1. **Beneficial** *(adj.)* Producing good or helpful results; advantageous.  
   - A balanced diet is **beneficial** to your overall well-being.
2. **Abandon** *(verb)*  To leave something behind or give up completely.  
   - The hikers had to **abandon** their campsite due to a wildfire.
3. **Abrupt** *(adj.)*  Sudden and unexpected.  
   -his **abrupt** arrival everyone confused.
4. **Aggravate** *(verb)*  To make worse or more severe.  
   -Loud noises can **aggravate** her headache.
5. **Astonishing** *(adj.)* Extremely surprising or impressive.  
   It was **astonishing** to see how fast he solved the puzzle.
6. **Attain** *(verb)* To achieve or reach something through effort.  
   -She finally **attained** fluency in English after years of practice.
7. **Appraise** *(verb)*  To evaluate or assess the value of something.  
   -The antiques expert came to **appraise** the painting.
8. **Awkward** *(adj.)*  Uncomfortable or embarrassing  
   -She felt **awkward** when she forgot the words to her speech.
9. **Authentic** *(adj.)*  Genuine; real; not fake or copied.  
   -The painting at the museum is **authentic**.
10. **Abolish** *(verb)* To officially end a law, system, or practice.  
    **-** The country voted to **abolish** slavery in the 19th century.
11. **Aroma** *(noun)* A pleasant smell, especially from food  
    **-** The **aroma** of mansaf filled the entire house.
12. **Terminate** *(verb)* To bring something to an end.  
    **-**The company decided to **terminate** his contract due to poor performance.
13. **Suppress** *(verb)* To stop or hold something back, especially feelings or actions.  
    -She tried to **suppress** her laughter during the serious speech.
14. **Reluctant** *(adj.)*  Unwilling or hesitant.  
    **-** He was **reluctant** to speak in front of the large crowd.