

dandy -{ dan de } -188 - particularly excellent one / exceptionally good of its kind

dash -107, 216 - smash / break / to break or destroy by striking violently (216) - hurry / rush / speed / race away / move oneself quickly

deacon -{ de kun / deek un } -189 - a Protestant church member who assists the minister in various functions

deans -424, 425 - administrative officers in charge of a college or university

debacle -{ deh bah kul } or { deh bah ku } -22 - great disaster / sudden and grave failure / collapse / catastrophe

debate -{ deh bate } -xxx **debating** -390 - arguing / discussing opposing points of view / an often heated discussion in which a difference of opinion is expressed

debauch -{ dee botch } or { deh botch } -8, 104 - drinking spree / period of corrupt indulgence in drinking and/or sex

debris -{ duh bree } or { day bree } -76, 214 - trash / matters that are considered as being worthless / waste material

debut -{ day b'you / byoo } -536 - first public appearance / formal coming out

debutante -{ deb u taht / day b'you taht } -203 - a young woman making a formal introduction into society

decades -{ deh kaidz / deek aids } -ii - ten year periods

decency -{ d sun see } -387 - conformity to prevailing standards of what is proper

decentralized -{ d sen tru h y'e z'd } -238 - spread among several local authorities / redistributed or dispersed away from a central location

decision -{ deh siz shun } -xxx, 21,59,64,71,86,96,140,189,249,306,346,352, 353,362,373,425,448,456,549,574 s (... shunz) -62,88,263,379,455,575 - a position, opinion, or judgment reached after consideration / conclusion / determination / firmness of character, action, or will / making up one's mind

decimal point -{ des uh mul point } -149 - a dot written in a decimal number, as in 5.2649, to indicate the place where values change from positive to negative powers of 10

defect -{ dee fekt } or { deh fekt } -76, 418 - flaw / imperfection or insufficiency (lacking) that impairs worth or usefulness

defectives -{ deh fekt tivz } -xxvi - those who are mentally flawed or lacking

defects -x, xvi, 50,59,72,83,99,100,118,263,355,356,418,419,443,544 - see defect

deficiencies -{ deh fish un seez } -13 - shortcomings / lacks / shortages / inadequacies / failures

deficiency -{ deh fish un see } -120, 131 - failing / inadequacy (120) / debt owed / deficit / failure (131)

definite -{ deh fuh nit } or { deaf nit } -xxviii, 32, 65, 86, 87, 142, 229 - clearly defined / particular / having clear limits / free of uncertainty

definitely -{ def uh nit lee } -110, 254, 269, 470 - clearly / certainly / positively

deflation -{ dee flay shun } or { deh flay shun } -122, 263 - reducing self-centered concerns / reducing in size or importance

defogged -{ deh fog'd } -549 - cleared of a state of mental vagueness, confusion, or bewilderment

degenerated -{ deh jen ur ay tid } -556 - declined / deteriorated / worsened

degradation -{ deh gra day shun } -452 - lowering in character or self-esteem / humiliation / decline / degeneration

dehydration -{ de hi dray shun } -497 - excessive loss of water from the body

deliberate -{ deh lib ur it } -133 - intentional / voluntary / willful / premeditated

deliberately -{ deh lib ur it lee } -37, 264, 384 - intentionally / purposefully

delicatessens -{ del uh kuh tess unz } -5 - diners / restaurants / a place that sells cooked or prepared foods

delinquencies -{ deh link un seez } -126 - debts on which payment is past due

delirium -{ deh leer ee um } -7, 13, 107, 110, 200, 279 - mental disturbance characterized by anxiety, confusion, delusions, disordered speech, and hallucinations / frenzied excitement

delirium tremens -{ deh leer ee um tree munz } -7, 13, 110 - (DT's) (trembling delirium) - violent delirium with trembling caused by excessive and prolonged use of alcoholic beverages

deluged -(del yoo g'd) or (day looj'd) or (duh looj'd) -
- flooded / overwhelmed / swamped / overrun / inundated
delusion -(de looz shun) or (deh looz shun) -30, 61
- false 'psychotic' belief / unsound and misleading reasoning
Demerol -(dem ur all jor' dem uh roil)-410 - trademark name for 'meperidine',
(muh pair uh deen) a synthetic opioid (narcotic) used as pain killer & sedative
democracy -(deh mah kruh see) - 17, 160
- absence of class distinctions / social equality
demoralization -(dee [or -deh] more uh luh zay shun) -30, 330, 488
- confusion / discouragement / corruption or destruction of one's normal
functioning, morals, or sensibilities
denial -(deh nye ull) or (deh nye ull) - vii, 10,203,324,328,329,330,332,343,
467,568 - non-acceptance / dismissal / refusal of belief in statement /
- a psychological defense mechanism in which confrontation with a personal
problem or with reality is avoided by refusing to accept the existence, truth,
or validity of the problem or reality
denizens -(den uh zunz) - 151 - inhabitants / residents / occupants
denomination -(deh nah muh nay shun) -xiv, 74, 87, 93, 94, 572 s - 94
- group of persons accepting a particular system of religious belief
department -(deh port munt) or (deh port munt) - 18, 174
- behavior and attitude / the manner in which one conducts oneself
depot -(de poe) - 179 - train station / railroad or bus station
depressed -(deh press'd) - 39,56,91,144,207,269,282,429 - low in spirits /
dejected / downcast / downhearted / suffering from psychological **depression**
depression -(deh press shun) - xxxi, 37,52,106,127,133,189,195,** 281,282,
283,288,311,370,449,543 - [to 'depress' is to push and/or to hold down] -
- a feeling or period of time feeling sad or despondent / a time of feeling gloomy
and low in spirit / cheerless / blue / dreary / glum / desolate / joyless /
sadness / hopelessness / unhappiness / mournfulness / melancholy
- Psychology: A psychiatric disorder characterized by an inability to concentrate,
insomnia, loss of appetite, anhedonia (the absence of pleasure or the ability
to experience it), feelings of extreme sadness, guilt, helplessness and
hopelessness, and thoughts of death. Also called "clinical depression".
** 225,235,248,253,258,262 - references to "The Depression era or 'The Great
Depression' - a period of severe economic hardship during the 1930s
deprive -(deh pryv) - 96 **deprived** -(deh pryv'd) - 96
- deny / keep or take away something wanted or needed
deranged -(deh rainj'd) - 149 - disturbed / unbalanced / mixed up / sickened
derelictions -(dair uh lik shuns) or (dair uh lek shunz) - 143
- faults and failures / shortcomings / delinquencies
derided -(deh ride id) or (deh ride id) - 131
- laughed at / ridiculed / held in contempt / mocked
derision -(deh riect shun) - 267 - ridicule / jeering laughter / mockery
derived -(deh ryev'd) - 2 - arrived at / obtained, developed or received from
derogatory -(deh rog uh tor ee) - 305 - belittling / downgrading / diminishing
desecrate -(des eh krate) - 536 - spoil or mar the sacredness of / violate
desertion -(deh zur shun) - 106
- leaving / willful abandonment / abandoning domestic obligations
deserts -(deh zurts) - 38, 458 - abandons / forsakes
designated -(dez ig nay tid) - 313 - specified / indicated / appointed
designating -(dez ig nay ting) - xiii - calling / naming / indicating / labeling
desirability -(deh zire uh bul t) - 116 - benefit / advantage / good / usefulness
desirable -(deh zyre uh bul) - 63, 70, 143 - worth doing or achieving /
- worth having or seeking, as by being useful or providing an advantage

desolate -(deh sil lit) or (deh lit) - 459 - deserted / isolated / unfit for living
despair -(deh spair) - vii, 8, 15, 50, 110, 151, 155, 195, 202, 276, 309,
385, 426, 428, 487 - hopelessness / the loss of all hope or confidence /
have lost all hope (110) / that which destroys all hope
despaired -(deh spair'd) - xxxix - lost hope / also see **despair**
despairing -(deh spair' ing) - xxviii, xxix, xxxi, 7
- without or almost without hope / resulting from **despair** or overcome by a
sense of hopelessness and defeat / also see **despair**
despised -(deh spize'd / deh spyz'd) - 69, 334 - hated / detested / scorned
- regarded with contempt or unworthy of one's interest or concern
despite -(deh spite / deh spyte) - vi, 10,12,31,200,226,262,319,324,389,397,
430,447,451,505,555 - in spite of / notwithstanding / in defiance of
destined -(des tin'd / des tun'd) - vi, 219 - directed / determined the future of
destiny -(des tin e) - 54, 164, 448, 496, 500 - fate / lot in life / predetermined
course of events considered as something beyond human power or control
distitution -(des tuh too shun) - 106
- extreme poverty / insufficient resources to sustain life
detention -(deh tent shun) - 495 - confinement / detaining / punishment /
- held in custody while awaiting trial / confinement to a detention home
detter -(deh ter) or (dee ter) - 24, 47 - stop / prevent / discourage / prevent
or discourage (someone) from acting by means of doubt or fear
deteriorated -(deh teer e uh ray tid) - 407 - went bad / became unsound
deteriorates -(deh teer e uh rates) - 157 **deteriorating** (-... rate ing) - 297
- breaks down / degrades / lowers in quality, character, or value
deterioration -(deh teer e uh ray shun) - xxxi, 339 - decline or failing /
- weakened / degeneration / decline or impairment of value or usefulness
devastated -(dev uh stay tid) - 524 - stunned / destroyed / overwhelmed
devastating -(dev uh stay ting) - 7,384 - destroying / overwhelming / stunning
devastation -(dev uh stay shun) - 446, 528 - destruction / laying waste
devil-may-care - 158, 159 - careless / reckless / easy going / carefree
devoted -(deh vote id) - 88,159,252,257,294,444 - dedicated / directed / applied
devoting -(deh vote ing) - dedicating / directing / setting aside / applying
devotion -(deh voe shun) - 87, 119, 128 - act of religious observance or prayer
diagnose -(die ug noce) or (die ug noze) - 31 - make a **diagnosis**
diagnosed -(die ug noce'd) or (die uh nose'd) - ix, 363,463,470,490,524,536
- determined or identified to be / or have something by means of **diagnosis**
diagnosis -(die ug no sis) [plural - die ug no seez] - xxxi,234,408,412,471,525
- evaluate / evaluation / identifying / or determining the nature and cause of a
disease or injury through evaluation of patient history, examination, and review
of laboratory data / the opinion brought about from such an evaluation
diagnostic -(die ug noss tik) - 307 - evaluation / the art or practice of **diagnosis**
diagnostician -(die ug naw stish un) - 412 - person who practices **diagnosis**
dialects -(die uh lekts) - xxiii - regional forms or variations of a language
diarrhea -(die uh ree uh) - 495 - excessive and frequent watery bowel
movements, usually indicating gastrointestinal distress or disorder
dictates -(dik tates) - 100 - directions / commands / guiding principles
dieth -(deye ith / die uh) - 1 - died / was caused to die
differentiate -(dif uh rent she ate) - xxviii, 559 s (-... ates) - xxx
- tell the difference between (xxviii, 559)
- indicates a difference about (xxx) / distinguishes one thing from another
diffident -(dif uh dent) or (dif uh dun) - 76 - shy / hesitant / distrustful /
reserved / hesitant in acting or speaking through lack of self-confidence
dilemma -(duh lim uh) or (die lim uh) - xvi, 28, 45, 268, 510
- problem / difficulty / predicament / difficult or trying situation

diligently -(dil uh junt lee) -55- deeply / carefully and thoroughly / energetically
dimension - 8, 25 - **see** **fourth dimension**
diminish -(deh min ish) - 86 **ed** -(... 'd) -538 **ing** -(... ing) -204, 339
- reduce / lessen / decrease in size, value, importance or effectiveness
dingy -(din jee) -211, 335 - dirty / shabby / darkened with smoke and grime
dire -(dye ur / dire) -411 - urgent / terrible / dreadful / desperate
disastrous -(deh zass truss) -472 - extremely bad / terrible
disastrously -(deh zass truss lee) or (deh sass truss lee) - 175
- horribly / terribly / destructively / causing suffering or disaster
disciplinary -(dis uh pluh nair e) - 554 - correction or punishment for failure to follow a specified pattern of behavior or **discipline** / also **see** **discipline**
discipline -(dis uh plin) - 88, 439, 502, 522, 535 - impose order on / teach / instruct / systematic training by instruction and practice, especially to teach self-control or to obtain controlled behavior (88, 439, 502, 522) / to punish to gain control, correct, train, or enforce obedience / punishments for failures or wrongs done (502, 535) / self-control / restraint / controlled behavior (502)
- bad behavior / obedience / self-control (88, 502)
['self-discipline' - 32, 567] ['undisciplined' - 88, 269]
disclosing -(dis kloze ing) -29, 78 - revealing / exposing to view
disconcerted -(dis kun sir tid) -44
- upset / troubled / shaken / confused / annoyed / embarrassed
discontent -(dis kun tent) -317 **ed** -(dis kun tent id) -xxviii - unhappy / unsatisfied / frustrated / unhappiness due to the failure of one's hopes, desires, or expectations / desiring more than what one has / not accepting or willing
discord -(dis kord) -122 - conflict / disagreement / opposition / disharmony
discouraged -(dis kur ij'd) -60, 96, 154, 184, 198 - made less enthusiastic or hopeful / prevented or persuaded not to do something or not to pursue an aim
discouragement -(dis kur ij munt) -138 - being discouraged
discredited -(dis kred uh tid) -154, 161 **discrediting** -(... uh ting) -80
- disgracing / disgraced / degraded or degrading / having lost or causing the loss of one's honor, reputation, or trust
discretion -(dis kresh un) -96, 142
- good judgment / careful consideration in choosing / prudence
discriminate -(deh skrim uh nate) -450 - as noted in following text:
"-...restricted to race, creed, or geography." / make distinctions on the basis of class or category without regard to individual merit / distinguish / select
disease -(dis eez) -64, 187, 191, 205, 271, 272, 295, 317, 319, 320, 328, 330, 332, 333, 336, 344, 355, 378, 407, 416, 451, 455, 455, 473
- sickness / an abnormal condition that harms normal functioning
disheartening -(dis har ten ing / dis hartun'ing / dis hart un ing) -188
- discouraging / spirit lowering / weakening the spirit or morale
disheveled -(dis shev ul'd) -388 - sloppy / not combed / rude / disorderly
disillusioned -(dis uh loozshun'd) -204, 502 - disappointed / disenchanting
disillusionment -(dis uh loozshun munt) -56 - disappointment / dissatisfaction / disenchantment / being freed or deprived of illusion
disinclination -(dis n kluh nah shun) -360 - reluctance / unwillingness
disinherited -(dis en hair uh tid) -161
- lost / cast out / cut off from inheritance or the right to inherit
disintegrate -(dis in teh grate) -248 **d** -391 **ting** -297 **tion** -272
- decay / break down / deteriorate / dissolve / to become rotten or unsound
dismal -(diz mal'd) -154 - gloomy / dreary / dark and depressing / glum
dismayed -(dis may'd / dis maid) -134
- distressed / disappointed / discouraged / disturbed / perplexed
dismays -(dis mayz) -120 - distresses / disappoints / discourages / confounds

dismissals -(dis miss ulz) -503 - being fired or terminated from jobs
dismissed -(dis miss' d) -248, 429, 448, 503 - fired / terminated (448, 248) / - rejected / dropped / refused / declined / shut out (429, 503)
dismissing -(dis miss ing) -285 - rejecting or declining by thinking / - being unwilling to accept, consider, or receive / refusing / shutting out
disobedience -(dis o bee unts) -422 - refusal or failure to obey
disorders -(dis or durz) -58, 114, 363 - ailments, sicknesses, or diseases that affect or disturb the health or proper function of mind or body
displacements -(dis place munts) -27 - shifts / changes / movements / being changed or replaced / shifting of an emotional affect from one object to another
disposition -(dis puh zis shun) -21, 35, 120
- behavior / inclination / tendencies / temperament
disproportionate -(dis pruh [or - prah] poor shun et) -149
- more than normal / unbalanced / uneven / unequal / irregular
dispute -(dis p'yoot) -11, 117 **disputes** -(dis p'yoots) -564
- argument / disagreement / debate / doubt / to question the truth or validity of
disregard -(dis reh gard) -67, 133, 139, 362 **ed** -(... gar did) -11
- not consider or be concerned with / pay no attention or heed to / neglect
disrupting -(dis rupt ing) -xix - confusing / disturbing / interrupting / upsetting
dissecting -(deh/die sek ting) -49 - examining, analyzing, or criticizing in detail
dissensions -(deh sen shunz) -117
- disagreements / arguments / conflicts / lack of harmony or agreement
dissipation -(dis uh pay shun) -133
- loss of health and well-being often caused by excessive drinking
distended -(dis tend id) -330, 472 - expanded by or as if by internal pressure
distinct -(deh stink't) -xxx, 175, 360 **distinctly** -(... lee) -261
- clear and separate / individual / well defined / unquestionable
distinction -(dis tink shun) -44, 384 **distinctions** -(... shunz) -161
- difference / separation / very noticeable characteristic or reputation
distinguish -(deh sting gwish) -149 - separate / recognize as being different
distinguished -(deh sting gwished) -28, 382 - honored / respected / recognized
distorted -(dis tort id) -108, 555 - warped / deformed / perverted / falsely or misleadingly represented / twisted out of a proper or natural relation
distortion -(dis tor shun) -129 - deformity / inaccurate or misleading view
distraacted -(dis trak tud) -107, 155, 160 - troubled / disturbed / distant / - mentally confused / maddened or deranged especially by grief or anxiety / suffering conflicting emotions / extremely mentally or emotionally disturbed
distractions -(deh strak shunz) -162 - amusements, entertainments, or things that may cause one to turn away from an original aim or interest / diversions
ditched -458 - quit / skipped / discontinued association with / got away from
diverse -(deh/die vurs) -493 - varied / mixed / made up of differing qualities
dividends -(div uh dinz) or (div uh dunz) -129, 141, 230, 275
- gainfully / rewards / profits / shares of surplus / returns
divine -(deh vine) -43, 214, 527 - having the nature of or being a god / godlike
Divine Providence -(... prov uh dunts) -527 - Godlike care, direction or control
dizzily -(diz uh lee) -6 - bewildered / confused / unclear in mind or intent
doable -(doo uh bul) -528 - possible to be done or accomplished
doce -xxii - Spanish for 'twelve' - the number 12 / **see** **Los Doce Pasos**
Dr. ... **see** **Dr. Jekyll and Mr. Hyde** / **Dr. Jung** below
dodge -(dahj) -78 **d** -256 - avoid / evade / avoid answering / keep away from
dogged -(dog'd) - (Note: when meaning 'persistently', it is 'dog ud') -56
- followed / trailed / shadowed / persistently followed / held down
doggerel -(dah gur ul) or (dah gur l) - or (dog rul) -1
- poorly or irregularly written, and often humorous, verse

domestic - (doh mess tik) - 15, 80, 98, 100, 117
- "significant other", spouse, lover, family, home, or household

dominate - (doh uh nate) - 27, 350 **dominated** - 66, 134 **dominates** - 35
- control, govern, or rule by superior authority or power / commanded / prevail

dominion - (doh uh nay shun) - 172 - rule / control or power / authority

doughboy - (doh boy)-22-American infantryman (foot soldier) in World War I

Douze - see **les Douze Etapes**

Dr. Jekyll and Mr. Hyde - (Dok tur Jek ul and Mistur Hyde) - 21
- From a book by Robert Louis Stevenson (1886) in which the main character had two distinct personalities - one good and one evil. The evil one was brought out by drinking a potion (special brew) he created.

Dr. Jung - (Doctor You'ng -or- Yoong) - 26 - Carl Gustav Jung - (1875-1961)
- Swedish psychologist who developed the idea of dividing personalities into extroverted & introverted, and mental functions into thinking, feeling, sensation, and intuition. He also developed the theory of the "collective unconscious".

drastic - (drass tik) - 14, 42, 76, 80, 94 **drastically** - (... tik uh lee) - 11
- extreme / severe or radical (going to the root or source) in nature
- taking effect violently or rapidly

dreary - (drear ee) - dry / weary / gloomy / joyless / bleak / dull / depressing

dresser drawers - (dress ur d'roar'z) - dresser - a low piece of furniture often supporting a mirror and typically used for holding clothes and personal items
- drawers - compartments within the dresser that can be opened and closed

drug addiction - xxvii, 162 - see **addiction**

drug - xxv, xxviii, 162, 236, 410, 423 - a substance used to treat disease /
- a substance, such as an opioid or hallucinogen, that affects the central nervous system (includes the brain), causing changes in behavior and often addiction

drugged - 142 - stupefied or dulled with, or as if with, a drug

drugs - vii, 314, 329, 389, 407, 449, 460, 465, 530, 576 - page number references only

drunkard - (drunk urd) - 180, 209 - one who is habitually or routinely drunk

dry - 32, 34, 41, 109, 151, 174, 175, 179, 188, 224, 226, 227, 239, 273, 325, 329, 339, 343, 350, 464, 466, 472, 538 - (standard definitions - without moisture / dull / uninteresting / sarcastic / take moisture out of) - (Program related - in nearly all instances of use in "The Big Book" the word "dry" means "without alcohol or alcoholic beverages" or simply "not drinking". Some members suggest a distinctive difference between "dry" and "sober" - that one may be simply "not drinking" though not working "The Program" in a manner which would bring one to a state of "sobriety" / see **sober** and **sobriety**)

dry drunk - is not found in the "Big Book" of *Alcoholics Anonymous*.
- Perhaps drawn from lines in the *Twelve Steps and Twelve Traditions* book: "...These emotional dry benders..." (Pg. 90) - which refers to an "emotional state of being" triggered by resentments, anger, & other forms of "stormy emotions" and not a state of being related to drinking alcoholic beverages. This infers that one is "emotionally drunk" while not drinking - most often as a "judgment" of another, suggesting one is not working "The Program" and that such negative emotional states are the result. (We suggest "The Program" isn't to be a tool for eliminating feelings and emotions, but if practiced, will work to provide a more effective and appropriate way of processing and dealing with emotions.)
- *The Twelve Steps and Twelve Traditions* book addresses "emotions" at length.

D.T.'s - (-dee teez) - 188, 219, 298 - "Delirium Tremens" / see **delirium tremens**

dubious - (doo be us) - 49, 66, 205 - uncertain / questionable / debatable

dud - 269 - failure / loser / washout / flop / one that fails completely

DuPont - (doo pont / due pont) - 227 - E. I. du Pont de Nemours & Company
- Science-based company beginning as a maker of gunpowder around 1802, later becoming a leader in the production of a wide range of chemical products.

dwell - 91, 92, 247 - focus / to speak or keep one's attention on at length

dwelt - 250 - focused on or brought to attention / repeatedly emphasized

emarks - (ear marks) - 109 - indications / identifying marks or features

earnest - (urn ust) - 117, 357 - serious / sincere / determined / a serious and intent state of mind / -Note: this usage is perhaps better defined by including the preceding word "in" making "in earnest" - with a purposeful and serious intention

earnestly - (urn ust lee) - xiii, xxiii, 46, 70, 155
- seriously / characterized or proceeding from a serious state of mind

earnestness - (urn ust nuss) - 16, 37, 58, 173
- seriousness / determination / sincerity / purposeful intention

ebb - 246 - drop / decrease / (**ebb tide** is a period of low or falling tide)

eccentric - (ek sen trik) - 388
- odd / unusual / a person who does strange or "out of the ordinary" things

echoed - (ek o'd) - 373 - repeated / repeated by or as if by an echo

ecstasy - (ek stush see) - 326 - intense joy or delight / extreme emotion

eerie - (ear e) - 172 - strange and frightening / weird / mysterious / very odd

efficient - (eh fish unt) - 88 - effective / productive / acting with minimal waste

ego - (ee go) - 355, 506 - As is most commonly referred to in recovery literature and in general use: An exaggerated sense of self-importance; conceit.
- The self, especially as distinct from the world and other selves.
- In psychoanalysis, the part of the psyche that is conscious, most immediately controls thought and behavior, and is most in touch with external reality.
- Appropriate pride in oneself; self esteem.

ego-centric - (-e go - sin trik / e go - sent rik) - 61
- self-centered / limited in attitude or interest to one's own needs or affairs

egocentricity - (-e go sen triss uh tee) - 547 - being **ego-centric**

self-centeredness / viewing everything in relation to oneself / see **ego-centric**

egoism - (-e go iz um) - 73 - self-centeredness / thinking or acting with only oneself and one's own interests in mind / preoccupation with self interests

ego-selves - 347 - well... as written... "self-selves" - selves created by my self

ego-strength - 546 - a strong sense of self (who and how 'I' am, and who and how 'I' am not... with a clear awareness and acceptance of one's own values / ability to effectively deal with life's difficulties / the power to maintain a moral or intellectual position firmly / internal capacity to bring about effective action)

egotistical - (-e guh tist ik ul) - 61
- self-centered / one who shows an exaggerated sense of self

Eighteenth Amendment - (Ate teen th Uh mend munt) - 175 - The 18th Constitutional Amendment which outlawed the manufacture, sale, export, or import of intoxicating beverages within the United States on January 16, 1919, creating what came to be known as the "Prohibition" days. This was **repealed** by the 21st Constitutional Amendment on December 5th, 1933.

elapsed - (eh laph'sd) - xv - passed / gone by / slipped by

elated - (e lay tud) - 161, 429 - excited / inspired / delighted / stimulated

elation - (-e lay shun) - 128
- excitement / intense feeling of well-being and happiness / euphoria

Elba - (-el buh) - 4 - a large island off the western coast of Italy. Napoleon Bonaparte was exiled from France and made ruler of Elba (to get rid of him) in 1814. Near a year later he returned to be the emperor of France.

electrons - (-eh lek tron) - 48, 54 - subatomic particles having a negative electric charge (often illustrated as things whirling around the nucleus of an atom)

electroplating - (-eh lek tro plate ing) - 503
- an electro-chemical process of coating one metal with a thin layer of another

eligible - (-el eh juh bul) - 490 - qualified, worthy, or desirable to be chosen

elusive - (e loos iv) or (e looz iv) - xxviii
- hard to understand, define, grasp, isolate, or pin down

emanate - (eh muh nate / em uh nate) - 55
- come from / originate / to come out from a source

embittered - (m bitter'd / em bit urd) - 56 - caused bitter feelings / caused feelings that were difficult or unpleasant to accept, admit, or bear / grieved

embodied - (m bod eed) - 251, 275 - included / contained / combined

emerge - (eh murj) - 117,281,383,558 d - xxxi, 268,384 **emerging** - xxix, 554
- arise / appear / come out / come into view / begin to appear or develop

eminently - (eh muh nunt lee / em uh nunt lee) - 148
- very / most / highly / extremely / to a high or exceptional degree

empathy - (em puh thee) - 326 - appreciation / compassion / insight
- ability to share in another's emotions, thought, or feelings

emphasize - (em fuh size) - 39, 76, 87 d - 14, 76, 263 **ing** - 571
- stress / affirm / give priority, special consideration, or insist upon

emphatically - (em fat tik uh lee) - 47, 142, 568 **emphatic** - 93
- completely / strongly / forcefully / expressed in a strong way

emulate - (em u late) - 252, 327 - copy / imitate / follow the example of

enable - (eh nay bul) - 45,68,151,365 d - 247,300,346,468 s - (... bulz) - 55,162
- to give the means, ability, knowledge, authority, or opportunity to do
- to make feasible or possible / make able / allow / empower / permit

enchanted - (n chant id) - 46 - attracted and delighted / charmed / fascinated

encompass - (n kum pus) - xxiii - include / surround / take in / contain

encourage - (n kur ij) - xv, 91,95,146,327,495 d - xxviii, 33,262,274,351, 455,522,536 **ment** - 456,523 s - 55 **encouraging** - (... ing) - 538
- support/ed / strengthen/ed / give strength, hope, courage, or confidence to

endeavor - (n dev ur) - 172, 174 **endeavored** - 269 **endeavoring** - 94
- effort / undertaking / attempt / an earnest attempt toward a given end

endorse - (n dorse) - 562
- officially approve / add one's name to / give approval of or support to

endorsement - (n dorse munt) - 564, 569 **endorsements** - xix
- official support / approval / backing / recommendation / sanction

endow - (n dow) - 574 - provide / give / present with a quality, trait, or power

endured - (n d'yur'd) or (n dur'd) - 6, 18, 343, 485, 523
- tolerated / put up with / suffered (6,18,485,523) / lasted / continued (343)

enduring - (n dur ing) or (n d'yur ing) - 555 - lasting / continuing

engage - (n gay) - 91, 131, 564 d - 75, 329 **ment** - 21 **ments** - 105
- participate / share (91) / busy / occupy (131) / employ (564)
- involved / occupied (75) / pledged to marry (329)
- commitment/s or obligation/s to appear at a certain time and place (21, 105)

engendered - (n jen durd) - 172 - caused / created / bred / produced / provoked

engulfed - (n gulf d) - 270 - swallowed up / overwhelmed

engulfs - (n gulfs) - 18 - swallows up / flows over so as to submerge or enclose

enhanced - (n hants'd) - 492
- increased / deepened / made greater in value, beauty, or effectiveness

enlightened - (n lyte'n / n lile'n) - 271
- provided information or enabled to understand, especially in a spiritual sense

enlightenment - (n lyte'n munt / n lile'n munt) - 207
- spiritual or intellectual insight, understanding, illumination, or teaching

ensign - (n sun / n sin) - 554 - a commissioned rank in the U.S. Navy or Coast Guard that is below lieutenant junior grade

ensuing - (n sue ing) - 116,248,416,455 - following / happening 'after' in time

enthralled - (n thraw'd / en thral'd) - 126
- fascinated / deeply taken by or spellbound by something

enthusiasm - (n thoo z az tik) - 15, 113, 114, 119, 196, 266, 442, 491
- great interest / excitement / passion / eagerness / devotion

enthusiast - (n thoo z ast) or (n thoo z ust) - 128 **enthusiasts** - 125
- someone who becomes intensely absorbed in an interest

enthusiastic - (n thoo z az tik) - 113
- very interested / exited / eager / impassioned / devoted

enthusiastically - (n thoo z az tik lee) - 102
- with enthusiasm / with interest and excitement / see **enthusiasm**

entity - (n tuh tee / en teh tee) - xxx, 563 **entities** - (n tuh teez) - 575
- group / something - existing independently and separately

entreaties - (n tret eez) - 555 - requests / appeals / pleas / coaxing

entrepreneur - (awn truh pruh new ur / awn truh pruh nur) - 324
- a person who operates and assumes the risk for a business venture

environs - (n vye runz) or (n vye uh runz) - 15, 439
- outskirts / suburbs / surrounding areas

envy - (n v) - 145 **envying** - (n v ing) - 510 - be jealous of another / a feeling of discontent and resentment aroused by thinking of another's desirable possessions or qualities, with a strong desire to have them for oneself

epiphany - (e pif en e / e pif uh nee) - 334
- flash of insight / appearance / a sudden understanding or intuitive insight

epoch - (eh pik) or (eh pok) - xxvi
- age / era / a period of time made special by something or someone

equity - (eh kwuh tee) - 131
- surplus value / the value of something above what is owed on it

equal - (ee kwiv uh lunt) - 81 - equal / similar to, the same as, or equal to

era - (air uh) - 203, 268 - a period of time characterized by particular events
- see **Eighteenth Amendment**

eradicated - (eh rad uh kay tud) - xxx
- removed / completely destroyed or removed from existence

erratic - (ear at ik) or (air at ik) or (eh rat ik) - xviii, 550
- unpredictable / inconsistent / wandering / having no fixed course

erroneous - (er row nee us) - 567 - mistaken / false / containing or from error

erstwhile - (ur stew lee) - xviii - formerly / once / previously / in time past

escapades - (es kuh paidz / s kuh paydz) - 91, 123, 283
- carefree and reckless adventures / experiences / pranks / antics

escapists - (eh skay pists) - 207 - people who have a tendency to escape from daily reality or routine by indulging in daydreaming, fantasy, or entertainment

Eskimo - (s kuh mo) - 169 - member of the peoples inhabiting the Arctic coastal areas of North America, Greenland, and northern Siberia

esophageal - (eh sof uh gee ull) or (ee sof uh gee ull) - 557
- related to the 'esophagus' - the tube from the throat to the stomach

esprit de corps - (is pre du kor) - 522 - a common spirit of comradeship, enthusiasm, and devotion to a cause among the members of a group

estranged - (eh stranj'd) - 430
- separated from emotionally / **estrangle** = destroy the affections of

ethnic - (eth nik) - xxiii, 287 - a sizeable group or people sharing a common and distinctive racial, national, religious, linguistic, or cultural heritage

euphemistically - (u fuh mist ik lee / u fuim iz tik lee) - 390 - more acceptably / conveniently (from: **euphemism** - (u fuh miz um) - a substituted word or phrase that is less expressive or honest but considered less distasteful or offensive)

evade - (e vay'd) - 53, 360 **evaded** - (e vay did) - 45
- avoid / dodge / escape from / get away from / get around / elude

evangelical - (e van jel ik ul) or (ev un jel ik ul) - 466 - extremely enthusiastic

evangelist -(eh van juh list)- 89 - overly passionate preacher / one who practices evangelism (passionately preaching and delivering "the gospel" as if through missionary work), especially as a Protestant preacher or missionary
evolutionists -(eh vuh loo shu nists)- 10 - those who follow the ideas of biological evolution, especially that formulated by Charles Darwin
evolve -(eh volv)- xix - gradually develop / work out / achieve gradually
exaggerated -(ig zai uh ray tid)- 108, 355, 503 - represented larger or greater than it actually is / overstated / magnified / increased to an abnormal degree
exalted -(ig zal tid)- 559 - elevated / raised in rank, character, or status
exceedingly -(ik seed ing lee)- 163 - extremely / to an unusual degree
excerpts -(ek surpts)- 569
- picked out / selected passages as typical of a larger body of work
exchequers -(x chek urz)- 175 - savings / financial reserves / revenue
exclaimed -(ik sklam'd)- 60, 443 - expressed suddenly and forcefully, as from surprise, intensity of emotion, or strong conviction / cried out
excluded -(ik skloo did / x skloo id)- xix - shut out / barred / kept out / - prevented from entering, being included, admitted, or considered
exclusive -(x kloosiv)- (x kloosiv)- 4, 46 - special / catering to a wealthy customer base (4) / selective / admitting or open to only certain people (46)
exert -(ig zurt)- 61, 127 - put forth / bring to bear steadily or forcefully
exhibit -(ig zib ut / eg zib it)- 95, 128 **exhibits** -(eg zib its)- 319 - show / display / present / put on view / indicate / demonstrate
exhibited -(ig zib uh tud)- 40, 42 **exhibiting** -(ig zib uh ting)- 472 - showed / shown / displayed / demonstrated
exhilarating -(ig zil ur ay ting)- 3 - exciting / stimulating / refreshing / cheerful
exhilaration -(ig zil ur aye shun)- 247, 254, 553 - excitement / great happiness / joyfulness / delight
exile -(x ile / x al)- (eg zile)- 204 - one who lives away from one's native country, whether because of being expelled (thrown out), or voluntary absence
exonerating -(ig zah nur ay ting)- 80 - declaring blameless / to free from alleged fault or responsibility
expectant -(ek spekt unt)- 171 - hopeful / expecting / anticipating
exploits -(x ploits / eks ploys)- 145 - adventures / abuses / unethical uses
expedient -(x spee de unt)- 549 - help / something used temporarily or reluctantly when other means are not available
explicit -(ik splis it / eks pliss it)- 561 - fully expressed and clearly defined
exponentially -(eks poe nen shall lee)- 288 - greatly / tremendously / of or increased by extraordinary proportions
expulsion -(x pul shun / ek spal shun)- 424 - dismissal / being forced to leave
extract -(x trak't)- 354 - this usage "lemon extract" - a lemon flavoring that also contains alcohol
extracted -(x trak tid)- 179 - pulled out / obtained in spite of resistance
extra-curricular -(x truh kuh rik uh lur) or { x truh kuh rik yuh lur }- 172 - additional study / a course of action or subject of study beyond what is required for completion of a study or graduation from a school
extravagant -(ek strav uh gunt)- 84 - unreasonable / extreme / excessive
facade -(fuh sod)- 339, 471 - mask / act / false front / pretense / appearance - most often deceptive
facet -(fas it)- 542 - side / aspect / angle / regard / frame of reference
facilitated -(fuh sil uh tay tud)- 111 - helped bring about / made easier / assisted
faculty -(fak ul tee)- 173, 174 - teachers & instructors of a college or university
faculties -(fak ul tee)- 86 - abilities / skills / powers / capabilities
factor -(fak tur)- xxvi - detail / a part or condition that contributes to a whole
factor-weather - 3, 267 - present and dependable only in good times

faith -(fay' th)- (62 entries)- firm belief in something for which there is no logical, material, or absolute proof / belief, trust, and loyalty to God or any set of beliefs or principles / belief in the truth, value, or trustworthiness of an idea, principle, person, or thing / reliance / allegiance / hope
(**faithful** - 54 **faithfully** - 294 **faiths** - 49 - page number references only)
fallacious -(fuh lay shuss)- 23 - crazy / senseless / unsound / lacking in logic
fallacy -(file uh see)- 129 - incorrect thinking / false or faulty reasoning or idea
fanatic -(fuh nat ik)- 214, 232 **fanatical** -(... ul)- 70, 393 **fanatics** -(... iks)- 77 - marked or motivated by an extreme, unreasoning enthusiasm, as for a cause
fancied -(fan seed)- 1, 66, 207 - thought / imagined / envisioned / existing in imagination only
farce -(fars)- 464 - a ridiculous, empty show / a false disrespectful imitation
fare -(fair)- 69, 143, 254, 260 - diet / meal (69) / do / get along / manage (143) / charge for transportation service (254, 260)
farred -(fair'd)- 7 - went / proceeded / traveled / journeyed
far-fetched -(far-fetch'd)- 37 - unbelievable / unrealistic or incredibly rare
farm -(for these usages only)- **drunk farm** - 558 **health farms** - 31 - a place which may, or may not, include a traditional rural farm-like setting dedicated to the support of those in need of recovery from alcoholism or health problems
fatality -(fay tal uh tee)- (or fuh tal uh tee)- 70 - deadliness / ability to bring about death or disaster
fatally -(fay tuh lee)- 142 - deathly / so as to cause disaster, ruin, or death
fatigue -(fuh tee)- 134 **fatigued** -(fuh tee'gd)- 473 - tired / exhausted // - tiredness / weariness or exhaustion from labor, exertion, or stress
far -(113 entries)- **ed**-6, 7, 156, 209, 283, 556 **ful**-539 **fully**-472 **less**-58, 59, 390 **lessly**- 53, 55, 390 **lessness**- 10, 73 s - 68, 75, 207, 232, 246, 255, 266, 269, 273, 342, 345, 353, 359, 468, 499, 546, 554, 557 - agitation, alarm, anxiety, or dismay in the anticipation of, or in the presence of danger, pain, or disaster / negative imagination / dread / apprehension / - the emotion inspired by what arouses one's deep respect or reverence (**far** - as in "Fear of God" - this form does not appear in "The Big Book")
fearsome -(fear some)- causing or capable of causing fear / fearful / timid
feeble -(fee bul)- ix, 226, 494, 499 - weak / faint / insubstantial / not strong
felicitations -(fuh lis uh tay shunz)- 306 - praise / congratulations
fellowship -(57 entries) **fellowships** - 153 - members of AA / groups of or the combined membership of AA / association between individuals especially on pleasant, equal, or intimate terms / a union of friends or equals sharing common interests, experiences, or purpose / friendship / companionship
felon -(fell un)- 528 - someone who commits a -> **felony** -(fel uh e)- 460
felonies -(fel un eez)- 331 - a **felony** is one of several groups of crimes, such as murder, rape, or burglary, punishable by a more severe sentence than that given for a misdemeanor, minor misdeed, or bad behavior
fervently -(fur vent lee)- 525 - deeply / sincerely / enthusiastically
ferver -(fur vur)- 554 - intensity / excitement / enthusiasm / passion
ferrous - 404 - admit / confess / recognize, often reluctantly, the truth of
festering -(fess tur ing)- 559 - inflamed / infected / intensifying
fetch - 189 - get / go under something and return it
fettered -(fet ur)- 51 - tied up / restrained / controlled / limited
feuds -(few'dz / fyoud'z / fyoud'z)- 15, 78 - disputes / quarrels / - prolonged hostility between individuals, families, groups, or clans
fever -(fee vur)- 1, 3 - nervousness or restless excitement / passion
fevered -(fee vurd)- 140 - sickened / affected / heated
fictitious -(fik tish us)- 176 - false / imaginary / unreal / purposely deceptive

figdets - (fij its) - 254 - (... the figdets ...) - restless and nervous behavior
fierce - (fears) - 4, 18, 497, 535
- extremely intense / cruel / violent / so intense as to cause extreme suffering
finality - (feh nah tee) - or (fye nah uh tee) - 105
- an absolute end in mind / condition of being final / conclusiveness
finite - (fye night) - 68 - limited / having definite or definable limits
first flush - 124 - first sign, glow, or show / first suddenly spreading indication
fixated - (fik say tid / fix ay tid) - intently focused / obsessively preoccupied
flagging - (flag ing) - 53 - fading / fading / drooping / weakening / declining
flank - 82 - indirectly / side / on the right or left side of
flapper - a young woman, especially one in the 1920s who showed contempt for or dislike of conventional dress and behavior
fledgling - (flej ling) - xvii - young and inexperienced / beginner
fleeting - 46, 472 - quickly passing / lasting only for a short time
flimsy - (flim zee) - 28 - thin / weak / insubstantial / not strong
floored - (flord) - 11 - surprised / overwhelmed with surprise or wonder
floundered - (flow'n durd) - 26 **floundering** - (flow'n dur ing) - 231
- moved in a clumsy and ineffective manner / stumbled / struggled
flourishes - (flur ish ez / flur ish uz) - 347 - decorations / displays
flourishing - (flur ish ing) - xv - growing strong / going and doing well / expanding
fluently - (flu unt lee) - 246 - effortlessly / in a smooth flowing manner
fodder - (fod ur) - 525 - raw material as for artistic creation / a large supply of inferior material used to meet a heavy demand, such as feed for livestock
foe - 85 - enemy / opponent / that which serves to oppose, injure, or obstruct
forebodings - (for bode ings) - 2
- fears / thoughts of bad things yet to come / a sense of impending misfortune
foregoing - (for go ing) or (for go y ing) - 108, 121, 132
- preceding / previous / being before, especially in time or arrangement
foressee - (for see) - 162 - anticipate / envision / see or know in advance
foresight - (for site) - viii, 348 - seeing the nature of events before they happen
forfeit - (for fut) - 549 - suffer the loss of / surrender, be deprived of, or give up rights due to a crime, an offense, an error, or a breach of contract
forge - (forj / forjd) - 2 - d - (forj / forjd) - ix, 494, 571 **forging** - (for jing) - 520
- give form or shape to / make / build / create by forming or combining
forgive - 106, 134 **forgiveness** - 70, 140, 223, 397 **forgiveness** - 79, 86 **forgiving** - 77
- forgive: to excuse for a fault or an offense; pardon / to grant pardon without harboring resentment / refrain from imposing punishment on an offender
format - xxiv, 286 - method / arrangement and organization plan
forsook - (4 sook [like look]) - 424 - gave up / left / deserted / abandoned
forth - (4th) - 7, 19, 243, 259, 298 - onward / forward in time, place, or order
forthwith - (4th, with) - 179 - immediately / at once / right away / without delay
fortified - (4 tuh fide) - 342 - strengthened / made stronger
fortify - (4 tuh fye) - 178, 555 - strengthen / brace / reinforced
fortitude - (4 teh tod) - 391 - spirit / spirit / heart / mettle / nerve / strength of mind that enables one to endure pain or adversity with courage
fourth dimension - (4th duh men shun) or (4th dye men shun) - 8, 25
- something outside the range of ordinary experience / a dimension in addition to the three rectangular dimensions of length, breadth, and depth, which is often considered to be time
frailties - (frail teez) - 49
- weaknesses / imperfections / faults arising from human weaknesses
frank - 78, (414, 415 - a name) **ly** - xxxi, 40, 83, 131, 135, 145 **ness** - 82
- straightforward / clear (78) / open, direct, and sincere in expression / revealing or tending to reveal one's thoughts freely and honestly / clearly

geographic - (jee uh graf ik) - 347 **geographical** - (... ul) - 322, 323, 329
geographics - (... iks) - ix, 486, 487 - all usages in our book are referring to "a geographic cure" which is an attempt to remedy one's problem drinking and/or life problems resulting from our alcoholism, by moving to a distant location
geography - (jee og ruh fee) - 450 - place where one lives / location on earth
ginger - (gin jur) - 41, 154, 210, 509 - "referring to ginger ale" - **see** ale
gingerly - (jin jur lee) - 305 - carefully / cautiously / avoiding danger, risk or error
gin rummy - 555 - a type of a 'rummy' card game
ghastly - (gast lee) - 203 - extremely unpleasant or bad / terrible / horrible
giggling - (gig ling) - 341 - laughing / snickering / laughing in a hushed way
gimmick - (gin ik) - 305 - trick / creative or cunning device, strategy or scheme
girder - (gur dur) - 48 - a beam used as a main support in buildings or bridges
glaring - (glair ing) - 83 - extremely obvious / obviously bad or offensive
glassily - (glass uh lee) - 157 - lifelessly / expressionless / resembling glass
glimpse - (glimps) - 153 s - (glimp suz) - 363 - brief look / glance / peek
glossed - (gloss'd / glaliss'd) - 471
- covered / made attractive or acceptable by deception / colored
glum - (glum) - 132, 152 - gloomy / showing or having a cheerless, unhappy, or disagreeable mood / low spirited / crabby / joyless / dreary / bleak
glum lot - (glum lot) - 132 - gloomy group / cheerless bunch
gnashed - (nash'd) - 396 - gritted / the grinding of one's teeth together
gnawed - (nald) - 341 - chewed / ate / eroded / wore (away)
gnawing - (nal ing) - 225 - uncomfortable / distressing / haunting /
- a sensation of dull, constant pain or suffering / persistently bothersome
God - (326 word entries) **God's** - (Page 457) - any of various beings conceived of as supernatural, immortal, and having special powers over the lives and affairs of people and the course of nature; deity, especially a male deity; typically considered objects of worship / an image that is worshipped; idol / a person or thing deified or excessively honored or admired / in monotheistic (one God) religions, the creator and ruler of the universe regarded as eternal, infinite, all-powerful, & all-knowing; Supreme Being; the Almighty / Suggested reading: "Appendices II" - Pg. 567-4th. Ed. and the chapter "We Agnostics"
God-conscious - (God - kon schuss / chiss) - 85 **ness** - (... nuss) - 13,567,568 - having an awareness, knowledge, feeling, or understanding, of or in a God / Note: (emphasized in AA program: as we / you understand him) / **see** God
God-sufficiency - (... suh fish un see) - 52-53 - God dependence / dependence upon God alone / believing God alone has the ability to provide one's needs
goner - (gone ur / gawn ur) - 157 - one that is doomed or ruined (from **gone**)
Good Samaritan / **Good Samaritans** - 97, 250 - **see** Samaritan
goose-flesh - 54 - "What a state of mental **goose-flesh** that used to bring on" - known as 'goose-bumps' in today's time / little bumps on the skin caused by erection of its papillae often from cold, fear, or sudden excitement
- "... mental goose-flesh ..." - [well... quite a creative juxtaposed analogy :-]
goose hung high - 7 - To have a goose to "hang high" in preparation for eating during this 'Depression era' was a sign of having good fortune or wealth. / Also thought to be from an old myth or superstition that when geese flew low it meant that evil spirits were present - when "the geese flew high" it meant that evil spirits were gone and all was well. In this usage 'hung' would mean "flew". In short: The evil had passed and all was well again.
gorge - (gorj / gordje) - 56 - feelings of anger, disagreement, and disgust
gossip - (goss up) - 65, 125, 438 - rumor or talk of a personal, sensational, or intimate nature / sensational and often groundless talk about others / trivial, chatty talk or writing / a person habitually engaged in such talk (65)
gourmet - (gor may) - 339 - sensuous, elegant, refined, or discriminating in taste

grace - 25,208,231,397,444,457,511,517,529,533,557 - mercy / forgiveness / compassion / generosity / love / good will / unmerited divine assistance given man for his spiritual or moral revival or rebirth / relieve / special favor / - a short prayer of blessing or thanksgiving said before or after a meal (208)
gracious - (gray shuss) - 61,267 ly (... lee) - 239,244,252 **ness** - (... nuss) - 273 - kind / giving / friendly / polite / compassionate / considerate / charming
Grapevine - ii, iv, 192, 558, 565, 573 - "our principal newspaper" - Page 565 / - a small monthly magazine specifically for and about A.A. and it's members, past and present, rich with resources, humor, information, and articles by members and supporters. Often referred to as "our meeting in print"
Information at A.A. World Services (USA) 212-870-3400 or www.aagrapevine.org
grateful - (great full) - x, 53, 128, 191, 192, 193, 197, 275, 294, 312, 314, 327, 358, 381, 431, 491, 492, 493, 529, 530, 535, 540, 543 **gratefully** - 397
- thankful / appreciative of benefits received / showing or feeling pleasure for comfort supplied or discomfort lessened / pleased /
- showing or feeling **gratitude** for being **graced** / also **see** **gratitude** and **grace**
gratified - (grat uh fye'd) - 78 - pleased / satisfied / delighted / happy
gratify - (grat uh fye) - 144 - please / satisfy / delight / gladden / appease
gratitude - (grat uh too'd) - vi, ix, 193, 197, 275, 288, 308, 343, 431, 486, 510, 520, 542, 549 - appreciative awareness and thankfulness / **see** **grace** and **grateful**
grave - xvi, 58, 66 **gravely** - 33, 142 - serious / extremely or deadly serious
gravity - (grav uh t) - 103,457 - seriousness / importance / severity / the force which draws all things in the earth's sphere toward the center of the earth (457)
Gregorian calendar - (greh gor e un kal un dur) - 282 - The solar calendar in use throughout most of the world, sponsored by Pope Gregory XIII in 1582.
grenadier - (gren uh deer) - 1 - member of the British army who carried grenades
grievous - (gree vuss) - 124 - serious / painful / causing grief, pain, or anguish
grim - 11,144,464,549 - hard / severe / harsh / cold / horrible / unpleasant
grip - 2, 30, 173, 306, 468 **gripped** - 154, 238, 250 **grips** - 115, 467 - hold / grasp (2,30,115,306,468) / a small suitcase or hand luggage (173)
grog - 182 - alcoholic beverages / "old grog" - a nickname of an English admiral who wore a 'grogam' coat and ordered water diluted rum for his sailors
groping - (grop ping) - 273 - reaching about uncertainly / searching blindly
grosser - (gor sur) - 71 - worst / the obvious ones / easily seen or recognized
grouch - 66 - one who is habitually irritable, grumbling, whining, sulking, or complaining / sourpuss / complainer / faultfinder / also **see** **brainstorm**
grounded - (groun did) - xxviii, 48 (no entries here related to story "Grounded") - based / established / founded / rooted / justified / underpinned
groundwork - 111 - foundation / basis / underpinning / supporting structure
groveling - (grov ul ling) - 383 - humiliating / slavish / demeaning / [face down]
grubstake - (grub stake) - 502 - funds available to start something new
grudge - (gruj) - 65 - resentment / a feeling of deep-seated resentment or ill will
grudgingly - (grudj ing lee) - 205 - did unwillingly with resentment or bitterness
Guadelupe - (gwod uh loop) - 341 - an overseas department of France made up of the islands of Grande-Terre and Basse-Terre and smaller islands in the Leeward Islands of the West Indies
guises - (gize iz / guys uz) - 551 - appearances / aspects / forms / faces
hail-fellow-well-met - (209) - person who others tend to meet enthusiastically (from *My Lady's Lamentation* [1765] - Hail, fellow, well met. *And thy dirty and wet: Find out if you can, - Who's master, who's man, - by Jonathan Swift*)
hamlet - (ham lut) - 153 - small village / small group of homes in a rural area
harbor - (har bur) - 149 - hold / nourish / entertain / cling to / protect
harboring - (har bur ing) - 66 - holding / holding in imagination

hard cider -(hard side ur)- 183, 342
- fermented apple juice / an alcoholic drink made from fruit juice / see **cider**
harmonious -(har moe ne us)- 17, 221
- agreed upon / pleasingly combined / consistent / corresponding
harmony - 61 - pleasing agreement or understanding / agreement / unity
harrowing -(hair o ing)- 537 - extremely distressing / agonizing / tormenting
hassled -(hass ul'd)- 526 - troubled / bothered / harassed
hunts -(honts) or (hawnts)- 455 - places often visited
haven -(hay vun)- ix, 160,452,455,456,475,534 **havens** -(hay vunz)- 153
- shelter / retreat / harbor / sanctuary / a place of safety and refuge
havoc -(hav uk)- 23 - widespread destruction / devastation / chaos / ruin
haywire - 236 - crazy / not functioning properly / confused / erratic
headlong - 126 - hastily / at breakneck speed / with uncontrolled force
headstrong - 204 - determined to have one's own way / stubborn
heady - 502 - intoxicating / stimulating / inspiring / upsetting
heed - 1 **heeded** - 517 - pay close attention to / listen to and consider
Helena -(hell in uh)- 4 - see **St. Helena**
helter-skelter -(hel tur-skel tur)- 297 - turmoil / confusion / uproar / chaos
hemorrhage -(hem rij)- or (hem uh rij)- xxxi, 194, 239
hemorrhages -(hem rij uz)- 557 **hemorrhaging** -(hem rij ing)- 557
- bleeding / heavy or uncontrollable bleeding
hence -(hents)- xvii, 53,54,525,562,563,564 - so / therefore / thus / thereupon /
consequently / accordingly / for this or that reason / from this or that place
Herbert Spencer - 568 - (1820-1903) - British philosopher whose nine volume,
System of Synthetic Philosophy held that the physical, organic, and social
realms are interconnected and develop according to identical evolutionary
principles, a scheme suggested by the evolution of biological species.
("contempt prior to investigation" is falsely attributed to Herbert Spencer.)
heresies -(hair uh seez)- 51 - ideas contrary to those accepted as true
heritage -(hair uh tij)- 564
- tradition / legacy / inheritance / pre-established way of being or doing
heroic -(heh row ik) or (hee row ik) or (her o ik)- 1
- like heroes / supremely noble or self sacrificing
heroics -(heh row iks) or (hee row iks) or (her o iks)- 79
- hero playing / an overly dramatic action / grandiosity / gallantry /
melodramatic behavior resembling the heroes of the classical age
hesitancy -(hez uh tun see)- 134 - reluctance / indecision / slowness to act
hesitate -(hez uh tate)- 102,491 - d- 133,209,537 **hesitation** - 542 - be slow
to act, speak, or decide / hold back or pause because of doubt or uncertainty
heterosexual -(het uh ro sek shul)- 360
- opposite sex / sexually oriented to persons of the opposite sex
highball -(high ball)- 41, 110 **highballs** -(high balz)- 248
- a mixed drink containing an alcoholic liquor served in a tall (high) glass
high-stepping -(120)- spirited / proud / confident / showy
hilarious -(hell hair e us) or (hi lair e us)- 1, 222 - extremely funny
Hindus -(hin dooz)- xx - a follower of Hinduism (Hin doo iz um) - a body of
religion, philosophy, and culture practice native to and predominant in India
hobo - ix, 437, 440, 442 s- 440 - one who wanders from place to place
without a permanent home or a means of livelihood
Holler Than Thou -(hole le ur...)- 18 - superior virtue /
- self-righteously concerned with God and the beliefs and practices of religion
homosexual -(ho mo sek shul)- 360 - sexually oriented to persons of the
same sex / gay / a gay man or woman (lesbian)

honest -(ahn un)- xiv, xxix, 3, 28, 32, 45, 58, 70, 73, 83, 117, 141, 146, 194, 214,
217, 267, 356, 377, 428, 468, 499, 550 **honestly** - 11, 26, 44, 57, 55, 67, 63, 64,
67, 83, 229, 296, 300, 322, 399, 428, 487, 493, 498, 568 **honesty** - 13, 58, 65, 73,
140, 145, 218, 468, 469, 475, 528, 549, 568 - clear, correct, right, real and true /
- honorable, sincere, truthful / open, frank, candid / will not lie, cheat, or steal
- truthful / direct / open / clear / unreserved / sincere / straightforward / //
absent of pretense or deception / real / correct / true / genuine / sincere /
upright in principle and action / good / respectable / right / fair / true
honored -(awn urd)- 75, 454 - respected / praised / distinguished / esteemed
horrendous -(hor en dus) or (huh ren dus)- 340 - awful / horrible / terrible
hosier -(hoze uh ree)- 254 - socks and stockings / hose
host -(host [like "most" or "toast"])- viii, 3, 89, 161, 267, 388
- large group / very large number / multitude / array
hostility -(ha stil uh tee)- 103, 113, 450 - deep feelings of ill will or hatred
house arrest -(house uh rest)- 506 - being confined to one's home or living
quarters, rather than jail or prison, by administrative, judicial, or court order
housecleaning - 63, 73, 94 - a thorough or drastic reorganization / change /
- Page 84 "....a strenuous effort to face, and to be rid of, the things in ourselves
which had been blocking us. Our liquor was but a symptom. So we had to get
down to causes and conditions." [Basically referring to a 4th. and 5th. Step]
humanitarian -(hue man uh ta ir e un)- 140, 149 - compassionate / showing
kindness or being charitable / showing concern for the welfare of others
humble -(hum bul)- 12, 83, 508, 519 **humbly** -(... ble)- 13, 57, 59, 63, 68, 88
- having or showing feelings of humility rather than of pride or arrogance
- not showing or feeling superiority toward others / modest / being aware
of one's shortcomings / reflecting a spirit of submission or courteous
yielding to the opinion, wishes, or judgment of another
humbléd -(hum bul'd)- 73, 313 **humbling** -(hum bling)- 72, 470
- lowered / thought less of / reduced in self-pride, arrogance, and
assertiveness / made humble in spirit or manner / see **humble**
humiliated -(h'yo mil ee ay tud)- 32, 460
- humbled / degraded / shamed / lowered in status, pride, or self esteem
humiliating -(h'yo mil ee ay ting)- 40, 123, 549
- humbling / embarrassing / destructive to one's self-respect or dignity
humiliation -(h'yo mil ee ay shun)- 22, 24, 351, 352, 524, 529, 574 s- 572
- disgrace / the state or condition of being disgraced, or shamed /
- to have one's position lowered in one's own eyes, or in the eyes of others
humility -(h'yo mil uh tee)- 13, 73, 356, 386, 430, 456, 475, 511, 566, 572
- being humble / the absence of self-pride, self-will, or self-assertion
hunch - 87, 271 - feeling / idea / intuition / suspicion / premonition
hydrotherapy -(hi dro thair uh pee)- 7
- water therapy / use of water to treat certain medical conditions or diseases
hysterical -(heh stair eh kul)- 70, 105 **hysterically** -(... eh klee)- 90
- with behavior showing excessive or uncontrollable emotion / panicky
Ideal -(i-deel)- 19, 69, 70, 118, 180, 388, 564 s-(i-deelz)- xviii, 69, 367
- goal / aim / model / standard / a standard of perfection, beauty, or
excellence / an honorable or worthy principle or aim / a goal of perfection
in the form of a person or thing, sometimes imaginary
idealistic -(i-de uh lis tik)- 204 **idealists** -(i-de uh lists)- 227
- having the nature of one whose conduct is influenced by ideals that often
conflict with practical considerations / unrealistic / not compatible with reality
illuminating -(eh loo muh nay ting)- 75, 139
- telling / explaining / exposing (75) / enlightening (139)

illusion -(il oo z'shun) -30 - incorrect or untrue belief or view of reality
imaginable -(eh maj uh nuh bul) 31 - thinkable / possible / conceivable
imaginative -(eh maj nuh tiv) or (eh maj uh nay [or - nuh] tiv) -139
- creative / inventive / clever / enterprising / having a lively imagination
imaginary -338 **imagination** -110,151,152,246 **imagine** -54,152,225,306,
328,334,370,487,493,572 **imagined** -xxiii, 1,2,45,288,316,468,526,529,559
- all from root 'imagine' -(eh maj in) - form a mental picture of / envision /
- to think / to have a notion of or about without adequate foundation / fancy
imbued -(m b'you'd / em byoo'd) -252 - inspired / instilled / infused
immensely -(eh ments lee) -103,302 - enormously / tremendously / greatly
immersed -(eh murs'd) -547 - absorbed / consumed / submerged
immortalized -(eh mort ul ize'd) -203 - caused to never be forgotten
immune -(eh mew'n / eh m'you'n / eh m'yoon) -33
- resistant / invulnerable / privileged / not affected by or responsive to
immunity -(eh mew nuh tee / eh myou nuh tee) -89
- a defense / protection / freedom / being able to resist a disease
immutable -(em mute uh bul / m yoot uh bul) -10 - unchangeable / constant
impaired -(em pair) -20 **impaired** -(em pair'd) -114, 354, 524
- damage / injure / harm / weaken / reduce in soundness or effectiveness
impease -(em pass) -127,268 - difficult situation / dilemma / predicament / jam
impeccable -(em pek uh bul) -4,425 - perfect / flawless / faultless / excellent
impending -(em pen ding / m pend ing) -6, 56, 207, 368, 412
- threatening / about to happen at any moment / looming / imminent
imperative -(em pair uh tiv) -xxvi, 14, 143, 247
- required / necessary / urgently / expressing a command or plea
impetuous -(em pair ee us) -70 - domineering / overbearing / urgent
implement -(m pluh ment) -541 - do / work / use / apply / practice
implicate -(em pluh kate) -80, 565 - involve / connect / include
imply -(em plye [as in 'eye']) -540 - suggest / mean / indicate / hint
implied -(em ply'd / m plied / em pleye'd) -564
- suggested / hinted at / inferred / insinuated / expressed indirectly
impose -(m poze) -96,141,149,287 d-(... 'd) -138 **(self-imposed)** -539)
imposing -(... ing) -287 - set / intrude / burden / take unfair advantage
- apply or make prevail by or as if by authority / force oneself upon another
impotent -(em puh tunt) -134
- unable to perform sexually / disabled or unable to perform an action
impressionable -(eh preh shun nuh bul) -134
- easily marked / cable of being easily impressed or effected
impulse -(em pulse) -xxxii, 123 - desire / drive / wish / urge / notion
impunity -(em pun uh tee) -xxix
- freedom from problems, pain, or punishment / immunity / exemption
inadequacy -(in add uh kwuh see) -xxix, 310, 551
- lack of the ability to be helpful / being unable to meet a need
inadequate -(in add uh kwul) -45, 46, 514
- lacking / lacking all that is deserved or needed / not enough
inasmuch as -(in uz much az) or (in az much az) -451
- to the extent that / because of the fact that / since / insofar as
incarcerated -(in kar sur ay tud) -174,265 **incarceration** -(... ay shun) -452
- imprisoned / confined / admitted / confined by restraint or restrictions
incentive -(in sent iv) -296 - motivation / something that causes a response
incessantly -(in sess unt lee) -83 - continually / relentlessly / endlessly
incitement -(in site munt) -575
- something that excites, stirs, causes or creates an action or feeling
inclusive -"all inclusive" -(in kloos tiv) -46 - far and wide reaching /
- including and accepting to all and everything / covering a wide scope or field
incompatibility -(in kum pat ul bil eh tee) -108
- being unable to get along together comfortably
incompatible -(in kum pat uh bul) -99, 130
- disagreeable / inharmonious (99) // inconsistent / conflicting (130)
incomprehensible -(in kom preh hents uh bul) -30, 37, 330, 488
- impossible to understand / unimaginable
inconsistencies -(in kun siss tun seez) -92 **inconsistency** -(... see) -73
- irregularities / oddities / contradictions / instabilities / lack of agreement
inconsistent -(in kun siss tun) -98 - in conflict / contradictory / irregular / contrary
incorporated -(in kor puh ray tud) -564, 575
- formed / united in or as one body / formed into a legal corporation
indebted -(in deh tud) -162 **indebtedness** -(... nus) -252 - being indebted
- owing in gratitude, appreciation, or recognition / obligated / beholden
indeed -xxvii, 15, 25, 50, 194, 245, 287, 288, 319, 393, 408, 544, 555
- actually / absolutely / certainly / in fact / very much / undeniably
indecision -(n deh siz'shun) -86 - reluctance or inability to make up one's mind
indecisiveness -(n deh s'ice iv nus) -285 - being undecided, unsure, hesitant
indefinable -(in deh fye nuh bul) -160
- beyond description / unable to be defined, described, or analyzed
indescribable -(n deh skrye buh bul) -212, 326 **indescribably** -(... blee) -17
- impossible to describe / unspeakable / beyond description / inexpressible
indignant -(in dig nunt) -61, 79 - displeased / bad tempered / filled with
- anger aroused by something considered to be mean, unworthy, or unjust
indiscretion -(in deh skresh un) -506 - bad decision or action based on such
- lack of the ability to decide responsibly
indispensable -(in deh spen suh bul) -76,133,568,575 - absolutely necessary
individualism -(n duh vij uh liz um) -505 - self-reliance and independence /
- individual characteristics / characteristics by which an individual is known
indocrination -(in dok trin ay shun) -262 - instruction in a body of principles
indulge -(in dulj) -49, 132, 203 **indulged** -(in dulj'd) -128
- take part / delight / treat oneself or another / to yield to the desires and
- whims of oneself or another, especially to an excessive degree
indulgence -(in dul juns) -174 - self gratification / unrestrained pleasure
inescapable -(in eh skaj puh bul) -268 - impossible to escape or avoid
inevitable -(in eh vuh tuh bul) -138, 203, 362, 382, 454, 548
- unavoidable / certain / bound to happen / inescapable
inevitably -(in eh vuh tuh blee) -30, 37, 120, 272, 355
- surely / as expected / unavoidably / as if not preventable
inexplicable -(in ek splik uh bul) -46
- indescribable / baffling / cannot be explained or made sense of
inexplicably -(in ek splik uh blee) -9
- mysteriously / beyond explanation or expressing understanding
inextricably -(in ex trick uh blee) -330 - deeply / so complicated or involved
- as to be beyond one's ability to solve or remove oneself from
infallibility -(in fal uh bil uh tee) -550 - certainty / incapable of failing
inferiority -(in feer e or th) -106,193,209,210 **inferiorities** -(... teez) -209
- a sense or feeling of being of poor quality / a sense or feeling of being lower
- or of less importance, value, or merit, than others
infernal -(in fur nul) -195 - awful / cursed / cruel / hellish / damned
inferno -(in fur no) -4 - hell / hellish conditions / fiery destruction

infidelity - (in fuh del uh tee) - 3 - sexual unfaithfulness or lack of loyalty to a spouse or intimate relationship partner
infinite - (in fuh nut) - 56, 68, 124, 279
- unlimited / never ending / without limits or boundaries
infinitely - (in fuh nut lee) - 43, 66, 120
- extremely / enormously / vastly / beyond measure / see **infinite**
infinitum - see **ad infinitum**
infiict - (in fiikt) - 179 - impose / visit / force / cause to undergo or bear
informality - (in for mal eh tee) - 160 - lack of formality / casualness / ease
inherent - (in hair unt) - xxvi
- belonging by nature / within the basic character of something
inheritance - (in hair uh tants) - 195 **inherited** - (in hair eh tid) - 35, 516
- something received from an ancestor by legal succession or will
inhibitions - (in huh bish unz / in uh bish unz) - 232 - (Psychology. Conscious or unconscious restraint of a behavior process, a desire, or an impulse.)
- things that restrain, block, or suppress one / things that limit or restrict one
inhospitable - (in hoss pit uh bul) or (in hah spit uh bul) - 106
- unfriendly / not responsive or willingly receptive
initiative - (eh nish uh tiv) - 574 - enterprise / power, right, and ability
inmost - (in ur most) - 30 - most intimate, internal, or private sense of self
innocuous - (in ock u) or (eh nock u) - 320 - harmless / innocent
innumerable - (in noom ruh bul) or (in oom ur uh bul) - xx, 79, 97, 105
- uncountable / too many to be counted
inquire - (in kwire) - 86, 438 **d** - (... 'd) - 156, 163 - ask / question / look into
inquiry - (in kwire ee) - xiv, xviii, 51 **inquiring** - (in kwire ing) - 239
- questioning / investigation / seek or ask information about something
insane - (in sayne) - 24, 37, 38, 110, 195, 209, 213, 216, 324, 364, 448, 465
- [an attribute or feature of mentality - (state of mind)] - also see **insanity**
- mentally ill / of unsound mind / senseless / extreme foolishness
insanely - (in sayne lee) - 21, 37, 120 - extremely / stupidly / irrationally / wildly
insanity - (in san uh t) - 8, 9, 30, 37, 40, 56, 66, 107, 154, 218, 313, 320, 412, 455, 550
- extreme senselessness or foolishness / delusion / delirium / irrationality
- From the "Big Book" - "Whatever the precise definition of the word may be, we call this plain **insanity**. How can such a lack of proportion, of the ability to think straight, be called anything else?" - Page 37 /
- From Personal Stories - Page 550 - "Rationalization is giving a socially acceptable reason for socially unacceptable behavior; and socially unacceptable behavior is a form of **insanity**." /
- implies persistent mental disorder in one who formerly had mental health /
- lunacy - [periodic spells of insanity] /
- madness [stresses the violent side of mental illness] /
- mania [refers principally to the excited phase of manic-depression] /
- dementia [acquired mental disorder - generally from cellular disease]
inscription - (in skip shun) - mark / impression / writing / also see **ticker**
insidious - (in sid ee us) - 8, 154, 326 **insidiously** - (... nus) - 204, 382
- tricky / cunning / sly / seductive / subtle / treacherous
insincere - (in sin seer) - 96 - dishonest / phony / not what one claims to be
insist - 81, 92, 96, 132 **ed** - 53, 79, 136, 274, 413 **ence** - 10 **s** - 129
(**insist on** - to ask for urgently or insistently / require / demand / cry out for)
- to be firm in a demand / refuse to yield / demand / press / urge / persist
insistent - (in sis tunt) - 151 - ever present / continuous / persistent / forceful
insolence - (in suh lunce / in suh lents) - 502
- lack of respect / arrogance / bold disrespect / rudeness / offensiveness

insomnia - (in som nee uh)-416 - persistent inability to fall asleep or stay asleep
insouciance - (in sue see unts) or (in sue shunts) - 555
- untroubled calm / carefree disregard / lack of concern / casualness
inspiration - (in puh ray shun) - 85, 86, 87 - knowledge / insight / wisdom (85) / direction / guidance (86) / "... on the plane of inspiration." = ... on the level of being influenced by higher or divine powers (87) / a divine influence upon human beings providing knowledge, wisdom, or power / any stimulus to creative thought or action / idea / influence / insight / motivation
inspirational - (in puh ray shun ul) - 31
- uplifting / motivational / encouraging / providing 'inspiration'
inspired - (in spyer'd / in spire'd) - 4, 87 - stimulated / created (4)
- influenced, directed, or motivated by God or a 'higher power' (87)
inspiring - (in spire ing / n spyer ing) - xxvii - uplifting / stimulating / impressing
instill - (in still) - 452 - put in my head / implant / introduce / inject
instilled - (in stild'd) - 189, 348 - inspired / implanted / introduced into the mind
instituted - (in steh toot ul) - 395 - set into operation / established / started
insufferably - (in suf ur uh blee) or (in suf ruh blee) - 382
- painfully / unbearably / intolerably difficult or impossible to endure
intangible - (in tanj uh bul) - 205 - unseen / also see **tangible**
integral - (in teh grul / in teg ruh) - 266 - necessary / essential / vital / basic
integrity - (in teh gruh tee / in teg ruh tee) - xxiv, 565
- honor / honesty / sincerity / wholeness / soundness / strength
intellect - (in tul ekt / in tuh lekt) - 51 - mind / reasoning / understanding
- the ability of thinking, reasoning, gaining and applying knowledge
- the capacity for knowledge and understanding
intellectual - (in tel ek choo ul) - 10, 12, 181, 205, 395, 446, 547 - of or relating to the **intellect** / thinking or rational, rather than emotional / the ability to think abstractly or profoundly / a person of great mental ability / see **intellect**
intellectually - (in tel ek choo ul e) - 42, 457 - mentally / reasonably / intelligently
intelligence - 10, 12, 46, 49, 172, 348 *****intelligent** - xxx, 35, 38, 49, 54, 273
- the capacity to gain and apply knowledge / the power of thought and reason / superior powers of mind / *****having a high degree of 'intelligence'** / showing sound judgment and rationality / also see **intellect, intellectual, intellectually**
intensified - (in tents uh fy'e'd) - 12 - made stronger / increased / deepened
intensive - (in tents iv) - 89, 204, 455 - of an extreme kind / intensely sustained, especially in activity / concentrated / exhaustive / intense / undivided / careful (**intense** - extreme in degree, strength, or size / concentrated / deep / strong)
interchange - (in tur chain) - 162 - exchange / giving and receiving between
intergroup - 345, 565, 573 - a group of elected representatives and/or volunteers from individual group meetings serving to provide information and services that are not easily obtained or achieved by members of a single group
interject - (in tur jekt) - 514 - put in / introduce / insert between other things
interludes - (in tur loozd) - 553 - breaks in routine / periods between events
interminable - (in tur muh nul bul) - 202 - being or seeming to be without an end
intern - 241 - a student or graduate undergoing supervised practical training
internship - (in turm ship) - 174, 234, 235, 409 - a period being an **intern**
interpersonal - (in tur pur shun ul) - 308, 399 - interactions between individuals
interpret - (in tur prit) - 295 **interpreted** - (in tur preh tid) - 415
- explain/ed the meaning of / offer/ed as an explanation
interpretation - (in tur preh tay shun) - 53 - critical explanation or analysis
interpretive - (in tur puh tiv) - ii
- individual's explanation or understanding of something
interrogation - (in tur uh gay shun) - 331 - thorough or official questioning

interspersed -(n tur spu'd-) 338 - distributed among other things at intervals
interval -(n tur vul-) 90,95,268 **intervals** -(... vulz-) 1,30,217,270,383,384
- period of time between events
intervened -(in tur veen'd-) 367 **intervening** -(... veen ing-) 386, 547
- interfered / became involved so as to alter an action or development (367)
- occurring or happening between two periods or points of time (386, 547)
intervention -(in tur ven shun-) 137
- interference / coming in or between so as to hinder or change
intimacy -(in tuh muh see-) 134, 151
- sex life (134) / close association, contact, or privacy (151)
intimate -(in tuh mut-) 18, 74, 82, 125, 221, 471
- close / close and personal / personally sensitive
intimated -(in tuh may tud-) 39 - suggested / hinted / implied / insinuated
intolerable -(in tah lur uh bul-) 25,268,353,439 - unbearable / impossible to tolerate or endure / unbearably unpleasant or painful
intolerance -(in tah lur unts) or (in tal runts) 50,103,120,135,160,263,366,568
- a lack of open mindedness, good will, patience, or sympathy, for the beliefs or practices of others
intolerant -(in tah lur unt) or (in tal runt) 50, 349, 351
- not open minded / unsympathetic / impatient / unwilling or unable to grasp or value the point of view or practices of others
intoxicated -(in tox uh kay tid-) 21, 35, 182, 236, 454, 480
intoxication -(in tox uh kay shun-) 128, 184, 454, 504 - drunk / made stupid, stimulated, or excited by, or as if by, use of a chemical substance
intravenous -(in truh veen us-) 410 **ly** -(... lee) 410 - administered into a vein
intrigued -(in treeg'd-) 155, 322 **intriguing** -(in treeg ing-) 274
- interested / attracted / fascinated / excited / made curious
intrude -(in trood-) 188 **intruders** -(in trood urz-) 545
- butt in / cut in / impose / enter rudely as an improper or unwanted element
intuitive -(in too uh tiv-) 86, 234
- instinctive / automatic / untaught / inherent / prompted by natural instinct or an attraction to a particular activity, thing, or end
intuitively -(in too uh tiv lee-) 84
- instinctively / with little effort or thought / from within
invariably -(in vair ee uh blee-) 62, 73, 125, 225, 264, 274, 333, 552, 572
- always / in each and every case / without variation
inversely proportional -(in vurse lee - pruh poor shun ut-) 420
- being in a state of opposite or reversed order of balance between parts
- as one goes up the other goes down like a teeter-totter or seesaw
iota -(i o tuh-) 229 - bit / small bit / speck / trace
irate -(eye rate) (emphasis can be on either syllable) 161
- angry / enraged / mad / furious / wrathful / indignant
irony -(i run ee) or (ire nes / iron ee-) 137
- an unusual, unexpected, or opposite outcome
irrational -(eh rash uh nul-) 140, 550 - illogical / unreasonable / marked by a lack of agreement with reason, sound judgment, or normal mental clarity
irresistible -(ear ee zis tuh bul-) 160
- inescapable / impossible to resist / overpowering in appeal
irresponsibility -(ear ee spon suh bil uh tee-) 129, 502
- lack of responsiveness / lack of reliability or trustworthiness
irresponsible -(ear ee spon us uh bul-) 139, 223
- careless / reckless / unreliable / unaccountable / untrustworthy
irreversible -(ear ee vurs uh bul-) 386 - impossible to reverse

irritable -(ear eh tuh bul-) xxviii,126,317,322,400 - easily irritated or annoyed / having or showing a bad temper / abnormally sensitive to a stimulus
irritated -(ear eh tay tud-) 10, 23, 36 - aggravated / annoyed / troubled
irritation -(ear eh tay shun-) 117, 126, 128
- feelings of being annoyed, bothered, aggravated, inflamed, or harassed
isolate -(ice uh late-) 472 **isolated** -(ice uh lay tid-) 321,338,490,536,573
isolates -(ice uh lates-) 119, 131 **isolating** -(ice uh lay ting-) 281
isolation -(ice uh lay shun-) 365,370 - set apart or cut off from others / seclude
isolationism -(ice uh lay shu niz um-) 505 - a policy of abstaining from political or economic relations with other countries / a plan or course of avoiding others
Jack Alexander - xviii, 576 - An investigative writer for *The Saturday Evening Post* magazine whose 1941 feature article about A.A. provided news about A.A. to the general public.
jag - 9 - drunk / period of intoxication / spree / fling / binge
jaundice -(jon dis / jahn dis-) 472 - yellowish discoloration of the whites of the eyes, skin, and mucous membranes caused by deposition of bile salts in these tissues / a symptom of various diseases that affect the processing of bile
jay-walking - 37, 38 - walking in or across a street without obeying traffic rules
Jekyll-and-Hyde - 299 (see **Dr. Jekyll and Mr. Hyde**)
jealous -(jel us-) 119,128 **ies** -(...eez) 161 **y** -(...e-) 37,69,82,100,131,145,263
- resentfully or painfully desirous of another's advantages / envious / fearful of the loss of position or affection / possessive / **jealousy** is basically fear and anger; anger that you don't have what others may have and fear you won't get what they have - or fear that something or someone will take what you have
jeopardize -(jeh pur dize-) 147
- threaten / risk / imperil / invite injury to or loss of / make vulnerable
jeopardy -(jeh pur dee-) 105,155 - danger or risk of being lost / endangerment
jest -(jest) 11 - joke / hoax / laugh / spoof
jimmied -(jim ee-) 259 - pry open as with a 'jimmy' - a short pry bar
jitters -(jit urz-) 32,39,173,176,177,183 **jittery** -(jit ur ee-) xxvi, 3,91,163
- extreme nervousness often associated with physical trembling and a sense of panic caused by the excessive use of alcoholic beverages - also known as "the shakes" / (Clinically, one of many symptoms associated with long term abuse or withdrawal from alcohol.)
John Barleycorn -(john bar lee corn-) 209 - a name for malt liquor or alcoholic drinks in general / see **Barleycorn**
John D. Rockefeller, Jr. - xviii,572 - John Davison Rockefeller, Jr.-(1874-1960)
- An early supporter and financial contributor to A.A. / - U.S. industrialist well known for providing money and support to charitable causes.
jolt - 141,364 - shock / sudden, strong feeling of surprise or disappointment
junction -(junk chur-) 237 - point in time, especially a critical point
Junco (see **Dr. Jung**) 26, 392
justifiable -(jus tuh fye uh bul-) 81 - supportable / defensible / excusable
justification -(jus tuh feh kay shun-) 37, 126, 129
- excuse / reason / explanation / defense
justified -(jus tuh fye'd-) 37, 161, 360, 361, 497, 550 - defended / excused / supported / shown to be just, right, or valid / provided a proper reason for
justify -(jus tuh fye-) 184 - defend / explain / excuse / account for / rationalize / provide a proper or sufficient reason for / show to be just, right, or valid
keen - 77, 403, 519 - eager / enthusiastic // sharp / intellectually quick (519)
kernal -(kur nul-) 266 - grain or seed / bud / a source of further growth
keystone -(key stone-) 62
- middle wedge-shaped stone of an arch that locks the others together

kiddush -(kid oosh) / (keh doosh) - 401 - sanctification / (Judaism) - a prayer recited over wine or bread on the eve of or on the day of the Sabbath or a festival to set the day apart as holy

killjoy - 111 **killjoys** -105 - a person who spoils the enthusiasm or fun of others

Kitty Hawk -51 -Kitty Hawk, NC. - Now a popular beach resort area located on a chain of barrier islands known as 'The Outer Banks' of North Carolina - USA

laboriously -(luh bor ee us lee) - 49
- with great effort / with a great amount of labor or difficulty

lad - 4 - young man / boy **lads** - 222 - young men / boys

lambaste -(lam bast) or (lam bay'st) -228 - attack / criticize / denounce

Langley's -(Lang leez) - **Professor Langley's flying machine** - 51
- Professor Samuel Pierpont Langley -(1834-1906) - American astronomer, inventor, physicist, and pioneer in airplane construction. He successfully built the first steam and gasoline engine propelled model airplanes though his full size, man carrying , versions (1903) failed miserably causing Langley to suffer great public humiliation.

lapsing - 473 - slipping / falling / declining / coming to an end gradually

Lasker Award - x.561,571-Albert Davis **Lasker** - a prominent businessman who created a foundation for funding medical research and public health projects

latent -(lay lat) - 535 - undeveloped / hidden / present but not active

latitude -(lat uh tood) - 146
- freedom / freedom of action or choice / space for free movement

latter -(lat ur) - 183, 230, 248, 274, 315 - later / near or nearer to the end / further advanced in time / being the second of two persons or things

laurels -(lar ulz) or (lor ulz) - 85
- past achievements / past attainments, accomplishments, or deeds

laymen -(lay mun / lay men) - xxvi
- non professional people / people without special training or skills

leaps and bounds - xx, xxiii - sudden and lively forward movements

legions -(lee juns) - 24
- large numbers / a very large number of individuals or things

legitimate -(lej jit uh mit / luh jit uh mut) - 101
- valid / rightful / honest / genuine / reasonable / exactly as purported

leisurely -(leez'shur lee) or (lez'shur lee) - 41 - slowly / unhurriedly

lend - 53, 94, 162, 562 **lending** - 161 - give / loan / offer / contribute

les Douze Etapes -(lay dooz aye top) - xxii - French for 'The Twelve Steps'

lest - 6, 99, 195, 562 - for fear that

lethargy -(leth ur gee) - 23
- indifference / lack of interest or concern / abnormal drowsiness

leveling -(lev ul ling) - 25 - bringing down / flattening / tearing down

levity -(lev uh tee) - 16
- lack of seriousness / inappropriate lightness of speech or manner

liable -(lye uh bul) - 78 - likely / at risk of experiencing something unpleasant

liabilities -(lie uh bil luh teez) - 156
- damages / debts / things for which one is responsible

liberation -(lib er ay shun) - viii, 52, 55, 407
- freedom / release / being free, as from bondage, repression, or control

lick - 260, 302 **ed** - 42,261,299,377 **ing** - 40 - beat / overcome / defeat / win a victory over / pass the tongue over or along (302)

likable - 185 **likeable** -(like uh bul) - 139 - pleasing / attractive / enjoyable

lingered -(ling gur'd) - remained weakly alive for some time before dying

linguistic -(ling gwis tik) - 430 - language / relating to language or speech

liqueurs -(leh kurz) or (leh koorz) - 339 - any of various strongly flavored alcoholic beverages typically served in small quantities after dinner

litany -(lit nee / lit un e) - list / prayer list / a formula of words used in praying

literally -(lit ur uh lee) -81,446,528,548 - really / actually / in a word for word or strict sense / in a manner that is in agreement with the real sense of the words

litigation -(lit eh gay shun) - 388 - legal proceeding / prosecuting attorney

livelihood -(lyve lee hood) - 80, 155, 238 - support / means of life support

loath -(low th... / loe th'e) - 92 - unwilling / reluctant / hesitant

loathe -(low th'... / loe th'e) - 247 - hate / dread / dislike very strongly

loathed -(low th'd / low th'd) - 69
- hated / rejected / detested / greatly disliked, often with disgust

loathing -(low th'ing / low the-ing) - 368 - a feeling of disgust or hate

lobby -(lob ee) -154,159- a waiting room or open area near a building entrance

lode -(lod) - 129 - supply / a rich source or supply / mineral ore deposit

lofty -(lof tee) - 503 - grand / arrogant / high-and-mighty / elevated in character

logic -(lah jik / lodj ik) - 53 **logical** - 49, 53, 362, 548 **logically** - 252
- from following line in the "Big Book" - "...the power to reason, to examine the evidence of our senses, and to draw conclusions."
- art of reasoning / reasoning / a system or mode of reasoning / valid reasoning distinguished from invalid or irrational argumentation

lolls -(lalz / lawz [like 'dolls']) - 61 - lounges / loafs / spends time in idleness

long wolf -3- one who prefers to go without the company or assistance of others

longhouse - 458 - long communal or shared dwelling

longingly -(long lee ing) -202 - in a strongly desiring or yearning manner

longs -(longz) - 123
- has a sincere and serious desire, especially for something beyond reach

longshoreman -(long shor mun) or (long shor man) - 52
- shipyard worker / a dock worker who loads and unloads boats

looming - viii, 348 - threatening / impending / menacing

loophole - 507 - way of escaping a difficulty, especially an uncleanness in the wording of a contract or law that provides a means of evading compliance

lopsided -(lop side id) - 129 - uneven / greater on one side than on the other

los Doce Pasos -(lahss dose uh pay sohss) - xxii - Spanish for 'The 12 Steps'

low-key - restrained / quiet / having low intensity as in style or quality

lubricant -(loo breh kunt) - 110 - substance that reduces difficulty or conflict

lubricated -(loo breh kay tid) [in this usage it means - intoxicated or drunk]

lucid -(loo sid) - 90 - sober / clear-headed / sane / free from mental disorder

lucrative -(loo kruh tiv) - 35 - money making / worthwhile / profitable

lukewarm -(loo'k warm) - 113 - indifferent / lacking conviction or enthusiasm

lunar -(loo nur) - 52 - moon / of or relating to the moon

lunacy -(loon uh see) - 3 - insanity, especially insanity occasionally relieved by periods of clear-mindedness / great of wild foolishness or wildly foolish acts

lurking -(lur king) - 33, 542
- hidden / unobserved or unnoticed / lying in wait as in ambush

lust - 68 - intense, obsessive, or overwhelming desire or craving

lustre - [British spelling of 'luster'] -(luh stir / lust ur) - 53
- brightness / radiance / a glow of light from within

luxury -(lux yur e) - 5, 66, 358 - something not essential but tending to bring about pleasure and comfort / something expensive or hard to obtain / frill

maelstrom -(mail strum / may ul strum) or (may ul strom) - 2, 250
- whirlpool / a powerful whirlpool or activity that resembles one

maggot -(mag ut) - 535
- wormlike larva of various flies / slang - a despicable or disgusting person

magnitude -(mag nuh tood) - 137, 529
- order / degree / the measure of size, order, extent, or influence

mainpring - 52 - driving force / primary resource / steady source of energy

majestic - (mah jes tik) - 2 - grand / magnificent / splendid / superb / noble
majesty - (mah jes tee / madj iss lee) - 56
- power / dignity / magnificent and supreme power (as a King or God)
maladjusted - (mal uh just id) -xxvi-poorly adjusted / lacking harmony or balance
malady - (mal uh dee) - xvi, 23, 64, 92, 138, 139, 165, 499
- illness / a disease, disorder, or ailment
malicious - (mah lish us) - 145 - mean / hurtful / vicious / desiring to hurt others
malignant - (mah lig nunt) -279 - life threatening / deadly / cancerous
malnutrition - (mal noo trish un) - 463 - poor nutrition due to an insufficient diet
mandate - 474 **mandated** - 331 **mandatory** - (man duh tor e) - 391, 525
- an authoritative command or instruction / command / ordered / required
mangled - (mang ul'd) - 43 - battered / damaged as by abuse or heavy wear
manic-depressive - (man ik ih deh press iv) - xxx
- characterized either by mental and physical hyperactivity, disorganization of behavior, and elevation of mood or by severe depression, or by alternating periods of hyperactivity and depression
manifestation - (man uh fes tay shun) - xxviii, xxx, 232, 367 s - 64,130
- indication (xxvi, xxviii) / appearances / qualities (64) / demonstrations (130) / the features or results of something
manifested - (man uh fes tud) -64,320,567- shown / exhibited / brought forward
marshalled - (mar shul'd) - 45 - brought together, ordered and directed
martyr - (mar tur) - 79,290,302,409 - one who makes a great show of suffering in order to arouse sympathy / one who sacrifices something very important in order to further a belief, cause, or principle
marveled - (mar vul'd) - 528 **marveling** - (mar vul ing) - 392
marvelous - (mar vuh luss) - 6, 134, 289, 442 **marvelously** - (... lee) - 127
- to become filled with wonder, admiration, surprise, or astonishment
- to feel amazement or bewilderment at or about
Masada - (mah sah duh) - 282 - An ancient mountaintop fortress in southeast Israel, where in A.D. 73, after a two-year siege, members of the Zealot Jewish movement committed mass suicide rather than surrender to the Romans
materialize - (muh teer e uh lize) - 84, 327, 538
- develop / take form / become real or actual / come into existence
maternal - (muh tur nul) - 446 - related through one's mother
matron - (may trun) - 203
- a woman who acts as a supervisor in a public institution
matter of course -128,(250 with dashes)- natural, logical, or expected outcome
maudlin - (mod lun) - 105
- overly emotional / showing weak and excessive emotions or sentiment
Mayo Clinic -412,413-a famous private medical center in Rochester, Minnesota
meditate - (med uh tate) - 395
(Suggest reading Step 11 chapter in 'The 12 Steps and 12 Traditions' book)
- to consider or think deeply / reflect upon something for a period of time
- focused, directed, purposeful thinking / in some teachings - 'not thinking'
meditation - (med uh tay shun) - 59, 69, 83, 85, 87, 134, 164, 515, 527
- purposeful and intentional focusing of one's thoughts / to reflect upon /
- to ponder or consider thoughtfully / contemplation / also see **meditate**
memorable - (mem ur uh bul) - 444 - remarkable / worth being remembered
menace - (men iss) - (or men us) - 227, 549 - threat / a possible danger
menial - (me ne ul / meen yul) - 271,503 - lowly / humble / servant or slave like
mentality - (men tal uh tee) -42 - psychology / mental status / mental inclination or ability / mindset / thought processes characteristic of an individual or group
mentor - (men tor) - 541 - wise and trusted counselor or teacher / adviser
meor - (meer) - 44, 75, 266, 299 - simple / plain / small (266)

mercifully - (mur seh ful ee) - 4, 202 - compassionately / kindly / humanely
mercy - (mur see) - 317
- "... at the mercy of ..." - without any protection against / helpless before
meerly - (meer lee) - 95, 204, 287, 350, 417 - only / and nothing else or more
meritment - (mair eh munt) - 132, 209
- laughter / amusement / hilarity / cheerfulness / a joyous mood
mesas - (may shul [plural - may suhz]) - 458 - broad, flat-topped elevation with one or more cliff-like sides, common in the southwest United States
mettle - (metal / meh tul) - 146 - "... on his mettle ..." - prepared to accept a challenge and do one's best / best spirit and strength
midst - (mid'st / mit'st) - 1,106,129,375 - middle / center / being surrounded by
migrated - (mye grah tid) - 174 - moved / moved from one place to another
millennium - (mah leh nee um / mah lin ee um) - xxiii **millenniums** - 51
- a thousand years / periods of one thousand years
milligrams - (mil uh gramz) - 342,410 - thousandths of a gram (1/1000 gram)
[a gram is near the weight of a small wire paper clip]
minimal - (min uh mul) - 321,527 - the smallest in amount / only barely enough
ministration - (men uh stray shun) - xx - aid / serving or aiding
miracle - (mere uh kul) - xv, 11,57, 85, 124, 128, 151, 206, 251, 270, 272, 336, 364, 375, 380, 430, 442, 445, 455, 528, 530 **miracles** - (mere uh kulz) - 11,133,153, 161, 251, 333, 336, 380, 381, 475, 529, 542
- an event that appears beyond explanation by the laws of nature and so is held to be supernatural in origin or an act of God / wonder / marvel / phenomenon
miraculous - (mih rak yuh luss) or (meh rak yuh luss) - 25, 50, 55, 359
- amazing / marvelous / astounding / miracle or like a miracle / see **miracle**
miraculously - (muh rak yuh luss lee) - 557 - as if by a miracle / amazingly
miry - (my ur) - 132 - swamp / deep, slimy soil or mud / difficult place to move in
mired - (my urd) - 330
- tangled / caught up in / made difficult, dirty, or otherwise unfavorable
mischievous - (mis chuh vus) - 501 - troublesome / one causing minor troubles
misdeeds - (mis deezd) - 124 - wrongs / wrongdoings / wrong or illegal deeds
misdeemeanor - (mis deh me nur) - 330 s - (... nurz) - 331
- an offense less serious than a **felony**
misgiving - (miss giving) - xxvii **misgivings** - (mis giving'z) - 76
- hesitation / uncertainty / apprehension / anxiety / suspicion
mishaps - (mis haps) - 194 - unexpected and usually undesirable events
mistress - 65 - a woman other than one's wife with whom one has a continuing sexual relationship and to whom one generally provides some material support
mitzvah - 402 and **mitzvahev** - 282 / see **bar mitzvahev**
mode - 133, 541 - way / manner / style / arrangement / way of doing or being
moderate - (mod uh rate) - 21,39,109,112 - keep within sensible limits / lessen
moderate - (mod ur it) - 20,21,109,139,370 - reasonable / not excessive
moderately - (mod ur it lee) - 34, 109, 139
- reasonably / without excess or extreme
moderating - (mod uh ray ting) - 109
- keeping within sensible limits / restraining
moderation - (mod ur ay shun) - 175,269 - restraint / avoidance of excess
modest - (mod ust) - 61, 254, 348 **modestly** - (mah duss tee) - 2, 267
- decent / humble / reasonable (61) - not excessive or limited in size / suited to or within the means of ordinary people
monopoly - (muh noh uh lee) - xxi, 95 - ownership of the only way or method
mooning - 260 - sneaking / begging / stealing / sponging
moop - 217 - drag / sulk / to be gloomy, dull, apathetic, pouting, dejected

moral - (mor ul) or (mar ul) - xvi, xxvii, xxxi, 7, 11, 45, 59, 62, 95, 137, 171, 205, 230, 263, 264, 304, 306, 416, 422, 446, 448, 452, 549
- ethical / relating to principles of right and wrong - good and bad in conduct
- conforming to a standard of behavioral and character principles, be they personal, social, or of a particular belief system of what is right and good
moral psychology - xxvii, xxxi - see **psychology**
morality - (mor al uh tee) or (muh ral uh tee) - 446
- living in agreement with a particular system or set of principles or standards regarding right and wrong conduct / moral quality or character
moralize - (mor uh lize / mor ul eyes) - 91, 142
- speak or interpret in terms of being a good or bad person
morally - (more uh lee / more ul e) - 248, 446, 487
- ethically / in agreement with accepted rules of conduct / see **moral**
morals - (more utz) - 44 - ethics / rules or habits of conduct, especially sexual conduct, with reference to standards of right or wrong
morass - (muh rass / mah rass) - 8 - swamp / difficult or perplexing situation / something that traps, confuses, or impedes like a swamp or bog
morbid - 86 - gloomy / gruesome / inspiring of horror and intense fear
moreover - (mor over) -35,386- in addition / also / beyond what has been stated
morphine - (mor feen) - 22, 410 - a potentially addictive sedative or pain killer made from opium. Opium is made from unripe pods of the opium poppy plant.
mortar - (mor tur) - 75
- a bonding material used in masonry made of cement, sand, and water
mortal - (mor tul) - 279 - deadly / causing or capable of causing death
mortgage - (mor gidj / morg idj) - 5, 131
- contract / document representing a debt or lien against property
mortified - (mor tuh fye'd) - 466 -
motive - (mot tiv) - xxvii, 54, 102, 159, 464 **motives** - 27, 60, 70, 86, 102, 519
- cause / reason / driving force / incentive /
- something (as a need or desire) that causes a person to do something
motley - (mot lee) - 313
- clown-like / mixed / combination of different and clashing elements
motto - (mot o) - 283 - saying / statement expressing a goal or ideal / battle cry
moths - (mot o's) -135-sayings expressing a principle accepted as true or wise
muddled - (mud uld) -357,365,467-confused / mixed up / put out of proper order
mugging -517- assaulting / threatening or assaulting someone with intent to rob
multiple sclerosis - (... sklur o sis) -490 - a chronic nervous system disease that interferes with nerve pathways by gradually destroying myelin (nerve covering), causing muscular weakness, loss of coordination, speech & visual disturbances
mumbling - (mum bling) - 83
- sighing / muttering / speaking or uttering in a low, indistinct or unclear manner
mundane - (mun dain) - 502 - commonplace / ordinary / typical of this world
municipal - (m'youn nis uh pul) - 449 - local, city, state, or government operated
murmur - (mur mur) - 48 - whisper / low indistinct voice, utterance, or sound
mushroomed - (mush room'd) - xv **mushrooming** - (mush room ing) - xviii - grown rapidly / grown, multiplied, or expanded rapidly
musical - (mew zing / m'youn zing) - 8
- thinking / deliberating / pondering / thinking or saying reflectively
muscatel - (mus kuh tel) - 476 - rich sweet wine made from muscat grapes
musket - (mus kit) - 1 - a shoulder gun used from the 16th through 18th century
must - (there's 123 of them - not all are used as directives)
muster - (muss tur) - 155 - gather / put together / raise / summon for a purpose
musty - (muss tee) - 11 - old / out of date / stale / worn-out / obsolete
mutilated - (m'yo'o't eh lay tid) - 438 - disfigured / dismembered

myriad - (mear ee ul / meer ee ul) - 571
- countless / great multitude of / amounting to a large indefinite number
mystified - (mis tuh fye'd) -35,126 - puzzled / confused / bewildered / perplexed
nadir - (nay dar) or (nay dur) - 155
- lowest point / bottom / place and time of deepest depression
Napoleon - (nuh pol yun) or (nuh pol lee un) - 4 - Napoleon Bonaparte - Emperor of the French and brilliant military strategist (1804 - 1814). His 'Napoleonic Code' still forms the basis of French civil law.
(also see **St. Helena & Elba**)
narcotics -416,549 - an addictive drug, such as opium, that reduces pain, alters mood and behavior, and usually induces sleep or stupor
nature - (nay chur) - xvi, 12, 19, 21, 27, 59, 68, 72, 107, 115, 178, 214, 327, 355, 390, 439, 502, 545, 567, 572 **natures** - (nay chur) - 10 - basic makeup or character / fundamental qualities of being / the natural or real aspect (visible feature or element to consider) of a person, place, or thing / the order, disposition, and essence of all things composing the physical universe / the forces or processes of the physical world, generally personified as a female being (44)
natures - (nay churz) -52- features / makeup / character / attributes / disposition
nausea - (nah zee uh) or (nahz shuh) - 172, 463 **ted** - (nahz e ay tid) - 464 - a feeling of sickness in the stomach with an urge to vomit
nauseam - 177 - see **ad nauseam** - to a sickening degree
necessarily - (ness eh sair uh lee) - 33, 101, 131, 418, 575
- of necessity / absolutely / unavoidably / inevitably / surely / certainly
necessary - (ness eh sair e) - xiii, xxix, 27, 72, 73, 79, 109, 111, 142, 143, 146, 155, 158, 270, 283, 327, 350, 365, 395, 396, 443, 462, 509, 547, 550, 564
- required / essential / indispensable / mandatory / required by obligation
necessitated - (nuh sess eh tay tid) -246,251- made **necessary** or unavoidable
necessities - (nuh sess eh tee) - 140,501 - necessary things
necessity - (nuh sess eh tee) - xvi, 5, 14, 19, 34, 68, 74, 204, 270, 275
- something **necessary** / must / requirement / need / essential / justification
ne'er - (nair) - 1 - never / the word is 'never' with the 'v' left out
neglect - (neh glekt) - 97, 129 **ed** - (... id) - 97, 126 **ful** - (... ful) - 119
- disregard / fail to care for or give proper attention to / ignore
negligible - (neh gluh ju bull / neh gluh ju bull) - 11
- very small / unimportant / of little or no consequence
neurologist - (noo rah luh jist) - 412, 413, 569 - a doctor or specialist in the science that deals with the brain & nervous system & disorders affecting them
neurosis - (noo roh siss) [plural form = noo roh seez] - 221 - any of various mental or emotional disorders, from no apparent organic lesion or change and involving symptoms such as insecurity, anxiety, depression, and irrational fears, but without psychotic symptoms such as delusions or hallucinations. ('neurosis' is no longer in scientific use)
neurotic - (noo rah tik) or (nuh rah tik) - 122, 232, 554 - emotionally and mentally disturbed / suffer from a mental and emotional disorder that affects only part of the personality and is often accompanied by various mental and physical disturbances such as anxieties, phobias (irrational fears), or abnormal behaviors - ('neurotic' is no longer in scientific use)
neutrality - (neu tral uh tee / noo tral uh tee) - 85
- neutral or middle ground / non-participation in war / indifference
newsreels - (nooz reelz) -52- short films, (cellulose acetate film on metal reels) common in the first half of the 20th Century, that dealt with recent news events, and shown along with feature movies in theaters & later on TV as it developed
nil - (nill) - 58 - nothing / none / zero / something that does not exist

Nobel Prize - (no bell ...)-339 - prizes awarded yearly by the Nobel Foundation for outstanding achievements in various fields and for promoting world peace
nominal - (nom uh nul) -42, 570
- slight / minimal / in name or form only / small in comparison to value
nonchalant - (non shu lont) -24
- unconcerned / indifferent / having an air of easy unconcern
non-denominational - (non - deh nah muh nay shun ul) -132
- religiously neutral / not restricted to or associated with any religious order or group / see **denomination**
nonexistent - (non ig zis tunt) -24, 190
- not existing / something that does not exist
normal - (nor mul) - xxvii, xxx, 21, 22, 31, 35, 38, 66, 92, 113, 131, 140, 141, 150, 151, 198, 205, 221, 226, 247, 274, 296, 329, 351, 471, 472, 489, 495, 504, 505, 535
- average / usual / acceptable / ordinary / routine / sane / rational / true
- in agreement with, made up of, or not deviating from a norm, rule, or principle
- conforming to a type, standard, or regular pattern
normalcy - (nor mul see) -202 - a condition or state considered **normal**
normally - (nor muh lee) or (nor mul ee) - xxiii, 17, 33, 85, 258, 299, 544
- usually / commonly / ordinarily / regularly / typically / as a rule
notion - (no shun) -33, 36, 110, 285, 287, 415 - idea / belief / opinion / mental image
notorious - (no tor ee) - 524 **notoriously** - (... lee) -308
- famous / popular / widely known and discussed / known widely & unfavorably
notwithstanding - (not with stand ing) -74
- in spite of / regardless of / without being prevented or obstructed by
novel - (nah vul) -12, 144
- new / original / strange / unusual / different / peculiar / atypical
nowadays - (now uh dayz) -48, 61, 136 - now / during the present time / currently
nucleus - (noo klee us) -274 - core / basis / kernel / central or essential part
nudge - (nuj'd) -290 - gently pushed against, especially to gain attention
nuisance - (noo nos / noo snts) -279 - annoyance / inconvenience / bother
nurture - (nur chur) -327 **nurtured** - (nur churd) -346, 551 - support / help grow and develop / feed / cultivate / promote and sustain the development of
oasis - (o ay sis / o ay sus) -9, 526 - refuge / a situation or place preserved from surrounding unpleasantness / something providing refuge, relief, or pleasant contrast / a fertile or green spot in a desert made so by the presence of water
oath - (o' th) -31 **oaths** - (o' th'z) -105
- promise / to witness that one sincerely intends to do as one says
obedience - (o be d unts) -536 - responding to and obeying the wishes of others
obedient - (o be d unt) -422 - willing to carrying out the wishes of others
obeyed - (o bay'd) -131 - was **obedient** / complied / followed the wishes of others
obituary - (o bich oo air ee) -137 - published notice of a death
object - (ob jekt) -45, 64, 90, 143, 160, 503, 529 - aim / purpose / goal / intent / objective (45, 64, 143, 160, 503) / focus (529) / disagree / argue against / dispute / take offense or exception (90)
objectionable - (ub jekt shu nuh bul) -76 - unwanted / unacceptable / offensive
obligated - (ob luh gay tid) -367 - compelled / morally, legally, or socially bound
obligation - (ob luh gay shun) -94, 147, 276, 430, 549, 564 **s** - (... shunz) -129
- duty / liability / debt / social, legal, or moral requirement / a course of action imposed by society, law, or conscience by which one is bound or restricted
obligatory - (uh blig uh tory) or (obb lig uh tory) -132
- binding / mandatory / compulsory / of the nature of an **obligation**
obliged - (uh bleye j'd) or (o bleye j'd) -37, 110, 115, 125, 130, 137
- forced or pressured / made / compelled / **obligated**
obliterate - (uh (or) oh blit uh rate) -310 - erase / wipe out / destroy all traces of

oblivion - (uh bliv eun) -6, 19, 151, 184, 203, 270, 284, 340, 547
- unconsciousness / unawareness / a condition of lacking memory, attention, conscious knowledge, or awareness / being forgotten or unknown (19)
obnoxious - (ob (or) ub nok shus) -421 - annoying, offensive, or objectionable
obscure - (ub oh skure) -24 - not clearly seen or understood / unclear
obscured - (ub skure'd) or (obb skure'd) -55
- hidden / made difficult to see or understand / concealed
obsession - (ub seh shun) or (obb seh shun) -vii, xv, 23, 30, 151, 155, 261, 283, 319, 324, 325, 334, 350, 355, 356, 547 **obsessions** - 355
- excessive and irrational mental attachment / a persistent and disturbing preoccupation with an often unreasonable idea or feeling / compelling motivation / fixation / compulsion / also see **compulsion**
obsessive - (ob sess iv) -333, 536
- excessively and irrationally persistent / characterized by **obsession**
obstacle - (obb steh kul / obz tuh kul) -29 **obstacles** - 8, 72, 123, 253
- obstruction / barrier / something that slows or stops action or progress
obstain - (ob stuh nuh see / obz tuh nuh see) -vi, 48, 219
- stubbornness / unreasonableness / inflexible self-willed resistance
omega - (oh may ghuk) or (oh meh ghuk) or (oh mee ghuk) -49
- end / ending / the last / the last letter in the Greek alphabet
ominous - (om uh nus / ah mun us) -1
- threatening / foretelling / prophetic / being or exhibiting an omen
omit - (o mit) -xiii **omitted** - (o mit id) -75 - not use / leave out / fail to include
omnipotence - (om nip uh tunts / om neh puh tunts) -133
- unlimited power / having unlimited power, authority, or force
onslaught - (on slot) -302 - attack / onrush / onset / an overwhelming outpouring
on the spot - 147 - under pressure or attention / in a pressed position
open-minded - 287 **open-mindedness** - (o pun - mind id nuss) -356, 549
- having or showing an inclination to respect views and beliefs that differ from one's own / being ready and willing to receive favorably new and different ideas or the opinions of others / broad-minded / tolerant / open / receptive
operative - (op ur uh tiv) or (op ruh tiv) -21 - an active force or influence
oppressive - (uh pres iv) -338 - difficult to bear / burdensome / heavy / severe
optimism - (op tuh miz un) -502, 508 - positive and hopeful outlook
ordained - (or dain'd) -74
- given authority / invested with ministerial or priestly authority
organically - (or gan ik lee) -247 - bodily / relating to or affecting a bodily organ
ostracized - (oss truh size'd) -177
- avoided / shunned / outcast / banished / refused social recognition
OTC - 222 - Officer Training Camp
outright - (out right) -xxvii - openly / completely / entirely / without exception
outset - (out set) -128 - start / beginning / the initial stage of a something
outstrip - (out strip) -392 - exceed / surpass / outrun / be greater or better than
overbearing - (over bear ing) -65
- bossy / superior / domineering in manner / arrogant / tending to dictate
overdid - (o vur did) -320 - did, done, or went to extremes (past tense of **overdo**)
overdo - (o vur doo) -146, 555 - do to excess / do too much / go to extremes
overdoing - (o vur doo ing) or (o vur doo ing) -135 - doing to much of / see **overdo**
overhauling - (o vur hol ing) -68 - examining for needed repairs / thorough or drastic reorganizing / restoring to proper condition / housecleaning
overindulged - (o vur in dulj'd) -471 **over-indulged** - 134, 135 [with dash]
- allowed, yielded to, or gratified, (a desire, craving, or habit) to excess
overweening - (o vur ween ing) -207 - excessive / immoderate / overbearing

overwhelm -(over welm'd / oh vur wh'elm'd) - 8, 56, 444, 445
- beaten / overpowered (8) / flooded / overcome / taken by / to be overcome completely either physically or emotionally / made helpless
- [**whelm** - to submerge, cover, engulf, overpower , or crush]
overwhelming -(over welm ing / oh vur wh'elm ing) -xiii, 528, 567
- extreme / great / overpowering in effect or strength / engulfing
Oxford Groups -(ox furd / ox ford groups) -xvi - An informal Christian fellowship using the Bible and the sharing of personal experience, one-on-one and at meetings. It was started by Frank Buchman, an ordained Lutheran minister. The name came from a sign "Oxford Group" that a porter put on a railroad car used by a group of Oxford University students "carrying their message" in South Africa. Originally called "First Century Christian Fellowship" and later "Moral Re-Armament" or MRA. AA co-founders, Bill W. and Dr. Bob S., were Oxford Group members when they first met.
pacifist -(pas uh fust) -233 - person who opposes war or use of force
pacify -(pas eh fye) -237 - soothe / restore calm to or establish peace in
padding -(pad id) -145,483 **padding** -65,78 - lied about / indicating a larger amount than actually spent (65,78,145) - softened / covered or stuffed with a soft material to protect against friction, pressure, jarring, or blows, etc. (483)
padlock -(pad lok) -123 - lock / a lock with a U-shaped bar hinged at one end, and shut, after being passed through the staple of a bar or a link in a chain
painstaking -(pain stay king) -83 **painstakingly** -xviii
- careful / expending, showing, or involving great care and effort /
- taking 'pains' to pay close attention to details / meticulous
pall -106 - gloomy atmosphere / gloomy effect / any covering that darkens
panacea -(pan uh see uh) -171 - cure-all / a remedy for all ills or difficulties
pandemonium -(pan duh moan ee um)-106
- hellish uproar / wild uproar or noise / hellish / as in hell
panorama -(pan uh ram uh) -528
- broad view / mental vision of a series of events
panhandled -(pan han duld') -449, 502 - begged strangers for money or food
pant-leg -177 - one leg of a 'pair of pants' or trousers
paradoxically -(pair uh dox ik uh) -68
- conflicting with expectations / opposite to what might be expected
parallel -(pair uh lell) -37 - along / running alongside / matched equally
paralyzed -(pair uh lyzd') -194,255 - crippled / disabled / made helpless
paralyzing -(pair uh lye zing) -116,247,250,428 - crippling / disabling / numbing
paramount -(pair uh mount) -xxvii, xxix, 563
- primary / foremost / supreme / of chief concern or importance
paranoia -(pair uh noy uh) -362 - extreme, irrational distrust of others
parental -(puh ren tul) -172, 258 - of, relating to, or characteristic of a parent
pariah -(puh ryeh uh) -424 - a social outcast
parishioners -() -208 - parish members / church members
pariance -(par luntz) -455 - way of speaking / choice of words and how used
parlor -(par lur) -197 - room in a home made for the entertainment of visitors
parochial -(puh row key ul) -501 - supported by church or religious groups
passion -(pash un) -37, 95, 406, 463
- desire / enthusiasm / a powerful emotion, such as love, joy, hatred, or anger
patent pseudo-sophistication -(pat unt soo doe-suh fihss tuh kay shun) -268
- easily seen false sense of being important and experienced in human affairs
pathetic -(puh thet ik) -134
- pitiful / sad / distressing / deplorable / arousing or deserving pity
pathological -(path uh logik ul) -xxxi **pathologically** -(... lee) -236
- abnormal / disease-like / altered or caused by disease

patriarchal -(pay tree ar kul)-346- created or ruled by a man or a 'father' figure
peculiar -(peh k'yool yur) -33, 237, 372 - unusual / odd / strange / distinct
peculiarly -(peh k'yool yur lee) -207 - in an unusual, strange, or distinct way
pedestal -(ped eh stul) -122 - a position of high regard and deep affection
peers -(peerz) -311,359,522 - equals / companions / people of similar position
Pentothal -(pen tuh thol)-410- trademark name for the drug 'thiopental sodium'
- a general anesthetic often used in psychotherapy to induce a relaxed state
Percodan -(perk uh dan)-410 - trademark name for a commonly used
painkiller which contains aspirin and a synthetic opium derivative - oxycodone
peril -(pear ull / pair ull) -17 **perilous** -(pair uh lus) -575 - involving peril
- danger / exposure to the risk of being injured, destroyed, or lost
perish -(pear ish / pair ish) -16
- die / to die or disappear, especially in a violent or untimely manner
perpetual -(pur pech ul / per peh chu ul) -viii,388,390 - everlasting / continual
perpetuate -(pur pech oo ate) -196 - cause to last or continue
perplexed -(pur plex'd) -281 - confused or troubled with uncertainty or doubt
perplexing -(pur plex ing) -275 - puzzling / confusing / troubling / complicated
persevere -(per shu veer) -144 **persevered** (-... veer'd) -73
- continue / continue in spite of obstacles or discouragement / keep at
persist -(pur sist) -100, 205 **persists** -129,134 **persisted** -99
- continue / carry on or through / to continue in an undertaking in spite of
counter influences, opposition, or discouragement / continuous / lasting
persistence -(pur sist tunc / per sist unts) -30
- hold / strength / continuance of an effect after the cause is removed
persistent -(pur sist unt) -xx - continuous / determined
persona -(pur soe nuh) -522 - public image / assumed role /
- one's public image or personality, as distinguished from the inner self
perspective -(pur spek tiv) -5, 125, 251
- proportion / personal evaluation of importance (5, 251)
- outlook / attitude / view / viewpoint / mindset (125)
persuade -(pur sway'd) -2,18,90 d-29,219,447,503,558 r-48 **persuading** -9
- convince / to cause another to believe or feel sure about something, or act in
a certain way / to bring about the undertaking of a course of action or accept a
point of view by means of argument, reasoning, or an earnest request or plea
persuasion -(pur sway zshun) -538 - persuading / convincing / see persuade
pertinent -(pur tun unt) -60
- relevant / applicable / related to or bearing upon the matter in hand
perturbed -(pur turbd') -415- greatly disturbed / upset / made uneasy or anxious
pervade -(pur vay'd) -17 - spread through / to be present throughout
pervasive -(pur vay siv) or (-... ziv) -481 - tending to be present everywhere
perverse -(pur verse) (emphasis can be on either syllable) -49
- stubborn / wrongly self-willed or headstrong / contrary
pharmaceutical -(far muh soo teh kul)-503- drug development and preparation
pharmacist -(far muh sist) -238, 411 - a person trained in **pharmacy**
pharmacy -(far muh see) -408, 409 - the art of preparing and dispensing drugs
phase -(faze) -xvii,83,91,129,523,547-stage or period of change or development
phenomena -(feh nah muh nuh) -27
- rare events / unusual, unaccountable, or extraordinary events / marvels
phenomenal -(feh nah muh nuh) -320 - extraordinary / unusual / unaccountable
phenomenon -(feh nah muh nuh) -xxiii, xxviii, xxix, xxx, 37
- experience / fact / exceptionally rare or unusual fact or event
philosophic -(fil uh sof ik)-2,569-deep / profound / abstract (2) / principled (569)
- of, based on, or relating to, a system of philosophy / see philosophy

philosophical - (fil uh soh eh luk) - 62 - logical / rational / principled / deeply thought out / of or relating to philosophers or a system of philosophy
philosophically - (fil uh soh eh luk lee) - 45 - logically / from one's understanding of life / in this use - to find comfort in one's "philosophy of life"
philosophies - (fuh los uh feez) - 45
- views on or about life / plural form of philosophy / see **philosophy**
philosophy - (fuh los uh fee) - 23,44,262,274,275,390,545,569 - theory / view / principles / attitude / reasoning / doctrine / wisdom / the most general beliefs, concepts, and attitudes of an individual or group / inquiry into the nature of things based on logical reasoning rather than relying on observation or sensory experience / the system of values by which one lives / a theory underlying a field of activity or thought / the investigation of causes & laws underlying reality
philosophy of life - (feh los uh fee of life) - 44
- overall vision of, or attitude toward, life and the purpose of life
phobia - (foe buh) - 177 - a persistent, abnormal, and irrational fear of something
phobias - (foe buz) - 175,207 - persistent irrational fears / more than one **phobia**
pioneer - (pie uh neer) - v,156,182,208 - **ing** - vi,xvii, 200,571 s - v,xii,167,169 - one who ventures into unknown or unclaimed territory, or opens up new areas of thought, research, or development / to open up an area or prepare a way
pitiful - (pit uh lu) - 30,317,321,330,488 - **ad** - **s** - miserable / sorrowful / distressing
- something that arouses pity due to it being sad, poor, or in bad shape
pity - 67,267,364,488 - implies sorrow felt for another's suffering or misfortune though with little emotional sharing of the distress - sometimes with slight contempt because the object or person is viewed as weak or inferior
placard - (plak ard) or (plak urd) - 224 - a sign or notice for public display
plague - (playg) - 98, 124
- curse of disease / a highly infectious, often fatal, epidemic disease
plagued - (playgd) - 15, 123, 313, 347, 522, 554
- bothered / burdened / disturbed / irritated / cursed / afflicted
plane - xxvi, 86, 87, 98, 116, 404, 412, 517 - level / a level of existence, consciousness, or development / - airplane (404, 412, 517)
plastered - (plas turd) - 179 - very drunk / extremely intoxicated
Plattsburg - 1 - Plattsburgh - a northeastern city in the state of New York - USA
plausibility - (plah zuh bil uh t) - 23 - quality of being believable / worthy of belief
plea - 136 **plead** - 90 **pleaded** - 331 **pleading** - 320 **pleas** - 389
- beg / an earnest or urgent request / appeal
pledge - (plej) - 10, 497 - a formal promise to not drink alcoholic beverages
plight - (p'liite) - 43,155 - dilemma / difficult condition or situation / predicament
plodded - (plah did) - 428 - moved or walked heavily / trudged / see **trudge**
ploy - 537 - trick / gimmick / an action to gain an advantage indirectly or deviously
plummeting - (plum it ing) - 330 - falling straight down / plunging / declining
pneumonia - (nuh moan yuh) or (new moan yuh) - 108, 210, 239
- a disease of the lungs caused by viruses, bacteria, or other agents and irritants
point-blank - (poynt blank) - 11, 26
- straightforward / direct / blunt / without hesitation or deliberation
poise - (poyz) - 178 - dignity / self assurance / grace / self composure
poised - (poyz'd) - 273 - dignified / self assured / serene / balanced
pokey - 219 - jail / slang for jail or prison
pomp - 55 - showy display of self worth / impressive or showy exhibition or display
ponder - (pon dur) - 452, 511 **pondered** - 10 **pondering** - 56, 334
- think about / mentally appraising or reflecting upon something
post-activity - 536 - 'post' meaning - 'after' in time / after the main gathering
post-alcoholic - 387 - 'post' meaning - 'after' in time
post-operative - (post op ur uh tiv) or (... op ruh tiv) - 306 - after surgery

post-war - (post war) - 56, 268 - after the war / 'post' meaning - 'after' in time
post-verse - (post pone) - 53, 75 **postponed** - 74, 360 **postponement** - 83
- delay / to put off or hold off / to delay an action or proceeding
pot - 1 - drink / drinking / an alcoholic brew / an act of drinking or the amount swallowed / draft / pull / sip / (informal - swig) (slang - belt)
- (from the word 'potation') - drinking of a drink, especially an alcoholic one (1)
- indulgence in drinking alcoholic liquor; intemperate drinking
potent - (pote nt / poe tunt) - 305 - powerful / capable of exerting strong influence
potential - (puh ten shul) - xxi, 2, 33, 34, 39, 149, 279, 502, 513, 571
- possible / capable of being but not yet in existence / the inborn or essential ability or capacity for development, growth, or coming into being
powerless - (pow ur lus) - 20,59,187,195,287,306,330,346,354,401,404,405, 411,420,460,467,510,540,550 - without power / defenseless / ineffective - lacking in strength, power, or authority (over alcohol)
powerlessness - (pow ur lus nus) - 335 - being **powerless**
practitioner - (prak tish un ur) - 384 **practitioners** - (... urz) - 133
- professional / one who practices a professional occupation
pray - xxxii,13,70,76,82,87,217,327,395,429,519,552 **ed** - 105,58,226,263,292, 312,335,516,553 **er** - ix,59,85,87,172,215,228,250,251,262,335,345,356,373, 401,406,419,469,494,506,552 **prayers** - 87,551,552 **praying** - 59,215,292
- [definition for **pray** & **prayer** only] - an earnest or urgent request / appeal / ask
precede - (preh see) - 35 **preceded** - (preh see did) - 127
precedes - 40 **preceding** - 44, 72, 157, 475 - earlier / before
- come before / come before in rank, dignity, or importance / earlier
precedence - (preh suh dents) - 274 - greater importance / first in order
precept - (pre sept) - 542 s - 93 - rules of behavior / guidelines / principles / law
precipitates - (preh sip uh tates) - xxx
- throws / leads / causes to happen before anticipated or required
precise - (preh sice) - 10, 37, 49, 66 - exact / accurate / definite
precisely - (preh sice lee) - xiii, 286, 415 - exactly / specifically / just
predicament - (preh dik uh munt) - 92, 154 **predicaments** - 105
- difficult situation, circumstance, or condition
predominant - (preh dom uh nunt) - 172
- most important, dominant, or prevalent / most generally existing
preface - (pre fess / pref us) - an introductory section / a preliminary statement
prefer - (pre fur) - 28 - choose or be in the habit of choosing as more desirable
preferable - (pre fur uh bul) or (pre fur hul) - 130, 315 - more desirable
preferably - (pre fur uh blee) or (pre ruh blee) - 269 - most desirably
preferred - (pre fur'd) - 564 - better **prefers** - (pre fur) - 95,96 - see **prefer**
prejudice - (pre juh duss) - 12,45,46,47,48,49,55,77,89,93,162,355,358
s - 1, 139 **ed** - 48 - opinions formed without due knowledge or examination / bias / to cause someone to judge prematurely and irrationally /
- irrational suspicion or hatred of a particular group, race, or religion
premature - (pre muh ch'your) or (pre muh chur) - 223, 389
- early / untimely / developing, occurring, or appearing before the expected time
premeditated - (pre med uh tay tid) - 217
- planned in advance / thought out or considered before the actual event
premeditation - (pre med uh tay shun) - 37, 371
- thought or consideration before an event / calculation / deliberation
preoccupied - (pre ock yuh pide) - 126 - lost in thought / distant / abstracted / having one's thoughts so fully occupied as to be unaware of one's surroundings
preposterous - (pre poss tuh rus) - 51
- crazy / foolish / ridiculous / silly / insane / fantastic / wild

presently - (preh zunt lee) - xxi, 30, 38, 100, 139, 152, 155, 568
- in a short time / soon / directly / at this time or period of time

presides - (preh zides) - 14, 566
- rules / possesses and exercises guidance, authority, or control

prestige - (preh stej) or (preh steesz) - xix, 335, 422, 559, 562 - position / fame / influence / authority / power / social or professional importance or distinction

prestigious - (pres tidj us) or (pres tee juss) - 360, 447
- famous / highly respected / influential / celebrated / distinguished

presumption - (preh zump shun) - 87
- belief / assumption / the act of presuming or accepting as true

prevail - (preh vail) - 574 **s** - 210 - rule / dominate / to be in force, use, or effect

prevalent - (preh vuh lunt) - 149, 535
- widespread / common / commonplace / rampant / accepted / ruling

prey - (pray) - 52, 330 - victim / one subjected to suffering / target of attack

pride - 8, 12, 25, 65, 75, 104, 105, 116, 125, 181, 212, 424, 459, 479, 498, 506, 510, 517 - excessively high opinion of oneself / conceit / arrogance
- sense of one's own proper dignity or value / self-respect
- satisfaction taken in one's work, achievements, or possessions

prided - (pry did) - 389, 395 - pleasure or satisfaction taken in an achievement, possession, or association / indulged in a feeling of pleasure or satisfaction

prime - 160, 214, 454 - important / leading / primary / principle / top / key

primed - (prime'd) - 477 - prepared / cause to be ready for use or special purpose

principal - (prin suh pul) - xx, 62, 124, 281, 311, 446, 575
- most important / master / boss / ruler / chief / person in charge of an organization / main participant in a given situation

principle - (prin suh pul) - 64, 111, 115, 125, 128, 227, 395, 565, 566, 568, 572, 575
- a basic truth, law, standard, quality, assumption, or code of conduct

principles - (prin suh pulz) - (46 entries)
- basic truths, laws, standards, qualities, assumptions, or codes of conduct

prior - (pr'eye ur) - xvi, xxx, xxxi, 237, 270, 395, 418, 473, 568 - earlier / previous / going before / preceding in time, order, importance, or value

privilege - (priv uh lij) - xxvii, 51, 118, 181, 266, 274, 431, 451, 543 **s** - 172, 186
- choice or choosing / right / permission / benefit / opportunity / favor

pro and con - xxx - for and against / in support of and not in support of

probability - (prob uh bil uh tee) - xxi
- likelihood / expectation / likelihood of something happening

probable - (prah buh bul / prah uh bul) - 87
- likely / likely to be or happen / reasonable to expect though not certain

probed - (probe'd) - investigated / explored / inquired / researched / searched

progression - (pruh ses shun) - 8 - line / succession / progression / string / series

procrastinating - (pro kras tuh nay ling) - 506 - delaying needlessly / putting off doing something, especially out of habitual carelessness or laziness

procreation - (pro kree ay shun) - 68-69
- reproduction / creating offspring to maintain a species

procure - (pro / prah kure) - 171 **procured** - (pro / prah kure'd) - 3
- obtain / purchase / gain ownership of

prodDED - (prah did) - 95
- provoked / stimulated / caused or encouraged into action

prodigious - (pruh dij us) - 5 - huge / tremendous / amazing / mighty

prodigy - (prod uh jee) - 171
- marvel / miracle / a person with exceptional talents or powers

Professor Langley's flying machine / **see** - **Langley's** - 51

proffered - (prah fur'd) - 10 - offered / suggested / presented for acceptance

profitably - (praf it uh ble) - 139 - gainfully / resulting in profit, gain, or benefit

profund - (pro fund) or (pruh fund) - 14, 26, 43, 130, 448, 567, 570
- deep / very great / extensive / complete / absolute / far reaching

program - (pro gram) or (pro grum) - (142 entries) **programs** - 329
- a formulated plan listing things to be done or to take place especially in their time order / way of acting or proceeding

progressive - (pruh gress iv) - 30, 231, 332, 451 - continually worsening / tending to move forward, advance, or grow / growing / expanding

progressively - (pruh gres iv lee) - 184, 272, 409, 416, 474
- growingly / increasingly / more and more

prohibition - (pro uh bish un) or (pro uh bish un) - 183, 203, 268
- **see** **Eighteenth Amendment**

prominent - (prah muh nunt) - xxv, xxxi, 140, 163, 546, 552
- well known / popular / outstanding / famous / distinguished

promote - (pruh mote) - 115 - advance / further / encourage / help establish

prompt - (prompt) - 573 - quick **promptly** - (... lee) - xvii, 59, 64, 223, 513
- carried out or performed without delay / quickly / punctually / timely

pronounce - (pruh nownts) - 31 - declare / to declare or say formally or officially

pronounced - (pruh nownts'd) - 11, 340, 375, 556 - declared formally or officially

propensity - (pruh pen seh t) - 429 - tendency / inclination / predisposition / bias

propensity - (pruh puh se) - 41 - predicted / foretold / said beforehand

proportion - (pruh poor shun) - xxii, 37, 357, 551, 574 - ratio / percentage / degrees / rates / relative amount / the evaluation of size, relationship, or importance of one thing to another / balance between parts of a whole / agreement / harmony

proportional - (pro poor shun ul) - 420 - balanced / corresponding / being in a balanced relationship to something / **see** **inversely proportional**

proportions - (pru poor shun z) - 3, 204, 547
- amounts / degrees / scale / size / scope / volume / relative amount

proposal - (pruh po zul) - 52, 53 **proposals** - 14, 42, 75
- suggestion / something presented or stated for action or consideration

propose - (pruh poze) - 143 **proposed** - 462 **proposes** - 101
- suggest / present for action or consideration

proposition - (prah puh zish un) - 10, 50, 53 **propositions** - (... unz) - 42
- idea / idea put forth as being factual and true / proposal

prosaic - (pro zay ik) - 48 - ordinary / lifeless / everyday / dull / straightforward

prospect - (proz pek't) - 18, 90, 91, 93, 96, 98, 99, 148, 156, 158, 253, 254

prospective - (pruh spek tiv) - xviii - potential or likely member / hopeful / likely or hopeful to become, happen, or succeed / likelihood / possibility (254)

prospects - (proz peks) - 36, 96, 252, 265, 266 - hopeful clients or customers (36) / potential or likely members (96, 252, 265, 266)

protégé - (pro tuh zshay) - 92
- friend / one who is protected or trained by a person of experience

Protestant - (prot eh stant) - 221 **s-xx** - members of a Western Christian church

protestations - (pro test ay shuns) or (prah tis tay shuns) - 62
- declarations / strong or formal expressions of dissent or disagreement

Providence - (prah vuh dents) or (pro vuh dunts) - 101, 264, 527
- God / divine guidance / divine direction and care by a worshipped being

provocation - (prah vuh kay shun) - 62, 124, 146
- reason / stimulation / a cause of aggravation or anger in another

prudent - (prod unt / proo dint) - 471, 564, 572, 575
- sensible / careful / wise / sensible in action and thought

psalmist - (sah mist) - 387 - a writer of Biblical Psalms (Sacred songs or poems)

pseudo-sophistication - 268 - **see** **patent pseudo-sophistication**

psychiatric - (sey ke at rik) - xxix, 19, 195, 204, 303, 384, 399, 408, 497, 500, 513, 532, 570 - mental / of, related to, or by **psychiatry** or **psychiatrists**
psychiatrist - (sey kye uh trist) / (suh kye uh trist) - (37 entries)
psychiatrists - (... trists) - viii, xxviii, 18, 26, 43, 247, 388, 392, 408
- a licensed physician (doctor) specially trained to practice psychiatry
psychiatry - (sey ki uh tree) / (suh ki uh tree) - 197, 247, 303, 350, 570
- medical study, diagnosis, treatment, and prevention of mental illness
psychic - (sike ik) - xxxix
- mind / mentality / of or pertaining to the human mind, soul or spirit
psycho ward - (sike oh ward) - 408, 533 - [psychiatric ward]
- a division of a hospital dedicated for the care of the mentally ill or insane
psychoanalysis - (sey koh uh nal eh sis) - 305, 384
- a method of psychological therapy originated by Sigmund Freud
psychological - (sey kuh loj eh kul) - xxviii, xxxix - of, or relating to **psychology**
- of, from, relating to, influencing, or intended to influence, the mind or emotions
psychologically - (sey kuh loj ik lee) - 572 - of, or relating to **psychology**
psychologist - (sey kah lah jist) - 28, 74, 134, 538, 567 **psychologists** - 73, 133
- person/s trained to perform psychological analysis, therapy, or research
psychology - (sey kah loh jee) - xxvii, xxxi
- (**psychology** is only used as 'moral psychology')
- psychology: the science that deals with mental processes and behavior - therefore - a 'moral psychology' would be dealing with mental and behavior processes using principles of morality or principles conforming to a standard of behavior, character, 'right and wrong', and 'good and bad' conduct
psychopaths - (sey kuh paths) - xxx - those with an antisocial personality disorder, manifested in aggressive, perverted, criminal, or amoral (not caring about right and wrong) behavior without **empathy** or **remorse**
psychosomatic - (sey ko so mat ik) or (sey ko suh mat ik) - 308 - of or relating to a disorder having physical symptoms but originating from mental or emotional causes / relating to or concerned with the influence of the mind on the body, and the body on the mind, especially with respect to disease
psychotherapy - (sey ko thair uh pee) - 305, 308, 474 - the treatment of mental and emotional disorders through the use of psychological techniques designed to encourage communications of conflicts and insight into problems, with the goal being relief of symptoms, changes in behavior leading to improved social and vocational functioning, and personality growth
punitive - (p'yoo nuh tiv) - 575 - punishing or aiming to inflict punishment
purge - (purj) - 527 - get rid of / eliminate / remove / clear / do away with
Puritanical - (p'yur eh tan eh kul) - 232 - religiously and morally strict and rigid / characteristic of the Puritans and puritanism: moral strictness, and hostility to social pleasures and indulgences
pursue - (pur sue) - xvi, 30, 325, 458, 554 **pursued** - 171, 528 **pursuing** - 501
- follow / chase / go after / seek / continue
pursuit - (pur soot) - 283, 504 - regular activity / an activity engaged in regularly
quarrel - (kwor ul / k'war ul) - 147, 550 **quarrels** - (kwor ul) - xviii, 100
- argue / fight / dispute (550) / arguments / angry disagreement/s / fight/s
Quebec - (kweh bek) / (kay bek) - 193, 197, 198
- a province of eastern Canada with its capital city of Quebec City
queer - (kwee r) - 38, 92 - strange - odd / deviating from the expected or normal
quell - (kwel) - 392 - put down / quiet / suppress / to bring to an end by force
queried - (kwee eed) / (kwair eed) - 9, 471
- asked / probed / questioned / expressed doubt or uncertainty / inquired
queries - (kwee eez) or (kwair eez) - 196 - questions / requests for information

quicksand - (kwik sand) - 8 - a situation into which entry can be quick but removal can be difficult or impossible / loose sand mixed with water forming a soft mass that gives way easily to engulf anything resting on its surface
quirks - (kwerks / kworks) - 287 - peculiarities / unaccountable or unusual traits
quota - (kwote uh) - 272 - share / proportional share / number or percentage
rabbi - (rab eye) - 87, 132 - a spiritual master and teacher in Jewish law and religion or Judaism (jew duh izm) / (or jew day ism) / (or jew diz um)
radiating - (ray dee ay ting) - 447 - spreading / circulating / moving outward
radical - (rad uh kul) - xi **radically** - (rad uh kul ee) - 117, 146, 394
- fundamental / extreme / very significant / broad
- (ray'j) - 306, 428, 450 - explosive anger / violent or unrestrained anger
raged - (ray'j'd) - 346 - spoke and/or acted as if violently or uncontrollably angry
rages - (ray'j uz) - 494 - fits of rage / **see** **rage**
raging - (ray jing) - 206, 400 - intense / violent (206) / showing **rage** (400)
ragged - (rag id) - 437 - torn / worn / frayed / threadbare / tattered
ramifications - (ram uh fuh kay shunz) - xxi
- complications / effects / consequences
rancid - (ran sid) - 426 - nasty smelling / smelling like decomposing oils or fats
rancor - (rank or) or (rank ur) - 111, 134
- anger / hostility / resentment / bitter and deep-seated ill will
random - (ran dum) - 155, 506 **randomly** - (ran dum lee) - 474
- chance / without specific pattern, purpose, or objective /
- relating to an event in which all outcomes are equally likely
rant - 9 **ing** - 9 - preach / speak in a noisy, excited, & often self-important manner
rational - (rash un ul / ra shun ul) - 26, 541
- sane / sensible / reasonable / balanced / logical / intelligent
rationalization - (rash un uh lye zay shun) - 361, 550 - **see** **rationalizing**
rationalize - (rash un nuh lyeze) - 351 - explain / justify / to devise self-satisfying but incorrect reasons for one's behavior / to interpret from a 'reasoning' standpoint / to offer reasons for or a cause of / using 'reason' to make **rational**
rationalized - (rash un nuh lye'z'd) - 321, 339 - **see** **rationalize**
rationalizing - (rash un nuh lyeze ing) - 253, 547 - **see** **rationalize**
reacquire - (re uh kwire) - 527 - regain / come into possession of again
readily - (red uh lee) - 24, 48, 104, 178
- easily / well / without discomfort, difficulty, or reluctance
readiness - (red eh nu) - 52, 74 - ease / effortlessness (52) / preparedness (74)
real alcoholic - (21, 23, 30, 34, 35, 92, 109, 323) - "But what about the **real alcoholic**?" "...but at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink." - Pg. 21 - 2nd Pgh. / - Bottom of Pgs. 23 to 24 / Pg. 30 - Line 1. / Pg. 30 - 3rd Pgh. - "We alcoholics are men and women who have lost the ability to control our drinking. We know that no **real alcoholic** ever recovers control." / Pg. 31 - 2nd Pgh. - line 1. / Pg. 34 - line 6 / Pg. 35 - 4th line from bottom / Pg. 92 - 2nd Pgh. - line 1. / "These are the earmarks of a **real alcoholic**." - Pg. 109 - line 28-29
realm - (reim / rell'm) - 46, 51, 151
- kingdom / domain / confines / field / range / sphere / province
re-assembled - (re uh sem bu'f'd) - 35 - brought or gathered together again
reassure - (ree uh sure / re uh shur) - 46
- convince / assure again / encourage / comfort / restore confidence to
reassured - (ree uh sure'd / re uh shur'd) - 36, 76
- comforted / restored to confidence / encouraged / **see** **assurance**
rebel - (reh bell) - 94 - resist / feel or express strong unwillingness
rebel - (reb ul) - 229 - one who forcefully opposes an established authority
rebelled - (reh bell'd) - 238, 252 - strongly resisted / was defiant

rebellion -(reh bel yun) -453 - show of defiance toward authority or custom
rebellious -(reh bel yus) -56, 221, 309, 502 - defiant / resistant / war like
receded -(reh seed id) / reh see did) -418
- withdrew / retreated / became or seemed to become fainter or more distant
recitation -(reh suh tay shun / resh uh tay shun) -173
- speaking from memory / recite or recall verbally to an audience
reciting -(reh site ing) -392 - saying / describing / repeating or uttering aloud
recluse -(reh kloose) or (rh kloose) -115
- hermit / someone who lives hidden and alone
recoil -(reh koyul) -84 - spring back / jerk backward / draw away involuntarily
recollection -(rek uh lek shun) -41, 223, 225, 246, 544 s -(... shunz) -ii, 10, 320
- memory / recall to mind / recalling experience / something remembered
recommend -(rek uh mend) -265, 565 - suggest / advise / approve
recommendation -(rek uh men day shun) -114 s -(... shunz) -xx
- suggestion / testimonial / to present as worthy of acceptance
recommended -(rek uh men did) -213, 344, 509
- suggested / advised / approved / presented as worthy of acceptance
recompense -(rek um pentz) -123, 191 d -(... pentz's) -564-565
- payment / amends / compensation / restitution / paid for (564-565) /
- to make proper payment for (as for injury, loss, damage, or services)
reconcile -(rek un syle) -203 - accept / resign oneself to / submit to
reconciled -(rek un syle'd) -72, 430 - in agreement / resolved / acceptant
reconciliation -(reh kon sill ee ay shun) -124, 241
- restored harmony / a restoration of friendship and harmony
recount -(reh kount) -132 s-56 ed-344 - tell / describe / relate to others in detail
recover -(re kuv er) -6, 19, 26, 27, 39, 58, 89, 92, 96, 97, 99, 126, 133, 135,
142, 143, 146, 158, 162, 164, 261, 270, 344, 563, 567, 568 - regain / get back
- obtain again what one has lost / bring back to a normal condition / - the act,
process, instance, or duration of recovering / - find again / improve in health
- **recovered** -(re kuv urd) -iii, xiii, xv, xvii, xxv, xxxi, 17, 20, 29, 45, 90, 96, 113,
132, 133, 146, 165, 196, 210, 273, 274, 397, 442, 457, 479, 556
- Page 17 - "Nearly all have **recovered**. They have solved the drink problem."
- **recoveries** -(re kuv er eez) or (re kuv reez) -xx, xxix, 113
- **recovering** -(re kuv er ing) or (re kuv ring) -104, 122
- not using any addictive substance such as alcoholic beverages (which for us
is made possible as a result of thoroughly following "The Program" of action as
precisely described and defined in the text of *Alcoholics Anonymous*.)
- **recovers** -(re kuv erz) -30, 149 **recovery** -(re kuv er ee) or (re kuv ree)
-ix, xi, xvii, xviii, xxii, xxiii, xxv, xxix, 30, 31, 59, 72, 73, 90, 94, 96, 97, 99, 113, 120, 125,
127, 139, 143, 145, 147, 153, 250, 262, 273, 275, 287, 317, 326, 333, 345, 361, 368,
451, 458, 469, 490, 492, 493, 494, 498, 499, 518, 525, 528, 529, 550, 558, 559, 562,
567, 568, 569, 574 - regaining health, self-awareness, balance, and composure
in one's life / Pg. 85 - "We are not cured of alcoholism. What we really have is
a daily reprieve contingent on the maintenance of our spiritual condition."
rectify -(rek tuh fye) -124 - correct / make or set right / remedy / amend
rectally -(rek tul ee) -557 - anally / from the anus
redouble -(re duh bul) -120 - make twice the effort / to be made twice as much
reed -28 - any of a variety of tall perennial grasses with hollow stems and stalks
reeking -(reek ing) -437 - stinking / giving off a strong unpleasant smell
re-emphasize -(re em fuh size) -emphasize again / **see emphasize**
reenter -(re enter) -536 - enter again / enter or come into again

reform -(ruh form) -95, 96, 97 - correct / improve / to form or become formed
again / to improve by alteration, correction of error, or removal of defects /
to cause a person to abandon irresponsible or immoral practices or behavior
(**alcoholism reform** - during the late 1800's and early 1900's a number of
social and religious groups made extensive efforts to create a 'movement'
among society to pressure lawmakers to 'reform' or change the laws controlling
the production, transportation, and/or drinking of alcoholic beverages.)
reformer -(ruh form ur) -89 **reformers** -61
- one that works for or urges reform / **see reform**
reforming -(ruh form ing) -111 - changing / correcting / **see reform**
refrain -(reh fraim) -202 - repeating sound or voice / repeating phrase or verse
refuge -(ref yoo) -525, 555 - shelter / a place or source which provides help,
relief, comfort, protection, or shelter as from danger or hardship
refusal -(reh fyu'z ul) -158 - rejection / turning down / denying / not accepting
regret -(reh gret) -64, 77, 83, 318, 492, 543 - apology (77) / sorrow / feel or
express sorrow for / a feeling of unhappiness, disappointment, or distress
about something that one wishes could be different or by the failure of one's
hopes, desires, or expectations / also **see remorse** and **remorseful**
regulate -(reg yuh late) -32 - control / direct / adjust / put or maintain in order
rehab -(re hab) -329, 425 - short for 'rehabilitation' or treatment center
rehabilitated -(re ab [or] re uh bil uh tay tid) -460
- restored to a normal state of health or activity by education or therapy
rehabilitation -(re ab [or] re uh bil uh tay shun) -xxv, xxviii, xxxi, 7, 148
- recovery / restoration / becoming rehabilitated or restored to a former
capacity, reputation, or state of being
rehearsals -(reh hur sulz) -350 - repeating an action to develop or maintain skill
reimbursing -(re m bur sinq) -403 - repaying / refunding / paying back
reinstale -(re n stals) -528 - restore / restore to a previous condition or position
relapse -(re laps) or (reh laps) -26, 31, 35, 120, 125, 169 s -xx ed -528
- return to drinking / slip back (35) / a recurrence of a disease after a period
of improvement / to slip or fall back into a former worse state
relatively -(rel uh tiv lee) -146, 175, 387, 416, 473, 501 - comparatively / in the
quality or state of being alike with something else / in comparison with others
relegated -(rel uh gay tid / rel uh gate id) -450
- committed / assigned / thrown down / transported / removed / banished
reliability -(re lye uh bil uh tee) -558 - being reliable, trustworthy, or dependable
reliance -(reh lie unts) -xxviii, 52, 164 - dependence / trust / confidence
religion -(re lij un) -xx, 9, 49, 74, 93, 132, 189, 205, 206, 287, 359, 365, 406,
508, 554, 565, 569 s -10, 11, 221, 346 - belief in a divine or supernatural power
or powers to be obeyed and worshipped as the creator/s and ruler/s of the
universe / the expression of such a belief in conduct and ritual /
any specific system of belief and worship, often involving a code of ethics
and a philosophy / any system of beliefs, practices, ethical values, etc.
resembling, suggestive of, or similar to such a system
religious -(re lij us) -x, xv, xx, 9, 11, 17, 19, 27, 28, 43, 56, 74, 77, 87, 90, 93, 128, 131,
158, 232, 238, 262, 263, 287, 346, 357, 359, 366, 368, 406, 446, 561, 567, 568, 572
- implies adherence to religion in both belief and practice / extremely faithful or
conscientious / of, relating to, or devoted to religious beliefs or observances /
a member of a religious order under monastic vows / showing of intense
emotion that compels one to action / passionate / filled with or marked by
enthusiasm / devout / godly / holy / pious
- **informal** - to become 'religious' or very earnest and sincere about something

relinquished -(reh ling kwish'd)- gave up / surrendered / let go of
relishing -(reh lish ing)- 522 - liking / looking forward to / appreciating
reluctance -(reh luk tunts)- 148 - unwillingness / uncertainty / unwillingness
reluctant -(reh luk tunt)- 515, 551 - unwilling / lacking in will
reluctantly -(reh luk tunt lee)- 190, 287, 495, 523
- unwillingly / hesitantly / as lacking will or desire to do something
remainder -(re main der)- xx, 155, 310, 491
- ones left (xx) / rest / balance (155) / a remaining group, part, or trace
reminisce -(rem uh niss)-452- remember / recollect past experiences or events
remnants -(rem nunts)- 341 - remaining pieces / remains / surviving traces
remonstrances -(reh mon strun suz) / (reh mont strunt suz) - 3
- protests / expressions of disapproval, protest, or opposition
remorse -(reh morse)- 6, 66, 86, 106, 344, 350, 382, 383, 448, 449, 479, 496, 497, 532, 547, 559
- uncomfortable feelings from a sense of guilt and regret for wrongs done
remorseful -(reh morse ful)- xxix, 81, 83, 109, 480, 497
- ashamed / sorry / guilt ridden / sorrowful / apologetic / regretful
render -(ren dur)-34 - give / make available // **rendered** -(...dur)- 383 - made
rendezvous -(ron day vooz - [plural] - ron day voo [singular]) - 104
- visits / experiences / meetings / engagements / appointments / affairs
renowned -(reh now'n'd)- 43 - see world-renowned
reparation -(reh puh ray shun)- 98 **reparations** -(...shunz)- 79
- amends / repairs / the act or process of making amends / see amends
repeal whiskeys -(reh peel ...) - 237 - whiskeys made or sold after the repeal (recall, reversal, cancellation) of the **Eighteenth Amendment** in 1933
repel -(reh pell)- 103 - keep away / be offensive to / repulse
repelled -(reh pell'd)- 396, 522 - offended
repetition -(rep uh tish un) / (reh puh tish shun) - 120, 548
- repeat of an incident / the act or process of repeating
reprise -(reh preh)- 85,551 - pardon / temporary suspension, relief, or grace
reprimanded -(rep reh mand'nd)- 284, 555
- given words expressing strong disapproval / scolded / chewed out / chastised
reproached -(reh proch'd)- 123
- criticized / shamed / criticized to warn of or correct a fault
reproved -(reh proov'd)- 126
- gently reminded of ones shortcomings or improper behavior
repute -(reh p'you't) / (reh pyoot)- 153 - reputation / fame / name / notoriety
resemble -(reh zem blunts)- xxxi - similarity / sameness / likeness
resembles -(reh zem bulz)- 21 - looks like / is similar to
resembling -(reh zem bling)- 247 - looking like / appearing similar to
resent -(reh zent)- 234, 552 **ed**- 184, 234, 235, 540 **ing**- 351
- be angry about / bear a grudge / to feel injured or insulted / a feeling of indignation or anger aroused by something unjust, mean, or unworthy /
- to 'resent' basically means 'to feel strongly' again or 're-live'
resentful -(reh zent ful)- 65,81,86,116,117,119,122,127,449,474,540 - angry / bitter / full of, characterized by, or inclined to feel, resentment / also see **resent**
resentment -(reh zent munt)- 13,15,18,64,66,68,79,84,100,105,117,118,126, 145,185,366,424,426,448,450,468,475,547,551,552,555
resentments -ix,62,70,64,66,70,117,225,263,293,351,355,362,374,437,440, 443,450,468,559 - a persistent feeling of ill will and suppressed anger caused by a sense of an injustice, insult, injury, offense, or wrong done / also see **resent**

reservation -(reh zur vay shun)- 33, 63, 187, 458, 460, 469, 494, 498
- holding back due to doubt or suspicion (33, 63, 187)
- Native North American Indian settlement (458, 460, 469, 494, 498)
reservations -(reh zur vay shunz)-186,468- doubts / limits or limiting conditions, qualifications, or exceptions / holding back due to doubts or suspicions (186) /
- Native North American Indian settlements (468)
reserve -(reh zerv)- 18,575 - holding something back / skeptical caution or lack of enthusiasm (18) / funds for likely or possible future needs (575)
reserves -(reh zervz)- 564 - funds kept to meet probable or possible demands
reserved -(reh zerv'd)-iv, 51,198 - saved / kept / retained (iv, 51) /
- quiet / keeping one's thoughts, feelings, or affairs to oneself (198)
reservoirs -(rez uv wars) / (reh zuh vores) or (reh zuh v'wires)- 569
- sources / supplies / reserves / stores / collections / accumulations
reside -(reh zide)- 318,574 - live / dwell / exist / abide / am or be present
residency -(rez eh dent c)- or (rez eh dunt c)- 409 - a time when a physician receives specialized clinical training in a hospital, usually after an internship
resign -(reh zyne)- 31,148,448,453 - quit / leave / give up one's job or office
resignation -(reh zig nay shun)- 224,358 - notice of quitting or leaving (224) / submission or being passive (358)
resigned -(reh zine'd) / (rez eyne'd)- 8, 479, 523
- given up / surrendered / acceptant (8) / quit / gave up (479, 523)
resilience -(reh zil yunts)- 391
- ability to quickly return to an original condition / bounce or spring back
resolutely -(reh zuh loot lee)- 67, 84
- faithfully / marked by firm determination / without doubt
resolution -(rez uh loo shun)- xxix, 172, 202, 343 **s**- xxx, 34, 340
- promise / declaration / a course of action determined or decided upon
resolve -(reh zolve) or (reh zov)- xvi,5,172,312,325 **d**-(...zolv'd)- 321,472,495
s-(reh zolv'z)- 107 - solve / remedy / find a solution to (xvi) / determination / firmness of purpose / resolutions (5,107) / decide / make a firm decision (172)
resort -(reh zort)-268,462- a place visited by people for relaxation or recreation
resorted -(reh zort'd)- 295, 322 - turned / depended on for aid or relief
resorts -(reh zorts)-107- places visited for relaxation or as a health
restorative
respector -(reh spekt ur)- xx,272,348- something or someone that 'respects' or gives special consideration, regard, or treatment to something or someone else
respective -(reh spek tiv)- 19 - particular / separate / relating things individually
restitution -(rest uh too shun)- xvi, 263
- amends / restoration / a return for something lost or suffered
restorative -(reh stor uh tiv)- 133
- curative / something that helps bring back health, strength, or consciousness
resume -(reh zoom)- [NOT -'rez uh may'- in this use]- 15,175 **d**- 99,556
- assume or take again / continue / repossess / restart / recommence
re'sume' -(rez uh may)- 503 - work history / outline of experience
retain -(reh tayne)- 231 - keep **ed**- xi, xii - kept **retaining** - 140 - keeping
retaliate -(reh tolv ee ate) / (reh tal ee ate)- 61, 62 **d**-(...ay tud)- 331
- get even / strike back / get revenge / to pay back an injury with injury
retaliation -(reh tal ee ay shun)- 67 - revenge / counterattack / punishment / inflicting injury in return for injury / returning like for like
retaliatory -(reh tal ya toree ee)- 105 - revenging / for revenge or punishment
retarded -(reh tar did) or (re tard id)- 376 - delayed / slow in development
retention -(reh ten shun)- 472
- holding / retaining bodily fluids normally eliminated
retching -(ret ching)- 320 - vomiting / throwing up / puking
retort -(reh tort)- 312 - sharp reply / answer in quick, sharp, or witty manner

retrogression - (reh truh gresh un) -275 **retrogressive** -{ ... gress iv } -275
- going backward / a backward or deteriorating movement or condition
retrospect - (reh ruh spekt) -329 - looking backward / reviewing the past
retrovert - (reh ruh lay shun) -57, 205, 238, 364, 447 s -{ ... shunz } -273
- vision / a dramatic disclosure of something not known or realized
reveled - (rev uld) -503,523- took great pleasure or found joyful satisfaction (in)
revive - (reh vive / ruh veive'y) -112 - bring back / renew / present again
revocation - (rev o kay shun) -525 - recall / removal / withdrawing / reversing
revolted - (reh vol tud) -73 - disgusted and shocked / offended / sickened
revolutionary - (rev uh loo shuh nair ee) -14, 50, 567
- extreme / radical / characterized by or producing radical change
revolutionized - (rev uh loo shun eyez'd) -25 - drastically changed
revulsion - (reh vul shun) -57, 141 - feeling of extreme disgust and dislike
rhythm - (rih'um) -10 - pattern / regularly recurring movement or variation
rickety - (rik eh t) -341 - unstable / shaky / unsteady / likely to break or fall apart
riddle -22,116 - puzzle / mystery / something difficult or impossible to explain
riddled - (rid ul'd) -283 - covered / spread throughout
ridicule - (rid uh k'you ul / rid uh k'you'll'd) -38, 125 d -{ ... k'you'll'd } -525
- being laughed at or made fun of / to make fun of / mock / deride
ridiculous - (reh dik yuh lus) -38,285 - silly / unreasonable / inspiring **ridicule**
right-about-face - (right uh bout face) -31
- [Note: Could be 'right about-face' due to hyphenation at lines end.
No significant change in meaning either way.]
- complete reversal or opposite / a complete reversal of belief or conduct
- a full and 'right' turn about in ones life, actions, thoughts, beliefs, etc.
righteous - (rite chus / rye chus) -152,206 - morally upright / without guilt or sin
rigorous - (rig uh rus) -58,145,528 - very strict / rigid / severe / exact / inflexible
riot -62 - unrestrained / as if wild, violent, unrestrained, or disorderly in nature
ritual - (rich oo ul) -398,406,478 - a ceremonial act (398) / a detailed method
of procedure faithfully or regularly followed / established procedures or routine
rival - (rye vul) -80
- competitor / a person who pursues the same object as another
rivalries - (rye vul reez) -145, 161
- conflicts / competitions / struggles for superiority or victory
roadster -195,247- a car having a single front seat and a folding rear seat
roast - (ro bust) -33 - healthy / strong / fit / rugged / in good shape
Rotary - (row tur e) - Rotary Club - a major national & international service club
rouse - (rowlz / ries) -23
- wake / cause to come out of a state of sleep, apathy, or depression
row - (row / rlie) -3 - quarrel / uproar / fight / brawl / loud argument
[NOT row (roe) as in a line, series, or progression] / **see** **skid row**
rudderless - (rud ur lis) -249 - lacking in direction, control, or consistency
ruinous - (roo in us / roo un us) -80
- destructive / devastating / damaging / causing or tending to cause ruin
rummy -555 - **see** **gin rummy**
ruptured - (rup churd) -140,363- burst / broke open / a tear in an organ or tissue
sake -20,24,132,290,307,333,354,415 - good / purpose / benefit / interest
saloon - (suh loon) -35- a place where alcoholic drinks are sold & drunk / tavern
sally - (sal ee / just like the name, Sally) -152
- remark / outburst / quick witted response from a defensive position
salvaging - (sal va jing / sal vuh jing) -139, 140
- saving / rescuing / rescuing and saving from destruction or loss
salvation - (sal vay shun) -206, 429 - rescue from destruction, difficulty, or evil

Samaritan - (suh mair eh ti) -97 **Samaritans** -{ ... tinz } -250
- 'Good Samaritan' - a compassionate person who unselfishly helps others
sanctions - (sank shunz) -527 - limitations / penalties to ensure compliance
sane -14,53,69,94,130,256,279,386,387,536,550 - sound / **see** **sanity**
sanely - (sain lee) -85 - in a sane manner / with **sanity** / **see** **sanity**
sanitarium - (san uh tair e um) -26,177,204,205,265,549 s -{ ... umz } -22,31,
97,107,110,175,270,353,435 - institution for the treatment of chronic diseases
or for medically supervised recuperation / a resort for health improvement
sanity -7,57,59,70,84,154,256,335,346,368,395,399,411,456,498,550,558
- (the key to defining **sanity** appears to be in the definition of 'sound'
- that being, in short: free from defect, disease, damage, or distortion)
- soundness of mind or judgment / mentally sound and healthy / reasonable /
compatible with a socially accepted point of view / having a "normal" healthy
mind / able to make sound rational judgments
sarcasm - (sar kaz um) -263
- cutting remarks or wit intended to wound or ridicule
sash -6 - frame / the frame that holds the panes in a window or door
save - definitions for use on these page numbers only -57, 139
- except / except for / with the exception of / the general meaning of **save**
is freeing a person or thing from danger, evil, confinement, or enslavement
scales - (skailz) -12,251 - a crusty covering or coating / as fish 'scales'
scandalous - (skan duh luss) -125
- slanderous / outrageous / horrible / potentially damaging to reputation
Scandinavian - (skan duh nay vee un) -xv,348 - Norway, Sweden and Denmark
scant - (skant) -34, 311 - inadequate / slight / poor
scarce - (skair'ce / skairss) -159, 253
- seldom / hardly / barely / infrequently (159) / hard to find / rare (253)
scarcely - (skair slee) -6, 15, 127, 138, 158
- hardly / barely / infrequently / seldom / by a very small margin
scheme - (skeem) -101 - method / plan / course of action / tactic / theory
schisms - (skiz umz) -xix - splits / divisions / division into opposing groups
schizophrenia - (skit suh fren ee uh) or (skit uh fren e uh) -385
- a state of mind in which widely conflicting opinions, ideas, or practices exist at
the same time, often resulting in indecision and confusion / major mental
disorder characterized by a separation between the thought process and the
emotions; a distortion of reality accompanied by delusions and hallucinations,
bizarre behavior, etc.
sclerosis -490 - **see** **multiple sclerosis**
schnapps - (sh'nah'ps / shn ahps) -402
- drink of any strong alcoholic liquor / a strongly flavored gin [Hollands]
scholastic - (skuh las tik) -222 - school / school studies & learning performance
scholastically - (skuh las tik lee) -174- in relation to school studies and learning
scoff - (skahf) -xxxii, 3 - scorn / mock / doubt / laugh at / poke fun at / ridicule
scoffers - (skof zur) -3 - those who **scoff** / **see** **scoff**
scores - (skorz) -xxv, 12, 48, 162 - a very large number / multiples of twenty
scrape - (skrape) -154, 342 - make / make one's way with difficulty or barely
succeed (154) / collect / to collect or gather money or goods with difficulty (342)
scrapes - (skrayps) -3, 140, 161, 292
- bad or embarrassing situations / awkward situations / dilemmas
scraping - (skray ping) -83 - irritating / harsh / quarrelsome / aggravating
scrawny - (skrah nee) -418 - thin / slender / skinny / bony / lanky
screwballs - (skroo balz) -226 - strange, unusual, odd, peculiar, or crazy people
screwed - (skroun'd / s'crow'n'd) -449- gathered / searched to get at no cost
scrutiny - (skroo'n ee) -438 - watching / observation / investigation / inspection

Scylla and Charybdis -(skill uh and kuh rib dus) - 175 - Scylla - a rock on the Italian side of the Strait of Messina, opposite the whirlpool Charybdis, personified by Homer as a female sea monster who devoured sailors. "between Scylla and Charybdis" is being in a spot where avoidance of one danger exposes one to destruction by the other. Now more commonly known and expressed as "being between a rock and a hard place".

sect -(sekt) -xiv - group following a particular or exclusive, doctrine, religious belief, political principles, set of opinions, or leader / a religious denomination, especially a small group that has broken away from an established church

sectarian -(sektair ee un) - 655
- particular / exclusive / having the characteristics of a sect / see **sect**

sector -(sektur) or (sektur) - 282 - part / division
securities -(seh kyur uh teez) - 2 - stocks or bonds / stock market investments

sedative -(sed uh tiv) - 7, 22, 411 s -(... livz) - 97, 176, 177, 269, 275
- a drug that calms or tranquilizes nervousness or excitement

seduce -(seh doos) - 397 - lure / entice / tempt / persuade
seedy -(see dee) - 502 - shabby / rundown / crummy / dilapidated

seeming -(seem ing) - 16, 47, 51, 178
- apparent / outward and often deceptive indication or appearance

seemingly -(seem ing lee) -xiii, 57, 62, 132, 140, 182, 247, 362, 474
- apparently / to all outward appearances / evidently

seething -(see'the'ing / seeth ing) -xxx, 3
- very hot / boiling / raging / smoldering / constantly moving or agitated

self-appraisal -(self-uh prayz uh) - 72, 76, 94 - assessment / estimate / evaluation / judgment, evaluation, assessment, or estimation of oneself

self-centered -(self - sent ur) - 61, 116, 124, 421 **ness** - 14, 62, 445
- concerned solely with one's own desires, needs, or interests

self-conscious -(self - kon chus) - 115, (178 - not hyphenated)
- insecure with oneself / anxious / uncertain / nervous /

- uncomfortably aware of oneself as an object of the observation of others
self-consciousness -(self - kon chus ness) - 115

- personal insecurity / being socially ill at ease / being excessively aware of one's appearance, manner, actions, or thoughts

self-deception -(self - deh sep shun) - 31
- lying to oneself / deliberate distortion or misrepresentation of facts

self-delusion -(self - deh looz'shun) - 62 - accepting false and often psychotic beliefs regarding oneself or persons or objects outside of oneself

self-esteem -(self - eh steem) - 64, 65, 287, 336, 422
- self-respect / self-confidence / how one views, thinks, or feels about oneself

self-evident -(self - ev eh dunt) - requiring no proof or explanation
selfish - 7, 21, 61, 67, 69, 82, 84, 86, 87, 221, 253, 257, 294, 362, 543 **selfishly** - 69

selfishness - 62, 84, 116, 172, 263, 396/ **selfish** - concerned primarily or only with oneself / self-absorbed / self-centered / self-serving / self-seeking / egotistic

self-imposed -(self - m poze'g) - 53, 539
- put on oneself by oneself / voluntarily assumed or endured

self-justification -(self - jst uh fuh kay shun) - 127
- making excuses / the act or instance of making excuses for oneself

self-pity -(self - pit ee) - 8, 15, 62, 84, 86, 88, 104, 105, 116, 127, 195, 212, 269, 351, 355, 363, 365, 379, 496, 538, 547, 551, 559 **self-pitying** - 61

- pity for oneself / an unrestrained or excessive dwelling on one's own sorrows or misfortunes / also see **pity**

self-possessed -(....puh zess'd) - 292 - self-confident / in command of oneself

self-propulsion -(self - pru pul shun / self - prup ul shun) - 60
- providing one's own driving or propelling force

self-reliance -(self - reh lye untz) - xxxi, 68 - the capacity to manage one's own affairs, make one's own judgments, and provide for oneself / independence

self-revealing -(....-reh veel ing) - 29 - making known things personal in nature
self-sacrifice -(self - sak ruh fice) - 15 **self-sacrificing** -(... fice un) - 61, 105

- sacrifice of one's own interests or well-being for the sake of others or a cause
self-searching -(self - sur ching) - 25

- honestly looking at one's own actions, beliefs, and motives
self-seeker - 61

- a self-seeking person / seeking only to further one's own interests
self-seeking - 62, 67, 84, 86 - seeking or pursuing only for oneself / the act or practice of selfishly advancing one's own desires and goals

self-sufficiency -(self - sush fih untz ee) - 52 - self dependence / the ability to provide one's own needs without outside aid / dependence upon oneself alone / self provides or is enough / also see **self-sufficient**

self-sufficient -(....-sush fih untz) - 221, 230, 545 - independent / self-supporting / self-reliant / self-satisfied / free from influence, guidance, or control of others

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see **will**

shortcomings - [often hyphenated: **short-comings**] - 19,25,50,109,127,286
- defects / things lacking / imperfections / weak points / faults
- instances of failure to reach a satisfactory standard (personal or social)
shudder -(shud ur)- 345 **ing** -202 -shiver / shake as from fear or disgust
shun -101 **shunned** -424 -keep away from / avoid / deliberately avoid
shy -(shye)- 85, 112, 198, 204, 229, 257, 318, 359, 418, 441, 554 - bashful / timid / quiet and withdrawn in manner (85,112,198, 204, 359, 418, 554)
- distrustful (85, 112, 229) / -short of / lacking / wanting (85, 359, 229)
shy away from - 257, 318, 441 **shying away from** -77
- avoid, keep away, or draw back from involuntarily, usually out of fear or disgust
shyness -328 -being shy / being timid, bashful, or quiet & withdrawn in manner
sigh -(sye)- 322 -to exhale audibly in a deep breath, as in weariness or relief
sighing -(sye ing)-102 -feeling longing or grief / yearning / **see sigh & sighing**
sighs -(sye)- 61 -expresses sorrow, regret, or weariness / also **see sigh**
signify -(sig nuh yee)- 161 -mean / count / have importance or meaning
simplicity -(sim plis eh t)- xxiv -being simple / plainness / clarity of expression
simultaneously -(sye mul tay nee us lee jor) (sim ul, ...)- 248 -at the same time
sinful -135 -shameful, offensive, morally bad, evil, wicked, or completely wrong
- full of sin / sin -breaking a religious or moral law, especially when deliberate
sinister -(sin eh stur)- 382 -suggesting or threatening evil / suggestive of harm
sisy -(sis e)- 209 -boy or man regarded as having qualities more often associated with women than men / a timid, weak, or cowardly person
skeptic -(skep tik)- 83,181,507- doubter / one who habitually doubts, questions, or disagrees with generally accepted conclusions / one inclined to **skepticism**
skeptical -(skep teh kul)- 15, 26
- doubting / questioning / disbelieving / **see skeptic and skepticism**
skepticism -(skep tuh siz um)- 4, 46 -disbelief / doubt / a doubting attitude over state of mind / a philosophical doctrine which uses doubt to discover truth
skid row -(skid roe)- ix, 301, 333, 353, 354, 437, 440, 449, 450, 548
(skid = slide against will) and from a variant of 'skid road' which was a 'road' made of spaced logs used in the logging industry to haul other logs to mill
- an area where those lacking permanent homes and the necessities of life may gather or reside; often visited or lived in by homeless alcoholics
skimped -(skimp d)- 75
- inadequately supplied / dealt with hastily, carelessly, or with poor material
skivvies -(skiv eez)- 219 -underwear
slackened -(slak un d)- 235 -slowed down / decreased in activity / weakened
slander -(slan dur)- 80 -false & deliberately harmful statement about someone
sleazy -(sleez ee)- 460 -cheap / lousy / rundown / inferior / shabby / dirty
slight -207,384 [definition for 207 only] -insult / offense / an act that offends a person's sense of dignity / an act or instance of neglect or lack of concern
slip-locked -259 -locked with lock that uses a sliding metal pin or bar
slipper -455 -one who 'slips', 'slides', or 'falls' back to drinking alcoholic drinks
sliver -(sliv ur)- 424 -small piece / a slender piece cut, split, or broken off
slog -388 -work painstakingly for long hours / progress with a slow heavy pace
slyly -(sly lee)- 145 -in a tricky, clever, sneaky, secretive, or deceitful way
smarts -77 -hurts / aches / burns / stings / suffers
snubbed -65 -gave 'me' the cold shoulder / ignored / humiliated / scorned

sober -(so bur)- (182 page entries) -Being 'sober' in AA basically means that one has not consumed any alcoholic beverages whatsoever for a period of time that is generally undefined though usually long enough that noticeable changes in ones behavior, attitudes, and thinking may occur. It may also be assumed to include at least some of the characteristics listed below which are examples of traditional dictionary definitions for the word 'sober'
- not drunk or intoxicated / reasonable / rational / realistic / practical / down-to-earth / without excess or exaggeration / showing no extreme qualities of fantasy, emotion, or prejudice / without indifference where seriousness and attention are needed / having no illusions and facing reality in a straightforward way / characterized by self-control or sanity
sobered -(so burd)- xx, 8,227,443,455,456 -became **sober** / made **sober**
sobriety -(so bry uh tee) or (suh bry ut ee)- 8 (115 page entries)
- taken from the A.A. pamphlet *Problems Other Than Alcohol* :
"Sobriety - freedom from alcohol - through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group." / **see sober**
- not drinking alcoholic drinks / seriousness of conduct, manner, or attitude
sociability -(so shuh bil uh t)-160-being sociable / an opportunity for socializing
sociologists -(so she (or) so see ah luh jists)- 246 -those who study human social behavior, its origins, organization, institutions and development
solace -(sol iss)-281 -comfort / help / comfort in sorrow, misfortune, or distress
sole -(sou l)- 19, 358, 423, 564 -exclusive / singular / solitary / unique
solely -(sou lee)- 192 -only / entirely / exclusively
solemn -(sah lum)- 31, 105 -very serious / earnest / grave / somber
solicitation -(suh liss uh tay shun)- 564 -seeking / asking / endeavor to obtain
soliciting -(suh liss uh ting)-223 -seeking to obtain trade or something desired
solidify -(suh lid uh fye)-329 -harden / strengthen / make solid, strong, or hard
sophisticated -(suh fess teh kay tid)- 338,389,536 -worldly-wise / intellectual / having gained worldly knowledge or refinement / complex or complicated
sophistication -(suh fess teh kay shun)- 447 -worldliness / the process or result of becoming cultured, knowledgeable, developed, complex, or refined
sophomore -(sof uh mor) or (sof mor)- 173, 210, 321 -second year student
sordid -(sor dud)-102,151 -morally degraded / foul / filthy / despicable
sorely -(sor lee)- 330 -greatly / extremely / painfully / grievously
sots -8 -habitual and chronic drunkards / (Middle English - sot = a fool)
soundness -xxvi -validity / reliability / being free from defect / having a firm basis
souses -(sow suz)- 289 -people who are habitually drunk / 'pickled' people
sovereign -(sov ur in jor) (sof rovin)- 469 -self-governing / politically independent
spadework -252 -groundwork / preparatory work needed for a project or activity
spasm -(spaz um)- 416 -sudden, involuntary contraction
spasmodic -(spaz mod ik)- 201 -fitful / convulsive / spasm like / intermittent
speakeasies -(speek e zeez)-268 -a meeting place where alcoholic drinks are sold illegally; especially such a place in the U.S. during the Prohibition era, so named due to the secretive nature or atmosphere of the meeting places
spearheads -(speer hedz)-49 -leading forces / the driving force in an endeavor
specific -(speh sif ik)- 69,90 -s- 487 -particular / definite / individual / precise, clear, or special / clearly expressed / individual / fixed and distinct from others
specifically -(speh sif ik lee)-20,420-particularly / precisely / in a specific way
specimen -(spes uh mun)- xxxii -example / sample / representative part
spectacular -(spek tak yuh lur)- 113, 567
- very impressive / sensational / dramatic
spectres -(spek turz)- 123 - (plural form of the British spelling of 'specter')
- ghosts / mental images that haunt the mind

speculation - (spek u lay shun) 2, 3 - stock market transactions / entering in risky business transactions on the chance of quick and considerable profit
spheres - (s'feer'z) 10 - planets and stars / celestial bodies of the universe
spidery - (spy duh ree) 472 - appearing like a spider or a spider's web in form
spineless - (spine lus) 139 - weak willed / soft / inadequate / ineffective / feeble
spiritual, spirituality, and spiritually: See APPENDICES - II & V in "The Big Book" of *Alcoholics Anonymous* - 4th Edition. Pages 567 - 568, and 572
spiritual - (speer eh chu wul / spear ut chwul / spear itch wul) 160 entries - of the spirit or soul as distinguished from the body or material matters
- relating to what is traditionally believed to be the vital principle or animating force within living beings / of, relating to, consisting of, or affecting the spirit: not composed of matter / not perceptible, especially by touch / incorporeal / of, from, or pertaining to God, deity, or "Higher Power" / of or belonging to a Church or religion - religious / otherworldly / supernatural / divine / metaphysical
spirituality - (speer eh choo al uh t) 68, 128, 229, 287, 406, 469, 508, 568
- placing value in and practicing **spiritual** principles and beliefs
- **spiritual** character, quality, or nature / religious devotion or faithfulness
spiritually - (spear it chul e / spear ut chu wul e) 64, 66, 100, 156, 287, 346, 381, 542 - soulfully / at the level of one's essential internal self, psychic being, soul, will, feeling, thinking, or activating force
spiritually-minded - 49 - those who consider and value spiritual concepts and principles / see **spiritual, spirituality, and spiritually**
spite - xxii, 37, 39, 117, 204, 205, 269, 343, 393, 439, 491, 504 - all as - "in spite of" - "in spite of" - not stopped by / regardless of
splendid - (splen did) 40 - very good / admirable / magnificent / praiseworthy
sponsees - (spon seez) 431 - those sponsored by oneself or by others
sponsor - (spon sur) 64 word entries - in stories only / **sponsored** - 424, 549
sponsors - 487, 489, 490 - one who presents a candidate and undertakes responsibility for the person's spiritual welfare / one who assumes responsibility for some other person during a period of instruction
sponsorship - (spon sur ship) 263, 576 - "leading someone through a proven path that will awaken them to the spirit within" - Don P. / see **sponsor**
sprawled - (sprall'd) 538 - lying with body and limbs spread out awkwardly
sprees - xxix, 32, 35, 37, 90, 92, 99, 109, 143, 155, 174, 290
sprees - (spreez) - 21, 73, 95, 106, 113, 155, 159 - periods/s of time drinking or of being intoxicated
squadron - (skwad run) 523 - a group making up a basic tactical air force unit
squander - (skwan dur) 66 - use up / waste / throw away / consume
squawk - (skwok) 181 - complain loudly / express opposition, often by argument
square - (skwair) 127, 148, 163 - even (127) / just / honest / direct (148)
"square mile" (163) - an area equal to a square one mile long on all sides
squarely - (skwair lee) 53, 156, 300, 307
- straight / directly / in an honest straightforward manner
standoffish - (stand off ish) 366
- distant / reserved / unapproachable / not friendly, sociable, or warm in manner
stark - 24, 201 - hard / severe / harsh / bleak / grim / cold and forbidding
starry-eyed - 9 - unrealistic / overly enthusiastic, overoptimistic, or romantic view
steadfastly - (sted fast lee) 172, 528 - faithfully / firmly / firmly fixed in place
steerage - (steer idj / steer ij) 17 - helm / the section of a passenger ship, originally near the rudder, providing the least expensive fare and rooms
sterility - (stir il uh t / stir ul ut e) 569
- ineffectiveness / unresponsiveness / inability to support or create life
St. Helena - (saint. hell uh uh) 4 - a British island in the South Atlantic Ocean, west of Africa, where Napoleon Bonaparte was sent (1815 - 1821) after his army was defeated by the British and where he died of cancer in 1821.

sticker - (stik lur) 48 - person who is unyielding in their demands / person who insists on exactness or completeness in the observance of something
stigma - (stih mug) 205, 571
- shame / disgrace / stain / mark of shame or discredit
stinker - 185 - irritating, disgusting, or contemptible person
stint - 439 - length of time spent in a particular way
stipulation - (stip uhj lay shun) 249 - requirement / condition of an agreement
stockbroker - (stok broke ur) xv - a person or company engaged in the buying and selling of stocks and bonds for clients
stock-in-trade - 64 - goods, tools, or materials kept for carrying on a trade or business / resources or practices typically employed by a given person or group
stole - (stol) 6, 189, 209, 452, 458, 495, 533 - took / thiefed (6) / came / crept / moved or happened as if magically without interference or intrusion (189)
straggle - (strag ul) 122 - stray / wander / be late / lag / meander
straightway - (strayt' way) 188 - without delay / at once / in a direct course
strenuous - (stren u us) xvii, 16, 64, 174 - energetic / forceful / lively / vigorous
stricken - (strik un) 105, 161, 375 - having been struck with or by
strikingly - (strike ing lee) 50
- very much / remarkably / to an exceptional degree
strive - (strye'v) 386
striving - (... ving) 126, 275
strivings - (... vingz) xviii - try / work / attempt / seek / exert one's mental or physical powers to do or make
stubbornness - (stub un us) 140 - unreasonable resistance / being firmly, stubbornly, often unreasonably determined or rigid in purpose or will
stuffy - 508 - proper / overly concerned with being proper and in good form
stupor - (stoo pur) 249, 352
stupors - (... urz) 322
- state of mental numbness / stunned or bewildered condition / daze
subculture - (sub kul chur) 310 - a cultural subgroup known by specific factors that unify the group and act collectively on each member / [the likely reference here is to the Vietnam War era of hippies, drugs, music, peace & love culture]
subjected - (sub jek tid) 69, 76, 179
- submitted / exposed / caused to experience
subjects - (sub jekts) 151 - those under the rule of another (King Alcohol)
sublime - (suh blime / suh blyme) 1 - grand / magnificent / glorious / superb
subscribe - (sub scribe / sub skrye'b) 133, 444
- agree / consent / accept / endorse / contribute / express approval
subsequent - (sub seh kwent) or (sub seh kwunt) 176
subsequently - 80 - later (80) / following / ensuing (176) / to follow in time or space
subside - (sub side) 17, 438
subsided - (sub sye did) 345
- decrease / die down / diminish / to lessen in force of intensity
subsidiary - (sub sid e air e) 211
- company having more than half of its stock owned by another company
subtle - (sut ul / sutle) 40, 85
- sly / elusive / clever / devious / barely obvious
suburb - (suh burb) 182
- residential area or community lying just outside of a city
succession - (suk sesh un) 35, 38 - order / procession / sequence / progression
successive - (suk sess iv) 136 - consecutive / following in uninterrupted order
successor - (suk sess ur) 367 - one that follows after or replaces another
succumbed - (suk kum'd) xxix, 160 - gave in / surrendered / submitted
suffice - (suf ice / suf hie) 234
suffices - (suf ice uz / suh fice uz) xxviii
- be enough / meet or satisfy the need / to be enough for / prove adequate
sufficient - (suh fish un) xvii, 24, 44, 45, 46, 152, 255, 567, 575 - enough / adequate
sufficiently - (suh fish un lee) 21 - adequately / satisfactorily / what is needed
suffused - (suh few'zd) 251 - filled / spread over, under, or throughout

suggest -xxx, 19, 91, 92, 94, 111, 112, 113, 119, 123, 142, 144, 401, 490
suggested -(48 entries) **suggestion** -89,130, 322, 252, 260, 322, 353, 430
suggestions -ii,86,87,94,104,111,140,143,144,145,148,153,353,427,456,471
- **suggest** implies a putting of something into the mind either intentionally, as by way of a proposal, or unintentionally, as through the association of ideas / to mention as something to think over or act on / to seek to influence / to propose as desirable or fitting / to serve as a motive or inspiration for / demand / prompt / convey advice / desire / imply / bring to mind / hint / signify / recommend / a subtle (nice, quiet, delicate, clever) command
suggestive -(sug jes tiv) - or (sug jes tiv) -164 - something that **suggests** / - something that tries to carry a message or indicate ideas / **see suggest**
summa cum laude -(soom uh koom lahd ee [or - aye]) -172
- with highest honors / Latin: meaning - 'with the greatest of praise' / used to designate a university degree with the highest honors or its recipient
sumptuous -(supt sha wuss) or (supt shuss) or (supt shwuss) -3
- luxurious / extremely costly / rich / magnificent
sundry -(sun dree) -229 - **"all and sundry"** - "everybody; one and all"
sundry - assorted / miscellaneous
superintendent -(soo pur in tend unt) -212 - supervisor / director
supplanted -(suh plant id) -24 - replaced / substituted / forced out / overthrown
surety -(sure uh tee / sure ut ee / shure uh tee) -2
- insurance / one who has become legally liable for the debt of another
surmount -(sur mount) -8 - overcome / hurdle / master / to get the better of
surpass -572 - go beyond / exceed **ed** -303,423 - went beyond / exceeded
surrender -295, 300, 443 **ed** -300, 315, 335, 467, 518 **ing** -337
- surprisingly... there are no forms of the word "surrender" in the first 294 pages /
- to give over or resign (oneself) to something [The Program]
suspend -(suh spend) -9 **ed** -513 - delay / defer / put off / postpone
suspicion -(suh spish un) -89,146 -doubt / uncertainty / lack of trust
suspicious -(suh spish us) -147 - untrusting / lacking trust or confidence
sustained -(suh stain d) -178 - saved / supported / maintained / preserved
sway -12 - rule / influence / power / authority / control or rule in governing
swayed -(sway'd) -6 - moved back and forth / staggered / wobbled
swigs -201 - drinks / gulps / 'belts' / drinks or amounts swallowed
sympathetic -(sim puh thet ik) -73, 115, 129, 274, 290 - showing **sympathy**
sympathy -(sim puth e) -105,144,212 - compassion / a very close understanding between persons / feeling or expressing pity / awareness and appreciation of the needs, feelings, problems, and views of others / **empathy**
synthetic -(sin thet ik) -xxvii - man-made / manufactured / artificial / invented
tab -504 **tabs** -506 - **see bar tab**
tack -128 - approach / a course of action meant to minimize opposition to the attainment of a goal / one of a series of changing approaches
tact -(tacked / tak't) -77 - the ability to appreciate the delicacy of a situation and to do or say the kindest or most fitting thing / diplomacy / thoughtfulness
tactful -(tacked ful / tak't ful) -83 - showing sensitivity and skill in dealing with others / courteous / thoughtful / careful / showing tact / possessing **tact**
tallied -(tal eed) -160 - went / agreed / conformed / corresponded / counted
tangent -(tan junt) -130 - change of course / going in another direction
tangible -(tan juh bul) -99, 234 **intangible** -205 - not **tangible**
- real / capable of being touched, seen, or experienced as real
taper -(tay pur) -22 **ed** -(... purd) -416 **ing** -416 - a gradual decrease
tapped -(tap'd) -163,567 - established access to or a connection with
tardiness -(tar deh nus) -503 - being late / not arriving when expected

TB - abbreviation for 'tuberculosis' -(tuh burk yuh low sus jor) (to burk ...) -205
- an infectious disease caused by tubercle bacillus and characterized by nodule growths on the lungs, coughing up of mucus, fever, weight loss, and chest pain
technicalities -(tek neh kal uh teez) -505 - details / things important to specialists
technicians -(tek nish unz) -399 - experts in **techniques** which require training
technique -(tek neek) -272,537,572 **techniques** -(tek neeks) -viii, 276,388
- procedure / approach / method / the method used in dealing with something
technological -(tek nuh loj eh kul) -xxiv - scientific and industrial progress
tedious -(t d us) or (t jus / teej us) -48, 224
- slow and tiring / wearisome / monotonous / uninteresting
teetering -(tee tur ing) -387 - unsteady / swaying / wobbling / near falling
teetotaler -(t tote uh lurk) or (t tote lur) -139 **teetotalers** -(... lurz) -205
- one who does not drink alcoholic beverages / from pledge card records of temperance leagues of the 1800's where a 'T' by a name meant 'Total' abstinence - soon to be called "T-totalers" or **teetotalers**
telephonic -(tel uh fone eyus tus) -392
- excessive preoccupation with, use of, and reliance on, a telephone
temper -(tem pur) -111,125,399 - attitude / state of mind / nature (111) / mix / balance / moderate (125) / anger / tendency to become angry easily / rage (399)
temperament -(tem pruh munt) or (tem pur uh munt) -46, 108, 204
- make up / type of character / habitual way of being / inclination
temperance -(tem puh runts) or (tem purnts) -10, 570
- sobriety / total abstinence (self-denial) from alcoholic beverages
temperance society -(tem puh runts [or - temp runts] suh sye uh tee) -570
- groups of individuals, most active in the 19th and early 20th centuries, which worked to stop the sale and use of alcoholic beverages
temperate -(tem pur ut) or (tem prit / temp tur) -xxviii, 103
- moderate / tempered / sober / moderate in degree or quality
temperizes -(tem puh rye zuz) -142 - tries to put off or wiggle out of making a decision / tries to evade or avoid a decision / wants to compromise or acts evasively in order to gain time, avoid argument, or postpone a decision
tend -109,419,520 - care for (109) / are most likely **tends** -134 - is likely
tendencies -(ten dun seez) -24,131 - inclinations / leanings / plural of **tendency**
tendency -(ten dun c) -125,134 - inclination / characteristic likelihood / leaning / - a predisposition or likelihood to think, act, or proceed in a particular way
tenets -(ten huts / ten uts) -xvi - principles / beliefs / ideas accepted as true
tenfold -(ten fold) -449 - 10 times as much / by a multiple of 10
tentative -(ten tuh tiv) -543 - timid / unsure / hesitant / experimental
terminated -(tur muh nay tid) -3 - ended / concluded / was brought to an end
terror -(tair ur) -6,105,151,341 -fear / fright / panic / intense fear, dread, or panic
testimony -(tes tuh mo nee) -xxv, 55 - confirmation / validation / evidence in support of a truth or assertion / a declaration regarding a religious experience
Thou -(the) -63,85 - You / (the objective case of **thou**)
theology -(thee ah luh jee) -228 - the study of the nature of God and religious truth / a system or school of opinions concerning God and religious questions
theological -(thee uh loj ik ul) -46, 93, 229
- religious / of or relating to the study of religions and/or God
theorizing -(thee uh rizing / thee uh rye zing) -70
- guessing / supposing / speculating / forming or purposing a theory
theory -(th'er ee) -xvi,xxvi, 2,10,52,78,83,101,282,404 **theories** -(... eez) -48
- belief / idea / concept / premise / assumption / hypothesis / method / speculation / suspicion / abstract reasoning / philosophy
therapeutic -(thair uh pew tik / thair uh p'yo tik) -569
- healing / curative / restorative / having healing or curative powers

therapist -(their uh pust / pist) -283, 284, 342, 343 therapists -282
- a specialist in, or one who practices, a form of therapy / see therapy
therapy -(their uh pee / their up ee) -xix, xxi, 284, 343, 392, 571, 572
therapies -(their uh pee) -392
- healing treatment / treatment of disease, illness, mental disorder, or disability, by medical or physical means - usually excluding surgery
thereby -(there by) - because of that / by that means / in connection with that
thevery -(th'ee vuh ree) -503 - stealing / the act or practice of stealing
thieves -(th'eev'z) -440 - people who steal / those who commit theft or steal
through -58,70,262 ly -58,68,98,102,108,142,143,175,178 **ness** -65
- exhaustively complete / painstakingly accurate or careful / absolute / specific /
Thou - 18, 63 - You / I -(used to indicate the one being addressed)
threadbare -(thred bair) -24-overused / overused to the point of being worn out
threshold -(thresh hold) -41,160 - entrance / doorway / place of beginning
thunderbolt -(thun dur bolt) -56 - a flash of lightning accompanied by thunder /
- a flash of lightning conceived as a bolt or dart hurled from the heavens
Thy and (th) y* -63, 67, 85, 88, (153)*, 207, 356, 411 - Your / your
thysself -153, [Story- Physician, Heal Thyself - vii,301,303,305,307] - yourself
ticker -(tik ur) -4 - a former telegraphic instrument that received and recorded stock-market quotations (prices) on a paper tape
tidings -(tidge ing) -11 - news / pieces of new information
tight -21, 106, 115, 156, 177, 178, 179, 188, 439
- drunk / somewhat drunk as in... held firmly / close // rigid (156, 188, 439)
tinge -(tjng) -228 - small amount / trace / hint / slight amount or indication
tissue -(tish oo) -54 - thin fabric / interwoven or interrelated number of things
tissues -(tish oo) -307-groups of human cells that make up the human body
to **and fro** -183 - back and forth / (on the back and forth trips)
to **the line** -275 - conform or adhere to doctrines or rules conscientiously
toddy -(tod ee) -233 - drink (as described in the same sentence) /
also known as a 'hot toddy' / originally a drink made from the fermented sweet sap (toddy) of a variety of East Indian palm trees
token -(toe kun) -1 - something serving as an indication / expression / sign
tolerance -(tah luh runs) or (tal runs) -19,67,70,83,84,118,122,125,127,138, 339,356,542,543 - acceptance of beliefs or practices different from our own / open mindedness / endurance / stamina / capacity to endure pain or hardship
tolerant -(tah lur unt / tol ur unt / tal ur unt) -67, 228
- patient / non-judgmental / open-minded / understanding / enduring / unprejudiced / inclined to tolerate beliefs, practices, or traits of others
tolerate -(tah lur ate) -464 **tolerated** -(tah lur ay tid) -151
- put up with / accept / endure / permit / allow without prohibiting or opposing
totality -(toe tal uh t) -46 - sum total / entirety / wholeness / all added together
tots -106 - small children / [oddly - 'tot' also means a small amount - of liquor]
tottering -(tot ur ing) -385 - swaying / moving back and forth as if about to fall
touchy -(tuch ee) -48 - sensitive / oversensitive / easily annoyed or offended
tourniquet -(tor neh kit) or (tur neh kit) -411
- a device used to restrict or stop blood flow through a large artery in a limb
trace -(trase) -xxii, 218 - followed (xxii) / extremely small amount (218)
traceable -(trase uh bul)-69-able to be connected, located or followed / tracked
tranquility -(trang kwil chee) or (tran kwil chee) -199
- being calm / being free from anxiety, tension, or restlessness
tranquilizer -(trang kwuh lyz ur) or (tran ...) -411 **s** -(... urz) -410, 411, 448
- any of various drugs used to reduce tension or anxiety
transcended -(tran send ud / trans end'd) -159 **transcends** -430, 529
- topped / surpassed / exceeded / risen above

trappings -(trap ingz) -503 - symbolic signs, dress, accessories, & adornments
trauma -(traw muh)-ix,437,456- an event or situation that causes great distress and disruption / an emotional wound or shock that creates substantial, lasting damage to the psychological development of a person
traumatic -(traw mat ik) -437 - a cause of trauma / see trauma
treadmill -(tred mil) -107 - a continuous sloping belt or mechanism rotated by animals or people treading on it / a seemingly endless monotonous task
trembled -(trem bul'd) -156,174 - felt fear or anxiety (156) / shook (174)
trembles -(trem bul'z)-73,104 - feels anxiety / is nervously restless or agitated
trembling -(trem bling)-xxxi,8,115,206,309,343,393,556-fearing and/or shaking
tremendous -(trem henus) -17, 34, 215, 217, 220, 230, 514 - enormous / extremely large in amount, extent, or degree //(informal-wonderful / marvelous)
tremens -(trem unz) -7, 13, 110 - see delirium tremens
tremors -(trem urz) -554 - trembling / a nervous shaking, quivering, or twitching
trick - see turn the trick -144, 222, 329, 553 **tricks** -499
trifle -(try ful / trife ul)-126 - small or minor thing / something of little importance
trite -266 - overused / worn-out / without appeal because of overuse / corny
triumph -(try umf / try um'f) -66 - victory / glory / success / winning over
triumphant -(try um funt) -62 - glorious / victorious / see keystone for a fuller understanding of the sentence concept - (a stone arch)
trivial -(triv ee ul) or (triv ul) -37, 42, 118, 120
- unimportant / meaningless / small and unimportant / little / of little value
trivialities -(triv ee al eh tee) -502 - unimportant things / trivial things
trolley -(trah lee) -38 - streetcar / a public transportation vehicle
trousers -(trou zurz) -131 - pants / "...wearing the family trousers." - the family member who holds the role of ultimate authority and/or primary decision maker
trudge -(truj) -164, 500
- move oneself slowly along / walk or march steadily; usually with difficulty
trustee -(trust ee) -558, 574 **s** -(... eez) -563, 565, 573, 575 - (The General Service Board of A.A.) - "a managing and conducting world service affairs." (575)
- member of a board elected or appointed to direct the funds and policy of an institution (Also see page 575- VIII and all **Twelve Concepts** - Pgs. 574-575)
tuberculosis -(tuh burk yuh low sus) or (too burk ...) -211 - see TB
turbulent -(turb yuh lunt) -454 - violent / raging / rough / wild / heavy
turmoil -(tur moil) -82 - a state of extreme confusion, agitation, uneasiness, and usually resentment brewing to an eventual explosion
turn the trick -144 - to bring about the desired result
turquoise -(tur koy'z) -a blue to blue-green mineral of aluminum and copper mainly prized as a gemstone in its polished fine form
ultra-modern -xxvii - recently developed or advanced / ultra - far beyond normal
unabated -(un uh bait id / un uh bay tid) -137, 424
- without being restricted or reduced / at full force / unrestrained
unadulterated -(un uh dul tur ay tid) -537 - unchanged / consistent / not mixed / pure / nothing has been added which would alter the basic nature of a thing
unaffected -(un uh fekt id) -74 - not changed or affected
unafraid -(un uh fray'd)-111-not afraid / not feeling, showing, or expressing fear
unacknowledged -(un ak naw lej'd) -332, 361 - not accepted or recognized
unapproachable -(un uh pro chub bul) -18 - closed / not accessible / distant
unanimity -(yoo nuh nim uh tee) -575 - complete agreement
unbalanced -(un bal unst'd) -128 - mentally deranged or unsound / irrational
uncanny -(un kan ee) -160 - unusual / unexpected / mysterious / beyond normal
uncommunicative -(un kuh mew nuh kuh tiv) -81
- silent / quiet / unresponsive / distant / guarded / evasive

underlay -(un dur lay)-1 - lay under / was supporting or providing the base for
underlying -(un dur lye ing)- 46,51 - lying under / being the support of basis of
undertaker -(un dur tay kur)- 7
- funeral director / one who arranges for the burial or cremation of the dead
undisciplined -(un dis uh plin'd)-88,269-not disciplined / not having or showing controlled behavior resulting from instruction, disciplinary training, or self-control
undoubtedly -(un dowt tud le)- 81, 138, 139, 145, 149, 180, 257
- certainly / without question / without doubt / with assurance
undue -(un doo)- 99 - unnecessary / inappropriate / unjustifiable / not due
unearth -(un urth)- 124 - dig up / uncover / bring to notice
unfaltering -(un fall er ing)- 329 - firm / steady / steadfast / stubborn
unify -(un nuh fy)- xix - make into a united whole / consolidate / also **see** **unity**
unity -(un neek)- xviii, 276, 336, 378, 467, 571, 572
uniquely -(un neek lee)- viii, 89, 388, 397 **uniqueness** -(... nuss)- 450, 451
- remarkable / extraordinary / exceptional / one of a kind / alone / singular / separate / single / uncommon / best / phenomenal
- without equal / having very special, rare, exceptional, or best qualities
unity -(un neh t)-xix,561,562,574 - singleness / the state or quality of being one
unjustifiably -(un just uh fy ub lee)- 69
- without just cause or reason / being without excuse or justification
unmanageable -(un man idj uh)- 59,306,346,354,401,420,424,425,550
unmanageability -(un man idj uh bil tuh le)- 335
- beyond our ability to influence, direct, control, predict, or sustain one's life in a satisfactory, required, or desired fashion / not able to find ways to get along in a desired manner / not being able to influence, control, or predict the nature or behavior of one's actions or lifestyle / not manageable
(Note: **unmanageable** does not mean that one cannot make decisions)
unmindful -(un mind ful)- 9 - thoughtless / failing to give due care or attention
unnnerved -(un nerr'd)- 311 - upset / intimidated / weakened / frightened
unreservedly -(un ruh zer vud lee / un reh zerv ud lee)- 13
- completely / totally / without holding anything back
unsalable -(un say luh bul)-64- not capable or being fit for, selling or marketing
unwittingly -(un wit ing lee)- 389 - without knowing how / by chance
upshot -(up shot)- 174 - result / outcome / effect / consequence
utmost - 1,13,19,77,82,147 - very best / greatest / highest / ultimate / absolute
utopia -(yoo toe pee uh)- 16, 61 - a perfect world / perfection / any condition, place, or situation of social or political perfection
utter -(ut ur)- 14, 34, 202, 215, 513 - total / complete / absolute
utterly -(uh ter lee)- 26, 45, 63, 256, 440 - totally / completely / absolutely
vacated -(vay kate id)- 159 - emptied / cleared / made empty of occupants
vagaries -(vay guh reez)- 129
- erratic, extravagant, or unpredictable actions or notions / wandering
vague -(vayg) / (vaig) / (like egg with a v in front)- 23, 86, 134
- unclear / not clearly expressed or outlined / uncertain
vaguely -(vayg lee)- 36, 73, 487 - faintly / barely / dimly / unclearly
vain - 30, 49, 174 - failed / unsuccessful (30) / prideful / conceited (49) / unsuccessful / fruitless / futile (174) / an attempt without success
vale -(vay ul)- 133 - valley / the world as a scene of sorrow / "...vale of tears" is seen in the 'Hail Queen Mary' prayer of the Catholic Rosary: "... To you do we send up our sighs, mourning and weeping in this valley of tears..."
vanity -(van uh t)- 116,355 - self love / regarding oneself with undue favor / conceit / excessive pride in one's appearance or accomplishments / being vain
vapor -(vay pur)-151-mist / barely visible or cloudy matter suspended in the air
veered -(veer'd)- 105 - swung / turned / whirled / suddenly changed direction

vent -82 - release / express / to relieve through the expression of emotion
venture -(ven chur)- xvi, 154, 175, 385, 541, 571 d - 188, 554 **ing**- 501
- risk / chance / an undertaking of dangerous or doubtful outcome
veritable -(vair uh tuh bul)- 124
- real / actual / true / being exactly as it appears or is claimed to be
vestiges -(ves tidj uz)-12- traces / impressions / relics / signs of something lost
via -(vee uh)- 414, 525 - by / by way of / by virtue of / along / through
viable -(vye uh bull)- 543 - living / meaningful / possible / reasonable
vicarious -(vye care ee us) or (vuh care ee us)- 101 - substitute / second hand / indirect / serving instead of, someone or something else
vicious -(vish us)- vi, 205,219,312,324,438,505 **ly**-(... lee)- 105 - cruel / mean / hateful / violently destructive / so intense as to cause extreme suffering
viciousness -(vuh sis uh tood)- 56
- difficulty / hardships / change or variation in life circumstances
victim -(vik tum)- 32, 61, 140, 146, 271 **victims** -(vik tumz)- 457
- someone or something sacrificed or preyed upon / injured person or persons / sufferer / one who is harmed by or made to suffer from an act, circumstance, agency, or condition / subjected to torture, death, or suffering by another
victimization - 365-366 - having been 'victimized' or having been cheated, fooled, or taken advantage of / having been caused discomfort or suffering
vigor -(vig ur)- 276 **ous** -(vig ur us)- 63,264 **ously** -(vig ur us lee)- 84
- forceful / energetic / strenuous / full of active force
virtually -(vur chuh wuh lee)or (vurt chuh lee)or (vurch wuh lee)-xxiv, 22, 43
- practically / essentially / in essence / in fact or to all purposes
virtuous -(vur chuh wus) or (vurch wuss)- 61
- righteous / morally excellent / noble / principled / ethical
vital -(vye tul)- xvii, 15,27,64,72,85,93,94,546 **vitality** -(vye tul ee)-154
- very important / essential / indispensable / life supporting
vitriolic -(vit reh ah lik) or (veh reh ah lik)- 361
- sharp and bitter in speaking / extremely harsh, bitter, or sarcastic
vocation -(vo kay shun)- 19 - occupation / profession / mission
vying -(vye ing)- 390 - trying / struggling / competing
wager -(way jur)- 423 - bet / gamble
warrant -(war ut)- 79, 87, 133 **warranted** -(war ut tud)- 98
- rightly call for / justify / give grounds or reason for (87, 98, 133)
- a legal document authorizing an officer to execute a judgment (79)
warring -(war ing)- 46 - fighting / battling / conflicting / in active conflict
wary -(wair ee)- 366 - watchful / on guard / cautious / careful
waterpipe - 22 - drain / drain pipe / sewer / sewer pipe
watchwords -118 - words to watch / words representing ideals to be guided by / words repeated so often that they become representative of a point of view
water wagon ...**on the water wagon** ...**the wagon** - xxx, 22,109,292,293,350, 352,556 - sober / not drinking alcoholic drinks / **Temperance** workers traveled the country preaching about the evils of strong drink from the back of their wagons. People were invited to promise to drink water only & take no alcoholic substance for the rest of their lives. "On the water wagon" meant you had stepped up to the wagon & signed the pledge. One "fell off the wagon" when one drank any alcoholic beverages.
waver -(way ver)- weaken / change / shift back and forth / vary
wayward -(way wurd)- 130,160 - contrary / unmanageable / delinquent / erratic
welld -(weld w)- 10 - flowed / gushed / came to surface from an inner source
wet blanket -(wet blank ut)- 112, 106 - one that discourages or dampens enjoyment or enthusiasm (Originally- a soaked blanket used in putting out fires)

wet brain - 7 s - 272 - severe and permanent brain damage or disease such that one can no longer care for oneself thus requiring permanent personal care (Known today clinically as "Alcoholic Chronic Brain Syndrome")

whatsoever - (what so ev ur)-xiv - whatever / an emphasized form of 'whatever'

white-knuckling - (white- nuk ling)- 491 - in A.A. circles, this refers to staying sober by physically holding on so tight that one's knuckles turn white from lack of blood flow / it may also refer to staying sober by efforts based solely on personal will rather than as the result of The 12 Step Program / - characterized by tense nervousness, apprehension or fearfulness

whoop - 293 - hoot / nothing at all / not to "give a damn"

whoopee - (whup ee) or (whoop ee)- 101, 149
- loud and festive occasion / merrymaking / celebration / merriment

will - (460 word entries) ("...proper use of the will." - 85)- the mental powers by which one deliberately chooses or decides upon a course of action / mental powers used to express desire, choice, consent, or refusal / an instance of using these powers as in a deliberate decision or conclusion / the act, process, or experience of willing or intending / habitual or natural tendency

willing - (wil ing)- (83 word entries total) **ly** - 475,539 - agreeable / ready / consenting / of or resulting from the process of choosing / acting or ready to act gladly / done, given, accepted, or offered freely / ready to accept or tolerate

willingness - (will ing nuss)-xvi,12,13,46,76,118,124,163,207,257,317,337,356, 493,542,550,552,568 - deliberateness / willfulness / readiness consisting of or proceeding from an exercise of free will / prepared in mind, attitude, or manner

willpower - vii, 319,416,547 or **will power** - xxxi, 20,22,24,33,34,40,42,85,92, 107,138,155 (There are 460 entries of **will** and 174 entries of **power**. These are the only entries of 'will+power')- personal determination / self-control / the ability to carry out one's decisions, wishes, or plans / strength of mind

wilt - 63 - (Archaic)- will / a second person singular present tense of 'will'

wolf - 3 - see **lone wolf**

woozy - (woo zee)- 291 - dizzy / dazed and confused

worldliness - (world lee nus)-16- earthy-ness / sophistication / relationship with or devotion to this world & its interests rather than to religious or spiritual affairs

worldly - (world lee)- vi, 13,50,128,268,387 - earthly / materialistic / hardened / nonreligious / sophisticated / hardened / unprincipled / concerned mostly with the affairs & pleasures of the world

world-renowned - (-reh now'n'd)- 43- world famous / widely known and praised

wrest - (rest)- 61 - force / pull / wring / wrench / gain something with difficulty by, or as if by, force, violence, or determined personal efforts

wringer - (ring ur)- viii, 38,43,224,382 - something that wrings or squeezes (from the wringer rollers of 'wringer washers' of the late 1800s to mid 1900s)
- [put (someone) through the wringer] - to subject to a severe trial or ordeal

writhing - (reh th'ing)- 6 - twisting / squirming / wiggling / tossing / agonizing

wrought - (rot)-127,133- formed / created / caused / put together / brought forth

yams - (yamz)- 535 - sweet potatoes

yearning - (yur ning)- 151 - desire / craving / feeling or emotion of wanting

yets - 328 - following text line provides definition (...hasn't happened to me - yet)
['yet' has become commonly used as an acronym for: You're Eligible Too]

yield - (ye uld / yeeld)- 70,131,176 - give in / to give up, give way, surrender, submit / a giving way under the pressure of force, appeal, or persuasion

yielding - (yeeld ing)- 181, 541 - giving in / giving way / submitting

zeal - (ze ul)- 181, 446 - effort / interest / enthusiasm / passion / enthusiasm and devotion in the support, or pursuit of, a cause, ideal, or goal