

Vocabulary List for “The Science of Willpower”



RIPPLE ENGLISH

1	alone	一人だけ 孤独な	英英	isolated and lonely
			例文	<i>If you have experienced anything like this, you are not alone.</i>
2	end up	結局～になる	英英	eventually reach or come to a specified place, state, or course of action
			例文	<i>We often end up breaking a promise that we made with ourselves.</i>
3	willpower	意志力	英英	control exerted to do something or restrain impulses
			例文	<i>Understanding the science of willpower will give you greater strength to pursue what matters to you</i>
4	pursue	追求する	英英	seek to attain or accomplish (a goal) over a long period
			例文	<i>Understanding the science of willpower will give you greater strength to pursue what matters to you</i>
5	matter	重要である	英英	be of importance; have significance
			例文	<i>Understanding the science of willpower will give you greater strength to pursue what matters to you</i>
6	conscious	自覚、意識の ある	英英	having knowledge of something; aware
			例文	<i>Many of us think that our conscious mind is a kind of the CEO of our lives.</i>
7	CEO (Chief Executive Officer)	最高経営責任 者	英英	the highest-ranking person in a company or other institution, ultimately responsible for decisions.
			例文	<i>Many of us think that our conscious mind is a kind of the CEO of our lives.</i>
8	consist	～から成る	英英	be composed or made up of
			例文	<i>The mind actually consists of a lot of different players</i>
9	rational	理性的な 合理的な	英英	based on or in accordance with reason or logic
			例文	<i>Our rational mind is never the CEO, but merely one of the board members.</i>
10	merely	単なる ただの	英英	just, only
			例文	<i>Our rational mind is never the CEO, but merely one of the board members.</i>
11	board	委員会 役員会	英英	a group of people constituted as the decision-making body of an organization
			例文	<i>Our rational mind is never the CEO, but merely one of the board members.</i>
12	argument	議論、論争	英英	an exchange of diverging or opposite views,
			例文	<i>Those players have an argument.</i>
13	convince	確信させる 納得させる	英英	cause (someone) to believe firmly in the truth of something
			例文	<i>Other players convince you to get more sleep.</i>
14	immune	免疫の	英英	relating to immunity, which is our physiological resistance to a particular infection or toxin
			例文	<i>The immune system is not yet fully recovered.</i>
15	eventually	結局 ついに	英英	in the end, especially after a long delay
			例文	<i>Eventually, your rational self is outnumbered and the majority vote is to “get more sleep.”</i>
16	outnumber	数で上回る	英英	be more numerous than
			例文	<i>Eventually, your rational self is outnumbered and the majority vote is to “get more sleep.”</i>
17	vote	投票、票	英英	an act of expressing a formal indication of choice
			例文	<i>Eventually, your rational self is outnumbered and the majority vote is to “get more sleep.”</i>
18	paradoxically	逆説的に	英英	in a seemingly absurd or self-contradictory way
			例文	<i>Paradoxically, realizing you’re not the CEO can be the first step towards getting some real power.</i>
19	overestimate	過大評価する	英英	estimate (something) to be better, larger, or more important than it really is
			例文	<i>We often overestimate the amount of free time and energy that we have in the future.</i>
20	idealize	理想化する	英英	regard or represent as perfect or better than in reality
			例文	<i>We should not idealize our future selves and expecting them to do what our present selves cannot do.</i>
21	tempted	誘惑された 衝動に駆られた	英英	have an urge or inclination to do something
			例文	<i>We need to study our tempted selves and find a way to outwit them.</i>

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22	outwit	知恵で出し抜く	英英	deceive or defeat by greater ingenuity
			例文	<i>We need to study our tempted selves and find a way to outwit them.</i>
23	slack off	怠ける 手を抜く	英英	decrease or reduce in intensity, quantity, or speed
			例文	<i>You should make it more difficult for your future self to slack off.</i>
24	neuroscience	神経科学	英英	a science division which deals with the structure or function of the nervous system and brain
			例文	<i>Studies from neuroscience have shown that we won't feel motivated unless we start acting.</i>
25	tentatively	とりあえず 躊躇いがちに	英英	in a way that lacks confidence; hesitantly
			例文	<i>Motivation will occur when you tentatively start something.</i>
26	objective	目標	英英	a thing aimed at or sought; a goal
			例文	<i>In order to get started, it's smart to make your objectives ridiculously small.</i>
27	setback	つまづき 挫折	英英	a reversal or check in progress
			例文	<i>Do you stay nice to yourself and forgive your setback?</i>
28	track	追跡する	英英	follow the course or trail of
			例文	<i>A study at Carleton University tracked the procrastination of students over an entire semester.</i>
29	procrastinate	引き伸ばす 先延ばしする	英英	delay or postpone action; put off doing something
			例文	<i>Students who were harder on themselves for procrastinating on their first exam were more likely to procrastinate again.</i>
30	counterintuitive	直感に反した	英英	contrary to intuition or to common-sense expectation (but often nevertheless true)
			例文	<i>These findings may sound counterintuitive.</i>
31	indulgence	墮落 甘やかす	英英	the state or attitude of being indulgent or tolerant
			例文	<i>Many people believe that being nice to yourself when you have a setback will lead to further indulgence.</i>
32	occupy	占拠する 忙殺する	英英	fill or preoccupy (the mind or thoughts)
			例文	<i>Self-criticism and the resulting shame or guilt occupies your mind.</i>
33	reflect	熟考する	英英	think deeply or carefully about
			例文	<i>Self-criticism prevents you to accept reality and reflect on how the failure happened.</i>
34	acquire	獲得する	英英	learn or develop (a skill, habit, or quality)
			例文	<i>Nobody can acquire good habits without a single willpower failure just by learning this lesson.</i>
35	pessimism	悲観主義	英英	a tendency to see the worst aspect of things or believe that the worst will happen
			例文	<i>Constructive pessimism is quite helpful for long-term success.</i>
36	optimistic	楽観的な	英英	hopeful and confident about the future
			例文	<i>People who are most optimistic about their ability to keep the habit give up sooner and are most likely to fail.</i>
37	make up for	補う、償う、 帳消しにする	英英	compensate for something lost, missed, or deficient
			例文	<i>We tend not to do it today because we think we will make up for today's behavior tomorrow.</i>
38	predict	予測する	英英	say or estimate that (a specified thing) will happen in the future or will be a consequence of something
			例文	<i>We need to realistically predict how we can possibly fail and do whatever we can to prevent it.</i>
39	examine	調べる	英英	inspect (someone or something) in detail to determine their nature or condition
			例文	<i>When we do fail in our willpower challenges, we should examine the situation to figure out the cause.</i>
40	give in	屈する	英英	cease fighting or arguing; yield; surrender
			例文	<i>How did I give in to the temptation?</i>
41	temptation	誘惑、衝動	英英	the desire to do something, especially something wrong or unwise
			例文	<i>How did I give in to the temptation?</i>
42	excuse	許す 言い訳する	英英	forgive (someone) for a fault or offense
			例文	<i>How did I excuse myself?</i>