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The Little Big Book Dictionary

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9th Revision - Very minor corrections. - 04-2009

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- DISCLAIMER -

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Notes about The Little Big Book Dictionary

Since the November 1998 introduction of this dictionary, its acceptance and use by members has been extraordinary. This printing represents a real completion of an evolutionary process of expansion and improvement. It also reflects a thorough review and reconsideration of all words found in the 4th Edition "Big Book" of *Alcoholics Anonymous*.

Word inclusion is extensive through the first three personal stories.

Words found in the Personal Stories beyond the first three are subject to replacement in future editions of *Alcoholics Anonymous*.

For this consideration and space limitations related to the relatively inexpensive staple binding for this dictionary, words from stories beyond the first three, include only words which might be considered the most difficult, unusual in usage, appearance, or specialized in nature.

Thousands of hours have gone into the effort of making this little dictionary a truly accurate, reliable, and helpful reference book for use in the study and understanding of "The Big Book" of *Alcoholics Anonymous*.

Anyone can copy definitions from dictionaries. The work involved in this endeavor far exceeds the copying of definitions. Every use of every word included was reviewed for contextual intent. Numerous cross references to other important program related texts are included.

Many words were included based on "Program" relevance.

In fellowship and gratitude - Lyle P. (SD - 02/08/1983)

May this little dictionary serve you to:

"... grow in understanding and effectiveness." (Page 84)

More information on our website:

IMPORTANT

This is a highly "abridged" dictionary.

abridged - (uh brij'd) - Shortened without loss of meaning: This dictionary does not give all of the definitions of the words it contains. It may not even have the most common definition of some words. For the most part, its definitions are limited to the meanings of words as they are used in The "Big Book" of *Alcoholics Anonymous*.

- Tom E. - New York

The difference between "definitions" and "descriptions".

Historically, official AA literature has provided descriptions, not definitions.

AA members tell their stories. A "definition" states the precise meaning of a word.

A "description" outlines or depicts a term. A definition is usually an "is" statement.

[An alcoholic is... A disease is...etc.] - John L. - Pittsburgh PA.

Page numbers indicate the word is used on that page.

Multiple uses on the same page are not indicated.

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

abject -(ab ject)- 540 - total / complete / lowly / humiliating / undignified

abjectly -(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

absenteeism -(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) or (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 tunts) or (ik sep tunts)- 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, or go with / going with another on an equal basis

accord -(uh kord)- 186 **ed** - 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 tunts)- 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'yoot lee)- 144, 450, 555
 - severely / desperately / felt, perceived, or experienced intensely

acuteness -(uh k'yoot nus)- 272 - intelligence / clever mind / awareness

adapt -(uh dapt)- 258 **adapted** -(uh dap tid)- 104 [in footnote]
 - make or made suitable to or fit for a particular situation or specific use

addiction -(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 ust ur)- 97 - give / provide as a remedy

administers -(ad min ust 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 dop't)- 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 junt)- 171 - representative or official of a government department

agents -(ay juntz)- 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 noss 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 **agnostic** and **agnosticism** / "We agnostically inclined ..." - thinking like an **agnostic**

agnosticism -(ag nos tuh siz 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 -(ail ling)-140- sick / suffering from a lack of comfort, well-being or health

ailments -(ail munts)- viii, 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) - 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)- 214 - Islamic religion's name for God

allegiances -(uh leedj un suz)- 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 suz)- 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 (ail 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(ail 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 fuh)- 49 - beginning / the first / the 1st letter in the Greek alphabet

alternatives -(all turn uh tivz)- 25, 44, 467 - choices / options

altruistic -(all 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 uss)-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 luh sus)- 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 thet 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)

animatedly -(an uh may tid lee)- 394 - energetically / spiritedly

annihilation -(uh nye 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 iks)-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 peel)- xxviii, xxix,34,178,197,348,574 - 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 peelz)- 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 peel ing)- 310 - attractive / interesting

appendices -(uh pen duh 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 tiss)- 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 toodz)-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
arouse -(uh rowl'z)- 69, 89 **d** -(uh rowl'z'd)- 12 **s** -(uh rowl zuz)- 146
arousing -(uh rowl 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 'ears' with an r] - 155
- unpaid and overdue status / unfulfilled 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, 532, 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 ett)- 124, 379 **assets** -(ass etts)- 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 stown 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 mih 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 god
at large -(at larj)- 114 - free / free of confinement or restraint
atmosphere -(at muss fear)- 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 suz / auss puh suz)- 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 aim
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 korn)- 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 mits va) or (bar miz vah)- 402 **bar mitzvahed** - 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

bath tub gin - 5 - homemade drink made from raw alcohol, water, and spices /

- bathtub 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)

beavered -(b vur'd)-390-worked steadily and energetically / "busy as a beaver"

beckoning -(bek un ing)- 450 - calling / signaling / attracting / enticing

bedevilmnts -(beh dev ull ments) or (bed evul 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

begrudded -(beh gruj'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 nev uh lunt)- 308 - helpful / kind / charitable / caring

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

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

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

bestows -(beh stoos)- 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

billboarded -(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 tunt)- 473 - plainly seen / obvious / outright / barefaced

blight -(blite [like kite with a 'bl' 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 -(bool yuh baze) or (bool 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 -(b'owl ree)-342- area of cheap hotels & bars in lower Manhattan, NY

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

brainstorm - 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 lye zurz)- 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 ij / 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
bugalademujs -(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
caldron -(kal drun)- xxx - kettle / vat / a large container used for boiling liquids
callous -(kow luss / kal lus)- 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 rile 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 ret)- 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 viks)- 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 urd)- 9 - hired or leased for temporary use

Charybdis - (kuh rib dis)- 175 - a whirlpool -(Greek Mythology)- a whirlpool off the Sicilian coast in the Strait of Messina, now called Galofalo / see Scylla

chastened -(chay sund)- 229 - subdued / restrained / corrected by penalty

cheery -(chear 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 -(sheh [or che] kane uh ree) or (sheh [or che] kane ree)- 11
- artful trickery / deception by trickery 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 floors 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 'l'])- 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

clamors -(klam urz)- 13, 98 - outcries / commotions (13) /
cries out / shouts (98) / - loud outcries or any loud and sustained noises

clattered -(klat urd)-4-chattered / rattled / made successive short, sharp sounds

clear-cut -(klear kut)-29,274,503 -clearly & sharply outlined / distinct / definite

clemency -(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

cliente -(kleye un tel) or (klee ahn tel)- 313 - customers / clients / patrons

climes -(klymz / klime'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 suggested: 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 ul)- 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 id)- 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 / note / regard
coherent -(ko hear/hair unt)- 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 muuu 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 -(kun 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 -(kun 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)- xxvii, 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 tid)-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 fur ing)- 563

- consulting / meeting in order to deliberate together or compare views

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confidence -(kon fuh dunts) or (kon fuh 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 fuh 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

connoted -(kuh noted / 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)- xxvii, 159 - agreed

- agreement / permission / authorization / approval / 'OK'

consequence -(kon seh kwents)- 362 - [In consequence, ...] - as a result

consequences -(kon seh kwents uz / ... kwents uz)- 24, 37, 41, 79

- results / effects / logical conclusions / the relation of results to their cause

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 -(kun serve uh tiv)- 359, 360

- traditional / traditional, moderate, or restrained in views, values, or style

conservatively -(kun 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 stur nay shun)- 35

- amazement / confusion / wonder / distress / dismay

constitutionally -(kon steh too shun ul lee)- 58

- by their basic nature / in agreement with the essential nature of a person

consult -(kun sult)- 96,132 - seek advice or information of / refer to / consider

- meet and exchange views to reach a decision

consultants -(kun sul tunts)- 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 -(kun tem puh rair 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 shunz)- 49

- beliefs / theories / debatable ideas on a subject

contentment -(kun 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 u/yuh tid)- xxviii, 308 - given / see **contribute**

contributing -(kun trib u/yuh ting)- 480 - giving / see **contribute**

contribution -(kon truh b'you shun)- 229 - gift / donation / see **contribute**

contributions -(kon truh b'you shunz)- xix, 562, 564, 565 - gifts / donations

contributors -(kun trib u/yuh 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 les ing)-127- recovering / healing / improving in health
convenience -(kun veen yunts)- 176, 519 - suitable or agreeable time
convenient -(kun veen 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 -(kun 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 stone)- 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 -(kowln 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 -(kow'n tur act)- 451 - oppose / act against / make ineffective
counter-evaluations -(kow'n 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 -(kur tuss e)- 505 - free of charge
coveted -(kuv uh tid)-174 - desired / craved / wanted / wished for excessively
coward -(kow urd)- 233 **cowards** -(kow urdz)- 526 - see **cowardly**

cowardly -(kow urd lee)- 46 - not 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 -(krank 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 -(kray'v)- 164 **craved** -(kray'v'd)- 176 **craves** -(kray'v'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
- respectably / 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 / k'yur 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 bak ul)- 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 tahnt / day b'you tahnt)- 203
 - a young woman making a formal introduction into society

decades -(deh kaidz / deck aids)- ii - ten year periods

decency -(d sun see)-387- conformity to prevailing standards of what is proper

decentralized -(d sen truh lye'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 fek 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 -(dee / 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 won 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 you g'd) or (day looj'd) or (duh looj'd)- xviii
 - 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)or(dem uh roll)-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

demonstrate -(dem un strate) or (deh mun strate)- 48, 68, 99, 133, 398
d(...stray tid)- 33,488,510 **ing**(... stray ting)-14, 49
ion -(... stray shun)- 19, 77, 78, 98 **ions** -(... stray shuns)- 25, 55
 - show / clearly show / display / reveal / indicate / signify

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 -(dee 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

deportment -(deh port munt) or (dee 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 pry'v)- 96 **deprived** -(deh pry'v'd)- 96
 - deny / keep or take away something wanted or needed

deranged -(deh rain'j'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 (dee ride id)- 131
 - laughed at / ridiculed / held in contempt / mocked

derision -(deh riz'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 / leaves / forsakes

designated -(dez ig nay tid)- 313 - specified / indicated / appointed

designating -(dez ig nay ting)- xiii - calling / naming / indicating / labeling
desirability -(deh zire uh bil uh 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 -(des uh lit)or(dez uh 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)- xxix - 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
destitution -(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
deter -(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 /
 - weakening / 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 nosed)- 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 uth)- 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 dunt)- 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 skim 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, 453, 455, 457, 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 nay 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 mul)- 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 be dee 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
distracted -(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 -(dah'j)- 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 (dahg rul) or (dog rul) - 1
 - poorly or irregularly written, and often humorous, verse

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

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

domination -(dom uh nay shun)- 172 - rule / control or power / authority

doughboy -(doe boy)-222-American infantryman (foot soldier) in World War I

Douze - see **les Douze Etapes**

Dr. Jekyll and Mr. Hyde - (Dok tur Jek ull 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 on by drinking a potion (special brew) he created.

Dr. Jung -(Doctor You'ng -or- Yooong)- 26 - Carl Gustav Jung -(1875-1961)
 Swiss 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 -(dreer 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, xxvii, 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

earmarks -(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, xxxii, 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 stuh see)- 326 - intense joy or delight / extreme emotion

eerie -(ear e)- 472 - 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 laps'd)- 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 z)-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 th'ee)- 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 dowl)- 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'j)- 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 lite'n)- 271
 - provided information or enabled to understand, especially in a spiritual sense

enlightenment -(n lyte'n munt / n lite'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 thrawl'd / en thrall'd)- 126
- fascinated / deeply taken by or spellbound by something
enthusiasm -(n thoo z az um)- 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 / excited / 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 treet 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 an ee / 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
equivalent -(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 -(e row nee us)- 567 - mistaken / false / containing or from error
erstwhile -(urst wile)- 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)- 101 - 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 sizable group or people sharing a common and
distinctive racial, national, religious, linguistic, or cultural heritage
euphemistically -(u fuh mist ik lee / u fum 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 zaj 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 sklaim'd)- 60, 443 - expressed suddenly and forcefully, as from surprise, intensity of emotion, or strong conviction / cried out

excluded -(ik skloo did / x sklood id)- xix - shut out / barred / kept out / - prevented from entering, being included, admitted, or considered

exclusive -(x kloosiv) or (x klooziv)- 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) or (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 spek tunt)- 171 - hopeful / expecting / anticipating

exploits -(x ploy'ts / eks ployts)- 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

extract -(x pul shun / ek spul 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 u 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)- 11 - helped bring about / made easier / assisted

faculty -(fak ul tee)- 173, 174 - teachers & instructors of a college or university

faculties -(fak ul teez)- 86 - abilities / skills / powers / capabilities
factor -(fak tur)- xxvi - detail / a part or condition that contributes to a whole
fair-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 -(farss)- 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)
fares -(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
fatal -(fay tuh lee)- 142 - deathly / so as to cause disaster, ruin, or death
fatigue -(fuh teeg)- 134 **fatigued** -(fuh teeg'd)- 473 - tired / exhausted // - tiredness / weariness or exhaustion from labor, exertion, or stress
fear -(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
(**fear** - 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
fervor -(fur vur)- 554 - intensity / excitement / enthusiasm / passion
fess up - 404 - admit / confess / recognize, often reluctantly, the truth of
festering -(fess tur ing)- 559 - inflamed / infected / intensifying
fetch - 189 - get / go after something and return it
fettered -(fet urd)- 51 - tied up / restrained / controlled / limited
feuds -(few'ds / fyoud'z / fyou'dz)- 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
fidgets -(fij its)- 254 - (... the fidgets ...) - restless and nervous behavior
fierce -(fears)- 4, 18, 497, 535
 - extremely intense / cruel / violent / so intense as to cause extreme suffering
finality -(feh nal uh tee) or (fye nal 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 - failing / fading / drooping / weakening / declining
flank - 82 - indirectly / side / on the right or left side of
flapper - a young women, especially one in the 1920's who showed contempt for or dislike of common, normal, typical, or traditional dress and behavior
flaws -(flalz)- 64 **flaw** - 417
 - defects / weaknesses / abnormal qualities / failings / faults / imperfections
 - an imperfection or weakness that makes less complete or effective
 - that which spoils appearance, completeness or effectiveness
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'l'n durd)- 26 **floundering** -(flow'l'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 goy ing)- 108, 121, 132
 - preceding / previous / being before, especially in time or arrangement
foresee -(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 / fordj)-2 **d** -(forj'd / fordj'd)- ix, 494,571 **forging** -(for jing)- 520
 - give form or shape to / make / build / create by forming or combining
forgive -106,134 **forgiven**-70,140,223,397 **forgiveness**-79,86 **forgiving**-77
forgave-124 – forgive: to excuse for a fault or an offense / pardon / to grant pardon without harboring resentment / let an offense pass without punishment
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 / braced / reinforced
fortitude -(4 teh tood)- 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

frantic -(fran tik)- xviii, 97,125 **ly** -(... lee)- xvii, 444,556 - highly excited with strong emotion or frustration / frenzied / desperate / desperately

fraternity -(fruh tur nuh tee)- 35, 172, 173, 174, 222, 320, 554
 - brotherhood / social organization of male college students
 - an organization of persons sharing a common interest or purpose

freelance -(free lants)- 222
 - an uncommitted independent person, as in politics, work, or social life

frequent -(freek went)-89,204,252,464,537,556,567 **ed** -(freek went id)- 242
 - visited often / repeated (89,537,556) / common or often (204,252,464,567)

frequenting -(freek went ing)- 158 - repeatedly visiting / appearing often at

friction -(frik shun)- 28 - disharmony / disagreement / discord / contention - conflict, as between persons having unlike or different ideas or interests

frothy -(frah'th ee)- xxviii - agitated / soft / trivial / insubstantial / frivolous / lighthearted in character or content / unsubstantial

frustrated -(fruh stray tid)- 325,334 **frustrating** -(... ting)- 231,315

frustration -(... shun)- 56,104,129,145,151,321,323 **frustrations** - 220,555
 - a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs

fundamental -(fun duh men tul)- 55, 199 **fundamentals** -(... tulz)- 120
 - simple / basic / essential / basic, important, essential part/s

fundamentally -(fun duh men tuh lee)- xxiv, 81, 282
 - by nature / in or by their basic nature / in essence / essentially

furtive -(fur tiv)- 505 - secretive / sneaky / shifty / evasive / stealthy

fuss - 126, 412 - a display of affectionate excitement and attention (126) / - complaints / disturbances / protest / commotion / needless trouble

futile -(few tile) or (few tull)- 107, 176, 564
 - useless / purposeless / serving no useful purpose / producing no result

futility -(few till uh tee)- 9, 25, 51, 66, 70, 546
 - uselessness / pointlessness / something done of no use or value

gadget -(gaj it)- 52 - thing / small specialized mechanical or electronic device

gaiety -(gay it ee / gay eh tee)- 418 - lightheartedness / joyfully high spirited

Galileo - Galileo Galilei -(gal uh lee o -or- gal uh lay o gal uh lay)- (1564-1642) - An Italian mathematician, inventor, astronomer and physicist. The first to use a telescope to study the stars. An outspoken supporter of Copernicus's theory that the sun forms the center of our universe, which led to his persecution and imprisonment by the Roman Inquisition (1633).

gallantly -(gal unt lee)- 130 - bravely / courageously / graciously / valiantly

galled -(gald)- 240, 242 - bothered / irritated / upset / troubled

galore -(guh lor)- 62,126,163 - in great numbers / in abundance

gastric -(gas trik)- xxxi, 174 - stomach / of or pertaining to the stomach

gauge -(gay'j)- evaluate or judge / adapt to a specified measurement

gaunt -(gont / gawnt)- 128 - skinny / lean / starved / scrawny

gavel -(gav ul)- 510 - a small wooden hammer used by a presiding officer or auctioneer, to signal for attention or to mark the conclusion of a transaction

gay - 160 - cheerful / merry / lively / bright
gazette -(guh zet)- 198 - a newspaper / an official journal
gender -(jen dur)- xxiii - sexual identity / being male or female
generalship -(gen ur ul ship)- 82 - guidance / direction / leadership
genetics -(jeh net iks)- 344 - the biological science that deals with heredity
genius -(jeen yus)- 2, 21 - extraordinary talent, intellectual or creative power
genuine -(jen u wun / jen u'in)- 160,563,566 - real / actual / true / authentic
genuinely -(jen u wun lee / jen u'en lee)- 450,456,539 - really / honestly / truly
geographic -(jee uh graf ik)- 347 **geographical** -(... ul)- 322, 323, 339
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 -(gim 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 / glalss'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 chuss / 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 / gordge)- 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 tood)- 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 'groggram' coat and ordered water diluted rum for his sailors

groping -(grow ping)- 273 - reaching about uncertainly / searching blindly

grosser -(gro 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 -(gruh jing 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 greet enthusiastically (from My Lady's Lamentation [1765] - *Hail, fellow, well met, - All 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

haste -(hayced / hay st)- 46 (make haste), 99 (should be no undue haste)
- act quickly (46) / (undue haste)- unnecessary fast action or actions (99)

hastily -(hace stuh lee)- 202 - done in a hurried, rushed, urgent or **hasty** way

hasty -(hayce stee)- 79 - rushed, reckless, and careless / hurried / quick

haunts -(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 -(heh lair e us) or (hi lair e us)- 1, 222 - extremely funny

Hindu -(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

Holier 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 ust)- xiv, xxix, 3,28,32,45,58,70,73,83,117,141,146,194,214,

217,267,356,377,428,468,499,550 **honestly** - 11,26,44,47,55,57,63,64,

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 /

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

hosiery -(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 tair 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** -(... blee)- 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

humbled -(hum bull'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'yoo mil ee ay tud)- 32, 460

- humbled / degraded / shamed / lowered in status, pride, or self esteem

humiliating -(h'yoo mil ee ay ting)- 40, 123, 549

- humbling / embarrassing / destructive to one's self-respect or dignity

humiliation -(h'yoo 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'yoo 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)- xxviii, 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 byood)- 252 - inspired / instilled / infused
immensely -(eh ments lee)- 103,302 - enormously / tremendously / greatly
immersed -(eh murss'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'yooon)- 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
impair -(em pair)- 20 **impaired** -(em pair'd)- 114, 354, 524
 - damage / injure / harm / weaken / reduce in soundness or effectiveness
impasse -(em pass)-127,268 - difficult situation / dilemma / predicament / jam
impatient -(em pay shunt)- 100, 266, 496, 510
 - restless in desire or expectation / not **patient** / lacking **patience**
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 / essential / expressing a command or plea
imperious -(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 -(em preh shun nuh bull)- 134
 - easily marked / cable of being easily impressed or effected

impulse -(em pulse)- xxxi, 123 - desire / drive / wish / urge / notion
impunity -(em pune 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 kwut)- 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 kloo siv)or(... ziv)- 46 - far and wide reaching /
 - including and accepting to all and everything / covering a wide scope or field
incompatibility -(in kum pat uh 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 bull)- 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 sis tunt)-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
indoctrination -(in dok trin ay shun)- 262 - instruction in a body of principles
indulge -(in dul'j)- 49, 132, 203 **indulged** -(in dul'j'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 junts)- 174 - self gratification / unrestrained pleasure
inescapable -(in eh skay 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 fear e or uh t)- 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**

inflict -(in flikt)- 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 tunts)- 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

innermost -(in ur most)- 30 - most intimate, internal, or private sense of self

innocuous -(in ock u us / eh nock u us)- 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 -(n 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 skrip shun)- mark / impression / writing / also see **ticker**
insidious -(in sid ee us)- 8, 154, 326 **insidiousness** -(... 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 ee unts) or (in sue shunts)- 555
 - untroubled calm / carefree disregard / lack of concern / casualness
inspiration -(ins 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 -(inz 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 still'd)- 189,348 - inspired / implanted / introduced into the mind
instituted -(in steh toot id)- 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 rul)- 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 leckt)- 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 -(n 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 fye'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'j)- 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 loodz)- 553 - breaks in routine / periods between events

interminable -(in tur muh nuh bul)-202- being or seeming to be without an end

intern - 241 - a student or graduate undergoing supervised practical training

internship -(in turn ship)- 174, 234, 235, 409 - a period being an **intern**

interpersonal -(in tur pur suh nul)- 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 pruh tiv)- ii
 - individual's explanation or understanding of something

interrogation -(in tair uh gay shun)- 331 - thorough or official questioning

interspersed -(n tur spurs'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 ul)- 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 nee / iron ee)- 137

- an unusual, unexpected, or opposite outcome

irritable -(ear uh tuh bul)- xxviii, 126, 317, 322, 400

- easily annoyed or excited to anger or impatience

irritated -(ear uh tay tid)- 10, 23, 36 - feeling annoyed, impatient, or angry

irritation -(ear uh tay shun)- 117, 126, 128

- being or made to feel annoyed, aggravated, impatient or angry

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 spons uh bull)- 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 eed)- 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

juncture -(junk chur)- 237 - point in time, especially a critical point

Jung -(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) or (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 tunt)- 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 -(luh jit uh mit / luh jit uh mut)- 101
 - valid / rightful / honest / genuine / reasonable / exactly as purposed
leisurely -(leez's'hur lee) or (lez's'hur 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 -(load)- 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
lone wolf -3- one who prefers to go without the company or assistance of others
longhouse - 458 - long communal or shared dwelling
longingly -(long ing lee)-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 unclearness 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
mainspring - 52 - driving force / primary resource / steady source of energy
majestic -(muh jes tik)- 2 - grand / magnificent / splendid / superb / noble
majesty -(maj us tee / madj iss tee)- 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 -(muh lish us)- 145 - mean / hurtful / vicious / desiring to hurt others
malignant -(muh 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 - 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 shull'd)- 45 - brought together, ordered and directed
mar tyr -(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 lus)- 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 -(muh 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

mere -(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

merely -(meer lee)- 95, 204, 287, 350, 417 - only / and nothing else or more

merriment -(mair eh munt)- 132, 209
 - laughter / amusement / hilarity / cheerfulness / a joyous mood

mesas -(may suh [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 gray tid)- 174 - moved / moved from one place to another

millennium -(muh leh nee um / muh 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 lus lee)- 557 - as if by a miracle / amazingly
mire -(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 yus)- 501 - troublesome / one causing minor troubles
misdeeds -(mis deedz)- 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 **mitzvahed** - 282 / see **bar mitzvah**
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 dust lee)- 2, 267
 - decent / humble / reasonable (61) / not excessive or limited in size / suited to or within the means of ordinary people
monopoly -(muh nop uh lee)- xxi, 95 - ownership of the only way or method
mooching - 260 - sneaking / begging / stealing / sponging
mope - 217 - drag / sulk / to be gloomy, dull, apathetic, pouting, dejected
moral -(mor ul) or (mar rul)- xvi, xxvii, xxxi, 7, 11, 45, 59, 62, 95, 137, 171, 205, 230, 263, 264, 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**
mōrals -(more ulz)- 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 - humiliated / embarrassed / shamed / distressed

motive -(mo 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

mottoes -(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 -157- 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'you 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

musng -(mew zing / m'you 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'yoo't eh lay tid)- 438 - disfigured / dismembered

myriad -(mear ee ud / meer ee ud)- 571
 - countless / great multitude of / amounting to a large indefinite number

mystified -(mis tuh fye'd)-35,126 - puzzled / confused / bewildered / perplexed

nadir -(nay dear) or (nay dur)- 155
 - lowest point / bottom / place and time of deepest depression

Napoleon -(nuh pol yun) or (nuh po 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 **natured** -(nay churd)-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 teez)- 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 / neg luh 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 row siss)(plural form = noo row 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 -(new tral uh tee / noo trial uh tee)- 85
 - neutral or middle ground / non-participation in war / indifference

newsreels -(nooz realz)-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 ull)- 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)- xxviii, 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 us)- 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

nudged -(nuj'd)- 290 - gently pushed against, especially to gain attention

nuisance -(noo suns / noo sunts)- 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 jek 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 e un)- 6, 19, 151, 184, 203, 270, 284, 440, 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 / ob 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

obstinacy-(ob stuh nuh see / obz tuh nuh see)- vi, 48, 219

- stubbornness / unreasonableness / inflexible self-willed resistance

omega-(oh may guh) or (oh meh guh) or (oh mee guh)- 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)- xxvi - 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 do ing)or(o vur doing)-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

"Over There" - 1
- a common reference of the day to the European area during World War I

overweening-(o vur ween ing)- 207 - excessive / immoderate / overbearing

overwhelmed-(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-(pass uh fust)- 233 - person who opposes war or use of force

pacify-(pas eh fye)- 237 - soothe / restore calm to or establish peace in

padded-(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 hasp 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

pendemonium -(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 dul'd)- 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 lee)- 68
 - conflicting with expectations / opposite to what might be expected

parallel -(pair uh lell)- 37 - along / running alongside / matched equally

paralyzed -(pair uh lyz'd)- 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 rye uh)- 424 - a social outcast

parishioners -()- 208 - parish members / church members

parlance -(par lunts)- 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 fiss 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

patience -(pay shunts)- 67,70,82,83,108,111,118,138,163,255,356,475,540
 - the ability to accept or tolerate delay, trouble, or suffering without getting angry
 or upset / calmness / composure / understanding / also see **patient**

patient -(pay shunt)- xxv, xxxi, 61, 90, 105, 112, 118, 144, 144, 144, 162,
 271, 409, 409, 455, 474, 527, 569
 - able to accept or tolerate delays, problems, or suffering without becoming
 annoyed or anxious. / also see **tolerant, tolerance, and tolerate**

- a person receiving, about to receive, or who has received medical treatment

patient's -(pay shunts)- 234, 569 **patients'** -(pay shunts)- 271 - see **patient**

patiently -(pay shunt lee)- 107 - in a calm way / see **patience** and **patient**

patients -(pay shunts)- xxvii,43,92,162,163,176,271,272,274,303,307,414,525
 - persons receiving, about to receive, or who has received medical treatment

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 wul)- 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 suh 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 siss tunce / per sist unts) - 30
 - hold / strength / continuance of an effect after the cause is removed

persistent -(pur sis tunt)- 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 turb'd)-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 nul)- 320 - extraordinary / unusual / unaccountable

phenomenon -(feh nah muh non)- 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 sof eh kul)- 62 - logical / rational / principled / deeply
 thought out / of or relating to philosophers or a system of **philosophy**

philosophically -(fil luh sof ik uh 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 b uh)-177- a persistent, abnormal, and irrational fear of something

phobias -(foe b uz)-175,207- persistent irrational fears / more than one **phobia**

pioneer -(pie uh near)- vi,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 ful)-30,317,321,330,488 - sad / 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 -(playg'd)- 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'lite)- 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 -(poy'nt blank)- 11, 26
 - straightforward / direct / blunt / without hesitation or deliberation

poise -(poy'z)- 178 - dignity / self assurance / grace / self composure

poised -(poy'z'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

postpone -(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 or 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 seed)- 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 -(pref iss / pref uss)- an introductory section / a preliminary statement

prefer -(preh fur)- 28 - choose or be in the habit of choosing as more desirable

preferable -(preh fur uh bul) or (pref ruh bul)- 130, 315 - more desirable

preferably -(preh fur uh blee) or (pref ruh blee)- 269 - most desirably

preferred -(preh fur'd)-564 - better **prefers**-(preh furz)-95,96 - **see prefer**

prejudice -(preh 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 -(pree med uh tay tid)- 217
 - planned in advance / thought out or considered before the actual event

meditation -(pree 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 -(preh 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 steej) or (preh steezsh) - 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, 185, 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, xxix, 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 / prab uh bul) - 87
- likely / likely to be or happen / reasonable to expect though not certain

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

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

procrastinating -(pro kras tuh nay ting) - 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 blee) - 139 - gainfully / resulting in profit, gain, or benefit

profound -(pro found) or (pruh found) - 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 huh 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 't)- 573 - quick **promptly** -(... lee)- xvii, 59, 64, 223, 513
 - carried out or performed without delay / quickly / punctually / timely

pronounce -(pruh now 'nts)-31 - declare / to declare or say formally or officially

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

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

prophesied -(prah fuh seed)- 41 - predicted / foretold / said beforehand

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

proportions -(pru poor shunz)- 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 stunt)-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 -(prood 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 -(seye kee at rik)- xxix, 19, 195, 204, 303, 304, 384, 399, 408, 497, 500, 513, 532, 570 - mental / of, related to, or by **psychiatry** or **psychiatrists**

psychiatrist -(sye kye uh trist) or (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 -(sye ki uh tree) or (suh ki uh tree)- 197, 247, 303, 350, 570
 - medical study, diagnosis, treatment, and prevention of mental illness
psychic -(sike ik)- xxix
 - 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 -(sye koh uh nal eh sis)- 305, 384
 - a method of psychological therapy originated by Sigmund Freud
psychological -(sye kuh loj eh kul)- xxviii, xxix - of, or relating to **psychology**
 - of, from, relating to, influencing, or intended to influence, the mind or emotions
psychologically -(sye kuh loj ik lee)- 572 - of, or relating to **psychology**
psychologist -(sye kah lah jist)- 28,74,134,538,567 **psychologists** - 73,133
 - person/s trained to perform psychological analysis, therapy, or research
psychology -(sye kah luh 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 -(sye 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 -(sye ko so mat ik)or(sye 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 -(sye 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 ulz)- xviii, 100
 - argue / fight / dispute (550) / argument/s / angry disagreement/s / fight/s
Quebec -(kweh bek) or (kay bek)- 193, 197, 198
 - a province of eastern Canada with its capital city of Quebec City
queer -(kweer)- 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 -(kweer eed) or (kwair eed)- 9, 471
 - asked / probed / questioned / expressed doubt or uncertainty / inquired
queries -(kweer 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 -(kwërks / 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
rage -(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 uh nuh lyze)- 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 uh nuh lyze'd)- 321, 339 - see **rationalize**
rationalizing -(rash uh nuh lyze 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 nus)- 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 -(relm / rell'm)- 46, 51, 151
- kingdom / domain / confines / field / range / sphere / province
re-assembled -(re uh sem bul'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 -(re 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 (ruh 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 pents)- 123, 191 **d** -(... pents'd)- 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 fy)- 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)- 95,565 - 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 fra in)- 202 - repeating sound or voice / repeating phrase or verse

refuge -(ref yoo'j)- 525, 555 - shelter / a place or source which provides help, relief, comfort, protection, or shelter as from danger or hardship

refusal -(reh f'you'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 sing)- 403 - repaying / refunding / paying back

reinstate -(re n state)-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 superhuman 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,xiv,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)-244 - gave up / surrendered / let go of

relishing -(rel ish 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 full)- xxix, 81, 83, 109, 480, 497
 - ashamed / sorry / guilt ridden / sorrowful / apologetic / regretful
render -(ren dur)-34 - give / make available // **rendered** -(...durd)- 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 tih shun)- 120, 548
 - repeat of an incident / the act or process of repeating
reprieve -(reh preev)- 85,551 - pardon / temporary suspension, relief, or grace
reprimanded -(rep reh mand'id)- 284, 555
 - given words expressing strong disapproval / scolded / chewed out / chastised
reproached -(reh proach'd)- 123
 - criticized / shamed / criticized to warn of or correct a fault
reproved -(reh reproov'd)- 126
 - gently reminded of ones shortcomings or improper behavior
repute -(reh p'you't) / (reh pyoot)- 153 - reputation / fame / name / notoriety
resemblance -(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, 145,185,366,424,426,428,440,450,468,475,547,551,552,555
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 eyen'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'id)- 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 towl 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 tore 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 -(ret ruh spekt)- 329 - looking backward / reviewing the past

revelation -(rev uh 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 / reh veye'v)- 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 -(rith'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'yoo'll)- 38, 125 **d**-(... k'yoo'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

robust -(ro bust)- 33 - healthy / strong / fit / rugged / in good shape

Rotary -(row tur e)- Rotary Club - a major national & international service club

rouse -(rowlz / riles)- 23
 - wake / cause to come out of a state of sleep, apathy, or depression

row -(rowl / rile)- 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 tin)- 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 -(skail'z)-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 free nee 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 urz)- 3 - those who **scoff** / see **scoff**

scores -(skor'z)- 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

scrouged -(skroun'j'd / s'crown'j'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 -(sek tair ee un)- 565
 - particular / exclusive / having the characteristics of a sect / see **sect**

sector -(sek tur) or (sek tor)- 282 - part / division

securities -(seh kyur uh teez)- 2 - stocks or bonds / stock market investments

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

seduce -(seh dooss)- 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

seethed -(see'th'd)- 439 - burned / boiled / churned and foamed as if boiling

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

self-appraisal -(self- uh pray'z ul)- 72, 76, 94 - assesment / estimate / evaluation / judgment, evaluation, assessment, or estimation of oneself

self-centered -(self - sent urd)- 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'd)- 53, 539
 - put on oneself by oneself / voluntarily assumed or endured

self-justification -(self - just 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 ull shun)- 60
 - providing one's own driving or propelling force

self-reliance -(self - reh lye unts)- 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 f'ice)- 15 **self-sacrificing** -(... f'ice ing)- 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 ones 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 - suh fish unt see)- 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 -(...-suh fish unt)- 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**

seltzer -(selt zur)- 401- soda water / water charged with gas - carbonated

semblance -(sem blunts)-305 - form / feeling / image / trace / representation

semidelinquent -(sem e deh link wunt)-438 - half juvenile delinquent / 'semi' - 'half' or 'partial' - **delinquent** - one who fails to do what law or duty requires

semi-hermit - 255 - 'semi' - 'half' or 'partial' - **hermit** - a person who has withdrawn from society and lives a solitary existence

seniority -(seen yor eh t)- 528 - position or rank based on time of service

sensitive -(sen seh tiv)- 125 **ness** -(... nuss)- 48 **sensitivity** -(... uh t)- 559
 - touchy / quick to take offense / easily irritated / easily stirred by emotion

sentiment -(sen tuh munt)- xi, 54 **sentimental** -(sen tuh men tul)- xxviii
 - feeling / view (xi) / opinions / beliefs / attitudes (54) / emotional /
 - a thought, view, or attitude based on feeling or emotion instead of reason

sentimentality -(sen tuh men tal uh t)-387- condition of being overly emotional

serene -(suh reen)- 337,550 - calm / peaceful / not emotionally agitated

serenity -(suh ren uh tee)- 14,68,84,199,227,230,261,274,287,307,345,357, 381,401,417,419,420,475,525,526,544,550,559 - calm / quiet / unruffled / peaceful / peacefulness / peace of mind / at peace / composure / dignity

sermon - 80, 208 - preaching / religious speech as part of a church service

servile -(sur vile / serv ile)- 83
 - slave like in attitude / submissive / feeling less than / subservient

sex -[page number references only]- 65,68,69,70,81,134,232,233,272,329,330

sexuality -(seks yul al uh t)- 360, 367 **sexually** -(seks yul ee)- 134

shackled -(shak ul'd)- 184 - tied / restrained / tied up / leashed / chained

shadowy -(shad o e)- 41 - faint / indistinct / dark / full of or dark with shadow

shakes - 201, 463, 497, 538, 557 - the first stage of withdrawal from excessive alcohol use: tremulousness / shaking, quivering, or trembling of the hands and sometimes legs / [2nd stage - seizures / 3rd - hallucinations / 4th - DT's]
 > **Death occurs in about 35% of people in DT's if not treated promptly.** <
 (**shake** - in this context - 378 **shaking** - in this context - 5,200,219,472,537
shaky - in this context - 40 (possibly), 343, 426, 462)
 ("the shakes" may become a persistent condition after years of alcohol abuse)

shambles -(sham bulz)- 558 - total mess / devastation / ruins / total disorder

sherry - 256,553 - a fortified Spanish wine or a similar wine made elsewhere

shortcomings - [often hyphenated: **short-comings**] - 19,25,50,59,127,286
 - 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 -(shy e)- 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 -(size)- 61 - expresses sorrow, regret, or weariness / also see **sigh**

signify -(sig nuh fye)- 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)or(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

sissy -(siss 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 or 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

slily -(slye 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)- (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 -(soul)- 19, 358, 423, 564 - exclusive / singular / solitary / unique

solely -(soul ee)- 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 fiss teh kay tid)- 338,389,536 - worldly-wise / intellectual / having gained worldly knowledge or refinement / complex or complicated

sophistication -(suh fiss 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)or(sov rin)- 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 -(speak 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 -(spear 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 wool 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

In A.A., sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A.

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

spree - xxix, 32,35,37,90,92,99,109,143,155,174,290 **sprees** -(spreez)- 21,73,95,106,113,155,159 - period/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 idg / stear 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 / stur il ut e)- 569
 - ineffectiveness / unresponsiveness / inability to support or create life

St. Helena -(saint. hell un 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.

stickler -(stik lur)- 48 - person who is unyielding in their demands / person who insists on exactness or completeness in the observance of something

stigma -(stig muh)- 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 yuh 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 / thieved (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 -(stray't 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 urn 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 -(stoop ur)- 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 / suttile)- 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 -(suh kum'd)- xxix, 160 - gave in / surrendered / submitted

suffice -(suf ice / suh fice)- 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 unt)-xvii,24,44,45,46,152,255,567,575 -enough / adequate
sufficiently -(suh fish unt 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, 132, 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 -(su jest iv) 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 -(sumpt sha wuss) or (sumpt shuss) or (sumpt shwuss)- 3
- luxurious / extremely costly / rich / magnificent
sundry -(sun dree)- 229 - "**all and sundry**" - "everybody; one and all"
sundry - assorted / miscellaneous
supervident -(soo pur in tend unt)- 212 - supervisor / director
superstition -(soo pur stish un)- 51 - a belief that is not based on reason or scientific thinking and that explains the causes for events in ways that are connected to magic
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)-69,146- 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
symbol -(sim bul)- 103 - sign / representation
- An object or name that stands for something else, especially a material thing that stands for something that is not material / a visible sign of something invisible
symbolized -(sim bul ized)- 429; 458 - stood for / represented (see **symbol**)
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**
symptom -(simp tum)- xxx; 64; 279, 397, 411, 416, 467, 544
symptoms -(simp tums)- 33, 38, 40, 67, 91, 106, 138, 205, 344, 411
- indication / sign / trait / feature / something that indicates or suggests the existence of something else which is usually undesirable
synthetic -(sin thet ik)- xxvii - manmade / manufactured / artificial / invented

system -(sis tum)- 22; 210; 287; 321; 355; 506; 526 **systems** - 46, 355
 - the human body as a whole (22, 355) / ways / methods / practices (46)
 - way of believing or doing / way or manner of practices or procedures

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)or(too 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 lur) 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**

telephonitis -(tel uh fone eye 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 (temp runts)- 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 rut)- xxviii, 103
 - moderate / tempered / sober / moderate in degree or quality

temporizes -(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 -(teh nuts / 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
testimony -(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
Thee -(the)- 63,85 - You / (the objective case of **thou**)
theology -(th'ee 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 rising / thee uh rye zing)- 70
 - guessing / supposing / speculating / forming or purposing a theory
theory -(th'eer 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'yoo tik)- 569
 - healing / curative / restorative / having healing or curative powers
therapist -(thair uh pust / pist)- 283, 284, 342, 343 **therapists** - 282
 - a specialist in, or one who practices, a form of therapy / see **therapy**
therapy -(thair uh pee / thair up ee)- xix, xxi, 284, 343, 392, 571, 572
therapies -(thair uh peez)- 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
thievery -(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
thorough - 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 / (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 (**thy**)* - 63, 67, 85, 88, (153)*, 207, 356, 411 - Your / your
thyself - 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 -(tyde ingz)- 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 -(tinj)- 228 - small amount / trace / hint / slight amount or indication
tissue -(tish oo)- 54 - thin fabric / interwoven or interrelated number of things
tissues -(tish ooz)-307- groups of human cells that make up the human body
to and fro - 183 - back and forth / (on the back and forth trips)
toe 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 runts) or (tal runts)- 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 eh tee) or (tran kwil eh tee)- 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 -(treh men dus)- 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 umff / try umpff)- 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 yul)- 37, 42, 118, 120
 - unimportant / meaningless / small and unimportant / little / of little value

trivialities -(triv ee al eh teez)- 502 - unimportant things / **trivial** things

trolley -(trah lee)- 38 - streetcar / a public transportation vehicle

trousers -(trow 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 e)- 558, 574 **s** -(... eez)- 563, 565, 573, 575 - (The General Service Board of 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 blue 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 fek tid)- 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 chuh 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 e)- 160 - unusual / unexpected / mysterious / beyond normal
uncommunicative -(un kuh mew nuh kuh tiv)- 81
 - silent / quiet / unresponsive / distant / guarded / evasive
underlay -(un dur lay)-10 - 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 dowl tud lee)- 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 falt er ing)- 329 - firm / steady / steadfast / stubborn
unify -(u nuh fye)- xix - make into a united whole / consolidate / also see **unity**
unique -(u neek)- xvii, 276, 336, 378, 467, 571, 572
uniquely -(u 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 -(u neh t)-xix,561,562,574 - singleness / the state or quality of being one
unjustifiably -(un just uh fye ub lee)- 69
 - without just cause or reason / being without excuse or justification
unmanageable - (un man idj uh bul) - 59,306,346,354,401,420,424,425,550
unmanageability -(un man idj uh bil uh tee)- 335
 - beyond our ability to influence, direct, control, predict, or sustain ones 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 ones 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
unnerved -(un nerv'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 hull) - 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

vicissitude -(vuh sis uh tood) or (vye 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 ree ah lik) or (veh treh 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 unt)- 79, 87, 133 **warranted** -(war un 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

wastepipe - 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

welled -(weld)- 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

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