

地道口语随心说丛书

Speak English as You Wish

英语这样说最好

生活俚语百分百

[美]白若德 (Barrutia, D. A.) 著

Say It Best

**Practice does not make perfect.
Only perfect practice makes perfect.**



首都师范大学出版社
CAPITAL NORMAL UNIVERSITY PRESS

英语这样说最好

Say 生活俚语百分百
It Best

◎地道鲜活

经英美专家严格遴选，精心挑出150条使用频率最高的口语习语，摒弃过时及罕用表达方式，紧密结合生活实际，生动实用，为您打造个性化的口语习语宝库。

◎精点妙评

幽默风趣的点评娓娓道来这些习语的来源、特点及用法，让您“知其然且知其所以然”。

◎迷你对话

真实语境展示，让您明了书中习语的使用场合，细加玩味体会，终会让您一见如故，“爱不释口”。

◎误区提示

总结归纳常见口语错误，让您跳出口语陷阱，侃侃而谈而不露破绽。

◎图文并茂

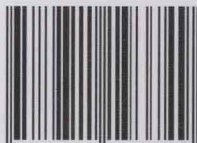
妙趣横生的插图让您加强对该习语的感性认识，其中的幽默之处也会让您会心一笑。



long-long Book House

网址: www.longlongbook.com

ISBN 978-7-81119-374-9



9 787811 193749 >

定价: 15.00 元

英语这样说最好

生活俚语百分百

[美]白若德 (Barrutia, D. A.) 著



首都师范大学出版社
CAPITAL NORMAL UNIVERSITY PRESS

图书在版编目(CIP)数据

英语这样说最好:生活俚语百分百/[美]白若德(Barrutia, D. A.)著. —
北京:首都师范大学出版社, 2008. 8

(地道口语随心说丛书)

ISBN 978-7-81119-374-9

I. 英… II. 白… III. 英语-俚语-口语-自学参考资料 IV. H319.9

中国版本图书馆CIP数据核字(2008)第128291号

地道口语随心说丛书

YINGYU ZHEYANG SHUO ZUIHAO(SHENGHUO LIYU BAIFENBAI)

英语这样说最好:生活俚语百分百

[美]白若德(Barrutia, D. A.) 著

首都师范大学出版社出版发行

地 址 北京西三环北路105号

邮 编 100037

电 话 68418523(总编室) 68982468(市场部)

网 址 cnuph.com.cn

E-mail master@cnuph.com.cn

北京盛兰兄弟印刷装订有限公司印刷

全国新华书店发行

版 次 2008年9月第1版

印 次 2008年9月第1次印刷

开 本 880mm×1230mm 1/32

印 张 7

字 数 163千字

定 价 15.00元

策 划 / 刘 敏

责任编辑 / 丁晓山 高林显

版式设计 / 河北省制版中心

封面设计 /  大象设计 · 邵士雷
TEL: 010-84804305

版权所有 违者必究

如有质量问题 请与出版社联系退换



Preface

Many students of English in China find it easy to master grammar rules as well as long lists of vocabulary, but find it difficult to speak like a native English speaker. Indeed, some students memorize long and difficult words in an effort to sound native. However, their speech ends up sounding dull, heavy, and foreign to native ears. Other students simply base their oral English development on practice, and although it is true that confidence may be gained through practice, practice does not suffice. Speaking like a native speaker is not only based on practice and confidence, but also on a readily-available repertoire of colloquial idiomatic expressions. Such expressions make one's spoken language more colorful and lively, as is true in any language. This has become an increasingly-important area of concern for students as foreign English tests, such as the TOEFL, focus on measuring students' ability to freely adapt native expressions into their speech.

This book empowers students with this ability. It teaches students common idiomatic expressions through a new and innovative method. Students from China are readily familiar with idiomatic expressions in their native tongue, Chinese. Many of these Chinese expressions have counterparts in the English language. This book matches idiomatic expressions in Chinese with those in English and thereby provides students with the opportunity to synthesize



a deep understanding and memory of the native English idioms. In addition to being matched with a common Chinese expression, each idiomatic expression is followed with teaching comments on its usage and origin. Below the comments, students will find a mini dialogue which puts the expression into context, with a side-by-side Chinese translation thereof. This allows the student to see an example of how the expression is used. Finally, each entry is concluded with common mistakes in translation of the expression from Chinese to English.

In all, this book teaches students native English through familiar colloquial expressions in Chinese. Furthermore, unlike other English idiom and slang books in the market which teach rarely-used or outdated expressions, this book lists idioms that have been carefully selected by a panel of native English speakers based on the strict criteria of their common use in modern English. Chinese students may rest assure that the colloquial English they learn in this book will give them the necessary arsenal to sound like a native English speaker.

The quote "Practice does not make perfect. Only perfect practice makes perfect." comes from the great American football coach Vince Lombardi, who was legendary for his coaching success and motivational philosophy. It captures the attitude you need to achieve your success. Your success is in your hands.

Good luck!

David A. Barrutia



前言

很多中国学生学习英语时发现,掌握语法规则以及冗长的词汇列表不难,要想将口语说得地道却并非易事。确实如此,一些学生为了说得地道拼命背诵又长又难的单词,结果他们的发音听起来却很呆板、沉重,有着明显的外国口音;其他学生仅仅依靠大量的练习来提高他们的口语水平。尽管通过练习确实可以提高自信,但只凭练习是不够的。要想说得地道不仅需要练习及自信,还需要有一个随时可用的口语常用习语宝库。这些常用习语可以使你的口语表达更加生动、更加活泼,不论学习哪种语言,这一点都是亘古不变的真理。如今,对惯用语及习语的学习掌握已经引起了广大学子及各种英语考试越来越多的关注。例如,托福考试就特别注重考查学生熟练运用地道习语表达的能力。

本书致力于使学生获得这种能力,通过一种全新的方法教授学生常用的习语表达方式。中国学生对母语中的成语再熟悉不过,很多成语在英语中都有对应的表达方式。本书将汉语成语与其对应的英文习语搭配,从而使学生能够更加深入地理解并记忆地道的英语习语。在给出相应的汉语成语的同时,每一英语习语后面都跟有对其用法及来源的点评。点评后面会有一个迷你对话,将该习语置于具体的语境中并同时给出汉语翻译,从而使学生更好地掌握该习语应该如何运用。最后,每一条目后都归纳总结出该习语由汉语转化为英语时应避免的常见错误。

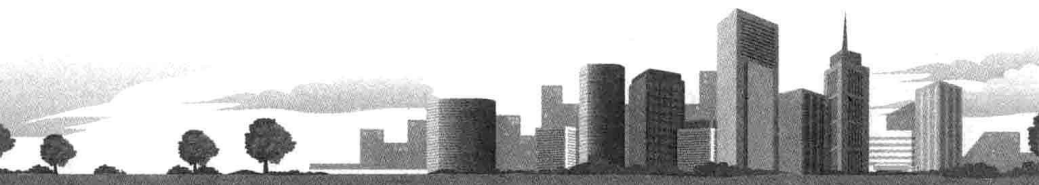


总之，本书通过常用的汉语表达来教授地道的英语口语。不仅如此，目前市场上其他英语习语及俚语书籍的内容大多是不常用或已经过时了的表达方式，与那些书不同的是，本书所列习语都是经过大量的英美专家基于现代英语最常用的口语表达方式所精挑细选的。因此，使用本书学习英语口语，您尽可轻松拥有口语习语宝库，说一口地道流利的英语。

封面上“练习不能创造完美，只有完美的练习才能创造完美”这句名言出自美国著名橄榄球教练文斯·隆巴迪之口，他曾因成功训练一支名不见经传的球队而成为传奇人物，他激发球员潜力的领导哲学也一直为人传诵。这句话点明了获取成功所需具备的态度，您的成功是由您自己来把握的。

愿您好运！

白若德



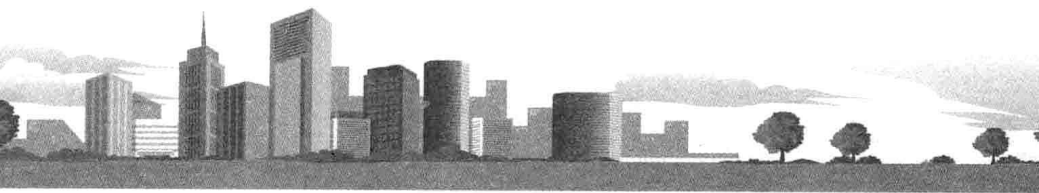
目 录 CONTENTS

第 1 篇 各色人等

终日懒散在家的人 couch potato	3
做事特别卖力的人 an eager beaver	4
横冲直撞的司机; 鲁莽的驾驶员 road hog	5
“电灯泡” third wheel	6
稳操胜券的人/物 shoo-in	8
有意唱反面角色 play the devil's advocate	9
两面派的 two-faced	10
忙碌的人 a busy bee	11
心肝宝贝; 掌上明珠 the apple of one's eye	12
早起的人 early bird	13

第 2 篇 “情” 不自禁

郁闷; 情绪低落 down in the dumps	17
气疯了 flip out	18
极度高兴 seventh heaven	19
惹怒 rub someone the wrong way	20
脾气火爆; 吃了火药 a short fuse	21
脸红脖子粗 blue in the face	22
捧腹大笑 laugh one's head off	24
保持冷静 keep one's shirt on	25
别大惊小怪 Don't have a cow.	26
不要太挑剔 Don't knock it.	27

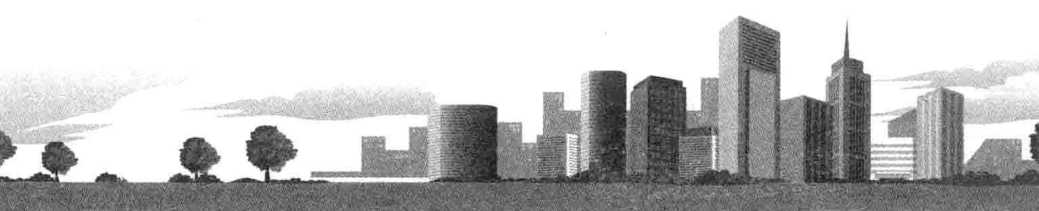


CONTENTS

草率行事; 操之过急 jump the gun	28
妄下结论 jump to conclusions	30
吃不着葡萄说葡萄酸 sour grapes	31
当机立断; 勇敢做某事 take the bull by the horns	32
冷静一点 cool it	33
行了, 别闹了 cut it out	34
你敢, 我也敢 I double dare you.	35
幽默的; 诙谐的 tongue-in-cheek	36
顽固; 固执 a stick in the mud	37
菩萨心肠 wouldn't (even) hurt a fly	39

第3篇“口”无遮拦

白费口舌 waste one's breath	43
承认, 招认 come clean	44
道听途说 hear something through the grapevine	45
发号施令; 说了算 call the shots	46
废话; 老话; 大肆宣扬 song and dance	47
口误 slip of the tongue	48
说错话 put one's foot in one's mouth	49
善意的谎言 white lie	51
说曹操, 曹操到 speak of the devil	52
说得天花乱坠 talk one's head off	53
事实胜于雄辩 Actions speak louder than words.	54
闲谈; 聊天 shoot the breeze	55
无稽之谈 cock and bull story	56

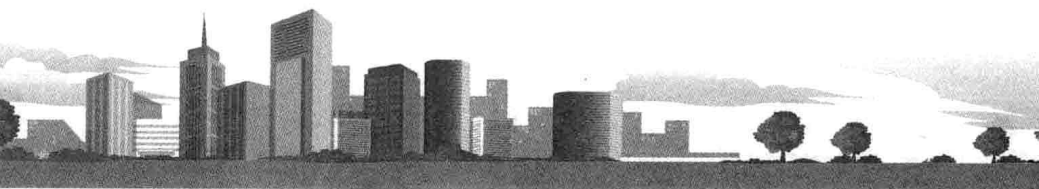


目录 CONTENTS

嘟哝 under one's breath	58
再说一遍 come again	59
自吹自擂 toot (one's) own horn	60
可靠的消息 straight from the horse's mouth	61
泄密; 公开 let the cat out of the bag	62
狼吞虎咽 pig out	63
天下没有白吃的午餐	
There is no such thing as a free lunch.	64
贪多嚼不烂; 心有余而力不足	
bite off more than one can chew	66
干杯 Bottoms up!	67

第4篇 心有所想

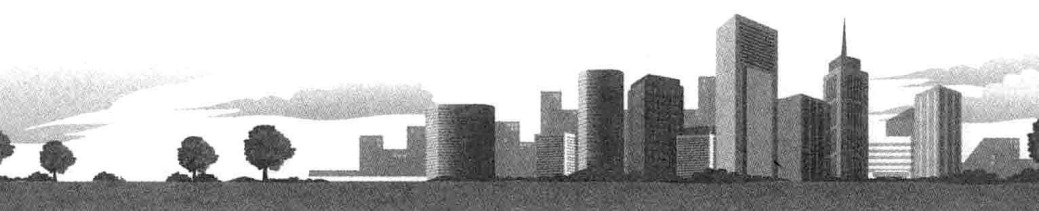
改变心意; 回心转意 change of heart	71
绞尽脑汁 beat one's brains out	72
觉得不对劲; 事有蹊跷 smell a rat	73
可疑; 不对劲 fishy	74
难怪! no wonder	76
希望渺茫; 幻想 forlorn hope	77
心里有数 get the picture	78
意见一致 see eye to eye	79
异想天开 starry-eyed	80
这辈子想都别想!	
Not on your life! / Not in this lifetime!	81
还不一定呢 count one's chickens before they hatch	82



CONTENTS

第5篇 人生三昧

熟能生巧 Practice makes perfect.	87
放放再说 sleep on	88
既往不咎 let bygones be bygones	89
看管; 管教 keep in line/check	90
坚守立场 stick to one's guns / stand by one's guns	91
低下头以躲开 duck	92
你真幸运; 老天保佑 The stars are/God is shining on you.	93
享受得很 got it good	94
有麻烦了; 惨了 in hot water	95
找麻烦; 扰乱 rock the boat	96
上路, 启程 hit the road	97
入乡随俗 When in Rome, do as the Romans do. / When in Rome.	98
小资经营; 省吃俭用 on a shoestring	99
硬着头皮 face the music	100
勉为其难; 勉强 bite the bullet	101
让人难堪或给人压力很大 put (someone) on the spot	103
受够了 fed up with (get/be fed up with)	104
随大流 go with the flow	105
自食其果; 自作自受 a dose/taste of one's own medicine	106



目 录 CONTENTS

罪有应得 to get one what one bargained for 107

最后致命的一击

the straw that broke the camel's back 108

第 6 篇 手足并用

笨手笨脚 all thumbs 113

无所事事; 无聊 twiddle one's thumbs 114

初次尝试 get one's feet wet 115

赶快; 快点 shake a leg 116

加把劲 step on it 117

筋疲力尽; 累得不行了 on (one's) last legs 118

费力活 elbow grease 119

独立自主 to stand on one's own two feet 120

站不住脚 have no leg to stand on 121

致命伤; 最大的弱点 an/one's Achilles' heel 122

第 7 篇 职场内外

打卡 clock in / clock out 127

繁文缛节; 官僚作风 red tape 128

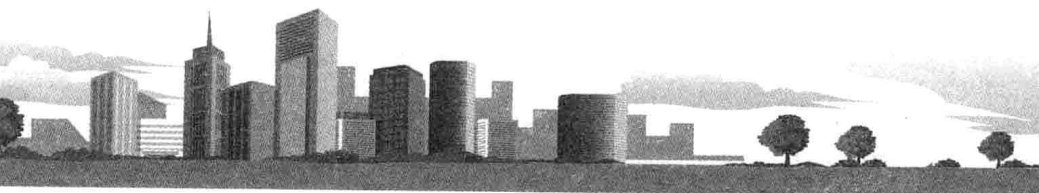
宁为鸡头, 不为凤尾 a big fish in a small pond 129

收工 call it a day 131

走后门 pull strings 132

走捷径 take a shortcut / cut corners 133

目标或奖项; 机遇 the brass ring 134



CONTENTS

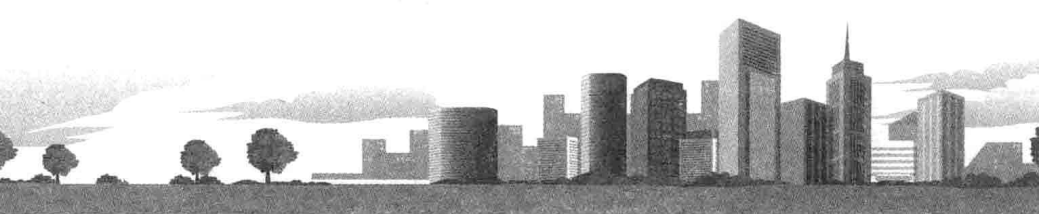
随便坐坐 drop in/by	135
王牌; 杀手锏 ace in the hole	136
夜以继日 burn the candle at both ends	138

第 8 篇 听雨看云

风雨无阻 rain or shine	143
倾盆大雨 rain cats and dogs	144
乌云背后总有晴空 Every cloud has a silver lining.	145
新鲜血液; 新人新气象; 新鲜空气 a breath of fresh air	146
改期; 改天 rain check	147
无缘无故; 突如其来 out of the blue	148
鸟瞰 bird's-eye view	149

第 9 篇 成败之间

失败 flop	153
成为泡影 go up in smoke	154
放弃某物 pass something up	155
搞砸了 blow it	156
乖一点儿; 好好做 shape up	157
近在咫尺; 一箭之遥 a stone's throw	158
半斤八两 six of one, half a dozen of the other	159
冒险 on thin ice / skating on thin ice	161
冒险 stick one's neck out	162



目 录 CONTENTS

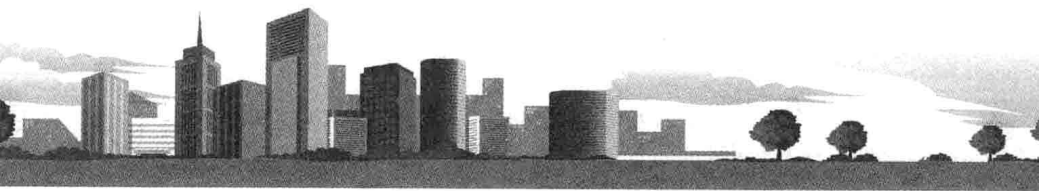
扭转局势; 反过来 turn the tables (on someone)	163
来得容易 come easily	164
全力以赴; 全心投入 go whole hog	165
成功, 春风得意; 过舒服日子 sit pretty	166
那是有史以来最好的 That's the best thing since sliced bread.	167

第 10 篇 一帘风月

拜倒在石榴裙下 to throw oneself at someone's feet ...	171
吃……的豆腐; 挑逗 come on to someone	172
介绍(男女)朋友; 撮合某人 fix someone up	173
投缘 hit it off	174
情人眼里出西施 Beauty is in the eye of the beholder. ...	175
兜风 joy ride	176

第 11 篇 世相百态

便宜货 lemon	181
真货 the real McCoy	182
骗人的东西 rip-off	183
黑匣子; 神秘事物 black box	184
黑与白 black and white	185
出卖某人 sell someone down the river	186
小睡; 打盹 catnap	187
胡闹 act up	188



CONTENTS

嬉闹 horse around	190
等很长时间 till the cows come home	191
全神贯注地听; 洗耳恭听 be all ears	192
摊子铺得太大了 spread oneself too thin	193
一直都在骗人 string someone along	194
坐视不理; 视而不见 turn one's back on	195
使唤某人 push someone around	196
尾随 tailgate	197
写信 drop a line	198
直奔 to make a beeline for... ..	200
索引	201

第 1 篇

各色人等