**BOOK 2 UNIT 7 video VIEWING & LISTENING VOCAB ex 8 9 10**

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| **Nominate (v)** | to officially suggest someone for an election, job, position, or honour: |
| **Adhere (v)** | to stick firmly |
| **Struggle (n)** | a very difficult task that you can do only by making a great effort; a physical or mental fight |
| **Denounce(v)** | to criticize something or someone strongly and publicly |
| **Massive (adj)** | very large in size, amount, or number |
| **Protest (n)** | an occasion when people show that they disagree with something by standing somewhere, shouting, carrying signs, etc. |
| **Disapproval (n)** | the feeling of having a negative opinion of someone or something |
| **Elevate (v)** | to raise or lift up |
| **Spiritually (adv)** | in a way that relates to deep feelings and beliefs, especially religious beliefs |
| **Upheaval (n)** | a great change, especially causing or involving much difficulty, activity, or trouble |
| **Everlasting (adj)** | lasting forever or for a long time |
| **Bring about** | Cause to happen |
| **Independence (n)** | the ability to live your life without being helped or influenced by other people |
| **Attitude (n)** | the way you feel about something or someone, or a particular feeling or opinion |
| **Ultimately (adv)** | finally, after a series of things have happened; ​used to emphasize the most important fact in a situation |
| **Interaction (n)** | an occasion when two or more people or things communicate with or react to each other |
| **Weakness (n)** | the fact or state of not being strong or powerful |
| **Aggression (n)** | spoken or physical behaviour that is threatening or involves harm to someone or something |
| **Facilitate (v)** | to make something possible or easier |
| **Humiliating (adj)** | If sth is humiliating, it makes someone feel ashamed or lose respect for themselves |
| **Defeat (v)** | to win against someone in a fight, war, or competition;​ to cause someone or something to fail |
| **The end justifies the means** | said about a situation in which the final aim is so important that any way of achieving it is acceptable |