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

abrogations (ab ur ay shuns) - 140
- abnormal actions / deviations from the proper or expected course

ablated (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 / totally humilitating / 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, 33, 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

abysmal (uh biz mul) - 201 - complete / profound / immeasurable

abyss (ab iss) or (ab 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 ik ma) - 359 - learning / school teachings

academies (ack uh kad mew) - 220 - schools of higher education

accept (ak sep) - xvi, 25,39,47,96,71,204,207,229,267,295,356,376,379, 381,417,418,419,443,540,559,569 ed (... lid) - xix, xxvii, 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 / to take oneself

acceptance (ak sep tunns) or (ak sep tunnts) - viii, xx, 48,266,366,367,407,416, 417,418,420,428,475,542,564 - agreement / taking / approval / enduring, bearing with putting up, patiently and without protest or reaction / in the goodness of something / the 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 inconveniency

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 - indignantly
- 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, 375, 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 dap’t) - 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) - 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 ents) - 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

administrates (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 nahzhum) - 177
- to a sickening degree / to the point of nausea or sickness / also see nausea

ado (uh doo) - 139
- fuss / trouble / bother / signs of excitement activity, hurry, or commotion

adolescence (ad uh les ents) - 438 - see adolescent
- ad uh les ent (-xvii, xix, 418, 453, 513
- growing / maturing / teenage / pre-adult / characteristic of a teenager

adopt (uh dop’t) - 3 adopted (-...lid) - 11,153,523 adopts (-...dops) - 130
- to take and follow by choice / to take up and make one’s own / accept

adversaries (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
angry - 16,81,64,67,106,111,113,216,312,314,376,379,427,494,849,521
- 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 is being done. / also see resent and resentment

animated - (an uh mAyd t) - 200, 367 - lively / very active (200) /
- filled / inspired / raised the spirits of / provided life and energy to (367)

annihilate - (an uh mAY tid lee) - 394 - energetically / spiritedly

annoy - (uh noy) - 216, 217 - irritate / trouble / disturb / harass / aggravate

annoyance - (uh noy ents) - 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 - (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 byous) - 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 - (ap a 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 - (uh pal ing) - 14
- terrible / horrible / disgusting / shocking / dreadful

appeal - (uh peel) - xxvii, xxix, 34, 178, 197, 348, 574 - request / question / request for help / plea / an earnest & usually urgent request for something (xxvii, xxix)
- interest / be attractive (34) / call / draw / seem attractive (178)

appeals - (uh peel z) - 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

appréhension - (ap reh hen shun) - 102, 128, 437, 507
- fear / anxiety / concern / fear that something is going or will go wrong

apprentice - (uh prentisse) - 478 - beginner / one who is learning a trade or occupation, especially as a member of a labor union

approximately - (uh prok suh mit lee) - xxii, 147, 162, 236
- nearly / about / nearly the same as / almost exactly / roughly
infidelity -(i n f u h d eh u h t e)- 3 - sexual unfaithfulness or lack of loyalty to a spouse or intimate relationship partner
infinite -(i n f u h n u t)- 56, 68, 124, 279
- unlimited / never ending / without limits or boundaries
infinitely -(i n f u h n u l e)- 43, 66, 120
- extremely / enormously / vastly / beyond measure / see infinite
infinism - see ad infinitum
infect -(i n f i k t)- 179 - impose / visit / force / cause to undergo or bear
infirmity -(i n f o r m a l i h t e)- 160 - lack of formality / casualness / ease
inherent -(i n h a i r a n t)- xxvi
- belonging by nature / within the basic character of something
inheritance -(i n h a i r a h t u n t s)- 195 inherited -(i n h a i r e h t i d)- 35, 516
- something received from an ancestor by legal succession or will
inhibitions -(i n h u h b i s h u n z / i n h u h b i s h u n z)- 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 -(i n h o s s p i h u b u l / o r / i n h a h p s h i h u b u l)- 106
- unfriendly / not responsive or willingly receptive
initiative -(e h n i s h u h t i v)- 574 - enterprise / power, right, and ability
innocent -(i n ur m o s t)- 30 - most intimate, internal, or private sense of self
innocuous -(i n o c k u u s / e h n o c k u u s)- 320 - harmless / innocent
innumerable -(i n n o o m u n u h b u l / o r / i n o o m u u r u h b u l)- xx, 79, 97, 105
- uncountable / too many to be counted
inquire -(i n k w i r e)- 86, 438 d - (... d)- 156, 163 - ask / question / look into
inquiring -(i n k w i r e e)- xvii, xviii, 51 inquiring -(i n k w i r e i n g)- 239
- questioning / investigation / seek or ask information about something
insane -(i n s a y n e)- 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 -(i n s a y n e l e e)- 21, 37, 120 - extremely / stupidly / irrationally / wildly
insanity -(i n s a n u h t)- 8, 30, 37, 40, 56, 66, 107, 154, 218, 313, 320, 412, 445, 550
- extreme senselessness or foolishness / delusion / delirium / irrationality
- From the "Big Book": "What is the precise definition of the word may be, we call this plain insanity.
- How can such a lack of power, 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 major 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 mania-depression] /
- mania [manic-depressive disorder - generally from cellular disease]
inscription -(i n skr i p h u n)- mark / impression / writing / also see ticker
insidious -(i n s i d d e e u s)- 8, 154, 326 insidiousness -(... n u s)- 204, 382
- tricky / cunning / sly / seductive / subtle / treacherous
insincere -(i n s i n 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 urgently or insistently / require / demand / cry out for)
- to be firm in a demand / refuse to yield / demand / press / urge / persist
insistent -(i n si s u t)- 151 - ever present / continuous / persistent / forceful
insolence -(i n suh lunce / in suh lents)- 502
- lack of respect / arrogance / bold disrespect / rudeness / offensiveness
insomnia -(i n som nee u h)- 416 - persistent inability to fall asleep or stay asleep
insouciance -(i n sue see unts) or (i n 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 -(i n z h u h p u n h u n j u n s)- 31
- uplifting / motivational / encouraging / providing 'inspiration'
inspired -(i n sp i r e d / i n sp i r e d)- 4, 87 - stimulated / created (4)
- influenced, directed, or motivated by God or a 'higher power' (87)
inspiring -(i n sp i r i n g / i n s p i r i n g)- xxvii - uplifting / stimulating / impressing
instill -(i n st i l)- 452 - put in my head / implant / introduce / inject
installed -(i n st i l'd)- 189, 348 - inspired / implanted / introduced into the mind
instituted -(i n st e h t o o t i d)- 395 - set into operation / established / started
insufferably -(i n suh f u h r b l e e)- or -(i suh ruh blee)- 382
- painfully / unbearably / intolerably difficult or impossible to endure
intangible -(i n tan jh u b u l)- 205 - unseen / also see tangible
integral -(i n teh grul / i n teh rul)- 266 - necessary / essential / vital / basic
integrity -(i n teh gruh tee / i n teh ruh tee)- xxiv, 565
- honor / honesty / sincerity / wholeness / soundness / strength
intellect -(i n tuh l e k t / i n tuh leck t)- 51 - mind / reasoning / understanding
- the ability of thinking, reasoning, gaining and applying knowledge
- the capacity for knowledge and understanding
intellectual -(i n tel ek choo u l)- 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 -(i n tel ek choo u le)- 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, intellectually
intensified -(i in tent u f ye'd)- 12 - made stronger / increased / deepened
intensive -(i in tent i v)- 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 -(i in tur chain')- 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 -(i in tur jekt)- 514 - put in / introduce / insert between other things
interludes -(i in tur loodz)- 553 - breaks in routine / periods between events
interminable -(i in tur muh ruh b u l)- 202- being or seeming to be without an end
inter -241 - a student or graduate undergoing supervised practical training
internship -(i in turn shi p)- 174, 234, 235, 409 - a period being an intern
interpersonal -(i in tur pur shu nul)- 308, 399 - interactions between individuals
interpret -(i in tur prit)- 295 - interpreted -(i in tur pruh t i d)- 415
- explain/ed the meaning of / offer/ed as an explanation
interpretation -(i in tur preh tay shun)- 53 - critical explanation or analysis
interpretive -(i in tur pruh t i v)- ii
- individual's explanation or understanding of something
interrogation -(i in ter h oh shun)- 331 - thorough or official questioning
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 -(i ce uhn late)- 472 isolated -(i ce uhn lay tad)- 321, 338, 490, 536, 573 isolates -(i ce uhn lates)- 119, 131 isolating -(i ce uhn lay ting)- 281 isolation -(i ce uhn lay shun)- 365, 370-set apart or cut off from others / seclude
isolationism -(i ce uhn 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 - xvii, 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
jaywalking - 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 iies -(eez)- 161 y-(ee)-37, 69, 82, 100, 131, 145, 263 - resentfully or painfully desiring of another's advantages / envious / fearful of the loss of position or affection / possessive / jealous - 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 diz)-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 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 com)- 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 uhl bul)- 81 - supportable / defendable / 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
moral - (mor al) 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

descriptive - 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 uh l eys) - 91, 114, 142
- speak or interpret in terms of being a good or bad person

morally - (mor uh lee / mor uhl e) - 248, 446, 487
- ethically / in agreement with accepted rules of conduct / see moral

morals - (more ulz) - 44 - ethics / rules or habits of conduct, especially sexual conduct, with reference to standards of right or wrong

morass - (muh rash / mah rash) - 8 - swamp / difficult or perplexing situation / something that traps, confuses, or impedes like a bog or bog

morbid - 86 - gloomy / gruesome / inspiring of horror and intense fear

morbidly - (mor bur lee) - 35, 386 - in addition / also / beyond what has been stated

morphism - (mor feh) - 22, 410 - a potentially addictive sedative or pain killer made from opium. Opium is made from unripe pods of the opium poppy plant.

mortal - (mor tur) - 75
- a bonding material used in masonry made of cement, sand, and water

mortar - (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 -

motifs - (mot iv) - 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

mote - (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 ohs) - 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 - 517 - assaulting / threatening or assaulting someone with intent to rob

multiple sclerosis - (...) sklor 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 dan) - 502 - commonplace / ordinary / typical of this world

municipal - (myou 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

musing - (mew zing / myou zing) - 8
- thinking / deliberating / pondering / thinking or saying reflectively

muscated - (mus kuh tel) - 476 - rich sweet wine made from muscat grapes

musketeer - (musk 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

muttliated - (myou 't eh lay tid) - 438 - disfigured / dismembered

myriad - (mee rh ee uhd / mee rh ee uhd) - 571
- countless / great multitude of / amounting to a large indefinite number

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

mighty - (muh duh) - 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.

(see also 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

naturals - (nay chur'd) - 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 chur'd) - 52 - features / makeup / character / attributes / disposition

nausea - (nah zee uh) or (nah zeh shuh) - 172, 463
- a feeling of sickness in the stomach with an urge to vomit

nauseous - 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

necessitated - (nuss ss ehs tey tid) - 246, 251 - made necessary or unavoidable

necessities - (nuss ss ehs teez) - 140, 501 - necessary things

necessity - (nuss ss ehs teez) - xvi, 5, 14, 19, 34, 68, 74, 204, 270, 275 - something necessary / must / requirement / need / essential / justification

never - (nair) - 1 - never / the word is 'never' with the 'v' left out

neglect - (neh glekt) - 97, 129
- disregarad / 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 - (nuh roh lee jist) - 412, 413, 569 - a Doctor or specialist in the science that deals with the brain & nervous system & disorders affecting them

neurosis - (nuh roh siss) - plural form = nooh row seez - 221 - any of various mental or emotional disorders, from no apparent organic lesion or change & involving symptoms such as insecurity, anxiety, depression, and irrational fears, but with psychotic symptoms such as delusions or hallucinations.

(neurosis) is no longer in scientific use

neurotic - (nuh roh tik) or (nuh roh 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), 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 reals) - 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
philosophical - (fil uzh sof ih kuh) - 62 - logical / rational / principled / deeply thought out / of or relating to philosophers or a system of philosophy

philosophically - (fil uzh sof ih lee) - 45 - logically / from one's understanding of life / in this use - to find comfort in one's "philosophy of life"

philosophies - (fuh lohs ee feez) - 45 - views on or about life / plural form of philosophy / see philosophy

philosophy - (fuh lohs ee 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 lohs uh fee of life) - 44 - overall vision of, or attitude toward, life and the purpose of life

phobia - (fob uh) - 177 - a persistent, abnormal, and irrational fear of something

pioneer - (pie uh near) - vi, 156, 182, 208 ing - vii, xvii, 200, 571 s - s, 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 being sad, poor, or in bad shape

pity - 67, 267, 364, 488 - implies sorrow felt for another's suffering or misfortune

place - (plack 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 - (playgd) - 15, 123, 313, 347, 522, 554 - bored / 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 zih bli 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 - (apel) - 10, 497 - a formal promise to not drink alcoholic beverages

plight - (light) - 43, 155 - dilemma / difficult condition or situation / predicament

plodded - (plad did) - 428 - moved or walked heavily / trudged / see trudge

play - 537 - trick / gimmick / an action to gain an advantage indirectly or deviously

plummeting - (plum it ing) - 330 - falling straight down / plunging / declining

pneumonia - (nuh mohn yuh) or (new mohn yuh) - 108, 210, 239 - a disease of the lungs caused by viruses, bacteria, or other agents and irritants

point-blank - (poynt blank) - 11, 26 - straightforward / direct / blunt / without hesitation or deliberation

poise - (poyz) - 178 - dignity / self assurance / grace / self composure

poised - (poyzd) - 273 - dignified / self assured / serene / balanced

pokey - 219 - jail / slang for jail or prison

pomp - (pon dum) 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 oh ruh tiv) or (... oh ruh tiv) - 306 - after surgery
psychiatric - (sye kee at rik) - xixi, 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) - (37 entries)
psychiatrics - (... trists) - viii, xxviii, 18, 26, 43, 247, 388, 392, 408
- a licensed physician (doctor) specially trained to practice psychiatry
psychiatry - (sye kie uh tree) or (suh kie uh tree) - 197, 247, 303, 350, 570
- medical study, diagnosis, treatment, and prevention of mental illness
psychic - (sike ik) - xixi
- mind / mentality / of or pertaining to the human mind, soul or spirit
psychic 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 loh el ah siss) - 305, 384
- a method of psychological therapy originated by Sigmund Freud
psychological - (sye kuh loj eh kul) - xxviii, xix - 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, 153, 567 psychologists - 73, 133
- person/s trained to perform psychological analysis, therapy, or research
psychology - (sye kah luh jee) - xxvii, xxi
- (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 behavioral processes using principles of morality or principles conforming to a standard of behavior, character, 'right and wrong', and 'good and bad' conduct
psychopath - (sye kuh paths) - xxi - 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 seh 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 koh thair oh 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'yo unh tiv) - 575 - punishing or aiming to inflict punishment
purge - (purj) - 527 - get rid of / eliminate / remove / clear / do away with
Puritanical - (p'yuhr 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 pursuance - 501
- follow / chase / go after / seek / continue
pursuit - (pur seot) - 283, 504 - regular activity / an activity engaged in regularly
quarrel - (kwor ul) / (k'war ul) - 147, 550 quarrels - (kwor ulz) - xxviii, 100
- argue / fight / dispute (550) / argument/s / angry disagreement/s / fight/s
Quebec - (kweh bek) or (sah 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 / queried
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 - (kwurks / kwerkts) - 287 - peculiarities / accountable or unusual traits
quote - (kwote uh) - 272 - share / proportional share / number or percentage
rabbis - (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 ait ting) - 447 - spreading / circulating / moving outward
radical - (rad uhl kul) - xi - radically - (rad uhl kul ee) - 117, 146, 394
- fundamental / extreme / very significant / broad
rage - (ray jay) - 306, 428, 450 - explosive anger / violent or unrestrained anger
raged - (ray jayd) - 346 - spoke and/or acted as if violently or uncontrollably angry
raged - (ray jay 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 uhl 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, exited, & often self-important manner
rational - (rash un ul) / (ra shun ul) - 26, 541
- sane / sensible / reasonable / balanced / logical / intelligent
rationalization - (rash un uh lye kay shun) - 361, 550 - see rationalizing
rationalize - (rash uhn 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 rationalization - (rash uhn lyzed) - 321, 339 - see rationalize
rationalizing - (rash uhn lyzing) - 253, 547 - see rationalize
reacquire - (re uh kwire) - 527 - regain / come into possession of again
readily - (red uhl lee) - 24, 48, 104, 178
- easily / well / without discomfort, difficulty, or reluctance
readiness - (red eh nus) - 527 - 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 alcohols 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) / (relm) - 46, 51, 151
- kingdom / domain / confines / field / range / sphere / province
re-assembled - (re uh sem buld) - 35 - brought or gathered together again
reassure - (ree uh sure / re uhl shur) - 46
- convince / assure again / encourage / comfort / restore confidence to reassured - (ree uh sured / re uhl shur'd) - 36, 76
- comforted / restored to confidence / encouraged / see assurance
rebel - (re bell) - 94 - resist / feel or express strong unwillingness
rebels - (reb ul) - 229 - one who forcefully opposes an established authority
rebelled - (reb bell'd) - 238, 252 - strongly resisted / was defiant
reversion - (retruh greesh un) - 275  
retrogressive - (... gress iv) - 275  
go back / backward or deteriorating movement or condition
reversion - (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
revealed - (rev uhld) - 503, 523 - took great pleasure or found joyful satisfaction (in)
revive - (rev vive / reh veye'v) - 112 - bring back / renew / present again
revocation - (rev o kay shun) - 525 - recall / removal / withdrawing / reversing
revolting - (reh vol tud) - 73 - disgusted and shocked / offended / sickened
revolutionary - (reh uo loh shu shair ne) - 14, 50, 567  
extreme / radical / characterized by or producing radical change
revolutionized - (reh uo loh shu shair nevzed) - 25 - drastically changed
revolution - (reh vuh shun) - 57, 141 - feeling of extreme disgust and dislike
rhythm - (rith'um) - 10 - pattern / regularly recurring movement or variation
rickety - (rhek et) - 341 - unstable / shaky / unsteady / likely to break or fall apart
riddle - 22, 116 - puzzle / mystery / something difficult or impossible to explain
riddled - (rid uh l'd) - 283 - covered / spread throughout
ricule - (rid uh kyou ul / rid uh kyou'lld) - 38, 125  
d - (... k-you'ld) - 525  
being laughed at or made fun of / to make fun of / mock / deride
ridiculous - (reh dik yuh lus) - 38, 285 - silly / unreasonable / unreasoning / ridicules
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 uhs) - 58, 145, 528 - very strict / rigid / severe / exact / inflexible
riot - 62 - uncontrolled / as if wild, violent, unbridled, 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 routines
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 - (roh bust) - 33 - healthy / strong / fit / rugged / in good shape
Rotary - (row ter u) - Rotary Club - a major national & international service club
row - (rowl / 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 (rowl) 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 unus) - 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 eel) - 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 tinn) - 97  
Samaritans - (... tinnz) - 250  
- 'Good Samaritan' - a compassionate person who unselfishly helps others
sanctions - (sank shunz) - 527 - limitations / penalties to ensure compliance
same - 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, 80, 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) - 283  
-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
scares - (skair'z) - 12, 251 - a crusty covering or coating / as fish 'scales'
sandal - (skan daw las) - 125  
- slanderous / outrageous / horrible / potentially damaging to reputation
Scandinavian - (skan daw 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 - (skar sle) - 6, 15, 127, 138, 158
- hardly / barely / infrequently / seldom / by a very small margin
scheme - (sklem) - 101 - method / plan / course of action / tactic / theory
schisms - (skiz umz) - xix - splits / divisions / division into opposing groups
schizophrenia - (sklit suh free nee uhh) or (sklit uh freen e uhh) - 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 - (shnaphs / shn ahps) - 402
- drink of any strong alcoholic liquor / a strongly flavored gin [Hollands]
scholastic - (skuhl las tik) - 222 - school / school studies / learning performance
scholastically - (skuhl las tik lee) - 174 - in relation to school studies and learning
scoff - (skahf) - xxiii, 3 - scorn / mock / doubt / laugh at / poke fun at / ridicule
scoffers - (skoof urz) - 3 - those who scoff / see scoff
scores - (skor z) - xiv, 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 - (skran nee) - 418 - thin / slender / skinny / bony / lanky
screwballs - (skeu balz) - 226 - strange, unusual, odd, peculiar, or crazy people
scrounged - (skroun j'd / s'crown j'd) - 449 - gathered / searched to get at no cost
scrutiny - (skroo nee) - 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 tv) - 7, 22, 411 s (... tivz) - 97, 176, 177, 269, 275
- a drug that calms or tranquillizes nervousness or excitement

seduce - (seh doozo) - 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'ed) - 439 - burned / boiled / churned and foamed as if boiling

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

self-appraisal - (self- uh pray'z ul) - 72, 76, 94 - assessment / 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 uh 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 poez'd) - 53, 539
- put on oneself by oneself / voluntarily assumed or endured

self-justification - (self - just uh ufh kay shun) - 127
- making excuses / the act or instance of making excuses for oneself

- pity for oneself / an unrestrained or excessive dwelling on one's own sorrows or misfortunes / also see pity

self-possessed - (self - 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 lee ents) - xxxi, 68 - the capacity to manage one's own affairs, make one's own judgments, and provide for oneself / independence

self-revealing - (...) - 68 - making known things personal in nature

self-sacrifice - (self - sak ruh fice) - 15 self-sacrificing - (...) - fice 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 fihk 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 - (self - suh fihk unt) - 221, 230, 545 - independent / self-supporting / self-reliant / self-satisfied / free from influence, guidance, or control

self-will - 60, 62, 71, 76, 87, 207, 551
- stubborn or willful adherence to one's own desires or ideas / see will

self-tz - (self - zur) - 401 - soda water / water charged with gas - carbonated

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

semidelinquent - (sem e deh link wunt) - 436 - 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 uh t) - 528 - position or rank based on time of service

sensitive - (sen seh tv) - 125 ness - (...) ness - 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) - xxvii
- 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


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

servile - (suv rile / 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 uh t) - 360, 367 sexually - (seks yul ee) - 134

shackled - (shak udl) - 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, 202, 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: shortcomings) - 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 - (shye) - 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 - (sign 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 jo 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 - (sis e) - 209 - boy or man regarded as having qualities more often associated with women than men / a timid, weak, or cowardly person
skeptical - (skep tik) - 83,181,507 - doubter / one who habitually doubts, questions, or disagrees with generally accepted conclusions / one inclined to skepticism
skeptically - (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
skipped - (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 dar) - 80 - false & deliberately harmful statement about someone
sleazy - (sleez eez) - 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
silver - (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
slyly - (sly 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 one's 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
soberly - (so byr uh lee) or (so byr uh lee) - (115 page entries)
- taken from the A.A. pamphlet Problems Other Than Alcohol:
"Sobered - 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
- socially - (so suh bil uh) - 160 - being sociable / an opportunity for socializing
- sociologists - (so sheh or) so see ah lu jist) - 246 - those who study human social behavior, its origins, organization, institutions, and development
soberly - (soh lee) - 19, 358, 423, 564 - exclusive / singular / solitary / unique
solely - (soh lee) - 192 - only / entirely / exclusively
solemn - (sah lum) - 31, 105 - very serious / earnest / grave / somber
solicitation - (soh liss uhs tay shun) - 564 - seeking / asking / endeavor to obtain
- soliciting (soh liss uhs ting) - 223 - seeking to obtain trade or something desired
solidify - (soh lid uhs fye) - 329 - harden / strengthen / make solid, strong, or hard
- sophisticated - (soh fiss teh kay tid) - 338,389,536 - worldly-wise / intellectual / having gained worldly knowledge or refinement / complex or complicated
- sophistication - (soh fiss teh kay shun) - 447 - worldliness / the process or result of becoming cultured, knowledgeable, developed, complex, or refined
- some people - (sof uhm or) or (sof uhm) - 173, 210, 321 - 2nd 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 - so t = a fool)
- soundness -xxvi - validity / reliability / being free from defect / having a firm basis
- souless - (sow suz) - 289 - people who are habitually drunk / 'pickled' people
sovereign - (so uhr in) jo (sor rin) - 469 - self-governing / politically independent
spadework - 252 - groundwork / preparatory work needed for a project or activity
spasm - (spaz um) - 416 - sudden, involuntary contraction
spasmatic - (spaz mod ik) - 201 - fitful / convulsive / spasm like / intermittent
speakeasies - (speek e eez) - 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 - (spear hedz) - 49 - leading forces / the driving force in an endeavor
- specific - (speh sik ik) - 69,90 - s - 487 - particular / definite / individual / precise, clear, or special / clearly expressed / individual / fixed and distinct from others
- specifically - (speh sik ik lee) - 20,420 - particularly / precisely / in a specific way
- specimen - (speh uhm mun) - xxii - example / sample / representative part
spectacular - (spek tak yuh lur) - 113, 567
- very impressive / sensational / dramatic
- spectral - (spek turz) - 123 - (plural form of the British spelling of 'specter')
- ghosts / mental images that haunt the mind
speculation (spék u lā shun) - 2, 3 - stock market transactions / entering in risky business transactions on the chance of quick and considerable profit

spheres (s'feerz) - 10 - planets and stars / celestial bodies of the universe

spiderly (spī dure) - 721 - appearing like a spider or a spider’s web in form

spineless (spīn lūs) - 139 - weak willied / soft / inadequate / ineffective / feeble


spiritual (- speer e c h wul / speer ut chwul / speer 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 e choo al u h) - 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 (- speer it chul e / speer ut chool wo) - 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, 37,39,117,204,205,269,343,383,439,491,504 - all as - “in spite of” - “in spite of” - not stopped by / regardless of

splendid (- splen did) - 40 - very good / admirable / magnificent / praiseworthy

sponsor (- 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 someone else during a period of instruction

sponsorship (- spon sur ship) - 263,576 - leading someone through a proven path that will awaken them to the spirit within" - Don P. / see sponsor

spawled (- spralld) - 538 - lying with body and limbs spread out awkwardly

scoop - xxii, 32,35,37,39,92,99,109,143,155,174,290 scoops - (spreez)

squadron - (skwad run) - 523 - a group making up a basic air force unit

squander - (skwahn dur) - 66 - waste up / 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 of 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 (- stear 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 u h / stir u l 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 yu lay shun) - 249 - requirement / condition of an agreement

stockbroker (- stok brok 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 uh) - 122 - stray / wander / be late / lag / meander

straightway (- stray t way) - 188 - without delay / at once / in a direct course

strenuous (- stren u u) - xvi, 16,64,174 - energetic / forceful / lively / vigorous

striked (- strik u n) - 105, 161, 375 - having been struck with or by

strikingly (- strike ing lee) - 50
- very much / remarkably / to an exceptional degree

strtive (- strтив) - 386 strivings (-...svingz) - xviii
- try / work / attempt / seek / exert one’s mental or physical powers to do or make

stubbornness (- sub urn us) - 140 - unreasonable resistance / being firmly, stubbornly, often unreasonably determined or rigid in purpose or will

stuffy (- stuff u) - 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 (- sub blime / sub blyme) - 1 - grand / magnificent / glorious / superb

subscribe - (sub scribe / sub skryeb) - 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 ei a ir) - 211
- company having more than half of its stock owned by another company

subtle (- sut ul / subtle) - 40,85
- sly / elusive / clever / devious / barely obvious

suburb - (sub surb) - 182
- residential area or community lying just outside of a city

succession - (suk sesh un) - 35,38 - order / procession / sequence / progression

successful - (suk sess iv) - 136 - consecutive / following in uninterrupted order

successor - (suk sess ur) - 367 - one that follows after or replaces another

succeed - (suh cum'd) - xxix, 160 - gave in / surrendered / submitted

suffice - (suf ice / suf fice) - 234 suffices - (suf ice uz / suf fice uz) - xxvii
- be enough / meet or satisfy the need / to be enough for / prove adequate

sufficient - (suf fish unt) - xvi, 24,44,45,46,152,255,567,575 -enough / adequate

sufficiently - (suf fish unt lee) - 21 - adequately / satisfactorily / what is needed

suffused - (suf fewz'd) - 251 - filled / spread over, under, or throughout
wet brain - 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")

whatasoever -( 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"

whooppee -(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 -(wil 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 - xxi, 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 nuss)-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 -(rehawk n’nd)- 43- world famous / widely known and praised

wrest -(rest)-61 - force / pull / wrench / gain something with difficulty by, or as if by, force, violence, or determined personal efforts

wring -(ring ur)- viii, 38,43,224,382 - something that wrings or squeezes (from the wringer rollers of 'wringers washers' of the late 1800s to mid 1900s)

-wrighting -(re th’ng)- 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)

[y'et' has become commonly used as an acronym for: You're Eligible Too]

yield -(yeuld / 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