

# 脱口说英语

作者权威 ⊙ 内容全面 ⊙ 质量精准  
高效实用 ⊙ 语音纯正 ⊙ 印刷精美

# 习语口语大全

## SPOKEN

## ENGLISH

主审 ⊙ 北京外国语大学 江 涛  
主编 ⊙ 李 啸 黄晓琳  
审订 ⊙ 【美】Eve Bower

SPOKEN ENGLISH



### 实用生活篇

超值 9 小时  
附赠 MP3 光盘一张

朗读

【美】William (男) 【美】Max (男)  
【美】Camilla (女) 【美】Sarah (女)

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# English Talk Show—— Idioms in Daily Life

## 脱口说英语——习语口语大全（实用生活篇）



口头交谈是日常生活中最普遍的一种交流方式。但大多数英语学习者往往只将所学的书面表达方法用在口语上，导致口语表达生硬、不得体，甚至造成误解。因此，要掌握一门语言，就必须掌握其口语习语。口语习语是人们进行思想交流和思想表达的重要途径，英语的口语习语既包括成语、谚语和典故，也包括俗语和俚语。本书最大的特点就是取材于现代交际中出现频率较高的成语、谚语和俚语，通过对其做出详尽的解说，使读者朋友能够在日常生活中说一口地道流畅的英语，拉近与交谈者的距离，从而更深入地了解他国的文化，达到交流的目的。

每条习语分为三个模块：

### 衍生词意

掌握习语的引申词义，不但可以帮助我们更为清晰地了解西方国家的语言习惯，而且可以促使我们更有把握地说一口地道生动的英语，更好地同外国友人交流。

### 字面解释

根据字面意思来进一步解读习语的意思。习语除了字面意思外，绝大部分都含有更深层次的意思，了解它的字面意思可以帮助我们更好地记忆。

### 适用情景

情景对话使大家身临其境，更加主动地练习和掌握习语的用法，举一反三，活学活用。

愿本书成为大家的良师益友，在口语学习中助大家一臂之力，使大家再也不用为出现在简单交流中的俚语而发愁，从而达到事半功倍的效果。

PART 1 Modern Life  
时尚生活篇



**A**

- a backseat driver 爱指手画脚的人 ..... (2)
- a black sheep 败家子,害群之马 ..... (2)
- a blue chipper 出类拔萃的人,拔尖的人 ..... (2)
- a breath of fresh air 一股清风,使人耳目一新的人 ..... (2)
- a chicken guy 胆小鬼 ..... (3)
- a dead beat 经常借钱赖账的人,寄生虫 ..... (3)
- a fag end 一事无成 ..... (3)
- a fair-weather friend 不能共患难的朋友 ..... (3)
- a hard nut 冥顽不化的人,无知无觉的人 ..... (4)
- a hen-pecked husband 妻管严,怕老婆的人 ..... (4)
- a loan shark 放高利贷的人 ..... (4)
- a man/woman of means 富人 ..... (4)
- a nine days' wonder 一闪即逝的人或物 ..... (4)
- a plain Jane 不起眼的女人 ..... (5)
- a private eye 私人侦探 ..... (5)
- a red letter day 大喜日子 ..... (5)
- a sad dog 粗野的人 ..... (5)
- a straw in the wind 迹象,预兆,苗头 ..... (5)
- a thorn in one's flesh 眼中钉,棘手的事 ..... (6)
- a wet blanket 使人扫兴的人 ..... (6)
- act of God 天灾,不可抗力,天意 ..... (6)
- Adam's apple 喉结,咽喉 ..... (7)
- after one's own heart 合某人的心愿 ..... (7)
- all but 几乎,差不多,除了……都……,几乎完全的 ..... (7)
- an open book 昭然若揭的事 ..... (8)
- argue sb. down 驳倒 ..... (8)
- argue the toss 事已至此,争也无用 ..... (8)
- armed to the teeth 武装到牙齿,全副武装 ..... (8)
- as dry as a bone 十分干燥 ..... (8)
- at heart 本质上的,非表面的 ..... (9)
- at loose ends 没事可做,心里没有着落 ..... (9)

- at one's bidding 遵……之命,照……的旨意 ..... (9)
- atomic cocktail 原子鸡尾酒 ..... (9)

**B**

- bag and baggage 全部所有物,总的,整个的 ..... (10)
- bat around 到处游荡,反复考虑,推敲 ..... (10)
- be at one's wits' end 不知如何是好 ..... (10)
- be down one's alley 最擅长的 ..... (11)
- be expecting 怀孕 ..... (11)
- be hard up 一贫如洗 ..... (11)
- be in the seventh heaven 高兴极了 ..... (11)
- be more nice than wise 死要面子活受罪 ..... (12)
- be off one's head 变疯狂 ..... (12)
- be on edge 坐卧不安 ..... (12)
- be taken aback 大吃一惊 ..... (12)
- be up in arms 满腔怒火 ..... (13)
- beat around/about the bush 说话拐弯抹角,说话兜圈子 ..... (13)
- beat the drum(s) 竭力鼓吹;热烈支持 ..... (13)
- beef 发牢骚 ..... (13)
- between you and me 你知我知,不可让第三者知道 ..... (14)
- big house 监狱 ..... (14)
- bite the bullet 咬紧牙关挺住,克服眼前的困难 ..... (14)
- blow hot and cold 喜怒无常,出尔反尔 ..... (15)
- blue in the face 面红耳赤,很生气 ..... (15)
- blunder upon 偶然碰上,无意中发现 ..... (15)
- brazen it out 厚颜无耻 ..... (15)
- break out (occur, happen suddenly) 突然发生,出现 ..... (16)
- break up 分手,分开(尤指夫妻之间的离婚) ..... (16)
- build a fire under somebody 催促某人 ..... (16)

- built on the sand 基础不牢固,不切实际 ... (16)  
 burn the candle at both ends 过分消耗精力或钱财 ... (17)  
 butt in 插嘴,插手,干涉 ... (17)  
 butter both sides of one's bread 左右逢源 ... (17)

**C**

- carry a torch for somebody 单相思 ... (17)  
 chill out 罢手 ... (18)  
 chuckhole 路上的坑 ... (18)  
 clamp down on 严格限制,取缔 ... (18)  
 cliff-hanger 惊险的情况,扣人心弦的故事 ... (18)  
 come and go 转瞬即逝 ... (19)  
 come to a sticky end 下场(结局)难以收拾 ... (19)  
 cook up 编造,捏造 ... (19)  
 cool someone out 抚慰某人,使某人消气 ... (19)  
 cop out 逮住某人,避重就轻地认罪 ... (19)  
 count on 指望,指望 ... (20)  
 cover up 掩饰 ... (20)  
 cronyism 任人唯亲,偏爱,袒护(而给予职务) ... (20)  
 crop up 突然发生或出现 ... (20)  
 cross one's heart 我保证 ... (21)  
 cut it up 仔细分析某事 ... (21)  
 cut off one's nose to spite one's face 生气反害自己,拿自己出气 ... (21)  
 cut out 戒掉 ... (21)  
 cut up 心情沮丧 ... (22)  
 cut-and-dried 枯燥乏味的,刻板陈腐的 ... (22)

**D**

- dead beat 筋疲力尽 ... (22)  
 dig dirt about sb. 讲某人的坏话 ... (22)  
 do away with 废除,破除 ... (23)  
 drive sb. up a wall 把某人逼上绝路 ... (23)  
 duck soup 轻而易举的小事 ... (23)  
 dump on 对...吹毛求疵 ... (23)

- Dutch courage 酒后之勇 ... (24)

**E**

- eat one's words 收回自己的话 ... (24)  
 escape 逃避,逃避的方法(工具) ... (24)

**F**

- fair play 公正无私 ... (24)  
 fall back on 别无选择,只得使用 ... (25)  
 fall flat 摔得结结实实,落得无趣 ... (25)  
 fall from grace 失宠 ... (25)  
 fall off one's chair 很吃惊 ... (25)  
 fall on one's feet 安然摆脱困境 ... (26)  
 fall out with 争吵 ... (26)  
 far and wide 到处,各处;广泛的 ... (26)  
 fat city 舒适成功的条件 ... (26)  
 feed one's face 吃饭 ... (27)  
 feel a lump in one's throat 心里感到很难受 ... (27)  
 feel small 自觉渺小,自卑 ... (27)  
 fill a prescription 照药方配药 ... (27)  
 fill somebody in on the details 给某人提供详细情况 ... (27)  
 find one's tongue 终于能开口讲话,终于说得话出来 ... (28)  
 finger-pointing (blaming) 责怪 ... (28)  
 flat broke 破产,一文不名 ... (28)  
 flesh and blood 血肉之躯 ... (28)  
 flick through 漫不经心地翻阅 ... (29)  
 fly in the face of 向...挑战 ... (29)  
 follow suit 学样,照别人的样做 ... (29)  
 force one's hand 强人所难,逼人就范 ... (29)  
 foul one's own nest 说自家人的坏话,家丑外扬 ... (30)  
 frame of mind 心情,心思,情绪 ... (30)

**G**

- get a kick in the teeth 受到重大挫折或责备 ... (30)  
 get along in years 年纪老起来了 ... (30)  
 get caught 被抓住,被逮捕 ... (31)  
 get one's back up 生气,使发怒 ... (31)

- get out of 逃避责任 ..... (31)
- get someone's goat 使人恼怒,惹人生气 ... (31)
- get something right 使某事恢复正常;正  
确理解某事 ..... (32)
- get somewhere/anywhere 达到某种程度  
的成就 ..... (32)
- get the air (尤指被女子)抛弃 ..... (32)
- get the goods on sb. 抓到某人的把柄 ..... (32)
- get under one's skin 使人烦躁,(因为爱)  
使人不安 ..... (33)
- get/rise above oneself 目中无人 ..... (33)
- give rise to 导致(某事) ..... (33)
- give sb. /sth. the works 折磨某人;使某  
物大为改观 ..... (33)
- give sb. a hand 给予某人帮助 ..... (34)
- give someone a back talk 和某人顶嘴 ..... (34)
- give... credit for... 应该给予应有的承认  
..... (34)
- go / be hand in hand 密切相关;一齐,  
相伴而来 ..... (34)
- go ape 神魂颠倒,发疯 ..... (35)
- go bail for 为...作保,解救 ..... (35)
- go easy on 小心对待,节约使用 ..... (35)
- go from bad to worse 每况愈下,越来越糟  
..... (36)
- go the extra mile 做额外的工作,主动承  
担工作,想尽办法完成 ..... (36)
- go through with something 不顾艰难完成  
..... (36)
- go west 不再存在,完蛋 ..... (36)
- good ear 敏锐的听觉 ..... (37)
- good for nothing 一无是处 ..... (37)
- grab (hold) 掌握,支配,控制 ..... (37)
- grease the palm of 贿赂 ..... (37)
- H**
- hair stand on end 极度恐惧 ..... (38)
- hand down 代代相传,移交 ..... (38)
- hand over fist 稳步地,快速地 ..... (38)
- hands are full 很忙 ..... (38)
- hand-me-down 别人用过的东西 ..... (39)
- hang by a thread/ hair 危在旦夕 ..... (39)
- haul someone up 逮捕某人,把某人抓起来  
..... (39)
- have (or keep) one's eyes peeled 提高警觉  
..... (39)
- have a big nose 爱打听 ..... (40)
- have a bone to pick with 对...有意见 ... (40)
- have a finger in the pie 通晓一切 ..... (40)
- have a hand in 参与 ..... (40)
- have a heart of gold 慷慨,好心 ..... (40)
- have a heart 要求别人对说话的人表示  
同情,或者是要求别人帮助他 ..... (41)
- have a long head (or be long-headed)  
精明的,聪明的 ..... (41)
- have an axe to grind 心怀叵测 ..... (41)
- have an easy time 闲散度日,生活安逸 ..... (41)
- have an eye to 把...作为目的 ..... (42)
- have done with 结束了 ..... (42)
- have faith in 信任,相信 ..... (42)
- have it both ways 两面讨好,脚踏两只船  
..... (42)
- have it out with sb. 公开摊牌,解决争执 ... (43)
- have no back bone 性情懦弱 ..... (43)
- have one's heart in one's mouth 提心吊胆  
..... (43)
- have one's back to the wall 陷入绝境 ..... (43)
- have the ball at one's feet 有机会获得成功  
..... (43)
- have the hots for someone 迷恋上某人 ..... (44)
- heart to heart 推心置腹地,坦率地 ..... (44)
- high and dry 孤独无助 ..... (44)
- high and low 到处 ..... (44)
- high and mighty 傲慢 ..... (45)
- hit the roof 勃然大怒,发火 ..... (45)
- hog heaven 乐园,天堂 ..... (45)
- hold one's head high 处逆境而怡然自得  
..... (45)
- hold someone's hand 伸出援手 ..... (46)
- hole and corner 偷偷摸摸,鬼鬼祟祟 ..... (46)
- hope against hope 抱一线希望,明知无

- 用仍妄想 ..... (46)  
 hot potato 棘手的事或问题 ..... (46)  
 hot-wire 热线启动 ..... (47)

I

- in any case 无论如何, 不管怎样 ..... (47)  
 in bad shape 很糟 ..... (47)  
 in cold blood 冷血 ..... (47)  
 in good / bad mood 情绪好/坏 ..... (48)  
 in hand 得以控制 ..... (48)  
 in memory of sb. 为了纪念某人 ..... (48)  
 in one's heart of hearts 心底里 ..... (48)  
 in the nick of time 在事情正好发生的时候,  
 在关键时刻 ..... (49)  
 into the blue 无影无踪 ..... (49)  
 itch for 非常想 ..... (49)

K

- keep a check on 控制, 抑制, 监视 ..... (49)  
 keep a poker face 面无表情 ..... (50)  
 keep an eye on 照看, 照管 ..... (50)  
 keep bach 过单身生活 ..... (50)  
 keep company with 与.....结伴, 和.....在  
 一起 ..... (50)  
 keep house 持家 ..... (51)  
 keep one's eyes skinned 密切监视 ..... (51)  
 kick the bucket 翘辫子, 死 ..... (51)  
 kick up a row 大吵大闹 ..... (52)  
 knack 要领, 窍门, 特殊的技艺 ..... (52)

L

- land on one's feet 幸免于难, 化险为夷 ..... (52)  
 laugh up one's sleeves 偷偷地笑 ..... (52)  
 lay a finger on 加害 ..... (53)  
 lay to rest 淡忘, 搁置 ..... (53)  
 lead someone by the nose 完全控制 ..... (53)  
 leave a nasty (or bad) taste in one's mouth  
 留下一个坏印象, 留下一坏坏感觉 ..... (53)  
 leave somebody/ something alone 不去管  
 ..... (54)  
 let in 允许进入, 漏水, 使陷入 ..... (54)  
 let someone down 使某人失望 ..... (54)

- like a cat on hot bricks 热锅上的蚂蚁 ..... (54)  
 live beyond one's means 寅吃卯粮, 入不敷出  
 ..... (55)  
 live by/on one's wits 靠耍小聪明而非正常  
 地工作, 混日子 ..... (55)  
 live from hand to mouth 刚好糊口 ..... (55)  
 look for a needle in a bundle of hay 大海  
 捞针 ..... (55)  
 look for 自找(麻烦等) ..... (56)  
 look high and low 到处都找遍 ..... (56)  
 look someone in the face 坦然面对 ..... (56)  
 lose face 丢脸, 受侮辱 ..... (56)

M

- make a face 做鬼脸 ..... (57)  
 make a fuss of/over 疼爱有加, 呵护入微  
 ..... (57)  
 make a mountain out of molehill 小题大做  
 ..... (57)  
 make it 成功 ..... (57)  
 make light of 轻描淡写, 不足为道, 轻视 ..... (57)  
 make old bones 活到老 ..... (58)  
 make one's heart bleed 使某人难过, 使某  
 人心碎 ..... (58)  
 make out (kissing, necking) 亲热 ..... (58)  
 make someone's blood run cold 胆战心惊  
 ..... (59)  
 make the ends meet 收支平衡 ..... (59)  
 marry 使.....结合, 使.....在一起 ..... (59)  
 marry a fortune 嫁给有钱人 ..... (59)  
 meet trouble halfway 杞人忧天, 自寻烦恼  
 ..... (60)  
 murder will out 纸包不住火 ..... (60)

N

- near in blood 近亲 ..... (60)  
 neck and neck 并驾齐驱, 旗鼓相当 ..... (60)  
 new broom 刚上任的新官 ..... (61)  
 no fool 决不是傻瓜, 聪明人 ..... (61)  
 not born yesterday 可不傻, 不易上当的 ..... (61)  
 not have the heart to do something 不忍心





去做 ..... (61)  
nurse a viper in one's bosom 姑息养奸..... (62)

**O**

on hand 手头,在手边 ..... (62)  
on one's uppers 处于困境,穷到极点 ..... (62)  
on the heels of 接踵而来 ..... (63)  
on the side 另外,作为兼职..... (63)  
on the whole 大体上差不多,总的看来 ..... (63)  
once in a blue moon 极为罕见,千载难逢

..... (63)  
one's heart in one's mouth 吓得要命..... (64)  
one's own flesh and blood 骨肉至亲 ..... (64)  
open someone's eye to 使某人意识到 ..... (64)  
osmosis 埋头,专心致志,废寝忘食 ..... (64)  
out of a clear blue sky 意想不到,出乎意料

..... (64)  
out of breath 上气不接下气 ..... (65)  
out of one's wits 不知所措,精神错乱 ..... (65)  
out of one's hair 使某人不受打扰 ..... (65)  
out of sight, out of mind 眼不见,心不烦

..... (66)  
over a barrel 受制于人,处于不利地位,  
一筹莫展 ..... (66)  
over the edge 疯了 ..... (66)

**P**

pale as death 面无血色 ..... (66)  
parade one's knowledge 卖弄学问 ..... (67)  
pass over 忽视 ..... (67)  
pat on the back 鼓励一番 ..... (67)  
peace and quiet 安宁 ..... (67)  
pennies from heaven 意外的收获,天上掉馅饼

..... (67)  
penny wise and pound-foolish 捡了芝麻,  
丢了西瓜 ..... (68)  
pick someone's brains 剽窃 ..... (68)  
pick up and leave 卷铺盖走了 ..... (68)  
play dumb 装聋作哑 ..... (68)  
play hob with 给.....捣乱,任意歪曲..... (69)  
play the fox 行为狡猾 ..... (69)

pop into one's head 突然产生念头 ..... (69)  
pour oil on the flame 火上浇油 ..... (69)  
put a crimp in / into 阻止,妨碍 ..... (70)  
put one's foot in to it 说/做错事 ..... (70)  
put words into someone's mouth 发表见解

..... (70)  
put/get one's back up 惹.....生气/发怒  
..... (70)

**Q**

queer in the head 疯疯癫癫的 ..... (71)

**R**

raise Cain 大吵大闹 ..... (71)  
rate with someone 受人重视,信赖 ..... (71)  
relate to 感情良好 ..... (71)  
respond to 有反应,有响应 ..... (72)  
ride the tiger 玩火自焚 ..... (72)  
ring the curtain down on 落幕,结束 ..... (72)  
risk one's neck 找死,冒着极大的危险 ..... (72)  
root and branch 完全地 ..... (73)  
rub salt into one's wounds 火上浇油,雪上加霜

..... (73)  
run a temperature 发烧 ..... (73)  
run out of 用完,用光 ..... (73)  
run over 满溢,碾过 ..... (73)

**S**

see eye to eye 意见相同 ..... (74)  
see something with half an eye 不费力气  
看出 ..... (74)  
see the red light 亮起红灯 ..... (74)  
serve sb. right 罪有应得 ..... (74)  
set by the ears 一鸣惊人 ..... (75)  
set one's teeth on edge 让某人觉得难受

..... (75)  
set something aside 储蓄 ..... (75)  
shake in one's shoes 吓得发抖,两腿颤抖

..... (75)  
shoot the cat 呕吐 ..... (75)

- shoulder to shoulder 同心协力的, 并肩  
一致的 ..... (76)
- skate on thin ice 如履薄冰, 情况危急 ..... (76)
- soft / weak in the head 头脑不清楚, 颠三倒四 ..... (76)
- someone's heart sinks 非常失望 ..... (76)
- splash one's money about 大肆挥霍钱 ..... (77)
- split hairs 过于计较 ..... (77)
- spread one's wings 试图独立 ..... (77)
- stab in the back 暗箭袭人 ..... (77)
- stand on one's own feet/leg 自主, 自食其力 ..... (78)
- stand rooted to the spot 站在原地不动 ..... (78)
- steal a march on sb. 抢在某人前面 ..... (78)
- stick together 彼此忠诚 ..... (78)
- stretch one's legs 锻炼, 活动 ..... (79)
- sweep one off one's feet 征服 ..... (79)
- sweetness and light 温柔可人 ..... (79)

**T**

- take a back seat 次要地位 ..... (79)
- take it on the chin 忍辱负重 ..... (80)
- take it out of someone 筋疲力尽 ..... (80)
- take its toll (of/on) 造成损伤 ..... (80)
- take offence 生气 ..... (80)
- take one's hat off to 向(某人)脱帽致敬 ..... (81)
- take sides 支持一方而与另一方壁垒分明 ..... (81)
- take someone over one's knee 打某人的屁股 ..... (81)
- take sth. hard 受到极大的打击 ..... (81)
- take the low road 走斜路 ..... (81)
- tear one's heart out 为之心碎 ..... (82)
- tell that/it to the marines 胡说, 谁信你的鬼话 ..... (82)
- (the) fair sex (总称) 妇女 ..... (82)
- the ins and outs 详细情况, 来龙去脉 ..... (83)
- the shot in the arm 激励, 鼓舞 ..... (83)
- through thick and thin 顽强地, 在任何情况下 ..... (83)
- tickle somebody's funny bone 逗某人笑 ..... (83)

- to and fro 往复, 来来回回 ..... (84)
- to get back on one's feet 失败后重新站起来 ..... (84)
- touch and go 情况不稳, 相当危险 ..... (84)
- try out 试用, 考验以检验其成效或性能 ..... (84)
- turn a deaf ear 不加理睬 ..... (85)
- turn one's back on/upon 轻视, 背弃, 拒绝接受 ..... (85)
- turn out 结果, 变成, 出产 ..... (85)
- turn thumbs down on 不赞成, 反对 ..... (85)
- turn/set/put one's hand to 着手做, 从事, 试图 ..... (86)
- twist and turn 辗转反侧 ..... (86)
- twist one's arm 采取强制手段 ..... (86)

**U**

- under one's very eyes 亲眼所见 ..... (87)
- under the rose 私下地, 秘密地, 暗地里 ..... (87)
- up a tree 在困难中 ..... (87)
- up and about 病后康复, 离床下地 ..... (87)
- up to the eyes 非常忙 ..... (88)
- up to the hilt 彻底, 到极点 ..... (88)
- up to 从事于, 表示一个人最近的工作情况或是从事的工作 ..... (88)

**W**

- wait on sb. hand and foot 照顾入微, 服务周到 ..... (88)
- water off a duck's back 全然不起作用 ..... (88)
- water over the dam 不可改变的既成事实, 无法挽回的过去 ..... (89)
- weigh on one's mind 压在心头 ..... (89)
- weigh on someone's mind 为之心情沉重 ..... (89)
- what with 因为, 由于, 考虑到 ..... (90)
- whirligig of time 时代的变迁, 命运的改变 ..... (90)
- white about/in the gills 有病容的, 受惊的样子 ..... (90)
- white lie 善意的欺骗 ..... (90)
- wimp out (of) 知难而退, 贪安逸 ..... (91)

wishful thinking 打如意算盘 ..... (91)  
work wonders 效果奇佳 ..... (91)

would have none of 拒绝考虑, 拒绝同意 ... (92)  
wring one's neck 气得欲扭某人的脖子 ..... (92)

PART 2 Words for Communication  
轻松交际篇



**A**

a big shot 耍人, 大人物 ..... (94)  
a crying shame 太糟了 ..... (94)  
a date mate 做伴的人 ..... (94)  
a gay dog 快活的人 ..... (94)  
a hard case 不可救药的人, 难对付的人,  
难以相处的人 ..... (94)  
a heart-to-heart talk 倾心谈话 ..... (95)  
a let-down 让人失望 ..... (95)  
a man of his word 守信的人 ..... (95)  
a Roland for an Oliver 势均力敌, 旗鼓相当,  
针锋相对, 以牙还牙 ..... (95)  
a runaround 含糊其辞的答复, 绕圈子 ..... (96)  
a shoulder to cry on 有同情心、患难时可  
依靠的人 ..... (96)  
a sly dog 暗中寻找的人, 行为阴险的人 ... (96)  
a social butterfly 交际花 ..... (96)  
a soul mate 性情相投的人 ..... (97)  
a tough customer 倔强的家伙 ..... (97)  
a yesman 应声虫, 唯唯诺诺的人 ..... (97)  
Achilles' heel 唯一致命的弱点 ..... (97)  
after one's fancy 正合某人心意 ..... (97)  
airs and graces 装模作样, 装腔作势 ..... (98)  
all one's geese are swans 敝帚自珍, 言过  
其实 ..... (98)  
all the same 依旧, 仍然, 无所谓 ..... (98)  
all things to all men 八面玲珑 ..... (98)  
all-right 好样的, 正当的 ..... (99)  
an apple-head 缺心眼的人, 笨蛋 ..... (99)  
an article 机灵的人 ..... (99)  
(and) That's flat 绝对如此, 无需多言 ..... (100)  
angle for compliments 寻求别人对自己的  
赞美 ..... (100)

apple polisher 马屁精 ..... (100)  
army game 一场骗局 ..... (101)  
as alike as two peas in a pod 一模一样  
..... (101)  
as cold as charity 极其冷淡, 冷冰冰 ..... (101)  
(as) right as a trivet 好极了, 非常顺利 ... (101)  
as usual 照例 ..... (101)  
at the bottom of one's heart 在某人的内  
心深处 ..... (102)  
at the most 至多, 不多于 ..... (102)

**B**

baby doll 特别漂亮的女子, 和蔼可亲的人  
..... (102)  
bad blood 恶感, 恨 ..... (103)  
bail someone out 帮某人还债, 为某人解难  
..... (103)  
Barbie Doll 没有头脑的人, 徒有其表的人  
..... (103)  
basket case 走投无路, 无依无靠 ..... (103)  
be about to do sth. 正要某事, 就要.....  
..... (104)  
be above oneself 趾高气扬, 得意忘形 ..... (104)  
be at the mercy of 受.....的支配 ..... (104)  
be beaut 引人注目或非同寻常的人或物  
..... (104)  
be done with 了结, 结束 ..... (105)  
be fed up with... 对.....烦透了 ..... (105)  
be filthy with dough 很有钱 ..... (105)  
be flimflammed 被骗, 上圈套 ..... (106)  
be green with envy 羡慕极了 ..... (106)  
be hunky-dory 挺不错的 ..... (106)  
be in the pink 非常健康, 气色很好 ..... (106)

- be led by the nose 被牵着鼻子走,受制于人  
..... (107)
- be no picnic 不是件轻松的事 ..... (107)
- be sent off with a flea in one's ear 碰一鼻子灰,碰钉子 ..... (107)
- be stuck on someone 迷恋上某人 ..... (108)
- beat someone's time 勾搭别人的恋人 ..... (108)
- beaten down to the ankles 精疲力竭 ..... (108)
- behind closed door 在背地里,私下 ..... (108)
- bend over backward 竭尽全力地去做 ..... (109)
- bend someone's ear 对某人喋喋不休 ..... (109)
- bet the farm 拿全部家当打赌 ..... (109)
- big talk 吹牛 ..... (109)
- birds of a feather 同一类型的人或物 ..... (110)
- bite the hand that feeds one 恩将仇报,忘恩负义 ..... (110)
- bizarre (crazy) 很奇怪的,真妙,真怪 ..... (110)
- blitzed out 喝得东倒西歪 ..... (111)
- blow by blow 一五一十地 ..... (111)
- blow one's lid 吹胡子瞪眼,勃然大怒 ..... (111)
- blow one's top 勃然大怒 ..... (111)
- blow one's cool 沉不住气,失去自制 ..... (112)
- bone of contention 争执的原因,争端 ..... (112)
- break one's heart 伤透某人的心 ..... (112)
- break the ice 打破僵局,打破沉默 ..... (112)
- brush sb. off 拒绝往来 ..... (113)
- brush to one side 不屑一顾 ..... (113)
- buddy up to someone 讨好某人,巴结某人  
..... (113)
- build up 增加,加强,捧.....使之成名 ..... (113)
- burn one's fingers 因管闲事而自讨苦吃  
..... (113)
- burn someone down 灭某人的威风 ..... (114)
- butter both sides of one's bread 左右逢源  
..... (114)
- button one's lip 闭嘴不言语 ..... (114)
- by the way 顺便问一下 ..... (115)
- C**
- call for 需要特定的行为、举动、品质等,要求,呼吁 ..... (115)
- call someone on the carpet 谴责某人 ..... (115)
- can't hold a candle to sb. 不能和某人比  
..... (115)
- carry coals to Newcastle 徒劳无益 ..... (116)
- carry out too far 做得太过分 ..... (116)
- cat out of the bag 泄露秘密 ..... (116)
- catch sb. on the hop 使某人措手不及 ..... (117)
- chat up with 跟.....攀谈起来,与.....搭讪上 ..... (117)
- cheers 谢谢 ..... (117)
- chin music 应酬话,闲聊 ..... (117)
- clam up 守口如瓶,沉默不语 ..... (117)
- clip joint 高消费的场所 ..... (118)
- close call 千钧一发 ..... (118)
- cock-a-hoop 自鸣得意,得意洋洋 ..... (118)
- cold turkey 单刀直入,突然(停止吸烟、吸毒) ..... (119)
- come clean 说实话,和盘托出 ..... (119)
- come to nothing 不了了之 ..... (119)
- cooked up 精心编造的 ..... (119)
- cool / kick one's heels 百般无聊地等待  
..... (120)
- couch potato 电视迷 ..... (120)
- cozy up to (warm up) 奉承,想与某人攀上交情 ..... (120)
- cut in 插嘴 ..... (120)
- cut no ice 不起作用,没有影响 ..... (120)
- cut somebody to the quick 刺痛某人的心,触及某人的痛处 ..... (121)
- cut someone a break 特别照顾某人 ..... (121)
- D**
- dead and buried 时过境迁 ..... (121)
- Dear John (letter) 绝交信 ..... (122)
- don't wake a sleeping dog 不要惹是生非  
..... (122)
- doo-hickey 小物件 ..... (122)
- double date 两对情人参加的约会 ..... (123)
- double Dutch 胡说八道,毫无意义的话 ..... (123)
- down the way 地区,地方,附近 ..... (123)
- drift off track 越轨,不守本分 ..... (123)



drop in 顺便拜访 ..... (124)  
 Dutch treat 各付各的钱 ..... (124)

**E**

eat dirt 忍气吞声 ..... (124)  
 eat humble pie 承认错误,道歉 ..... (124)  
 end up 结果,结束 ..... (125)  
 enter (come into) someone's head  
 (主意、计划等)被人想到 ..... (125)  
 even up 使相等,扯平 ..... (125)  
 eye (look at, stare) 看上,看见,盯着看  
 ..... (125)

**F**

fall for... 迷恋上 ..... (126)  
 fast talk 花言巧语 ..... (126)  
 feel / look like a million dollars 感觉(看  
 上去)特别好,特别得意 ..... (126)  
 feel cheap 感到惭愧 ..... (127)  
 feel in one's bones that 十分确信 ..... (127)  
 feel one's age 觉得老了 ..... (127)  
 fib (lie) 说谎 ..... (127)  
 fish in troubled waters 浑水摸鱼,乘人之危  
 ..... (127)  
 fix up (introduce someone to someone)  
 介绍某人给某人认识 ..... (128)  
 flog a dead horse 徒劳,白费气力,事后  
 再作无益的议论 ..... (128)  
 fluff someone off 不把某人放在眼里 ..... (128)  
 fly a kite 提出计划、建议以试探公众反应  
 ..... (129)  
 fly into a rage 大发雷霆 ..... (129)  
 fly off the handle 失去控制,大发雷霆 ..... (129)  
 follow one's nose 凭直觉 ..... (129)  
 for goodness' sake 看在上帝的份上,做做  
 好事吧 ..... (130)  
 from the housetops 公开的 ..... (130)

**G**

get a stage fright 怯场 ..... (130)  
 get a word in edgewise 插嘴 ..... (131)  
 get away from 离开 ..... (131)

get back at someone 报复 ..... (131)  
 get dolled up 打扮得漂漂亮亮 ..... (131)  
 get in someone's hair 使人心烦 ..... (132)  
 get someone's back up 惹某人生气,把  
 某人惹翻了 ..... (132)  
 get something across 讲清楚 ..... (132)  
 get the best of 占.....的便宜,享有最优  
 越的 ..... (132)  
 get up the nerve to... 鼓起勇气去.....  
 ..... (133)  
 get wind of 听到.....风声,听说 ..... (133)  
 gimmick 花招,花样 ..... (133)  
 give enough (plenty of) rope (to hang  
 oneself) 自绝后路 ..... (134)  
 give mouth to 把.....说出去 ..... (134)  
 give oneself airs/put on airs 装模作样,  
 自抬身价 ..... (134)  
 give somebody the cold shoulder 冷落某人  
 ..... (134)  
 give someone a buzz 给某人挂个电话 ..... (135)  
 give someone goose bumps 让某人起  
 鸡皮疙瘩 ..... (135)  
 give someone the fish-eye 冷眼相待 ..... (135)  
 give someone the glad eye 暗送秋波 ..... (135)  
 give sth. /sb. up as a bad job 对某事、  
 某人不再抱有希望;放弃,断绝往来 ..... (136)  
 go off half-cocked 轻率做出反应(尤指  
 发脾气) ..... (136)  
 go steady 经常(与异性)约会 ..... (136)

**H**

hand it to 归功于某人,给某人应得的荣誉  
 ..... (136)  
 hang around with someone 经常与某  
 人在一起 ..... (137)  
 harp on the same string/tune 老调重弹  
 ..... (137)  
 hat in hand 毕恭毕敬 ..... (137)  
 hate one's guts 对.....恨之入骨 ..... (137)  
 haul off at someone 对某人破口大骂 ..... (138)  
 have (something) against (someone)

- 嫌怨,怀恨,有过节…………… (138)
- have ... up one's sleeve 留有一招,锦囊妙计…………… (138)
- have a big mouth 多嘴(尤指谈论他人的私事)…………… (138)
- have a change of heart 改变心情…………… (139)
- have a chip on one's shoulder 叫阵,叫板…………… (139)
- have a good jaw 好好聊聊…………… (139)
- have a thin skin 爱面子…………… (140)
- have an itching palm 贪财…………… (140)
- have a head like a sieve 健忘…………… (140)
- have it out with sb. 解决争端…………… (140)
- have no sense 不通情达理,无感知力…………… (140)
- have one's heart set on... 一心想要…………… (141)
- have one's heart in the right place 真心实意,好心…………… (141)
- have set eyes on 见到过…………… (141)
- have somebody at one's back 让别人支持某人…………… (141)
- have the face to do sth. 厚颜,胆敢…………… (142)
- have to do with 有往来…………… (142)
- hit... below the belt 背后使坏…………… (142)
- hit it off with 与……特别合得来…………… (142)
- hit sb. when he's down 落井下石…………… (143)
- hold a brief for 有意维护…………… (143)
- hold one's tongue 保持沉默…………… (143)
- hold onto the purse strings 控制金钱的使用…………… (143)
- hold out the olive branch 愿意讲和…………… (144)
- hot under the collar 很生气,很恼怒…………… (144)
- how about... 认为……怎么样…………… (144)
- hush up something 不要张扬某事…………… (145)

I

- ill at ease 不自在的,不安的…………… (145)
- in (the) face of 面临…………… (145)
- in and out of 进进出出…………… (145)

K

- keep a level head 临危不惧…………… (146)
- keep an ear to the ground 保持高度警觉…………… (146)
- keep one's mouth shut 不要张扬…………… (146)
- keep oneself to oneself 独来独往…………… (146)
- keep somebody at arm's length 敬而远之,疏远…………… (147)
- keep/hold at bay 使走投无路,穷途末路…………… (147)
- kick down the ladder 过河拆桥…………… (147)
- kind of 有点儿,有几分,解释某事时力图避免细节…………… (147)
- knock someone's door 上门拜访…………… (148)
- knock the socks/spots off someone 高明甚多…………… (148)
- know the score 深明究竟…………… (148)

L

- lean over backwards 尽其所能…………… (148)
- let one's hair down 无拘无束地想干什么就干什么…………… (149)
- lie down under something 逆来顺受,甘受屈辱…………… (149)
- lift a finger 伸出援手(用于否定句中)…………… (149)
- lion's share 最大的份额,最好的部分…………… (149)
- live a lie 虚伪做人,假扮…………… (150)
- Live and let live 推己及人…………… (150)
- look down one's nose at someone 看不起某人…………… (150)
- look the other way 装作没看见…………… (150)
- love one 要一份…………… (151)

M

- mad as a hatter 发疯,如醉如狂…………… (151)
- make a monkey out of somebody 把某人弄得好像一个傻瓜一样…………… (151)
- make a point of doing 特意…………… (152)
- make a statement 发表声明,发表谈话…………… (152)
- make free with 擅自使用,随意对待…………… (152)

- make merry at another's expense 以取笑  
别人为乐 ..... (152)
- mind one's own business 少管闲事 ..... (153)
- mind out 小心 ..... (153)
- monkey business 不合法的行为 ..... (153)

**N**

- neck of the woods 某一地区 ..... (154)
- never hear the end of 谈论不休 ..... (154)
- next to nothing 极少 ..... (154)
- none other than 不是别人,正是.....(表示惊讶) ..... (154)
- nose around 专爱打听是非 ..... (154)
- not bat an eye 泰然自若 ..... (155)
- not say uncle 拒不认错,不服输 ..... (155)
- not stir a finger 不尽举手之劳,一点忙都不帮 ..... (155)
- not tear oneself away from 看某物看得入迷而舍不得离开 ..... (156)
- not up to much 不怎么好,不十分符合标准,不怎么令人满意 ..... (156)
- nothing less than 不亚于 ..... (156)

**O**

- of no consequence 不重要的,无足轻重的 ..... (156)
- of one's own accord 自愿的,主动的 ..... (157)
- off again, on again 断断续续 ..... (157)
- off base 离谱的,不恰当的,多余的 ..... (157)
- off one's chest 倾诉心中的隐秘 ..... (158)
- on and on 无休止地,不停地 ..... (158)
- on good terms with 与.....关系好 ..... (158)
- on one's behalf 代表某人 ..... (158)
- on one's toes 准备行动,灵活机警 ..... (159)
- on speaking terms 关系好,彼此友好 ..... (159)
- on the side of the angels 在道义的一方 ..... (159)
- on the spur of the moment 一时冲动之下,当时,当场,即席 ..... (160)
- on/at the Greek, calends 永不,决不会 ..... (160)
- once or twice 一两次,有几次 ..... (160)

- one's line of country 爱好范围,熟悉范围 ..... (161)
- open and shut 一清二楚,明明白白 ..... (161)
- open to 暴露的,易受到的,易接受 ..... (161)
- out and out 完全的,彻底的 ..... (161)
- own up (admit) 坦白承认 ..... (162)

**P**

- pack away 收藏起来 ..... (162)
- Pandora's box 潘多拉的盒子,灾祸之源 ..... (162)
- part company 分手,作别 ..... (163)
- Parthian shot/shaft, or Parting shot 临走时说的尖刻话,临别时的敌意姿态 ..... (163)
- pass by on the other side 坐视不管 ..... (163)
- pass in a crowd 过得去 ..... (163)
- play a double game 耍两面派手法 ..... (164)
- play the field 爱好广泛,玩弄他人感情 ..... (164)
- poke one's nose into something 探听或干预他人的事情 ..... (164)
- poor-mouth 哭穷,装寒酸 ..... (164)
- pop up (show up unexpectedly) 突然出现 ..... (165)
- possess one's soul in patience 耐心等待 ..... (165)
- potluck 百乐餐,有什么吃什么 ..... (165)
- pretty pass 尴尬,困境 ..... (166)
- pull sb's chestnuts out of the fire 代某人火中取栗 ..... (166)
- pull your socks up 振作起来 ..... (166)
- put a bug in one's ear 事先暗示某人,私下叮嘱某人 ..... (167)
- put on airs 装腔作势,摆架子 ..... (167)
- put on an act 装腔作势 ..... (167)
- put one's foot down 气愤地表示反对 ..... (168)
- put one's nose out of joint 夺人之爱,使某人心烦意乱 ..... (168)
- put one's foot in one's mouth 说错话 ..... (168)
- put one's hand in one's pocket 花费金钱 ..... (168)

- put oneself in somebody's place 设身处地  
..... (169)
- put paid to 使.....不能继续下去,停止 ... (169)
- put someone to silence 驳得某人哑口无言  
..... (169)
- put something out of one's head 不再想,  
忘掉..... (169)
- put the (tin) lid on it 造成错误,使事情完蛋  
..... (170)

**R**

- rake over the ashes/coals 翻陈年老账 ... (170)
- rant and rave 破口大骂,咆哮 ..... (170)
- read someone like a book 很了解某人,  
摸清了某人的底细..... (171)
- remain / keep at arm's length 保持距离,  
以免过于亲密..... (171)
- rip apart (talk bad about) 说人坏话 ..... (171)
- rise oneself (up) above the crowd 出人头地  
..... (171)
- rock bottom 最低点;根本本质 ..... (172)
- rub elbows with 交往..... (172)
- run into 刺进去,撞上去,巧遇 ..... (172)
- run somebody ragged 过度劳累使某人精  
疲力竭..... (173)
- run someone through the mill 折磨某人  
..... (173)

**S**

- same kidney 气质相同,同一类型..... (173)
- second to none 最佳的,胜过其他一切的  
..... (173)
- see reason 说服..... (174)
- see things 产生幻觉,眼睛花了..... (174)
- sell someone down the river 出卖某人(在  
紧要关头) ..... (174)
- shake ... to the / one's foundations 大吃  
一惊,大感意外 ..... (174)
- show off 炫耀,在别人面前显示,卖弄 ..... (175)
- shy away from 避开一些令人不快的事,  
退缩..... (175)

- sing the blues 心情低落 ..... (175)
- sling mud at someone 对某人进行人身攻  
击,诽谤某人,往某人脸上抹黑..... (175)
- slip one's mind 忘记,被忽略 ..... (176)
- slough of Despond 绝望的深渊,沮丧不堪  
..... (176)
- smell rat 觉察事情不对头..... (176)
- so what 那又怎么样,那又有什么关系呢  
..... (177)
- sour grapes 酸葡萄,聊以自慰的话 ..... (177)
- speak with one's tongue in one's cheek  
说话虚情假意..... (177)
- speak without the book 信口开河,讲话  
不用看稿件..... (177)
- spill the beans(无意)泄露秘密,坦白交代  
..... (178)
- stand on ceremony 太拘礼 ..... (178)
- strike while the iron is hot 趁热打铁..... (178)
- stuffed shirt 爱摆架子、令人讨厌的人 ..... (179)
- suit someone down the ground 完全合适  
..... (179)

**T**

- take a shine to somebody 对.....一见钟情  
..... (179)
- take French leave 不辞而别 ..... (179)
- take someone for a spin 开车带某人兜风  
..... (180)
- take the will for the deed 事情虽未成但  
仍领其心意..... (180)
- take the wind out of someone's sails 底牌  
揭穿,哑口无言 ..... (180)
- talk sense into someone 开导某人 ..... (180)
- talk through one's nose 摆架子..... (181)
- the apple of somebody's eye 掌上明珠 ... (181)
- the looker-on sees most of the game 旁观  
者清..... (181)
- the talk of the town 大家的话题 ..... (182)
- there is no love lost between 彼此毫无感  
情,互相厌恶 ..... (182)
- this and that 各种事情,各样东西..... (182)



tit for tat 以牙还牙 ..... (182)  
 to the backbone 彻底 ..... (183)  
 too much avoidupois 太胖了 ..... (183)  
 touch a (raw) nerve 触及痛处,无意中触及敏感话题 ..... (183)  
 true to 与.....相吻合 ..... (183)  
 turn a blind eye to 装作没看见 ..... (184)  
 turn one's back on somebody 拒绝帮助 ..... (184)  
 turn someone's stomach 令人作呕 ..... (184)  
 turn up one's nose at 瞧不起某人或某物 ..... (184)  
 turn up 到达,露面 ..... (185)

**U**

under one's belt 已经历过,在以往的经历中

..... (185)  
 under one's thumb 在某人支配、控制之下 ..... (185)

**W**

waste one's breath 白费口舌 ..... (185)  
 way out 太新潮,怪诞 ..... (186)  
 wear one's heart on one's sleeve 心直口快 ..... (186)  
 without turning a hair 保持冷静的态度,不动声色 ..... (186)  
 word for word 一字不改 ..... (186)  
 worth its weight in gold 非常有价值 ..... (187)

**Y**

you and yours 全家,全家福 ..... (187)

PART 3 Words for Students  
 无敌校园篇



**A**

a backroom boy 幕后英雄 ..... (189)  
 a dandy idea 特别好的主意 ..... (189)  
 a hair's breadth 非常之短距离 ..... (189)  
 a mother hen 婆婆妈妈的人 ..... (189)  
 a pat on the back 赞扬,鼓励 ..... (189)  
 a piece of cake 容易的事,轻而易举的事 ..... (190)  
 a team player 好相处的人,容易合作的人 ..... (190)  
 a thorough drag 真讨厌 ..... (190)  
 above one's head 听不懂,理解不了 ..... (190)  
 above the salt 坐上席 ..... (191)  
 A-list 最好的,最优秀的 ..... (191)  
 all along 伴随一事物发生的始终 ..... (191)  
 an autograph hound 爱请人签名题字的人 ..... (191)  
 an early bird 早起的人,提前到达的人 ..... (192)  
 an outside chance 一线希望 ..... (192)

around the corner 在拐角处,在近处,即将发生,在不远的将来 ..... (192)  
 as yet 到这一时刻为止 ..... (192)  
 at all 一点,根本,在任何方面考虑,在任何程度上 ..... (193)  
 at it 明知故犯 ..... (193)  
 at one's elbow 很近,在手边 ..... (193)  
 at sea 茫然迷惑,不知所措 ..... (194)

**B**

back down 放弃原来的主张,打退堂鼓 ..... (194)  
 back up 证实,后退倒车,支持 ..... (194)  
 bag 逃课 ..... (194)  
 bank on/upon 依赖,指望 ..... (195)  
 be all ears 全神贯注地听 ..... (195)  
 be awashed in... 整天泡在..... ..... (195)  
 be down in the mouth 垂头丧气 ..... (195)  
 be dressed (up) to the nines 讲究穿着 ..... (196)  
 be evenly matched 实力相当 ..... (196)