

The key to pursuing excellence is to embrace an organic, long-term learning process, and not to live in a shell of static, safe mediocrity. Usually, growth comes at the expense of previous comfort or safety."

— Josh Waitzkin

Enrich your Vocabulary

1. Yearn-desire strongly or persistently.
2. Uncanny-surpassing the ordinary or normal.
3. Rambunctious-noisy and lacking in restraint or discipline.
4. Quell-suppress or crush completely.
5. Pique-a feeling of irritation or resentment.
6. Paradigm-a standard or typical example.
7. Misanthrope-someone who dislikes people in general.
8. Lucid-transparently clear; easily understandable.
9. Jejune-lacking interest or significance or impact.
10. Gallivant- wander aimlessly in search of pleasure.

The English language includes an interesting category of words and phrases called contronyms (also spelled contranymy, or referred to as autoantonyms) — terms that, depending on context, can have opposite or contradictory meanings.

List of contronyms

Left: Remained, or departed

Usage: Only one piece of pizza was left.

Everyone left the party hall.

1. Mean: Average or stingy, or excellent
2. Model: An exemplar, or a copy
3. Rock: An immobile mass of stone or figuratively similar phenomenon, or a shaking or unsettling movement or action.
4. Transparent: Invisible, or obvious
5. Trip: A journey, or a stumble