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.