Vocabulary – Chapter 1

1. rhetorical question – a question to which no answer is expected

2. tucked (I tucked it under my arm) – put in a safe spot

3. trusty – dependable, reliable, faithful

4. “no-fail” – sure to be a success, impossible to ruin

5. casserole – food prepared in a dish in which it is both baked and served

6. tackle (v.) – to take on a problem in order to solve it

7. mushroom soup stroganoff – a quick-to-prepare version of beef stroganoff

8. chuck – to throw out

9. entrée – the main course of a meal

10. duplex – a house divided into two living units

11. gourmet (adj.) – for those who are able to judge what is good quality in food and wine

12. foolproof – impossible to make a mistake with

13. gleaned – collected bit by bit (bit = little piece)

14. overrule – to change a decision you think is wrong using your official power

15. thrive – to become strong and healthy; to do very well

16. privilege – something that you are lucky to have a chance to do, and that you enjoy very much

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

Chapter 2 – Throw Away the Cookie Cutter

**Vocabulary (pages 6 to 9)**

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

18. puzzled – confused by a problem

19. vary – to be different

20. adaptability – the ability to change to fit a changed situation

21. attunement – the fit between parent and child

22. affirm – to support the validity of

23. processing – to take in and understand (process the information)

24. godsend – something wanted or needed that comes unexpectedly

25. predictable / predictability – able to be stated or known in advance

26. “go with the flow” – go along with whatever is happening

27. startle – to become alarmed, frightened or surprised

28. persevering – continuing in an activity in spite of discouragements

29. persistence – the quality of staying with an activity
Mothering by Heart

Chapter 2 – Throw Away the Cookie
Cutter Vocabulary pages 10 – 13

page 10:

1. wired – put together

2. makeup – qualities or temperament that make up a personality

3. individuality – the character or personality that makes one a unique person

4. “major on the minors” – to put your focus or concentration on small, unimportant details

5. determined – marked by firmness of purpose

6. marvelous – causing wonder or astonishment

7. distinct – clearly different or separate

page 11:

8. auditory – related to hearing

9. kinesthetic – relating to the sense that detects body position and movement

10. analytical – skilled in breaking down a whole into its parts or basic principles; skilled at using reasoning

11. spatial – of or pertaining to space

12. precious – very valuable or dearly loved

13. “rest on their laurels” – to rely on past achievements instead of continuing to work

14. “keep us on our toes” – keep us alert and ready to act
15. one-pronged approach – (prong – a thin, pointed projecting part) – a single strategy

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

17. mimic – to copy or imitate

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

page 12

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

20. trait – a distinguishing feature or characteristic

21. argumentative – fond of arguing or disagreeing

22. bossiness – quality of ordering other people around

23. melancholy – sad, thoughtful

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

25. pitch – the relative position of a musical tone

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

27. uncanny – beyond what is natural

page 13

28. “crack you up” – make you laugh
Mom's Group

Vocabulary – Chapter 3

1. put off – delay, postpone, wait until later
2. smooth out – get easier
3. tight – "finances are tight" means you don't have enough money
4. prodigal – someone who leaves his family and home (or his family's values) without the approval of his family, but who is sorry later and returns; wasteful with money
5. stake (v.) – attach, tie; to risk something that is valuable or important to you on the result of something that may or may not happen
6. stake (n.) – a pointed piece of wood, metal etc, especially one that is pushed into the ground to support something or mark a particular place.
7. perpetually – continually, constantly
8. miss out on – to not have the chance to do something that you enjoy and that would be good for you
9. Scripture – the Bible
10. count on – to depend or rely on someone or something
11. mist – very fine (small) liquid droplets (like the morning fog). A droplet is a small drop.
12. take advantage of – to use a particular situation to do or get what you want
13. vivid – intensely bright
14. stroll – walk along at a slow speed
15. fill up emotional tank – a metaphor meaning to give someone extra love and attention that she can store up in order to feel good for a long time
16. TLC – tender, loving care
17. “down time” – time when something is not working or operating, time off from usual activities
18. gold finch – a small yellow and black bird
19. unquenchable – impossible to stop or destroy
Mom's Group

Vocabulary – Chapter 4 – Never Be Too Smug

1. smug – showing too much satisfaction with your own cleverness or success

2. mother’s day out – a day care center for occasional use

3. disapproving – showing that you think someone or something is bad or wrong

4. exhibited – showed, presented for others to see

5. humble / humility – not considering yourself or your ideas to be as important as other people’s; not proud

6. blunder (n.) – a mistake made due to carelessness, ignorance, or stupidity

7. spark (v.) – to start or set in motion

8. pushed around – treated roughly, bullied; told what to do in an impolite or threatening way

9. scolded – verbally corrected in an angry way

10. isolated case – a single example

11. hostile – very unfriendly

12. complacent – pleased with a situation, especially something you have achieved, so that you stop trying to improve or change things

13. scrupulously – very carefully, exactly and completely

14. lump it together – to put two or more different people or things together and consider them as a single group

15. pride – a belief that you are better than other people and do not need their help or support
16. telltale — clearly showing that something has happened or exists

17. wailing — loud, high-pitched crying

18. make a scene — make a loud, public display of anger

19. devotions — a time of short, daily Bible reading and prayer

20. lurking — waiting somewhere quietly and secretly

21. corner the market — to gain control of the whole supply of a particular kind of goods

22. disciplinarian — someone who believes people should obey orders and rules, and who makes them do this

23. tune out — to ignore or stop listening to someone or something

24. comparison trap — to be caught in the situation of comparing yourself to others

25. compassionate — feeling sympathy for others; merciful

26. going ballistic — suddenly becoming very angry

27. stoop — to bend your body forward and down

28. soar — rise up high into the air

29. nurture — to help to grow or develop; to feed and take care of a child or a plant while it is growing

30. you name it — used to mean that there are many things you could mention

31. set you up — to put you in a position in which something is likely to happen to you
Chapter 5 – People are More Important Than Things

Vocabulary

1. set her sights – she wanted very much to have or achieve something, or was determined to do something.

2. transforming – completely changing the appearance, form, or character of something or someone, especially in a way that improves it.

3. stripping / stripper – removing paint or other finish from furniture or floors / the chemical used to strip off the paint.

4. polyurethane – a transparent plastic coating for furniture or floors.

5. coats – layers of paint or other finish.

6. gorgeous – extremely beautiful or attractive.

7. stunning – extremely attractive or beautiful.

8. handiwork – something that someone has made or done using their hands in a skilful way.

9. "basked in the glow" – enjoyed (bask – to enjoy sitting or lying in the heat of the sun or a fire).

10. sloshing – spilling, splashing, or moving about in an uncontrolled way.

11. limp – not firm or strong; lacking stiffness.

12. eat through – to gradually destroy something by a chemical action.

13. assure – to tell someone that something will definitely happen or is definitely true so that they are less worried.

14. redeem – rescue, save.

15. flaws – mistakes, marks, or weaknesses that make something imperfect.

16. radiance – glowing brilliance.
17. mishap – a small accident or mistake that does not have very serious results

18. sparkling – shining clean

19. luster – an attractive shiny appearance

20. picture-perfect – good enough to take a picture of

21. skewed – not straight and higher on one side than the other; an opinion or piece of information that is skewed is incorrect, especially because it has been affected by a particular thing or because you do not know all the facts

22. rearrange – to change the position or order things

23. priorities – what you think is most important and needs attention before other things
1. time out – a short pause from doing something (in this case a form of discipline where a child has to sit away from others)

2. reprimand (v.) – to tell someone that something they have done is wrong

3. mirror-image – an image of something in which the right side appears on the left, and the left side appears on the right; something that is very similar to something else.

4. imitation – something copied from an original

5. seldom – not often, rarely

6. misquote – to repeat the words of someone else incorrectly

7. drudgery – hard, unpleasant work

8. countless – too many to be counted

9. motivator – something or someone that makes you want to do or achieve something

10. “Actions speak louder than words” – what you do communicates more clearly than what you say

11. impact (v.) – to have an important or noticeable effect on someone or something

12. mirror (v.) – to copy

13. attitude – the way that you behave towards someone or in a particular situation, especially when this shows how you feel

14. observers – people who watch carefully

15. assume – to think that something is true, although you do not have proof
16. internalize – to take in and make a part of your beliefs

17. determining – directly influencing or deciding

18. campaigns – series of actions intended to achieve a particular result relating to politics or business, or a social improvement

19. mimic (n.) – a person who is good at copying the movements, sound, or appearance of someone or something else

20. despite – in spite of; used to say that something happens or is true even though something else might have prevented it

21. “point person” – someone with a very important job or a lot of responsibility for a particular subject in a company or organization

22. motivated – eager to do something or achieve something, especially because you find it interesting or exciting

23. contagious – spreading from one person to another

24. “check out” – look at

25. dig for – to search for

26. avid – doing something as much as possible; having strong interest and enthusiasm

27. admit – to agree that something is true; to say that you have done something wrong
Chapter 7 – Teaching Your Kids to Pray

Vocabulary

1. dense – thick; made of a lot of things that are very close together

2. drought – a long period of dry weather when there is not enough water for plants and animals to live

3. spread – to grow to cover a larger area

4. “shot an arrow prayer” – prayed a quick, short prayer right where she was

5. prayer chain – a list of people who have agreed to pray when they are called and then call the next person on the list

6. pray-er – someone who prays

7. mobilized – prepared for action

8. hold back – to make someone or something stop moving forward

9. give the advantage – put in a winning position

10. interceding – speaking in support of someone or for the benefit of someone, especially in order to try to prevent him from being punished

11. lingered – stayed somewhere a little longer, especially because you did not want to leave

12. refuge – a source of help, relief, or comfort in times of trouble; a shelter or protection

13. befall – happen to

14. leaped – jumped up quickly

15. embers – a piece of wood or coal that stays red and very hot after a fire has stopped burning
16. last resort – what you will do if everything else fails

17. spontaneous – unplanned

18. visual aid – something such as a map, picture, or film that helps people understand, learn, or remember information

19. prompt (v.) – to make someone decide to do something; act as a cue or reminder

20. pray conversationally – to pray as if sharing thoughts with a friend

21. rote – something learned by repeating it many times, without thinking about it carefully or without understanding it

22. formalizing – making a plan, decision, or idea official, especially by deciding and clearly describing all the details

23. flowery – using complicated and rare words instead of simple clear language; fancy or showy

24. apt – likely

25. ground (v.) – to base

26. jump-start – to help a process or activity to start or become more successful; to start a car whose battery has lost power by connecting it to the battery of another car
Chapter 8 – A Heart for Your Home

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

13. stuff (n.) — household or personal objects considered as a group

14. on the market — for sale

15. décor — the decorative style of a room

16. dwelling — a place to live in

17. neglect — pay little or no attention to, fail to care for properly

18. semblance — an outward appearance

19. cherished — treated or remembered with tenderness and affection

20. overwhelmed — covered over completely as by a great wave, made powerless by an excessive amount of something

21. fairy godmother — a generous benefactor (a person who helps people)

22. zip — to move quickly and energetically

23. mounds — big piles

24. peeking — glancing or looking quickly

25. inspired — motivated, stimulated to action

26. pitch in — to join with others to help

27. voilà — (French) There it is!

28. crankiest — most fussy and easily upset

29. nook — a small corner

30. impromptu — done or said without any preparation or planning
Chapter 9 – Fingerprints on the Wall
Vocabulary

1. race – to move rapidly

2. pick up – to collect or gather

3. hit – to reach or arrive at

4. dash – to rush; to move very quickly

5. “time seemed to be crawling” – time seemed to be moving very slowly

6. cooped up – confined, as if in a small cage

7. bouts – periods of time spent in a particular way

8. “it bears pondering” – it is worth thinking about carefully

9. “the twinkling of an eye” – an instant, the time of a wink

10. decked out – clothed with fine or decorative clothing

11. grasps – to hold firmly with the hand

12. distinctive – serving to identify a person or thing
13. blaring – sounding loudly and harshly

14. "on the verge" – on the edge; at the point beyond which an action is about to begin

15. proceeds (v.) – goes forward, continues

16. savor – to taste or smell with pleasure; to appreciate fully

17. fleeting – passing quickly

18. static – not moving

19. tendency – a predisposition to think or act in a particular way (We have a tendency = We are likely)

20. vital – essential, very important, necessary for life

21. terrain – the surface features of an area of land

22. flextime – an arrangement by which employees may set their own work schedules, especially their starting and finishing hours.

23. constellations – formations of stars

24. overcommitted – obligated to participate in more activities than are possible

25. splintered – broken into sharp, slender pieces

26. fragments – broken off pieces
Lesson 10 – Listen with Your Heart

Vocabulary

1. bustling – moving busily and with energy
2. gotta – got to
3. “wrapping it up” – finishing
4. stoop – bend forward and down
5. distracted – unable to pay attention to what you are doing because you are worried or thinking about something else
6. juggling – keeping more than two activities in progress at one time
7. clue – a piece of information that helps you explain something; a hint in the solution of a mystery
8. aspect – part; a distinct element or feature in a problem
9. chatter – to talk rapidly, without stopping, on unimportant subjects
10. what they’re after – what they want; what they are looking for
11. “to get a word in edgewise” – (edgewise means with the thin edge forward) – to have a chance to speak (when it is difficult because others are talking)
12. deficient – lacking something important
13. odd – unplanned
14. sensitive — needing to be handled very carefully
15. overreact — to show too much emotion
16. clam up — to refuse to talk
17. open-ended — without a definite answer
18. reproof — blame or disapproval; criticism
19. problematic — full of problems and difficult to deal with
20. scary landscape — a frightening place
21. moderate (v.) — to make something less extreme or violent
22. predictable — happening in the way you expect; possible to state in advance
23. foster — to help or encourage to develop over a period of time
Chapter 11 – Cultivating Friendships with Moms

Vocabulary

1. cultivating – working to develop; making an effort to develop a friendly relationship with someone

2. “I busied myself” – I kept myself busy; I occupied myself

3. cabin fever – when you feel upset and impatient because you have not been outside for a long time

4. cranky – easily irritated or annoyed; bad-tempered

5. isolated – alone; set apart from others

6. blue – sad or depressed

7. overdue for – something that is overdue should have happened or been done a long time ago

8. gatherings – friendly, informal meetings or parties

9. a coffee – an informal social gathering at which coffee and other refreshments are served

10. newcomer – someone who has only recently arrived

11. coffee ring – a ring-shaped cake with fruits or nuts and often iced that is served with coffee, usually in the morning

12. laced – spread throughout

13. bundled up – wearing lots of warm outdoor clothing

14. dissipate – to gradually become less or weaker before disappearing completely

15. Lone Ranger – someone who prefers to be alone, like the Lone Ranger, a masked cowboy hero from radio and TV
16. corral (v.) – to keep people in a particular area, especially in order to control them (as one would control wild horses by moving them into a fenced area)

17. strong-willed – knowing exactly what you want to do and being determined to achieve it, even if other people advise you against it

18. “doing their own thing” – doing whatever they like to do

19. heart of matters – the most important or central part of something

20. hauling – pulling or dragging

21. designated – selected and set aside

22. take in (a movie) – go to see

23. tackle (v.) – to face or deal with a difficult problem or task

24. “ice cream social” – a picnic or outdoor social activity featuring eating ice cream
Chapter 12 – A Mom's Greatest Gift
Vocabulary

1. brand-spanking new – very new, never used
2. braving – courageously facing
3. “shoe-of-the-moment” – whatever shoe is very popular right now
4. convince – to use argument or evidence to make someone accept what you say as true
5. gear – equipment, such as tools or clothing, used for a particular activity
6. discount – to offer for sale at a reduced price
7. darling (adj.) – very cute
8. “plastic” – a credit card
9. affect – to have an influence on
10. shrink – to become smaller
11. clutter (v.) – to make messy or hard to use by filling or covering with objects
12. dividend – a bonus; something extra
13. invest – to commit money in order to gain a financial return
14. outlive – to live longer than
15. foundation – base
16. revealing – making known, showing
17. involved – included, participating
18. sapped – used up or weakened gradually; worn away
19. anxiety – feelings of worry, fear or uneasiness
20. unity candle – a big candle which is lit at a wedding ceremony using two smaller candles to symbolize two people becoming one
21. intimacy – closeness or warm friendship
22. devotions – a daily time to pray and read the Bible
23. resist -- to remain firm against; to keep from giving in to
24. mighty – having great power, skill, and strength
25. irresistible – impossible to resist, overpowering
26. trembles -- shakes involuntarily, as from excitement or anger
27. saint – any true Christian
28. resource – something that can be used for help or support
29. dissolve – to bring to an end
30. schemes – secret plans, plots

31. Moms in Touch – an organization that has chapters in local schools all over the United States. Moms of students meet once a week to pray for the students and teachers in the school their children attend.

32. brought to light – exposed, revealed or disclosed

33. convert – to persuade to adopt a particular religion, faith, or belief
34. on the contrary – in opposition to what has been stated or what is expected

35. demolish – to break down completely, destroy

36. strongholds – places that are made strong and secure

37. crush (n.) – extreme pressure

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

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

40. intentionally – with purpose
Chapter 13 – Great Expectations
Vocabulary

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

20. capabilities – talents or abilities that have potential for development or use

21. unattainable – impossible to reach or achieve

22. take heart – to be confident or courageous

23. struggling – progressing with difficulty in spite of hard effort

24. spurts – sudden short bursts of growth or energy

25. click – become clear suddenly, become understood

26. “write off” – to consider as a failure

27. “throw cold water on” – to discourage, to express disapproval of
Lesson 14 – Go Fly a Kite

Vocabulary

1. “Go fly a kite” – This is an idiom that means “Stop being annoying and go away.” It is used in this chapter literally. A kite is a light framework covered with cloth, plastic, or paper, designed to be flown in the wind at the end of a long string.

2. peered – to look intently and curiously

3. fascinated – very interested in or attracted by

4. awed – filled with wonder

5. icicles – a tapering spike of ice formed by the freezing of dripping or falling water

6. gazed – looked steadily, intently, and with fixed attention and awe

7. preoccupation – the state of having the mind or attention completely occupied with something else

8. deadlines – time limits for completion of an activity or job

9. task-oriented – focused on the jobs that need to be done

10. deciphering – reading and interpreting something that is puzzling

11. soared – to go higher than the usual or normal level

12. hooked – addicted

13. abounded – were present in great number or amount

14. relished – experienced pleasure from

15. cascade – something that resembles a series of small waterfalls

16. stirred – awakened or started strong feelings in

17. refreshed – renewed or revived, relieved from fatigue or depression
18. drawn – pulled; attracted

19. metaphor – a figure of speech in which an expression is used to refer to something that it does not literally mean in order to suggest a similarity

20. sprouted – grown

21. spectacular – impressive, dramatic

22. breeze – a light, gentle wind

23. hummingbirds – tiny American birds having bright feathers and long slender bills; wings are specialized for vibrating flight

24. “take for granted” – to underestimate the value of; to assume something will always be there

25. inevitably – certainly, unavoidably

26. “your cup of tea” – something that you enjoy

27. blast – (slang) a highly exciting or pleasurable experience or event, such as a big party

28. colander – a bowl-shaped kitchen utensil with lots of small holes, used to drain or rinse food

29. feathered friends – birds

30. chirps – a short, high-pitched sound

31. remarkable – worthy of notice

32. cider – a drink made from juice pressed from apples

33. shooting star -- a starlike, shining meteor that, appears suddenly, moves quickly across a part of the sky, and then suddenly disappears

34. meteor shower – a large number of meteors that appear together and seem to come from the same area in the sky.
Chapter 15 – Trust Your Heart

Vocabulary

1. dimmed – made less bright; turned down

2. rapt – so interested in something that you do not notice anything else; paying very close attention to something that has a very powerful emotional effect

3. urged – strongly suggested that someone do something; asked repeatedly

4. accompanying – going along with (in this case a book that goes with the video and covers the same material)

5. strive – to make a great effort to achieve something

6. swiftly – very quickly

7. corporal punishment – punishment applied to the body of the person; physical punishment

8. “all quiet on the Western front” – a novel about World War I; an expression that meant no fighting was happening on the battle field between France and Germany; now an expression that means nothing is happening here

9. convincing – making you believe that something is true or right

10. red flag – something that warns you that something is wrong or that there may be problems in the future

11. harshness – excessive sternness or strictness

12. rigidity – state of being difficult to change or bend; inflexibility

13. concerns – things that cause one to worry

14. embrace – to accept willingly

15. jump on – to quickly and enthusiastically follow

16. “err on the side of…” – to be too (compassionate, kind, or careful, etc.) rather than risk making a mistake

17. bent (n.) – a natural skill or ability
18. heavy-handed – strict, unfair and not considering other people's feelings; harsh

19. compliance – the act of obeying a rule or law

20. resent – to feel angry or upset about something, especially because you think it is not fair

21. unconditional love – love without limits, that is not based on the behavior of the one you love

22. embitter – to cause to be angry and full of hate

23. accomplishing – achieving

24. major on – focus on

25. priority – the thing that you think is most important and that needs attention before anything else

26. sound (adj.) – sensible, correct and likely to produce the right results

27. distinguish – to recognize and understand the difference between two or more things or people

28. defiance – behavior that shows that you refuse to do what someone tells you to do

29. latch on to -- to adopt or accept an idea; to think an idea is so good that you start using it, too

30. overall – considering everything

31. to the letter of the law – to the exact literal meaning; to the last detail; exactly

32. snuggle – cuddle; curl up closely together

33. forevermore -- forever; at a time in the future

34. nurture – to help to grow or develop

35. putrefaction – the process of decay in a dead animal or plant during which it smells very bad

36. discernment – good judgment or insight
Chapter 16 – Gratitude is a Memory of the Heart

1. gratitude – thankfulness, feeling thankful

2. pediatric – relating to the care and medical treatment of children

3. brainstorm – to try to develop ideas and think of ways to solve problems, usually as a group

4. marrow – the fatty, soft tissue that fills the inside of bones. It is the source of red blood cells.

5. squishy – soft and wet like a sponge

6. proclaim – to say publicly that something important is true

7. facing (v.) – having to deal with a difficult situation

8. uncertainty – the state of not being sure or feeling doubt about what will happen

9. shifted – changed; moved from one place or position to another

10. “put in perspective” – to think about things in a sensible way, so that you do not imagine that something is more serious than it really is. Don’t get too worried about something.

11. stir up – to make someone begin to feel something

12. attitude – the opinions and feelings that you usually have about something

13. impact (n.) – the effect or influence that one thing has on another

14. affirm – to show that you support something or agree with something; to express that you see value in another person

15. boosts – increases or improves something; builds up, encourages
16. self-worth – the feeling that you deserve to be liked and respected

17. index cards – 3 inch x 5 inch cards

18. sticky notes – Post-it notes

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

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

21. dictate – to say aloud so someone else can write it down
Chapter 17 – Create a Quilt of Memories
Vocabulary

1. brown bag lunch – a homemade lunch packed in a paper bag

2. panorama – an impressive view of a wide area of land; a complete view in every direction

3. vintage – classic or old

4. tight (money) – you do not have enough of it

5. perused – to read or examine something in a careful way

6. down (v.) – to eat or drink something very quickly

7. privilege – something you are lucky to have the chance to do and that you enjoy very much

8. planting seeds – helping an idea begin to grow

9. consciously – knowingly, because you meant to do it

10. continuity – continuing over a long period of time without being interrupted or changing; a feeling of connection

11. reservoir – a large or extra supply of something

12. tucked away – saved; stored in a safe place

13. “don't get me wrong” – don’t misunderstand me

14. prickly – sensitive and easily offended

15. fixer – someone who wants to solve everyone’s problems and make everyone happy

16. tuning in – paying attention to; focusing closely on
17. piling it on – assigning more and more

18. getaway – a vacation; a place to go on a vacation

19. seizing – quickly and eagerly doing something when you have the chance to do it

20. serendipity – the ability to make interesting or important discoveries by accident

21. smoothie – a thick drink made of fruit and fruit juices mixed together until smooth

22. weather (v.) – to come through a very difficult situation safely

23. glimpse – a quick or incomplete look at something

24. (a baby) on the way – she is pregnant

25. hectic – very busy or full of activity

26. chill (slang v.) – relax

27. keepsake – an object that you keep because it reminds you of something or someone
Chapter 18 – Words that Work

1. project (n.) – an important and carefully planned piece of work assigned to a student or group of students. It is usually completed over a period of time

2. discouragement – the feeling of not having the confidence you need to continue doing something

3. flattened – made flat; “flattened with discouragement” means very discouraged

4. puzzled – confused and unable to understand something

5. challenging – requiring full use of one’s abilities; difficult in an interesting way

6. frustrated – feeling upset, impatient or defeated because you cannot achieve something

7. focus – to concentrate energy or attention

8. efforts – the physical or mental energy that is needed to do something

9. “stuck with” – continued to do something, especially something difficult

10. “to get caught up in” – to put too much importance on something; to be or become involved in something

11. motivate – to provide the reason to do something; to make someone want to achieve something and be willing to work hard in order to do it

12. backfire – have the opposite effect to the one you intended; to produce an unexpected, unwanted result

13. encountered – met, especially unexpectedly
14. tough – difficult

15. subsequent – coming after or following something else

16. apt – likely

17. unwholesome – not likely to make you healthy; considered to have a bad moral effect

18. fuel (v.) – to make something increase; to support or stimulate

19. key (adj.) – very important and necessary

20. pursuits – regular activities; activities you spend a lot of time doing

21. formulating – putting together, developing

22. strategy – a plan intended to accomplish a specific goal

23. boosting – increasing
Chapter 19 – Connecting With Kids on Their Turf

Vocabulary

1. turf – (slang) an area that you think of as being your own

2. upcoming – happening soon

3. chat (v.) – to talk in a friendly, informal way

4. grueling – very tiring because you have to use a lot of effort for a long time; physically or mentally exhausting

5. connect – to establish a sympathetic and trusting relationship. If two people connect they feel that they like and understand each other.

6. “shoot some hoops” – to play basketball informally

7. “clam up” – to refuse to talk

8. driving range – a place to practice hitting golf balls for a long distance

9. accessible / accessibility – easy to talk to and available

10. available – not too busy and having enough time to talk to someone

11. bothering – worrying, troubling, annoying

12. flexible – able to adjust easily to different conditions

13. controversy – a serious argument, especially a public one, among many people holding differing views

14. brilliant – unusually intelligent

15. renowned – famous

16. follow through – to do what needs to be done to complete something or make it successful
17. unexpected – surprising because it is not something you thought would happen

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

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

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

Vocabulary

1. “You’ve been on my mind” – I’ve been thinking about you.

2. rack – a shelf or stand on which to display things

3. “caught my eye” – attracted my attention and made me look

4. shuttle – a bus, plane, or train that makes short, regular trips between two places

5. bunch – a group

6. weary – very tired

7. brow – the part of your face above your eyes and below your hair

8. gazed – looked at something for a long time

9. wistfully – longingly; sadly because you are thinking of something that you would like but cannot have

10. urgent – needing immediate action or attention

11. “to do list” – a written list of things you need to do today

12. sneak a peek – to look at something quickly and secretly

13. visor – a movable shield above the front window inside a car that can be pulled down to keep the sun out of your eyes

14. workstation – a work or office area assigned to one person, often with a computer

15. card stock – the heavy-weight paper that greeting cards are made out of

16. prayer journal – a book where you write about things you are praying about
17. unexpected – surprising because it is not something you thought would happen

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

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

20. love language – the action that would express love to a person. This is different for different people. One may feel loved if you give a hug, someone else if you give a gift, another if you send a card
Lesson 21 – Letting Go
Vocabulary

1. letting go – loosening your control over your children and allowing them to be independent

2. khaki – a light yellow or olive brown

3. rappel – to lower oneself from a cliff or wall, by sliding down a rope

4. startling – very surprising

5. denser – more solid, thicker

6. peach fuzz – soft, light, short hairs like the fuzz on a peach

7. prickles – small, sharp points like thorns

8. recalled – remembered

9. cushion – a pad or pillow

10. fretful – unable to relax or be still because of worry or distress

11. blare – to sound loudly and harshly

12. frame – the structure of a human body

13. glowing – radiant, shining with happiness

14. orthodontist – a dentist who specializes in straightening teeth by putting on braces

15. defining moments – life-shaping, important events

16. squalling – screaming or crying loudly

17. spurts – sudden short bursts, as of energy, activity, or growth

18. reins – long narrow leather straps attached to each end of a bit to control a horse or other animal. (loosen the reins = loosen control)
19. full well – very well

20. clinging – holding tightly to something

21. encounter – meet

22. thrive – prosper and grow

23. inevitable – impossible to prevent, unavoidable

24. nurturer / nurture – one who promotes growth and development / to help grow

25. comfy – comfortable

26. cultivate – to promote the growth of

27. absorbed – to have your full attention, interest, and time occupied by

28. jotted – wrote down briefly and quickly

29. freelance – relating to a person who sells services to employers without a long-term commitment to any of them

30. release – to give up claim to; to set free

31. conform – to make like

32. wringing – twisting or squeezing

33. entrust – to put into the care or protection of someone

34. precious – valuable, dearly loved

35. smother – to suffocate, to suppress

36. abdicate – to give up

37. aspect – side, part or feature
Chapter 22 – Keeping Your Kids Healthy and Fit

Vocabulary

1. fit – healthy, in good physical condition

2. toddled – walked with short, unsteady steps

3. pantry – a small room or closet, next to a kitchen, where food and dishes are stored

4. tossing – throwing lightly

5. energizer bunny – a toy bunny that ran on batteries in an advertisement for Energizer brand batteries. The bunny kept going for a long time.

6. obese – very fat

   The Body Mass Index uses an individual’s weight in relation to height to measure body fat. Using the Body Mass Index, weight is assessed using the following scale:

   BMI between 18.5-24.9 - Healthy Weight
   BMI between 25-29.9 - Overweight
   BMI 30 or higher - Obese

7. sedentary – characterized by sitting and getting little exercise

8. down (v.) – to swallow quickly

9. lure – something that tempts or attracts with the promise of pleasure

10. eliminated – left out, omitted

11. enormous – very, very big

12. chronic – continuing for a long time

13. demands – important requirements

14. stimulates – increases the activity of, gets started

15. anxious – worried, uneasy

16. role model – someone worthy of imitation; someone whose behavior shows others how to behave

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

1. simmered – cooked gently just at or below the boiling point
2. hit [the track] – leave for or go to the track
3. lacking – to be without, to be in need of
4. jolt – to make suddenly active; to cause to move as if by a sudden hit
5. slump – a sudden decrease in activity
6. fatigue – tiredness, weariness
7. strolled – walked slowly
8. amid – in the middle of
9. whoops – loud cries of
10. cravings – strong desires
11. curbed – controlled, reduced
12. brisk – quick and energetic
13. metabolism – the series of chemical changes which take place in an organism, by means of which food is used and waste materials are eliminated.
14. density – thickness
15. PMS – premenstrual syndrome (abdominal bloating, breast tenderness, headache, fatigue, irritability, anxiety, and depression)
16. gynecologists – doctors dealing in health care for women
17. mood – state of mind or emotion
18. stabilizer – something that makes something stable or not easily moved
19. analogy – a comparison based on similarity
20. secure (v.) – fasten, make tight
21. component – element or part
22. exhausting – causing great fatigue, using up all one’s energy
23. stamina – endurance, enduring strength and energy
24. aerobic – involving oxygen use by the body
25. buddy – friend, partner
26. swift – fast
27. pace – rate of speed
28. ticked off – counted off, to mark off a list with a check mark
29. impacted – affected by
30. shower – to cover with as if with a shower
31. slobbers – dog drools
32. destination – the set place for the end of a trip
33. rut – a fixed, usually boring routine
34. vary – make changes, alter
35. heart-to-heart – frank, honest
36. sheltie – Shetland sheepdog
37. detoxifies – removes the effects of poison from
38. rejuvenates - makes young again

39. revitalizes - to give new life and vigor to

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

41. sedentary - sitting and getting little exercise

42. passionate - showing strong emotion and enthusiasm

43. world of difference - a very big difference

44. apt - likely
Lesson 24 – Lord, Change Me

Vocabulary

1. clash (v.) – to argue because your opinions or beliefs are very different

2. critical – likely to find fault and judge severely

3. scowled – looked at someone in an angry way

4. irritated – annoyed, feeling slightly angry for a short time

5. reminder – something that makes you remember something you must do

6. bugging – annoying, pestering

7. clammed up – refused to talk

8. merely – only, just

9. tolerate – to put up with, endure; to allow people to do, say or believe something without criticizing or punishing them

10. quirk – an unusual, odd, or strange habit or behavior that someone has

11. sportsmanship – behavior that is fair, honest, and polite in a game or sports competition

12. refining – purifying; removing the bad parts to make something better

13. bothering – worrying, annoying, confusing

14. envisioned – imagined, pictured in your mind

15. mold – to form into a particular shape
Lesson 25 – Jump In!
Vocabulary

1. observer – one who watches but does not participate

2. consumed – using all your time or energy on something; totally absorbed or occupied

3. tugging – pulling repeatedly

4. worn out – tired, completely exhausted

5. frolic – to play in a lively and carefree way

6. mulled over – thought about

7. conscious effort – an effort that is deliberate and intentional

8. golden opportunity – excellent or perfect chance

9. go our separate ways – go in different directions

10. seize – grab, take

11. take the plunge – to dive in; to begin an unfamiliar activity, especially after hesitating

12. dive-bombed – attacked someone or something by flying down at it

13. assaults – violently attacks

14. genuine – real, sincere

15. cement (v.) – to bind or hold together as if with glue or concrete

16. preoccupied – thinking about something a lot, with the result that you do not pay attention to other things

17. warrant (v.) – to be a good enough reason for something; justify, show the need for

18. troll – an imaginary creature in ancient Scandinavian stories, like a very large or very small ugly person that lives in caves or under bridges

19. stomping – walking with heavy steps, or putting your foot down very hard
Chapter 26 – Lord, Give Me Patience
Vocabulary

1. petite – small

2. gingham – a kind of cotton, usually in checks, the yarn of which is dyed before it is woven

3. bubble suit – a one piece baby outfit with elastic in the leg openings and gathers from a yoke

4. ruffle – a strip of pleated material used as a decoration or a trim

5. display – public show

6. grinning – smiling broadly

7. gait – a particular way of walking

8. accomplishing – succeeding in doing or completing

9. feat – a act of skill; an achievement

10. scooped – gathered or collected quickly; grab

11. stumbles – missteps while walking; near falls; mistakes

12. trek – a slow, difficult journey on foot

13. peers – people who are equal in age, class or rank

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

Vocabulary

1. investigated – examined with care

2. off-limits – a place where you are not allowed to go; somewhere that is not to be entered or something that is not to be touched

3. proceed – to do something next, especially something annoying or surprising

4. obsession – something that one is unable to stop doing or thinking about

5. coat – the fur that covers an animal’s body

6. driven – having a strong natural need to do something

7. what makes something/someone tick – what makes something work; what makes something or someone behave in a particular way

8. field questions – answer difficult questions

9. curiosity – a desire to know or learn more about something

10. mechanism – the way that something works; a pattern that controls behavior in a given situation

11. hardwired – something that is built in so that it cannot be easily changed

12. roly-poly – round and fat

13. roly-poly bug – the pill bug (also called the wood louse and the roly-poly bug) is a small, segmented land creature that can roll into a tiny ball for protection. The pill bug is NOT an insect, but is an isopod.

14. smash – to crush or completely break into pieces

15. typically – usually
16. "at the end of your rope' – ready to give up; at the limit of one’s patience or endurance

17. jot – write down briefly or quickly

18. indelible – impossible to erase or remove, impossible to forget

19. query (v.) – to question

20. raw materials – basic supplies to be used to make something else

21. glitter (n.) – very small pieces of light-reflecting decorative material

22. pipe-cleaners – flexible, tufted wires originally used for cleaning pipes and now used for craft projects

23. put them down – to criticize someone and make her feel silly or stupid

24. off-the-wall – very unusual

25. affirm – to show that you support something or agree with something
Chapter 28 – Worry is Like a Rocking Chair
Vocabulary

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

16. transcends – is greater than; passes beyond the limits of; surpasses

17. resolved – solved; dealt with in a satisfactory way

18. prematurely – before the proper or usual time

19. muster – to find as much courage or support or strength as you need; summon up; gather together

20. banish – to drive away

21. absorb – to soak up; to take in

22. intervened – came between; involved oneself in a situation so as to change the action

23. chain reaction – a series of events in which each starts or influences the next
Chapter 29 – Power Struggle
Vocabulary

1. struggle – a battle or fight; a violent effort to obtain an object; an energetic effort to achieve something

2. burgundy – a dark blackish red to dark purplish red or reddish brown

3. envisioned – pictured in the mind; imagined

4. horrid – causing horror, extremely disagreeable

5. input – contribution of information or a comment or viewpoint

6. tension – a strained relationship between people

7. release – let go; to give up claim to

8. pick up – clean up; tidy up

9. glee – joy, delight

10. thereafter – after that

11. divinely inspired – caused or planned by God

12. abated – decreased, lessened; reduced in intensity

13. hue – color; a shade or tint of a color

14. mounting – piling up; increasing in amount or intensity

15. “let the line out” – to release the string on a kite or a fishing line

16. delegate (v.) – to commit or entrust to another; to give responsibility to another

17. exasperate – to make very angry or impatient; to irritate
18. majors – important things
19. minors – less important things
20. temper (v.) – moderate; lessen the severity of
21. “save your steam” – save your energy
22. leeway – room, freedom from normal restraints or rules
23. curfew – the time one must be inside or home
24. relinquish – to give up or surrender; to let go of; to hand over
25. non-negotiables – things about which there is no possibility of compromise
Chapter 30 – Focus on the Donut

Vocabulary

1. “focus on the donut rather than the hole” – Concentrate on what our children are doing well instead of what they are doing poorly.

2. “studied up a storm” – studied very hard

3. rationale – reasons

4. assurance – confidence

5. course of action – thing to do; plan

6. encounter (v.) – to meet

7. throw cold water on – to be discouraging or negative about

8. spur (v.) – to encourage to try harder in order to succeed

9. withholding – refusing to give or share

10. overreacting – reacting with unnecessary force or emotion

11. inadvertently – without intending to do something; unknowingly

12. lacking – missing

13. accomplished – succeeded in doing; achieved

14. resort to (v.) – to do something that is bad in order to deal with a problem; to use

15. highlighting – emphasizing

16. overlook – ignore

17. commend – to praise; to express approval of
18. cuddled – held close and put your arms around

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

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

21. “bringing kids up without putting them down” – taking care of or raising kids without making them feel silly or stupid
Chapter 31 – Tell Me a Story

Vocabulary

1. wiggle – to move back and forth with quick irregular motions

2. giggle – to laugh in a light, silly way

3. devotion – love and affection

4. dim (adj.) – low, giving out only a small amount of light

5. spin – to make up; tell

6. lapses – short times when you forget something, do not pay attention, or fail to do something you should; minor failures

7. antics – silly or clowning behavior

8. preserve – keep, protect, save

9. utter – to say, to express, to tell

10. episode – one part of a story that is told in parts

11. reestablish – restore; get started again

12. ignites – to make something start burning; to get something started

13. sheer – complete, absolute

14. anecdotes – brief, interesting stories

15. memorable – worth remembering; enjoyable or unusual

16. “prime the pump” – to encourage an activity by putting energy into it

17. round-robin – people take turns in order around a circle

18. legacy – something handed down from an ancestor
Chapter 32 – Around the Table
Vocabulary

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

18. eliminate – get rid of; remove

19. distractions – things that take attention away from where it should be focused

20. tune in to – focus on; pay attention to

21. radical – extreme; a complete change

22. grumbling – complaining (often in a low tone)

23. springboard – something that helps to start an activity; beginning

24. hashing over – discussing or reviewing carefully

25. dread – to look forward to something with fear or anxiety

26. checkered – patterned with alternating squares of color

27. themed – having a particular style or relating to a particular group of people

28. finds – discoveries
Chapter 33 – Building Your Child’s Faith
Vocabulary

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

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

19. like crazy - with great effort or intensity

Christian terms used in this chapter

1. met Christ / committed her life to Him / received Christ - These expressions are all ways of saying that a person becomes a Christian. She understands, believes, and accepts who Jesus is and what he did.

2. quiet time - This is a term that means spending time alone, reading a few verses or a chapter from the Bible, and praying. Christians consider that it is very important to spend time with God, just as we would spend time with a person we wanted to get to know.

3. prayer journal - a small notebook where one writes out everything she is feeling as if she were writing a letter to God. It may also be a record kept of requests a person has made to God along with the answers received.

4. hide God's word in your heart - memorize verses from the Bible.

5. God's word never returns void - These are words from the Bible in Isaiah 55:11 - Isaiah the prophet is quoting God as saying, "The words I speak are like that. They will not return to me without producing results. They will accomplish what I want them to. They will do exactly what I sent them to do."
Chapter 34 – Where’s God Calling You?

Vocabulary

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

18. mission — an important job

19. conform — to bring into harmony with; make something fit or agree

20. delegating — giving part of the things you are responsible for to someone else

21. integral — forming a necessary part of something

22. head off — to block the progress of; to prevent something from happening

23. proactive — making changes to improve something before problems happen; acting in advance to deal with an expected difficulty

24. time-consuming — taking up a lot of time
Chapter 35 – I had a Mommy Who Read to Me
Vocabulary

1. distinction – excellence; the quality of being unusually good

2. porta potti – portable outhouse (outdoor toilet)

3. “packed like sardines” – packed in tightly

4. gazed – looked at someone or something for a long time

5. decipher – to find the meaning of something that is difficult to read or understand

6. rudimentary – very simple and basic

7. strip shopping center – a line of stores with parking spaces in front

8. saloon – a public place where alcoholic drinks are served over a counter (especially in the western U.S. in the 19th century)

9. salon – a shop where you can get your hair cut or have a beauty treatment

10. breakthrough – an important success that permits further progress

11. “exploded in laughter” – laughed suddenly and loudly

12. “splash of cold water” – a correction that is a reason for discouragement; something that may cause you to lose interest

13. dampen – to make a feeling such as interest less strong; reduce

14. tangible – real; possible to touch

15. caskets (old-fashioned meaning) – small boxes or chests in which you keep jewels or other valuables

16. coffers – large boxes used to hold valuable objects
17. jaunts – short trips, usually for pleasure.

18. “stir up” – wake; arouse or excite; serve as a cause of

19. reluctant – slow and unwilling

20. vital – absolutely necessary

21. tap into – to make as much use of as possible; to use a resource for your benefit

22. fascinated – intensely interested in or attracted by

23. “the sky’s the limit” – there is no limit

24. incentives – things that encourage you to work harder or start new activities

25. obvious – easily seen or understood

26. hooked – strongly attracted to

27. cuddle – snuggle; curl up closely

28. boost – increase, raise, encourage

29. spark – to set in motion
Chapter 36 – Christmas is Coming

Vocabulary

1. prospect – chance, possibility
2. blue – sad, gloomy, depressed
3. distinctly – recognizably
4. sprinkle cookies – cookies covered with tiny pieces of colored candy
5. caroling – singing joyful Christmas songs, especially door to door
6. infused – filled, as if by pouring
7. in the thick – in the most active or intense part
8. bustle – excited and often noisy
9. perspective – mental view or outlook; a way of looking at something
10. frenzy – a state of violent mental agitation or wild excitement
11. “to the hilt” – to the limit, completely
12. abounded – were great in number
13. inevitable – impossible to avoid or prevent
14. desperately – with great urgency; intensely
15. continuity – an uninterrupted flow or connection
16. keepsake – a souvenir of sentimental value
17. perusing – to read or examine, typically with great care
18. embroider – to decorate with needlework
19. Emmanuel – a name for Jesus meaning “God with us”
20. appreciation – an expression of gratitude or admiration
21. intangible – incapable of being touched or seen
22. affirm – support
23. whirlwind – tornado; confused rush
24. sip – drink in small quantities
Chapter 37 - Mentors for Moms
Vocabulary

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

19. acquaintances – people one knows

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

21. initiate – to arrange for something to start

22. cultivate – to foster the growth of; nurture

23. puzzling – confusing; not clear

24. insights – understanding about the true nature of a situation
Chapter 38 – No Perfect Parents
Vocabulary

1. fascinating – very interesting

2. caned – hit or beat with a rod (Singapore's caning practice made international headlines in 1994 when American teen-ager Michael Fay was flogged for spray-painting cars despite objections from then-U.S. President Bill Clinton.)

3. uproar – a lot of noise or angry protest about something

4. brutal – very cruel or harsh; causing suffering and pain

5. exceeded – surpassed; went beyond; was greater than

6. overseeing – supervising; watching over and directing

7. humility – the quality of not being too proud

8. "eating up" – receiving or enjoying enthusiastically

9. bonded – formed a close relationship

10. angelic – like an angel

11. hollered – yelled or shouted

12. troublemaker – one who purposely causes trouble

13. piercing – intense; strong; penetrating

14. clamp down – to become more strict, impose controls; hold firmly

15. soared – rose up and moved through the air; flew

16. zapped – destroyed or killed suddenly

17. “pulled themselves together” – forced themselves to stop behaving in a nervous, frightened or disorganized way
18. glancing – looking briefly
19. menacingly – threateningly
20. "take credit" – claim recognition and approval; to say, "I did it."
21. "the jury would be out" – the result would not yet be known
22. complicated – complex; difficult to analyze or understand
23. reflected – expressed carefully considered thoughts
24. devastating – overwhelming, crushing; making someone feel very sad
25. pitfall – an unexpected source of trouble or danger
26. perfectionism – a tendency to set rigid high standards of personal performance; a feeling that anything less than perfect is unacceptable
27. compulsive – irresistible or uncontrollable
28. excessively – too; more than enough
29. driven – motivated by a compulsive need
30. underachieve – perform less well than expected
31. chuckle – to laugh quietly
32. overly – too; to an excessive degree
Chapter 39 - I Had My Life to Live Over
Vocabulary

1. struck - suddenly impressed by the importance
2. deadline - the point in time at which something must be completed
3. crisis - an emotionally stressful event; an unstable situation of extreme danger or difficulty
4. convicted - made aware of one's guilt or shortcoming
5. workaholics - people with a compulsive need to work
6. preoccupied - deep in thought; showing excessive concern with something
7. overwhelmed - rendered powerless especially by an excessive amount of something
8. faded - having lost brightness, loudness, or color gradually
9. sculpted - cut into a desired shape
10. cherished - treasured, appreciated
11. wonderment - astonishment, awe, or surprise
12. seize - take hold of; grab
13. profoundly - deeply, totally, completely
14. transitions - passages from one form, style, or place to another
15. ginger - having a bright orange-brown color (used especially for hair or fur)
16. pondering - considering with thoroughness and care
17. unresolved – not solved; not brought to a conclusion

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

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

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

21. décor – the decorative style of a room

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