

How to Read People — What They Reveal Without Realizing It : 20 Minutes Book Insights

English learning resource · EN

Key words & expressions · English

15 learning entries

Study task: Listen again and notice the expressions you studied.

1

jump to conclusions

DEF

To decide that something is true before you have enough evidence.

Usually critical: the conclusion may feel convincing, but it is premature.

I jumped to conclusions when she did not reply.

Ask what happened before you jump to conclusions.

2

feel seen

DEF

To feel genuinely noticed, understood and valued by another person.

Seen is metaphorical: it refers to emotional recognition, not eyesight.

They feel seen, they feel distinct.

The people we remember are the people who made us feel seen.

3

to adapt to

DEF

to adjust your behaviour, expectations, or skills to fit a new situation — often involving some difficulty before success

Adapt to is the adjustment verb. Unlike 'get used to' which is more passive — something gradually stops feeling strange — 'adapt to' implies active adjustment: changing how you think or behave to fit better. In professional and personal contexts abroad, adapting to new norms — workplace culture, communication style, social expectations — is a conscious and ongoing process.

Adapting to a new culture takes conscious effort — observe, ask, and adjust rather than assuming.

She adapted to the British workplace culture faster than she expected once she understood the unspoken rules.

4

to adapt

DEF

To change your approach so that it works in new conditions.

Adapt to takes the new situation; adapt something means modify it.

Strong learners adapt when a method stops working.

We adapted the lesson to the smaller group.



5

vulnerability

DEF

the state of being open to criticism, embarrassment, or emotional risk — the willingness to be seen as imperfect
Vulnerability in language learning is not weakness — it is the prerequisite for growth. You cannot speak imperfectly without accepting some vulnerability. The learners who grow fastest are often not the most talented but the most willing to be seen making mistakes.

Speaking a second language requires vulnerability — accept it as part of the process.

She learned to see her vulnerability as a learner not as a weakness but as proof that she was trying.

6

consistency

DEF

the quality of doing something regularly and in the same way, without large gaps or variations
Consistency is the most important variable in language learning — more than talent, intelligence, or the quality of resources. One hour a week is better than nothing; ten minutes a day is better than one hour a week. Consistent exposure beats occasional intensity.

Consistency beats intensity in language learning — show up every day, even for ten minutes.

Her English grew not because she worked hard occasionally, but because she was consistent without fail.

7

meaningful

DEF

having real significance, purpose, or value — not artificial or empty
Meaningful practice is the opposite of drilling — instead of repeating sentences out of context, you use the language to express something you actually care about.

Meaningful communication is the fastest route to fluency — say real things to real people.

The most meaningful vocabulary is the vocabulary you use to talk about your own life.

8

connect

DEF

to join or link together
to establish a relationship or bond
Connecting with others is essential for building relationships.

It's about noticing the things people reveal without meaning to reveal them, not to judge, but to connect.

Empathy replaces distance with connection.

9

to question something

DEF

to express doubt about whether something is true, right, or justified — to not accept it without examination
Question is the core verb of critical thinking. It does not mean to be negative or aggressive — it means to not accept automatically. The best English learners question the grammar rules they are taught: is this always true? Are there exceptions? What is the logic?

Critical thinking starts with a simple habit: question what you are told before you accept it.

She questioned the grammar rule she had learned for years and discovered there were important exceptions.



10

pattern

DEF

a repeated structure, sequence, or design that helps you predict and understand what comes next

In language learning, recognising patterns is the real shortcut to fluency — not memorising rules, but hearing how sentences naturally repeat the same structure.

Start noticing the patterns in English sentences — subject, verb, object — and grammar becomes easier.

Patterns are like musical beats — once you feel them, you can dance.

11

empathy

DEF

the ability to understand and share the feelings of another

the capacity to place oneself in another's position

Empathy is essential for building strong relationships and understanding others.

If you want to understand people deeply with accuracy and kindness, you need empathy.

Empathy replaces confusion with understanding.

12

to observe

DEF

to watch, notice, or study something carefully and deliberately, without necessarily intervening

Observe is more deliberate and focused than 'see' or 'notice'. In language learning, observing is how you absorb vocabulary and patterns from real native speech — you watch, you notice, you remember. Observing before imitating is the core of shadowing.

Observe how native speakers use pauses — the silence is as important as the words.

She spent her first week in London just observing conversations around her before trying to speak herself.

13

signal

DEF

a gesture, action, or sound that is used to convey information or instructions

an indication of something

Signals can be verbal or non-verbal and are crucial for communication.

That small shift is the real signal.

These signals don't mean someone is lying.

14

to notice

DEF

To become aware of something or someone by seeing, hearing, or feeling them.

To pay attention to something or someone.

'To notice' implies a conscious act of becoming aware, often used in everyday contexts to describe the act of perceiving something that might not be immediately obvious.

Just noticing.

So two phrases here: "to notice", and "to flow".



15

to value something

DEF

to recognise and appreciate the importance or worth of something in your life

Value is both a noun and a verb in English. As a verb, it means to hold something as important. When you value your English learning, you protect time for it. When you value relationships, you show up for them. Learning to express what you value is essential for meaningful conversation.

Value the small wins — every word you learn, every conversation you have is progress worth recognising.

She truly valued the podcast because it was the first English content that had ever felt personal to her.

