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Episode #290

Sigmund Freud | Father of Psychoanalysis

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[00:00:00] Hello, hello hello, and welcome to English Learning for Curious Minds, by Leonardo English.

[00:00:11] The show where you can listen to fascinating stories, and learn weird and wonderful things about the world at the same time as improving your English.

[00:00:21] I'm Alastair Budge, and today we are going to be talking about Sigmund Freud; the [pioneer](#)¹ of psychoanalysis, the study of the [unconscious](#)² mind.

[00:00:32] To some, he is the man who created a vitally important way of understanding the human mind.

[00:00:38] To others, he was a sex-obsessed [pseudoscientist](#)³.

¹ the first to explore that field or subject

² the part of the mind that we don't see or understand but which affects behaviour and emotions

³ fake scientist

[00:00:43] Whatever you think of Sigmund Freud, he transformed, and in many ways [shaped](#)⁴, how we think about ourselves; and, well, think about thinking!

[00:00:52] Freud's theories on [consciousness](#)⁵ led him to new treatments for mental illness, some [questionable](#)⁶ and some still very much in use today – and turned him into a household name.

[00:01:04] But it was not an easy path to success; Freud faced discrimination, controversy, and tragedy along the way.

[00:01:12] OK then, Sigmund Freud.

[00:01:16] Freud was born on the 6th of May of 1856 in Freiberg, in Moravia, which is now part of the Czech Republic.

[00:01:24] His family were Jewish and lived in the predominantly Catholic city until they moved in 1860, to the Jewish neighbourhood of Leopoldstadt in Vienna.

⁴ formed, changed

⁵ the fact of the mind knowing or understanding itself and the world

⁶ open to question, not accepted by everyone

[00:01:36] Freud's family were likely attracted to the new [liberating](#)⁷ policies of the Austro-Hungarian empire, which [ensured](#)⁸ equal rights for Jews and the [abolishment](#)⁹ of ghettos.

[00:01:49] And although Freud was a non-practising Jew his whole life, his [heritage](#)¹⁰ would lead to much [hardship](#)¹¹ and pain.

[00:01:58] Freud's early life was a time of strict societal expectations.

[00:02:04] People were expected to follow gender roles; personal matters were to be kept private; sexual expression was completely [taboo](#)¹², completely forbidden; and mental health issues were not understood, instead of [therapy](#)¹³ there were dangerous drugs, [asylums](#)¹⁴ or even deadly brain surgeries.

[00:02:26] However, some things in the world were beginning to change.

⁷ providing an escape from a situation which limited freedom of thought or behaviour

⁸ secured, guaranteed

⁹ removal

¹⁰ ethnic or religious background

¹¹ difficult conditions

¹² prohibited or forbidden by society standards

¹³ treatment

¹⁴ institutions for the care of people who were mentally ill

[00:02:31] In 1871, two years before Freud began studying Medicine at the University of Vienna, Charles Darwin published The Descent of Man. The book proposed humans descended from apes and, as such, were subject to natural instincts and [urges¹⁵](#).

[00:02:51] Freud would go on to admit in his autobiography that Darwin's theories 'strongly attracted me, for they [held out¹⁶](#) hopes of extraordinary advance in our understanding of the world'.

[00:03:04] The changes in the understanding of the world from Darwin and many others, had a profound impact upon Freud's own theories of the mind.

[00:03:14] After Freud got his doctorate degree in medicine, in 1882, he began working as a clinical assistant at the General Hospital in Vienna.

[00:03:25] During this time, he met the woman who would become the love of his life, Martha Bernays, the daughter of an important Jewish family from Vienna.

[00:03:36] But Freud was not yet in a position to marry Martha, as he did not have enough money or the reputation to marry a woman of such high social status.

¹⁵ strong desires or wishes

¹⁶ offer a chance of

[00:03:46] So, he really began to concentrate on advancing professionally, and [to make a name for himself¹⁷](#), so that Martha's parents would agree to let him marry their daughter.

[00:03:59] This would take some time.

[00:04:01] Freud began to research what he believed was a valuable and effective medical treatment ... and it was, cocaine, which I should add was not illegal at the time.

[00:04:14] Throughout the early 1880s, Freud studied how cocaine could be used as a local [anaesthetic¹⁸](#) and a treatment for depression.

[00:04:23] He was also, [undeniably¹⁹](#), a big fan of the drug himself.

[00:04:28] He wrote positively of the effects it had on him, claiming it helped him in social situations and made him feel energised, all without the negative effects of alcohol.

[00:04:40] He believed in cocaine so much that in 1884, he published a paper which he described as 'a song of [praise²⁰](#) to this magical substance'.

¹⁷ to be successful and well-known

¹⁸ a substance that makes a patient feel no pain, narcotic

¹⁹ in a way that is certainly true, certainly

²⁰ the expression of approval or admiration

[00:04:51] However, Freud would soon come to regret these, somewhat, [hasty](#)²¹ judgements, when the negative and addictive effects of the drug became more widely known.

[00:05:03] Even Freud's own friend, a man named Ernst von Fleischl-Marxow, who Freud had introduced to cocaine to combat his own morphine addiction, would go on to die of an [overdose](#)²² in 1891.

[00:05:17] Ultimately, and perhaps unsurprisingly, Freud's studies on cocaine did not have the effect on his career that he had hoped for.

[00:05:27] In fact, they only weakened his [standing](#)²³, his reputation, in the scientific community.

[00:05:33] This was not to be the big discovery Freud had hoped for, nor his path to marrying Martha.

[00:05:41] In the second half of the 1880s, though, his [prospects](#)²⁴ began to improve.

²¹ not involving much thought

²² too much of the drug taken

²³ reputation

²⁴ chances or opportunities for success

[00:05:46] In 1885, Freud went to Paris to work with the neurologist Jean-Martin Charcot, to study [hypnosis](#)²⁵ and what was called, 'hysteria' – an [outdated](#)²⁶ and generalised term for a variety of mental illnesses.

[00:06:04] The time spent with Charcot was deeply influential, as Freud saw how [patients](#)²⁷ under [hypnosis](#) would explain desires, fears and memories that were not [apparent](#)²⁸ in their conscious mind.

[00:06:19] It introduced Freud to the idea of an [unconscious](#) mind lying within us.

[00:06:26] When Freud returned from Paris the following year, he opened his own [practice](#)²⁹ to treat mental illness and began working with a man called Josef Breuer.

[00:06:37] Breuer had also studied how [hypnosis](#) and talking could treat mental illness. He told Freud about a past patient of his named Anna O, whose [symptoms](#)³⁰ had reportedly improved after talking openly about her experiences.

²⁵ a state in which a person seems to be asleep but can still see, hear, or respond to things said to them

²⁶ no longer used, out of date

²⁷ the people who were receiving medical care

²⁸ able to be seen or understood by

²⁹ business as a doctor

³⁰ changes that were caused by the illness

[00:06:56] Anna O was actually the one to [coin the term](#)³¹, ‘talking cure’; and such a cure was [ground-breaking](#)³² in a world where sharing private thoughts was [deemed](#)³³ inappropriate and impolite.

[00:07:11] Freud was [captivated](#)³⁴ by this focus on talking, and it certainly influenced his own [practice](#).

[00:07:19] He stopped using [hypnosis](#) and focused purely on listening to [patients](#) who would talk to him while lying on a couch.

[00:07:27] And while Freud was not yet a household name, he had finally made enough money to marry Martha, and they would go on to have six children over the next decade.

[00:07:39] Eventually, Breuer and Freud would go on to publish their book Studies on Hysteria in 1895. But as Freud continued to develop his own ideas around mental illness, a [rift](#)³⁵, a division, [emerged](#)³⁶ with his collaborator.

³¹ create or invent the phrase

³² introducing important new ideas or methods

³³ considered

³⁴ extremely interested in

³⁵ division

³⁶ appeared

[00:07:57] Breuer soon ended their work together, as he did not agree with Freud's [fixation](#)³⁷ on sex and its role in the formation of mental disorders.

[00:08:08] In Breuer's own words: 'the [plunging](#)³⁸ of sexuality in theory and [practice](#) is not to my taste'.

[00:08:16] Indeed, it was not to the taste of most at this time, which made Freud's theories all the more controversial. As we'll come to discuss, to this day Freud's [fiercest](#)³⁹ critics claim he has a singular obsession with sex.

[00:08:34] It would be a year later in 1896 when the 40-year-old Freud would first [coined](#) [the term](#)⁴⁰ 'psychoanalysis' to describe his own talking therapy.

[00:08:45] The [premise](#)⁴¹ was that [patients](#) could [recall](#)⁴² experiences or emotions from their past that had been hidden in their [unconscious](#); and by talking openly about these, a patient could [confront](#)⁴³ and [overcome](#)⁴⁴ them.

³⁷ very strong and unreasonable interest in, obsession

³⁸ involvement, introduction

³⁹ most intense or strong

⁴⁰ created or invented the word

⁴¹ idea on which it was based

⁴² bring them to memory

⁴³ face, deal with

⁴⁴ succeed in dealing with them

[00:09:00] Freud would continue to [refine](#)⁴⁵ this [practice](#) over the next few years and used himself as a test subject following the death of his father.

[00:09:11] Freud believed the emotions he felt following this loss were a result of [repressed](#)⁴⁶ feelings surrounding experiences in his own childhood.

[00:09:21] To further his analysis, Freud turned to his dreams, and this was certainly controversial at the time. Dreams were not considered serious material [worthy](#)⁴⁷ of scientific analysis – they were nonsense, fairy tales, and the product of a sleeping, [barely](#)⁴⁸ functioning, mind.

[00:09:43] Characteristically [undeterred](#)⁴⁹ though, not [put off](#)⁵⁰, by [contemporary](#)⁵¹ opinions, Freud went on to publish his findings in 1899, in what would become one of his most famous works: The [Interpretation](#)⁵² of Dreams.

⁴⁵ improve

⁴⁶ not expressed, suppressed

⁴⁷ deserving

⁴⁸ only just

⁴⁹ not discouraged or stopped by the difficulties

⁵⁰ not discouraged or stopped by the difficulties

⁵¹ existing at that time

⁵² understanding or explanation

[00:09:59] Of course, people trying to [interpret](#)⁵³ their dreams is nothing new, but Freud's innovation was to approach this from a clinical perspective, from a scientific and medical point of view.

[00:10:13] The book was [profound](#)⁵⁴ and of lasting influence, and it argued that dreams were an important element to the human [psyche](#)⁵⁵.

[00:10:23] Not only was Freud's discussion of dreams so shocking, but his [insistence](#)⁵⁶ that his theories were applicable to everyone, not just those suffering from mental illness, was hard to believe.

[00:10:38] The [Interpretation](#) of Dreams holds many [complex](#)⁵⁷ concepts but its key point is that dreams make evident things that are happening in the [unconscious](#), specifically, [repressed](#) fears and desires from childhood.

[00:10:54] It's in this book that Freud also introduced the [provocative](#)⁵⁸ 'Oedipus Complex'.

⁵³ understand, explain

⁵⁴ deep, showing great knowledge

⁵⁵ the human soul, mind, or spirit

⁵⁶ the fact of stating it strongly

⁵⁷ having a lot of details, complicated

⁵⁸ causing discussions and disagreement

[00:11:00] The name **stems**⁵⁹ from the myth of Oedipus in Greek mythology, where the **eponymous**⁶⁰ **protagonist**⁶¹ kills his father, in order to marry his mother.

[00:11:10] If you're familiar with Greek mythology, you'll know this sort of thing is not too unusual.

[00:11:17] **Nonetheless**⁶², Freud's concept is named after the story of Oedipus because it theorised how a child feels in competition with their parent of the same sex, for possession of their parent of the opposite sex, how a son feels towards his father, or a daughter feels towards her mother.

[00:11:36] Despite all the **ground-breaking** and controversial discussions in the book though, it was not an immediate success, and it sold less than a hundred copies in its initial release.

[00:11:49] And, unsurprisingly, it **drew**⁶³ much criticism from the scientific and medical communities.

⁵⁹ comes or originates

⁶⁰ having the same name

⁶¹ the main character of the story

⁶² in spite of that, however

⁶³ attracted, caused

[00:11:56] But, once again, Freud would continue in spite of his critics, and in 1901 he published The Psychopathology of Everyday Life, which discusses what are now called Freudian **slips**⁶⁴.

[00:12:10] A Freudian **slip**⁶⁵ is also known as a '**slip** of the tongue', it's when we say something by accident.

[00:12:17] But for Freud they are not just accidents or mistakes, they are the **unconscious** mind **purposefully**⁶⁶ making its way to the surface.

[00:12:27] One example of this is that moment we all **dreaded**⁶⁷, we feared in school, accidentally calling a teacher mum or dad.

[00:12:36] A Freudian analysis might see this as a child associating their teacher with their parent because they miss them and want to go home.

[00:12:46] Although many disagreed with Freud's theories, as the years went on he continued to publish many papers and was appointed Professor of Neuropathology, at the University of Vienna.

⁶⁴ things said by accident

⁶⁵ something said by accident

⁶⁶ intentionally, on purpose

⁶⁷ feared

[00:12:58] Increasing numbers of people would come and listen to his lecture and he began to gain more followers.

[00:13:06] Even with the controversy surrounding his work, things were finally [looking up](#)⁶⁸ for Freud, and he was getting the recognition that he believed he deserved.

[00:13:16] By 1908, the Vienna Psychoanalytic Society was established, and Freud's reputation began to spread across Europe and all the way to America.

[00:13:27] One friendship in particular helped Freud's [notoriety](#)⁶⁹; it helped him become better known— that of Carl Jung, the Swiss psychiatrist 19 years his junior, 19 years younger than him. Freud had hoped that Jung would help bring psychoanalysis into the [mainstream](#)⁷⁰.

[00:13:47] Jung was younger, he was [a fresh face](#)⁷¹, and most importantly, he was not Jewish.

[00:13:54] Freud was fully aware of the [prejudice](#)⁷² he faced as a Jew and the effect this had on his reputation.

⁶⁸ looking good

⁶⁹ state of being famous or well known

⁷⁰ ideas that are accepted and considered normal by most people

⁷¹ someone who had a young, healthy-looking face

⁷² unfair and unreasonable opinions about him

[00:14:03] Jung was free from such [prejudice](#), and he would ensure that psychoanalysis would not become associated with Judaism and that it would be considered a science [in its own right](#)⁷³.

[00:14:16] For a time, Jung was a great supporter and friend of Freud, they would [engage](#)⁷⁴ in discussions lasting hours on end and Jung would defend his friend in the face of [detractors](#)⁷⁵.

[00:14:29] Jung even became the president of the International Psychoanalytic Association, and accompanied Freud on important trips across the globe – trips that secured Freud's growing fame and reputation.

[00:14:43] However, the relationship between the pair would not last.

[00:14:48] Some people [speculate](#)⁷⁶, in a Freudian way, that Jung had a problem with Freud, viewing him as a kind of father figure, while Freud had sexual feelings towards Jung.

[00:15:01] Whatever the reasons, by 1913, the pair [broke off](#)⁷⁷ all contact and they would never see each other again.

⁷³ because of its own special qualities and not because of a connection with something else

⁷⁴ participate

⁷⁵ the people that criticised or didn't approve of him

⁷⁶ guess, think

⁷⁷ stopped, ended

[00:15:10] 1913 not only saw the end of this friendship but the end of the world as it was known, for a year later would see the start of the First World War.

[00:15:21] Freud was too old to serve in the war - he was 58 - but, as you might expect, the war had a major impact on his work.

[00:15:31] **Patients** stopped attending, international activities **halted**⁷⁸, and the trauma of the war came very close to Freud's home as his three sons were drafted into military service – luckily, though, they all survived.

[00:15:46] While Freud was not seeing as many **patients**, he concentrated on his research and wrote **prolifically**⁷⁹.

[00:15:53] By 1920, Freud produced another of his most famous papers, called Beyond the Pleasure Principle.

[00:16:00] Here, Freud introduces the concept of the three elements that **comprise**⁸⁰, that **make up**⁸¹ the human **psyche**: the Id, the Ego and Super-ego.

[00:16:12] He would go on to develop the discussion on this theory in 1923.

⁷⁸ stopped happening

⁷⁹ in a way that produced a lot of works or papers

⁸⁰ form, constitute

⁸¹ form, constitute

[00:16:18] In a simplified way, the Id [harbours](#)⁸² our [unconscious](#) desires and pushes us to gain pleasure in life; the Ego is governed by reality and [pragmatism](#)⁸³, and functions as a [regulator](#)⁸⁴ for the Id and Super-ego, the latter being concerned with morals, ideals and guilt.

[00:16:39] So, we can think of the Id like a little devil on our shoulder, and the Super-ego an angel on the other.

[00:16:48] Beyond the Pleasure Principle also introduces the concept of the 'Death Drive', the [notion](#)⁸⁵ or idea that all humans are driven towards death. Freud had, after all, declared that 'the aim of all life is death'.

[00:17:04] Freud had just lived through the horrors of the First World War, so this [morbid](#)⁸⁶ [cynicism](#)⁸⁷ does make some sense when you realise what he had seen.

⁸² keeps, holds

⁸³ a way of dealing with situations that is based on practical approaches and solutions

⁸⁴ a device that controls and balances

⁸⁵ idea or belief

⁸⁶ related to very unpleasant subjects, especially death

⁸⁷ an attitude characterised by a general distrust and by the idea that things are not going to end well, negativity

[00:17:14] Now, 1923 was a significant year for Freud not only because of this theory, but also because, at the age of 67, he was diagnosed with cancer of the jaw, likely due to his [lifelong](#)⁸⁸ addiction to cigars.

[00:17:30] During the following ten years, Freud [endured](#)⁸⁹ many painful surgeries and even had part of his jaw removed, although he never managed to quit the cigars.

[00:17:41] But this was not the only tragedy that would [afflict](#)⁹⁰ Freud towards the end of his life, for the catastrophic [tensions](#)⁹¹ that would eventually lead to the Second World War soon [intensified](#)⁹².

[00:17:53] In 1933, the Nazis took over Germany and given that Freud was Jewish, they burnt his books.

[00:18:01] This led to his famous [quip](#)⁹³, his well-known saying, that: ‘What progress we are making. In the Middle Ages they would have burnt me; nowadays they are content with burning my books.’

⁸⁸ lasting for the whole of his life

⁸⁹ suffered

⁹⁰ affect, trouble

⁹¹ bad relationships, hostile behaviours (between countries)

⁹² became greater or more serious

⁹³ clever saying

[00:18:14] Despite the evident danger, Freud was determined to remain in Vienna and he largely [underestimated](#)⁹⁴ the Nazi threat.

[00:18:22] That was until 1938, when the Nazis [raided](#)⁹⁵ his apartment and the Gestapo arrested his daughter, Anna.

[00:18:30] This was a true [wake up call](#)⁹⁶ for Freud and following this horrifying event, he and his wife and daughter [fled](#)⁹⁷ to London.

[00:18:39] Tragically, four of Freud's sisters could not get the right documents to leave with them, and they had to remain in Vienna, eventually being sent to [concentration camps](#)⁹⁸ where they were killed.

[00:18:52] Shortly after arriving in London in 1939, war was officially declared.

[00:18:58] Freud was beginning to lose his own battle, however.

[00:19:01] He had grown weak and [frail](#)⁹⁹ and was suffering greatly due to his cancer.

⁹⁴ failed to understand

⁹⁵ surprisingly visited to arrest suspects

⁹⁶ something that made him realise he needed to act

⁹⁷ ran to escape from danger

⁹⁸ places where large numbers of Jews were kept as prisoners in extremely bad conditions

⁹⁹ unhealthy and easily harmed

[00:19:07] He **sought**¹⁰⁰ help from his friend and doctor Max Schur, a fellow refugee.

[00:19:13] Freud reminded his friend of a promise that he would not 'leave [him] in the lurch', leave him without support or assistance.

[00:19:21] He **insisted**¹⁰¹ it was now time for his friend's support and he **urged**¹⁰² Schur to discuss with Anna, his daughter, ending his pain and suffering.

[00:19:31] While the exact details of the event are not known, many biographers report that Schur administered **doses**¹⁰³ of morphine between the 21st and 22nd of September. As a result, Freud fell into a **coma**¹⁰⁴ and he was pronounced dead on the 23rd of September of 1939.

[00:19:51] After his death, Freud continued to have a **profound** influence on psychology and culture, due to his focus on the **unconscious** and his indication that much of what happens in our mind is hidden or buried.

¹⁰⁰ looked for

¹⁰¹ demanded strongly to have

¹⁰² strongly recommended

¹⁰³ measured amounts

¹⁰⁴ a state in which he couldn't be woken

[00:20:07] Anna, his daughter, also **furthered**¹⁰⁵ her father's work on psychoanalysis, and she became a **notable**¹⁰⁶ child psychologist **in her own right**¹⁰⁷.

[00:20:17] Freud's concepts provided a basis for future philosophers and artists, with ideas around the **unconscious** shaping the way we analyse works of literature and art still to this day.

[00:20:30] However, many details within Freud's theories have largely been rejected over the years. In the 1970s, there was a full-scale academic debate over Freud's legitimacy, appropriately named the 'Freud-wars'.

[00:20:46] Some figures proposed that Freud simply took concepts known for thousands of years and **repurposed**¹⁰⁸, recycled, them in the name of science, completely minimising any real scientific discovery from Freud.

[00:21:01] Many argued that his ideas were sexist and that he did not treat issues of sexual abuse with enough **severity**¹⁰⁹. His concepts that placed abuse in the context of hidden desires were completely unacceptable and highly damaging.

¹⁰⁵ continued, developed

¹⁰⁶ important, worthy of attention

¹⁰⁷ because of her own special qualities and not because of a connection with something else

¹⁰⁸ recycled

¹⁰⁹ seriousness

[00:21:18] Even his daughter, Anna, faced her own [fair share](#)¹¹⁰ of scandal.

[00:21:23] An American author called Jeffrey Masson, who was acting as Director of the Sigmund Freud Archives, discovered that Anna, Freud's daughter, had been hiding many of Freud's letters that dealt with cases of sexual abuse of children.

[00:21:39] When Masson questioned Anna about this she fired him.

[00:21:43] Masson explained to The Atlantic magazine in 1984 that after speaking with others who were close to the Freud family: "I was given to understand that I had [stumbled upon](#)¹¹¹ something that was better left alone".

[00:21:58] Ultimately, Masson came to argue that Freud had ignored and hidden many details in his own studies to strengthen his theory of psychoanalysis.

[00:22:08] Now, for better or worse, Freud has left a lasting legacy.

[00:22:13] In death as in life, he is as controversial as ever, analysed and [pored over](#)¹¹² as much as his own subjects ever were.

¹¹⁰ enough amount

¹¹¹ found unexpectedly

¹¹² looked at and studied carefully

[00:22:22] For some, he is a complete [fraud¹¹³](#) who did more harm than good and only dealt in [pseudoscience¹¹⁴](#), fake science.

[00:22:30] For others, he provided a way to think about understanding our [subconscious¹¹⁵](#), a way to try to understand who we really are, a way to explain our thoughts and feelings.

[00:22:42] Whatever side of the argument you come down on, it's undeniable that he has left a huge mark on how we think about thought, how we think at how all of our minds work.

[00:22:54] He might not have been right about everything, and he certainly made mistakes, but as he famously said, "from error to error, one discovers the entire truth."

[00:23:08] Ok then, that is it for today's episode on Sigmund Freud.

[00:23:13] I imagine that you knew something about Freud already, but whether you are a Freudian expert or whether you only knew a little bit about the man, I hope this was an interesting one.

[00:23:23] As always, I would love to know what you thought about this episode.

[00:23:27] Here's an open question - what do you think about Sigmund Freud?

¹¹³ someone who pretended to be someone he was not, a fake

¹¹⁴ fake science

¹¹⁵ the part of the mind which we don't fully understand but influences our actions and feelings

[00:23:31] Was he a deeply insightful man who helps us understand our [subconscious](#) or a [conman¹¹⁶ peddling in¹¹⁷](#) pseudoscience?

[00:23:39] What do you think we can learn from our dreams?

[00:23:42] Do they hold [clues¹¹⁸](#) to our deepest darkest feelings, or are they simply [passing thoughts¹¹⁹](#) in the night?

[00:23:49] I would love to know, so let's get this discussion started.

[00:23:52] You can head right into our community forum, which is at community.leonardoenglish.com and get chatting away to other curious minds.

[00:24:00] You've been listening to English Learning for Curious Minds, by Leonardo English.

[00:24:05] I'm Alastair Budge, you stay safe, and I'll catch you in the next episode.

[END OF EPISODE]

¹¹⁶ someone who pretended to be someone he was not, a fake

¹¹⁷ selling, dealing in

¹¹⁸ signs or information that help us to understand

¹¹⁹ thoughts that last for a short time

Key vocabulary

Word	Definition
Pioneer	the first to explore that field or subject
Unconscious	the part of the mind that we don't see or understand but which affects behaviour and emotions
Pseudoscientist	fake scientist
Shaped	formed, changed
Consciousness	the fact of the mind knowing or understanding itself and the world
Questionable	open to question, not accepted by everyone
Liberating	providing an escape from a situation which limited freedom of thought or behaviour
Ensured	secured, guaranteed
Abolishment	removal
Heritage	ethnic or religious background
Hardship	difficult conditions

Taboo	prohibited or forbidden by society standards
Therapy	treatment
Asylums	institutions for the care of people who were mentally ill
Urges	strong desires or wishes
Held out	offer a chance of
To make a name for himself	to be successful and well-known
Anaesthetic	a substance that makes a patient feel no pain, narcotic
Undeniably	in a way that is certainly true, certainly
Praise	the expression of approval or admiration
Hasty	not involving much thought
Overdose	too much of the drug taken
Standing	reputation
Prospects	chances or opportunities for success
Hypnosis	a state in which a person seems to be asleep but can still see, hear, or respond to things said to them

Outdated	no longer used, out of date
Patients	the people who were receiving medical care
Apparent	able to be seen or understood by
Practice	business as a doctor
Symptoms	changes that were caused by the illness
Coin the term	create or invent the phrase
Ground-breaking	introducing important new ideas or methods
Deemed	considered
Captivated	extremely interested in
Rift	division
Emerged	appeared
Fixation	very strong and unreasonable interest in, obsession
Plunging	involvement, introduction
Fiercest	most intense or strong
Coined the term	created or invented the word

Premise	idea on which it was based
Recall	bring them to memory
Confront	face, deal with
Overcome	succeed in dealing with them
Refine	improve
Repressed	not expressed, suppressed
Worthy	deserving
Barely	only just
Undeterred	not discouraged or stopped by the difficulties
Put off	not discouraged or stopped by the difficulties
Contemporary	existing at that time
Interpretation	understanding or explanation
Interpret	understand, explain
Profound	deep, showing great knowledge
Psyche	the human soul, mind, or spirit

Insistence	the fact of stating it strongly
Complex	having a lot of details, complicated
Provocative	causing discussions and disagreement
Stems	comes or originates
Eponymous	having the same name
Protagonist	the main character of the story
Nonetheless	in spite of that, however
Drew	attracted, caused
Slips	things said by accident
Slip	something said by accident
Purposefully	intentionally, on purpose
Dreaded	feared
Looking up	looking good
Notoriety	state of being famous or well known
Mainstream	ideas that are accepted and considered normal by most people

A fresh face	someone who had a young, healthy-looking face
Prejudice	unfair and unreasonable opinions about him
In its own right	because of its own special qualities and not because of a connection with something else
Engage	participate
Detractors	the people that criticised or didn't approve of him
Speculate	guess, think
Broke off	stopped, ended
Halted	stopped happening
Prolifically	in a way that produced a lot of works or papers
Comprise	form, constitute
Make up	form, constitute
Harbours	keeps, holds
Pragmatism	a way of dealing with situations that is based on practical approaches and solutions
Regulator	a device that controls and balances

Notion	idea or belief
Morbid	related to very unpleasant subjects, especially death
Cynicism	an attitude characterised by a general distrust and by the idea that things are not going to end well, negativity
Lifelong	lasting for the whole of his life
Endured	suffered
Afflict	affect, trouble
Tensions	bad relationships, hostile behaviours (between countries)
Intensified	became greater or more serious
Quip	clever saying
Underestimated	failed to understand
Raided	surprisingly visited to arrest suspects
Wake up call	something that made him realise he needed to act
Fled	ran to escape from danger
Concentration camps	places where large numbers of Jews were kept as prisoners in extremely bad conditions

Frail	unhealthy and easily harmed
Sought	looked for
Insisted	demanded strongly to have
Urged	strongly recommended
Doses	measured amounts
Coma	a state in which he couldn't be woken
Furthered	continued, developed
Notable	important, worthy of attention
In her own right	because of her own special qualities and not because of a connection with something else
Repurposed	recycled
Severity	seriousness
Fair share	enough amount
Stumbled upon	found unexpectedly
Pored over	looked at and studied carefully
Fraud	someone who pretended to be someone he was not, a fake

Pseudoscience

fake science

Subconscious

the part of the mind which we don't fully understand but influences our actions and feelings

Conman

someone who pretended to be someone he was not, a fake

Peddling in

selling, dealing in

Clues

signs or information that help us to understand

Passing thoughts

thoughts that last for a short time

We'd love to get your feedback on this episode.

What did you like? What could we do better?

What did you struggle to understand?

Let us know in the forum community.leonardoenglish.com