



# Word Workout, Level One: Building a Muscular Vocabulary in 10 Easy Steps

*Charles Harrington Elster*

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*This audio CD is for Level One from Word Workout by Charles Harrington Elster*

*Word Workout* is a practical book for building vocabulary—a graduated program featuring thousands of words that begins with those known by most college graduates and ascends to words known only by the most educated, intelligent, and well-read adults. This workout is a comprehensive program, chock-full of information about synonyms, antonyms, and word origins, and replete with advice on proper usage and pronunciation. There are also creative review quizzes at each step of the way to measure your progress and reinforce learning. Unlike other vocabulary books, *Word Workout* provides a complete learning experience with clear explanations and surefire methods to retain new knowledge. Far more than a cram session for a standardized test, this book is designed as a lifetime vocabulary builder, featuring words used by the top tier of literate Americans, laid out in ten accessible chapters designed for anyone who is looking for some serious verbal exercise.

From "avowal" to "proselytize," from "demagogue" to "mendicant," Charles Harrington Elster has carefully picked the words you need to know, and given you an easy, fast, and fail-safe way to learn and remember them.

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