## Vocabulary List for "The Science of Willpower"



| 日日     利用な     利用な     日日     日日       2     end up     福月~1:2 45     満え eventually cach or come to a specified place, state, or course of action       3     willpower     意志か     何次     We often out up broking a promise that we made with ourselves.       3     willpower     意志か     何次     Understanding the science of willpower will give you greater strength to pursue what matters to you       4     Pursue     道京する     万次     万次     万次       5     matter     重東である     万次     万次     万次       6     conscious     台京、景歌     万次     万次     万次     万次       7     CECO     並点経営工作     万次     日次     Marg of us think that our conscious mind is a kind of the CEO of our lives.       8     Constit     本点経営工作     万次     日次     日本     日本     日本     Hy     Hy     Hy   | 1        | alone         | 一人だけ<br>孤独な      | 英英 | isolated and lonely  |
|---|----------|---------------|------------------|----|--|
| 2   end up   純気一になる   例文   We draw and up breaking a promise that we made with ourselves.     3   willpower   急ま力   例文   We draw and up breaking a promise that we made with ourselves.     3   willpower   急ま力   例文   Understanding the science of villpower will give you greater strength to pursue what matters to you     4   pursue   急末する   例文   Understanding the science of villpower will give you greater strength to pursue what matters to you     5   matter   金夏である   例文   Understanding the science of villpower will give you greater strength to pursue what matters to you     6   conscious   台文、台湾の   例文   Understanding the science of villpower will give you greater strength to pursue what matters to you     7   CEO   台文、台湾の   例文   Understanding the science of villpower will give you greater strength to pursue what matters to you     8   Conscious   台文、台湾へ   例文   Many fus think that our conscious mind is a kind of the CEO of our lives.     7   CEO   巻点を言意文   ● 校 May of us think that our conscious mind is a kind of the CEO of our lives.     8   Consist   -から成る   ● 校 May of us think that our conscious mind is a kind of the CEO of our lives.     9   rational   豊生的女   ● Y  | 1        |               |                  | 例文 | If you have experienced anything like this, you are not alone.                                       |
| 日本     時た、修使用本 end up breaking a promise that we made with ourselves.       3     willpower     泉まか     (met of low struct) exerted to do something or restrain impulses       4     pursue     泉まかる     (met of low struct) exerce of willpower will give you greater strength to pursue what matters to you       5     matter     重要である     (met of low struct) exerce of willpower will give you greater strength to pursue what matters to you       6     conscious     自意、意識の     (met of low struct) exerce of willpower will give you greater strength to pursue what matters to you       7     conscious     自意、意識の     (met of low person in a company of will give you greater strength to pursue what matters to you       8     conscious     自意、意識の     (met of low person in a company of othe institution, ultimately responsible for decisions.       7     ccecon     意義性意覚在     (met of mand our oracious mind is a kind of the CEO of our lives.       8     consist     ~ から或る     (met of mand our oracious mind is a kind of the CEO of our lives.       9     rational     (met of mand our oracious mind is a kind of the CEO of our lives.     (met of any of ins think that our oracious mind is a kind of the board members.       10     merely     (met of a compased or made up of for docora lives.     (met of a compased or made u  | 2        | end up        | 結局~になる           | 英英 | eventually reach or come to a specified place, state, or course of action                            |
| 3   willpower   第志力   例文   Understanding the science of willpower will give you greater strength to pursue what matters to you     4   pursue   追求する   祭末   Seek to attain or accomplish (a goal) over a long period     5   matter   重要である   例文   Understanding the science of willpower will give you greater strength to pursue what matters to you     6   conscious   台京、意識の<br>ある   例文   Understanding the science of willpower will give you greater strength to pursue what matters to you     7   CEO<br>(Chief Execute Office)   倉魚盆窓賞任   祭兼   he of importance; have significance     8   conscious   台京、意識の<br>ある   例文   Many of us think that our conscious mind is a kind of the CEO of our lives.     7   CEO<br>(Chief Execute Office)   倉魚盆窓賞任   祭業   he highest-ranking person in a company or other institution, ultimately responsible for decisions.     7   CEO<br>(Chief Execute Office)   倉魚盆窓賞任   祭業   he highest-ranking person in a company or other institution, ultimately responsible for decisions.     9   rational   愛点   愛友   Ko   be ormposed or male up of     10   merely   貴女さ   愛友   Just only   Our rational mind is never the CEO, but merely one of the board members.     11   |          |               |                  | 例文 | We often end up breaking a promise that we made with ourselves.                                      |
| A     Pursue     通気す     Endeestanding the science of willpower will give you greater strength to pursue what matters to you       4     Pursue     通気す     Endeestanding the science of willpower will give you greater strength to pursue what matters to you       5     matter     亜素である     一規     Endeestanding the science of willpower will give you greater strength to pursue what matters to you       6     conscious     自気、意識の     例文     Understanding the science of willpower will give you greater strength to pursue what matters to you       7     CEO     意気、意識の     例文     Understanding the science of willpower will give you greater strength to pursue what matters to you       8     conscious     自気、意識の     例文     Understanding the science of willpower will give you greater strength to pursue what matters to you       7     Matter     May of us think that our conscious mind is a kind of the CEO of our lives.        8     consist     一から成る     一規文     May of us think that our conscious mind is a kind of the CEO of our lives.       9     rational     理性的な     一本から成る     ● N文     The mind actually consists of a lot of different players       10     merely     理なる     ただの     「ただの     May     Our rational mind is  | 3        | willpower     | 意志力              | 英英 | control exerted to do something or restrain impulses   |
| 4   pursue   追求する   例え   Understanding the science of willpower will give you greater strength to pursue what matters to you     5   matter   重要である   英ス   be of importance; have significance     6   conscious   自意、意識の<br>ある   ガス   having knowledge of something; aware     7   CEO<br>(Confer Eventive Office)   電話総書賞任<br>者   ガス   Many of us think that our conscious mind is a kind of the CEO of our lives.     8   Consist   第二、年から成る   ガス   Many of us think that our conscious mind is a kind of the CEO of our lives.     9   rational   電話的名   第二、年のにないのうないのうないのうないのうないのうないのうないのうないのうないのうないのう   |          |               |                  | 例文 | Understanding the science of willpower will give you greater strength to pursue what matters to you  |
| 小   代火   (Inderstanding the science of willpower will give you greater strength to pursue what matters to you     5   matter   重要である   様ズ   be of importance; have significance     6   conscious   自意、意識の<br>ある   人ス   Having knowledge of something; aware     7   CEO   最高経営責任   人ス   Having knowledge of something; aware     7   CEO   最高経営責任   人ス   He bighest-ranking person in a company or other institution, ultimately responsible for decisions.     7   CEO   最高経営責任   人ス   He bighest-ranking person in a company or other institution, ultimately responsible for decisions.     8   consist   インから成る   人ス   be composed or made up of     7   CEO   電話   人ス   be composed or made up of     9   rational   プ目しめ なん   人ス   be con or in accordance with reason or logic     9   rational   プ目したたの   人ス   be of ur artional mind is never the CEO, but merely one of the board members.     10   merely   チス   agoup of people constituted as the decision-making body of an organization     11   board   委員会   人ス   a exchange of diverging or opposite views.     12   argument </td <td>4</td> <td rowspan="2">pursue</td> <td rowspan="2">追求する</td> <td>英英</td> <td>seek to attain or accomplish (a goal) over a long period</td>  | 4        | pursue        | 追求する             | 英英 | seek to attain or accomplish (a goal) over a long period   |
| 5   matter   重要である   例文   Understanding the science of willpower will give you greater strength to pursue what matters to you     6   conscious   自気、意識の<br>あら   死ズ   having knowledge of something; aware     7   CEEO<br>(Chef ExcentreOffice)   最高経営業在<br>者   死ズ   the highest-ranking person in a company or other institution, ultimately responsible for decisions.     8   consist   ペットら成る   死ズ   be composed or made up of     9   rational   理性的な<br>合理的な<br>ただの   死ズ   be composed or made up of     10   mercely   単なる<br>ただの   死ズ   besed on or in accordance with reason or logic     11   board   委員会<br>役員会   死ズ   a group of people constituted as the decision-making body of an organization     12   argument   議論、論争<br>納得 2 × Z   a group of people constituted as the decision-making body of an organization     13   convince   確信 2 × Z   死ズ   cause (someone) to believe firmly in the truth of something     14   immune   免疫の   死ズ   ease (someone) to believe firmly in the truth of something     15   eventually   議局<br>公式   展英   in the end, especially after a long delay     15   eventually   基成   MC   <  | 4        |               |                  | 例文 | Understanding the science of willpower will give you greater strength to pursue what matters to you  |
| Automation   例文   Understanding the science of willpower will give you greater strength to pursue what matters to you     6   Conscious   台文、意菜の   海水   having knowledge of something; aware     7   CEO<br>(thef Executive Office)   愛菜を   Many of us think that our conscious mind is a kind of the CEO of our lives.     8   Consist   愛菜   Many of us think that our conscious mind is a kind of the CEO of our lives.     9   Consist   愛菜   Many of us think that our conscious mind is a kind of the CEO of our lives.     9   rational   愛媒性的な<br>合理的な<br>ただの   菜菜   be composed or made up of     9   rational   愛媒性的な<br>合理的な<br>ただの   菜菜   based on or in accordance with reason or logic     10   merely   葉なる<br>ただの   菜菜   just, only     11   board   愛真会<br>役員会   Qur rational mind is never the CEO, but merely one of the board members.     12   argument   義藻、 論参   菜菜   a group of people constituted as the decision-making body of an organization     13   convince   養真念 さる<br>が得きせき   菜菜   a exchange of diverging or opposite views,     14   immune   免愈の   愛菜   reating to immunity, which is our physiological resistance to a particular infection or toxin  | 5        | matter        | 重要である            | 英英 | be of importance; have significance  |
| 6   conscious   ある   例文   Many of us think that our conscious mind is a kind of the CEO of our lives.     7   CEO<br>(Chef Executive Officer)   最高経営責任<br>第   英英   the highest-ranking person in a company or other institution, ultimately responsible for decisions.     8   consist   ~から成る   例文   Many of us think that our conscious mind is a kind of the CEO of our lives.     9   rational   愛媛   英英   be composed or made up of     9   rational   愛媛的な   教友   be add on or in accordance with reason or logic     10   merely   単なる<br>ただの   秋英   just, only     11   board   委員会<br>役員会   英英   a group of people constituted as the decision-making body of an organization     11   board   委員会<br>役員会   英英   a group of people constituted as the decision-making body of an organization     12   argument   議論、論命   漢英   case (of werging or oposite views,     13   convince   離信させる<br>納得させる   愛美   relating to immunity, which is our physiological resistance to a particular infection or toxin     14   immune   免疫の   英英   in the cd, especially after a long delay     15   eventually   教局局<br>ついに   愛英文  | 5        |               |                  | 例文 | Understanding the science of willpower will give you greater strength to pursue what matters to you  |
| 大田の     あち     例文     Many of us think that our conscious mind is a kind of the CEO of our lives.       7     CEO<br>(ther fiscative Office)     素系経営責任<br>者     茶菜     the highest-ranking person in a company or other institution, ultimately responsible for decisions.       8     Consist     ~ から成る     茶菜     be composed or made up of       9     rational     理性的な<br>合理的な     茶菜     be composed or made up of       10     merely     理なる<br>ただの     焼菜     based on or in accordance with reason or logic       11     board     養菜     gz y     just, only       11     board     養真会<br>役員会     Áx     argunent     素菜       12     argument     議論 論令<br>約得 20 ur rational mind is never the CEO, but merely one of the board members.       12     argument     業菜     a group of people constituted as the decision-making body of an organization       13     convince     確信させる<br>納得させる     新文     Au exchange of diverging or opposite views,       14     immune     免疫の     茶菜     relating to immunity, which is our physiological resistance to a particular infection or toxin       13     convince     能長えの     が大   | 6        | conscious     |                  | 英英 | having knowledge of something; aware   |
| 7   CEEO   第前端まらは<br>者   何文   Many of us think that our conscious mind is a kind of the CEO of our lives.     8   consist   ~から成る   英美   be composed or made up of     9   rational   理性的な<br>合理的な   英美   based on or in accordance with reason or logic     10   merely   単なる<br>ただの   英美   just, only     11   board   委員会<br>役員会   英美   a group of people constituted as the decision-making body of an organization     12   argument   議論、論争<br>納得きせる   英美   a schange of diverging or opposite views,     13   convince   擁信きせる<br>納得きせる   英美   cause (someone) to believe firmly in the truth of something     14   immune   免疫の   英美   in the end, especially which is our physiological resistance to a particular infection or toxin     15   eventually   新局<br>ついに   英美   英美   in the end, especially after a long delay     16   outnumber   教で上回る   英美   英美   be more numerous than   | 0        |               |                  | 例文 | Many of us think that our conscious mind is a kind of the CEO of our lives.                          |
| Charle Second we officient第例文Many of us think that our conscious mind is a kind of the CEO of our lives.8Consist~から成る英英be composed or made up of9rational理性的な<br>合理的な<br>合理的な<br>ただの英英based on or in accordance with reason or logic10merely理なる<br>ただの例文Our rational mind is never the CEO, but merely one of the board members.11board委員会<br>役員会英英a group of people constituted as the decision-making body of an organization11board委員会<br>役員会英英an exchange of diverging or opposite views,12argument護論、論争<br>納得させる<br>の火英英cause (someone) to believe firmly in the truth of something13convince確信させる<br>納得させる<br>のいて英文relating to immunity, which is our physiological resistance to a particular infection or toxin14immune<br>오皮の<br>シレに英英英英in the end, especially after a long delay<br>例文14outnumber教局<br>マレに英英Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."16outnumber教で上回る英英be more numerous than  | 7        |               | 最高経営責任           | 英英 | the highest-ranking person in a company or other institution, ultimately responsible for decisions.  |
| 8   consist   ~から成る   例文   The mind actually consists of a lot of different players     9   rational   理性的な<br>合理的な   英英   based on or in accordance with reason or logic     10   merely   単なる<br>ただの   校文   Our rational mind is never the CEO, but merely one of the board members.     11   merely   単なる<br>ただの   英文   agoup of people constituted as the decision-making body of an organization     11   board   委員会<br>役員会   英文   augu of people constituted as the decision-making body of an organization     12   argument   張漢、論争   英文   cause classe of diverging or opposite views,     13   convince   確信させる<br>納得させる   教文   Other players have an argument.     14   immune   免疫の   英菜   relating to immunity, which is our physiological resistance to a particular infection or toxin     14   immune   免疫の   英菜   in the end, especially after a long delay     15   eventually   養馬<br>ついに   英菜   be more numerous than     16   outnumber   教で上回る   英菜   be more numerous than     17   数で上回る   教文   Eventually, your rational self is outnumbered and the majority vote is to "get more sleep." <td><i>'</i></td> <td>者</td> <td>例文</td> <td>Many of us think that our conscious mind is a kind of the CEO of our lives.</td>  | <i>'</i> |               | 者                | 例文 | Many of us think that our conscious mind is a kind of the CEO of our lives.                          |
| 9<br>9<br>1<br>rational理性的な<br>合理的な英英<br>4based on or in accordance with reason or logic9<br>9<br>1rational理性的な<br>合理的な英英<br>4based on or in accordance with reason or logic10<br>10merely単なる<br>ただの例文Our rational mind is never the CEO, but merely one of the board members.11<br>11<br>10board委員会<br>役員会英英<br>4a group of people constituted as the decision-making body of an organization11<br>11<br>12<br>13board委員会<br>役員合英英<br>4a group of people constituted as the decision-making body of an organization12<br>13<br>14<br>13<br>14argument<br>(積合せる<br>納得させる英英<br>4an exchange of diverging or opposite views,<br>413<br>14<br>14<br>15<br>15<br>16<br>16<br>17<br>16確信させる<br>納得させる英英<br>4cause (someone) to believe firmly in the truth of something<br>414<br>15<br>16<br>16<br>17在<br>20いに英英<br>4inthe end, especially after a long delay<br>715<br>16<br>16<br>16<br>17数で上回る<br>数で上回る英英<br>4be more numerous than<br>416<br>16<br>17改theore and the majority vote is to "get more sleep."17<br>16改theore and the majority vote is to "get more sleep."  | 8        | consist       |                  | 英英 | be composed or made up of  |
| 9rational全田のな<br>合理的な例文Our rational mind is never the CEO, but merely one of the board members.10merely単なる<br>ただの英英just, only11board委員会<br>役員会英英a group of people constituted as the decision-making body of an organization11board委員会<br>役員会英英a group of people constituted as the decision-making body of an organization12argument議論、論争<br>構造させる<br>納得させる英英an exchange of diverging or opposite views,13convince確信させる<br>納得させる英英cause (someone) to believe firmly in the truth of something14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin15eventually芸英<br>のutnumber英英in the end, especially after a long delay16outnumber数で上回る英英be more numerous than17砂utnumber教文上回る英英be more numerous than   | 8        | consist       | 2010 JUL 0       | 例文 | The mind actually consists of a lot of different players   |
| 10MethodsMy<br>MyOur rational mind is never the CEO, but merely one of the board members.10merely単なる<br>ただの英英<br>Myjust, only11board委員会<br>役員会英英<br>Mya group of people constituted as the decision-making body of an organization11board委員会<br>役員会英英<br>MyOur rational mind is never the CEO, but merely one of the board members.12argument護論、論争英英<br>Mya nexchange of diverging or opposite views,13convince確信させる<br>納得させる英文<br>Mycause (someone) to believe firmly in the truth of something14immune免疫の英英<br>Myrelating to immunity, which is our physiological resistance to a particular infection or toxin15eventually新局<br>ついに英英<br>MyEventually, your rational self is outnumbered and the majority vote is to "get more sleep."16outnumber数で上回る英英<br>Mybe more numerous than  | a        | rational      | 理性的な             | 英英 | based on or in accordance with reason or logic   |
| 10merely定する<br>ただの11boardただの例文Our rational mind is never the CEO, but merely one of the board members.11board委員会<br>役員会英英a group of people constituted as the decision-making body of an organization12argument護論、論争英英a group of people constituted as the decision-making body of an organization12argument護論、論争英英an exchange of diverging or opposite views,13convince確信させる<br>納得させる<br>納得させる英英cause (someone) to believe firmly in the truth of something14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin15eventuallyジャーに英英in the end, especially after a long delay16outnumber数で上回る英英be more numerous than17板原英英be more numerous than  | 9        | Tational      |                  | 例文 | Our rational mind is never the CEO, but merely one of the board members.                             |
| 11Doard委員会<br>役員会英英<br>Agea group of people constituted as the decision-making body of an organization11board委員会<br>役員会英英a group of people constituted as the decision-making body of an organization12argument議論、論争英英<br>潮an exchange of diverging or opposite views,13convince確信させる<br>納得させる英英cause (someone) to believe firmly in the truth of something14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin15eventually結局<br>ついに英英in the end, especially after a long delay16outnumber数で上回る英英be more numerous than   | 10       | merely        |                  | 英英 | just, only   |
| 11   board   安良式<br>役員会   の文   Our rational mind is never the CEO, but merely one of the board members.     12   argument   議論、論争   英英   an exchange of diverging or opposite views,     13   convince   確信させる<br>納得させる   英英   cause (someone) to believe firmly in the truth of something     14   immune   免疫の   英英   relating to immunity, which is our physiological resistance to a particular infection or toxin     15   eventually   結局<br>ついに   英英   in the end, especially after a long delay     16   outnumber   数で上回る   英英   be more numerous than   | 10       | merely        |                  | 例文 | Our rational mind is never the CEO, but merely one of the board members.                             |
| 12argument渡泉<br>議論、論争英英<br>英英an exchange of diverging or opposite views,<br>例文13argument渡泉、論争英英<br>(例文an exchange of diverging or opposite views,<br>(例文13convince確信させる<br>納得させる<br>納得させる英英<br>(例文cause (someone) to believe firmly in the truth of something<br>(例文14immune免疫の英英<br>   | 11       | board         |                  | 英英 | a group of people constituted as the decision-making body of an organization                         |
| 12   argument   議論、論争   一   For a reference of the end of        |          |               |                  | 例文 | Our rational mind is never the CEO, but merely one of the board members.                             |
| 小田例文Those players have an argument.13Convince確信させる<br>納得させる英英cause (someone) to believe firmly in the truth of something14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin15eventually糸局<br>ついに英英in the end, especially after a long delay16outnumber数で上回る英英be more numerous than16の北数で上回る英英Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."   | 12       | argument      | 議論 論名            | 英英 | an exchange of diverging or opposite views,  |
| 13   convince   確信させる<br>納得させる   11  | 12       | argument      | <b>議</b> 論、論争    | 例文 | Those players have an argument.  |
| 14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin14immune免疫の英英relating to immunity, which is our physiological resistance to a particular infection or toxin15eventually結局<br>ついに英英in the end, especially after a long delay16outnumber数で上回る英英be more numerous than16の大区小区小区17日本大区大区大区180大区大区190大区大区100大区大区1100大区1200大区1300大区140001500016000170001800019<   | 13       | convince      |                  | 英英 | cause (someone) to believe firmly in the truth of something  |
| 14 immune 免疫の 何文 The immune system is not yet fully recovered.   15 eventually 結局<br>ついに 英英 in the end, especially after a long delay   16 outnumber 数で上回る 英英 be more numerous than   16 のUnumber 数で上回る 英英 be more numerous than  | 15       | convince      |                  | 例文 | Other players convince you to get more sleep.  |
| 回回例文The immune system is not yet fully recovered.15eventually <ul><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(例文)</li><li>(</li></ul> | 14       | immune        | 免疫の              | 英英 | relating to immunity, which is our physiological resistance to a particular infection or toxin       |
| 15 eventually のののののののののののののののののののののののののののののののののののの  | 14       |               |                  | 例文 | The immune system is not yet fully recovered.  |
| 16 Outnumber 数で上回る 英英 be more numerous than   16 のutnumber 扱で上回る 英英 be more numerous than   | 15       | eventually    |                  | 英英 | in the end, especially after a long delay  |
| 16 outnumber 数で上回る   例文 Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."   |          |               |                  | 例文 | Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."          |
| 例文 Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."  | 16       | outnumber     | 数で上回る            | 英英 | be more numerous than  |
|   |          |               |                  | 例文 | Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."          |
|   | 17       | vote          | 投票、票             | 英英 | an act of expressing a formal indication of choice   |
| 17 VOIC 投票、票 例文 Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."   | 17       |               |                  | 例文 | Eventually, your rational self is outnumbered and the majority vote is to "get more sleep."          |
| 18 paradoxically 逆説的に 英英 in a seemingly absurd or self-contradictory way  | 18       | paradoxically | 逆説的に             | 英英 | in a seemingly absurd or self-contradictory way  |
| 前文 Paradoxically, realizing you're not the CEO can be the first step towards getting some real power.   | 10       |               |                  | 例文 | Paradoxically, realizing you're not the CEO can be the first step towards getting some real power.   |
| 19 overestimate 過去評価する 英英 estimate (something) to be better, larger, or more important than it really is  | 10       | overestimate  | 過大評価する           | 英英 | estimate (something) to be better, larger, or more important than it really is                       |
| 19 Overestimate 迎入計価する   例文 We often overestimate the amount of free time and energy that we have in the future.  | 19       |               |                  | 例文 | We often overestimate the amount of free time and energy that we have in the future.                 |
| 20 idealize 理想化する 英英 regard or represent as perfect or better than in reality   | 20       | idealize      | 理想化する            | 英英 | regard or represent as perfect or better than in reality   |
| 20 Idealize 理想化 9 5   例文 We should not idealize our future selves and expecting them to do what our present selves cannot do.   | 20       |               |                  | 例文 | We should not idealize our future selves and expecting them to do what our present selves cannot do. |
| 21 tempted  | 21       | tempted       | 誘惑された<br>衝動に駆られた | 英英 | have an urge or inclination to do something  |
| 21 ですした (何文) We need to study our tempted selves and find a way to outwit them.   |          |               |                  | 例文 | We need to study our tempted selves and find a way to outwit them.                                   |

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## Vocabulary List for "The Science of Willpower"



|    |                  | 知声べいい            | 英英    | deceive or defeat by greater ingenuity  |
|----|------------------|------------------|-------|---|
| 22 | outwit           | 知恵で出し<br>抜く      | 例文    | We need to study our tempted selves and find a way to outwit them.  |
|    | slack off        | 怠ける              | 英英    | decrease or reduce in intensity, quantity, or speed   |
| 23 |                  | まりる<br>手を抜く      | 例文    | You should make it more difficult for your future self to slack off.  |
|    | neuroscience     |                  | 英英    | a science division which deals with the structure or function of the nervous system and brain                           |
| 24 |                  | 神経科学             | 例文    | Studies from neuroscience have shown that we won't feel motivated unless we start acting.                               |
|    | tentatively      | とりあえず<br>躊躇いがちに  | 英英    | in a way that lacks confidence; hesitantly  |
| 25 |                  |                  | 例文    | Motivation will occur when you tentatively start something.   |
|    |                  |                  | 英英    | a thing aimed at or sought; a goal  |
| 26 | objective        | 目標               | 例文    | In order to get started, it's smart to make your objectives ridiculously small.   |
|    |                  |                  |       | a reversal or check in progress   |
| 27 | setback          | っまづき<br>挫折       | 英英    |   |
|    |                  |                  | 例文    | Do you stay nice to yourself and forgive your setback?  |
| 28 | track            | 追跡する             | 英英    | follow the course or trail of   |
|    |                  |                  | 例文    | A study at Carleton University tracked the procrastination of students over an entire semester.                         |
| 29 | procrastinate    | 引き伸ばす<br>先延ばしする  | 英英    | delay or postpone action; put off doing something   |
|    | •                | 元延ねしする           | 例文    | Students who were harder on themselves for procrastinating on their first exam were more likely to procrastinate again. |
| 30 | counterintuitive | 直感に反し            | 英英    | contrary to intuition or to common-sense expectation (but often nevertheless true)                                      |
|    |                  | た                | 例文    | These findings may sound counterintuitive.  |
| 31 | indulgence       | 堕落<br>甘やかし       | 英英    | the state or attitude of being indulgent or tolerant  |
|    | mungence         |                  | 例文    | Many people believe that being nice to yourself when you have a setback will lead to further indulgence.                |
| 32 | occupy           | 占拠する<br>忙殺する     | 英英    | fill or preoccupy (the mind or thoughts)  |
|    |                  |                  | 例文    | Self-criticism and the resulting shame or guilt occupies your mind.   |
| 33 | reflect          | 熟老する             | 英英    | think deeply or carefully about   |
| 23 | renect           | 熟考する             | 例文    | Self-criticism prevents you to accept reality and reflect on how the failure happened.                                  |
| 34 | acquire          | 獲得する             | 英英    | learn or develop (a skill, habit, or quality)   |
| 74 |                  |                  | 例文    | Nobody can acquire good habits without a single willpower failure just by learning this lesson.                         |
| 35 | pessimism        | 悲観主義             | 英英    | a tendency to see the worst aspect of things or believe that the worst will happen                                      |
| 35 |                  |                  | 例文    | Constructive pessimism is quite helpful for long-term success.  |
| 26 | optimistic       | 楽観的な             | 英英    | hopeful and confident about the future  |
| 36 |                  |                  | 例文    | People who are most optimistic about their ability to keep the habit give up sooner and are most likely to fail.        |
| 77 | make up for      | 補う、償う、<br>帳消しにする | 英英    | compensate for something lost, missed, or deficient   |
| 37 |                  |                  | 例文    | We tend not to do it today because we think we will make up for today's behavior tomorrow.                              |
| 20 | 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                |
| 38 |                  |                  | 例文    | We need to realistically predict how we can possibly fail and do whatever we can to prevent it.                         |
| 20 | examine          | 調べる              | 英英    | inspect (someone or something) in detail to determine their nature or condition   |
| 39 |                  |                  | 例文    | When we do fail in our willpower challenges, we should examine the situation to figure out the cause.                   |
|    | give in          | 屈する              | 英英    | cease fighting or arguing; yield; surrender   |
| 40 |                  |                  | 例文    | How did I give in to the temptation?  |
|    | temptation       | 誘惑、衝動            | 英英    | the desire to do something, especially something wrong or unwise  |
| 41 |                  |                  | 例文    | How did I give in to the temptation?  |
|    | excuse           | 許す<br>言い訳する      | 英英    | forgive (someone) for a fault or offense  |
| 42 |                  |                  | 例文    | How did I excuse myself?  |
|    |                  |                  | ~ ~ ~ | ······ · ·····························  |