

# 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 金国臣  
审订◎【美】Eve Bower



### 职场交际篇

超值9小时  
附赠MP3光盘一张

朗读

【美】Art Wen (男)

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# English Talk Show— Idioms in Occupation

## 脱口说英语——习语口语大全（职场交际篇）



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,导致口语表达生硬而不得体,甚至造成误解。因此我们认为,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、习语和俚语。本书最大的特点在于取材于现代交际中出现频率较高的成语、谚语、习语和俚语,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:

### 衍生词义

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地解读习语的意思。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。

### 适用情境

情境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 I Words for Careers  
现代职场篇



**A**

- a bachelor girl 未婚职业妇女 ..... (2)
- a blind alley 前途黯淡,死胡同 ..... (2)
- above board 光明正大的 ..... (2)
- a chance in a million 极小的机会 ..... (2)
- a clock-watcher 老看钟点等下班的人 ..... (3)
- a dog in the manger 占着茅坑不拉屎的人 ..... (3)
- a fly in the ointment 一粒鼠粪搅坏一锅汤,美中不足 ..... (3)
- a give-and-take attitude 互谅互让的态度 ..... (4)
- a hard nut to crack 棘手的问题,难对付的人 ..... (4)
- a labor of love 心甘情愿而做的工作 ..... (4)
- a leg-up 扶持,助一臂之力 ..... (4)
- a little bird told me 自然知道,我不清楚怎么知道的 ..... (4)
- a pawn in the game 无名小卒 ..... (5)
- a piece of cake 轻松容易的事情 ..... (5)
- a rain check 下一次机会,补偿 ..... (5)
- a square peg in a round hole 格格不入 ..... (5)
- a vote of thanks 公开致谢 ..... (6)
- a work addict 工作狂 ..... (6)
- accidentally on purpose 貌似偶然,实则有意 ..... (6)
- add fuel to the flames 火上浇油,雪上加霜 ..... (6)
- address oneself to 专心从事 ..... (7)
- airs and graces 盛气凌人 ..... (7)
- all and sundry 所有的人,每一个人 ..... (7)
- all in a day's work 分内的工作,不客气,应该做的 ..... (8)
- all thumbs 笨手笨脚的 ..... (8)
- answer a call of nature 上洗手间 ..... (8)
- apple-polish 拍马屁 ..... (8)
- around the clock 日夜不停地,连轴转 ..... (9)

- at loose ends 无所事事 ..... (9)
- at the wheel 开车 ..... (9)

**B**

- back down on 放弃 ..... (9)
- back to the grind stone 回去工作 ..... (10)
- bat the breeze 闲扯 ..... (10)
- be as broad as it is long 背着抱着一样沉,半斤八两 ..... (10)
- be asleep at the switch 玩忽职守 ..... (10)
- be at odds with 与.....不合,与.....发生矛盾 ..... (10)
- be cut out for 天生适合于 ..... (11)
- be dead on one's feet 比喻筋疲力尽 ..... (11)
- be done for 不中用的,完结的,累坏的 ..... (11)
- be in hot water 遇到麻烦 ..... (11)
- be in line for something 即将得到某物 ..... (12)
- be in the know 熟知内幕的,知晓内情的 ..... (12)
- be keyed up 十分紧张 ..... (12)
- be on the ball 精明能干的 ..... (12)
- be snowed under 工作过多忙不过来,超负荷 ..... (13)
- be swamped with work 有一大堆工作要做 ..... (13)
- be wrapped up in 专心致志于,与.....有关(或有牵连) ..... (13)
- beef up 加强,增加,充实 ..... (13)
- behind someone's back 在.....的背后,背着..... ..... (14)
- bet one's bottom dollar 确信无疑 ..... (14)
- between you and me 你知我知,私下里说 ..... (14)
- big noise 重要新闻 ..... (14)
- bleed someone white 榨干血汗 ..... (15)
- blow a fuse 勃然大怒 ..... (15)
- blow one's cool 沉不住气,失去自制 ..... (15)

- bone-breaking 极其劳累的(工作) ..... (15)  
 boot out of the job 当场解雇某人 ..... (15)  
 break one's back 辛勤工作 ..... (16)  
 brown off 沮丧, 生气, 厌烦 ..... (16)  
 brown-nose 献殷勤, 拍马屁 ..... (16)  
 brush up 复习, 温习 ..... (16)  
 bull session 碰头会, 小组会 ..... (17)  
 burn one's fingers 因管闲事而自讨苦吃 ... (17)  
 burn the midnight oil 开夜车, 学习或工作到深夜  
 ..... (17)  
 butter someone up 奉承某人, 巴结某人 ... (17)  
 by hook or by crook 千方百计地, 不择手段地 ...  
 ..... (18)  
 by no stretch of imagination 怎么也想不到 .....  
 ..... (18)

C

- call it a day 收工 ..... (18)  
 call it quits 作罢 ..... (18)  
 can 洗手间 ..... (19)  
 can't beat something with a stick 最佳安排, 十全十  
 美 ..... (19)  
 can't make head or tail of 弄不清, 不理解 .....  
 ..... (19)  
 car pool 合伙用车 ..... (19)  
 castles in Spain 白日做梦, 空中楼阁 ..... (19)  
 chalk up 记下某人的成功 ..... (20)  
 chance the ducks 好歹试一试 ..... (20)  
 charm up 哄诱 ..... (20)  
 chase ( after ) rainbows 白日做梦 ..... (21)  
 clinch 容易做的事或肯定会发生的事 ..... (21)  
 clock in (on) / off 上 / 下班 ..... (21)  
 clunker 破车 ..... (21)  
 coffee and cakes 微薄的收入 ..... (21)  
 coin it in 大发其财, 大把大把赚钱 ..... (22)  
 come through / off with flying colors 干得出色, 大获  
 成功 ..... (22)  
 come to a head 关键时刻 ..... (22)  
 come up in the world 身价提高 ..... (22)  
 couch potatoes 总待在家里看电视的人 ... (22)  
 count the cost 权衡得失 ..... (23)

- cream puff 车况好的二手车 ..... (23)  
 cushy 容易的, 轻松的, 不费力的 ..... (23)  
 cut one's coat according to one's cloth 量入为出  
 ..... (23)  
 cut the knots 快刀斩乱麻 ..... (24)

D

- dance attendance on someone 奉承某人, 向某人  
 献殷勤 ..... (24)  
 dead to the world 沉睡不醒 ..... (24)  
 dish the dirt 说三道四 ..... (24)  
 do somebody in 搞垮, 使累坏 ..... (25)  
 do someone proud 殷勤招待 ..... (25)  
 do something by halves 半途而废, 做事不彻底  
 ..... (25)  
 do the bidding of 遵.....之命, 照.....的旨意 ...  
 ..... (25)  
 do the dirty on 卑鄙地对待 ..... (26)  
 doggie bag 装剩余食物的袋子 ..... (26)  
 donkey work 苦活, 单调乏味的苦差 ..... (26)  
 door to door 挨家挨户 ..... (26)  
 dos and don'ts 守则, 规则, 须知 ..... (26)  
 down-and-out 穷苦潦倒的, 无业无钱的, 倒霉透的  
 ..... (27)  
 down-to-earth 脚踏实地的 ..... (27)  
 dry as a bone 非常干燥 ..... (27)

E

- earn one's bread 挣钱养家糊口, 维持生计 .....  
 ..... (27)  
 earn one's keep 维持生计 ..... (27)  
 easier said than done 说时容易做时难 ... (28)  
 end up 结束 ..... (28)

F

- face the music 面对现实, 承担后果 ..... (28)  
 fall asleep at the switch 玩忽职守 ..... (29)  
 fall to one's lot / shoes 成为某人的职责 ... (29)  
 fan the flames 火上加油, 煽动情绪 ..... (29)  
 fast buck 不义之财 ..... (29)  
 feel in one's bones that 十分确信 ..... (30)  
 fender-bender 汽车轻微碰撞 ..... (30)



fight the clock 争分夺秒,与时间赛跑…… (30)  
 fill the gap 弥补不足,填补空白…… (30)  
 first things first 先说重要的…… (30)  
 fiver 五元钱…… (31)  
 flat out 竭尽全力,坦率地,疲惫地…… (31)  
 fly high 地位晋升…… (31)  
 fool around 乱搞男女关系,鬼混…… (31)  
 freeze one's blood 使某人处于惊恐状态…… (32)

**G**

get a kick out of 从……中得到乐趣…… (32)  
 get a rise out of 得到……强烈的反应…… (32)  
 get hot under the collar 发怒,怒气冲天…… (32)  
 get mad 生气,恼火…… (33)  
 get one's cards 被解雇,被炒鱿鱼…… (33)  
 get one's cheese 如愿以偿…… (33)  
 get someone's back up 惹人生气…… (33)  
 get someone's goat 惹某人生气…… (34)  
 get the bag 被解雇…… (34)  
 get the boot 被解雇,被开除…… (34)  
 get the green light 得到批准…… (34)  
 get the hang of something 掌握做某事的窍门…… (34)  
 get the sack 解雇…… (35)  
 get to the bottom of 触及……的实质,弄清……的  
 根由…… (35)  
 get wind of 听到风声,得到消息…… (35)  
 give a shot (try something that is new) 试试看…… (35)  
 give sb. a break 再给某人一次机会…… (36)  
 give somebody a free hand 给某人行动自由,听其  
 自行处置…… (36)  
 give someone a buzz 给某人挂个电话…… (36)  
 give someone a tumble 给予重视…… (36)  
 give someone a wide berth 回避,敬而远之…… (37)  
 give someone his head 由某人自由处理…… (37)  
 go about (do) 做,从事…… (37)  
 go by the book 严格照章办事…… (37)  
 go down the drain 把钱白白浪费掉…… (38)

go downhill 走下坡路,逐渐变坏…… (38)  
 go to extremes 走极端…… (38)  
 go to someone's head 冲昏头脑…… (38)  
 go with 一起,相配,跟……谈恋爱…… (39)  
 goof around 消磨时光,漫不经心…… (39)  
 grease/oil someone's palm 贿赂(某人)…… (39)  
 guess what 你猜怎么着…… (39)

**H**

hands are tied 权力有限…… (40)  
 hang up one's boots 退休…… (40)  
 harp on the same old string 唠唠叨叨,老调重弹  
 …… (40)  
 hate one's guts 对……恨之入骨…… (41)  
 have (a case of) the jitters 忐忑不安,神经紧张…… (41)  
 have a bag job on... 偷盗某人的物品…… (41)  
 have a ball at one's feet 有可能成功的有利条件  
 …… (41)  
 have a good mind to do something 很想去做某事  
 …… (42)  
 have a short temper 脾气暴躁…… (42)  
 have an axe to grind 私心,个人企图…… (42)  
 have broad shoulders 能担负重任…… (43)  
 have one's head in the clouds 满脑子幻想…… (43)  
 have one's eye on 看上,留意,想要…… (43)  
 have one's moments 春风得意之时,某人最辉煌  
 的时候…… (44)  
 have something at heart 热心于某事…… (44)  
 have something at one's finger tips 彻底了解…… (44)  
 have something on the brain 着迷于…… (44)  
 have the face to do 怎么敢做…… (45)  
 have the world before one 前途远大…… (45)  
 have words with 与……吵嘴…… (45)  
 heads are going to roll 陷入困境,有麻烦…… (45)  
 hide one's light under a bushel 不露锋芒,过分谦  
 逊…… (45)  
 high and mighty 傲慢的,高傲的…… (46)



- hit someone when he / she's down 落井下石, 打落水狗 ..... (46)
- hit the fan 突然陷入困境, 突然遇到麻烦 ... (46)
- hit the nail on the head 说到点子上 ..... (47)
- hit the sack 就寝, 睡个够 ..... (47)
- hold one's tongue 缄默, 不开口 ..... (47)
- hold someone's hand 给(某人)以道义上的支持 ..... (47)
- hold the baby 干苦差事 ..... (48)
- hold the bag 背黑锅 ..... (48)
- huff and puff 咆哮, 恼怒 ..... (48)

I

- I have a bad feeling about this 我有不好的预感 ..... (48)
- if anything can go wrong, it will 该来的躲不掉 ..... (49)
- in all conscience 当然, 的确 ..... (49)
- in charge of 负责, 管理 ..... (49)
- in full flower 成就之最高峰 ..... (50)
- in hand 正在处理/办理之中 ..... (50)
- in one's/sb. 's good time 在某人方便之时 ..... (50)
- in the bucks 很有钱 ..... (50)
- in the doghouse 失宠 ..... (51)
- in the light of 鉴于, 当作 ..... (51)
- in the pink 非常健康 ..... (51)
- it never rains but it pours 不鸣则已, 一鸣惊人 ..... (51)

J

- job hunting 找工作 ..... (52)
- jump the gun 提前行动 ..... (52)
- jump to conclusions 妄下断语 ..... (52)
- jump to it 积极行动 ..... (52)
- just one's luck 一向的坏运气 ..... (53)
- just yet 现在还, 仍未 ..... (53)

K

- keep a level head 临危不惧 ..... (53)
- keep a stiff upper lip 坚强不屈 ..... (53)
- keep a straight face 保持严肃 ..... (54)

- keep body and soul together 维持生计 ..... (54)
- keep mum about something 对某事保持沉默, 不吭声 ..... (54)
- keep one's own counsel 不露心计, 不露城府 ..... (55)
- keep one's shirt on 不发脾气, 镇定自若 ... (55)
- keep one's chin up 不气馁, 不灰心 ..... (55)
- keep one's fingers crossed 祈求好运 ..... (55)
- keep one's hand in 使技能不荒疏, 拳不离手, 曲不离口 ..... (56)
- keep one's nose to the grindstone 埋头苦干, 努力不懈 ..... (56)
- keep sb. down a notch 挫挫某人的傲气 ..... (56)
- keep track of something / someone 掌握.....的情况 ..... (56)
- kick up a fuss 大惊小怪, 引起骚乱 ..... (57)
- knock off 中断, 停止, 下班 ..... (57)
- knock the bottom out of 使之付诸东流, 使之失败 ..... (57)
- know ... like the back of one's hand 对.....了如指掌 ..... (57)
- know all the answers 见多识广 ..... (58)
- know inside out 非常了解 ..... (58)

L

- land on the rocks 陷入困境 ..... (58)
- laughter is the best medicine 笑是解忧良药 ..... (58)
- lend a hand 帮助 ..... (59)
- let's face it 不可讳言的, 面对现实吧 ..... (59)
- lie about 无所事事 ..... (59)
- lie down on the job 磨洋工, 在工作中偷懒 ..... (59)
- little strokes fell great oaks 只要工夫深, 铁杵磨成绣花针 ..... (60)
- live wire 精力充沛的、活跃的人物 ..... (60)
- look up and down 上下打量, (仔细而严格地) 检查 ..... (60)
- loose ends 未了结的琐碎事情 ..... (60)
- lose one's temper 发脾气, 动肝火 ..... (60)



louse up something 把某事搞得一团糟…… (61)

**M**

make a deal with 有个商量,达成协议…… (61)

make advances to/towards 接近(某人),表示友好,求爱…… (61)

make an exhibition of oneself 使自己出洋相…… (62)

make heavy weather of something 对某事小题大做,使事情更麻烦…… (62)

make one's mouth water 让人流口水…… (62)

make the best use of 充分利用…… (62)

meet trouble halfway 杞人忧天,自寻烦恼…… (63)

mend one's steps 注意自己的行为…… (63)

miss the boat on 坐失良机…… (63)

moonlighting 副业,兼职(一般指晚上兼职)…… (63)

more bark than bite 说得多,做得少…… (64)

**N**

near (to) someone's heart 关注,衷心关切…… (64)

new brooms sweep cleaner 新官上任三把火…… (64)

nip in the bud 防患于未然,防微杜渐…… (64)

nip something in the bud 把……消灭在萌芽状态之中…… (65)

nit-picking 找小错儿,挑剔的…… (65)

no great shakes 平凡得很,不出色,没什么了不起…… (65)

no laughing matter 重大或重要的事…… (66)

no sweat 没有问题或困难…… (66)

nose sb. out/win sb. by a nose 以微弱的优势战胜(某人)…… (66)

not have a clue 不知道,不了解…… (66)

not serve two masters 一君不事二主,对某人忠心耿耿…… (67)

not turn a hair 泰然自若,毫不疲倦…… (67)

**O**

off line 停工…… (67)

off the cuff 未做准备的,即席的,非正式的…… (68)

on a limb 努力工作…… (68)

on line 开工…… (68)

on off chance 抱着试试看的态度,侥幸地…… (68)

on the cuff 赊欠,免费…… (68)

on the gravy train 有财运,有赚大钱的机遇…… (69)

on the level 诚恳的,直率的…… (69)

on the needle 吸毒成瘾…… (69)

out of it/things 使孤独沉默,怯生生独处一角…… (70)

out of the frying pan into the fire 才出狼窝,又入虎口,每况愈下…… (70)

out of one's way 不顺路…… (70)

out of the wood 摆脱困境或险境…… (70)

out of 缺乏…… (71)

**P**

pass someone's way 经过某人的手中,落入某人之手…… (71)

pass the buck 推卸责任…… (71)

pave the way for 为……铺平道路…… (71)

pay off 还清债务…… (72)

pink collar 粉领阶层的,妇女所从事的工作…… (72)

plain as the nose on your face 显而易见的…… (72)

play (it) safe/for safety 稳扎稳打,谨慎行事…… (72)

play cat and mouse with 玩猫捉老鼠游戏,追追躲躲的…… (73)

play fast and loose with 敷衍了事,不正经干…… (73)

play favorites with... 对……有偏心眼…… (73)

play second fiddle to somebody 给某人当二把手…… (73)

plough the sands 白费力气,徒劳无功…… (74)

pound the pavement 徘徊街头找工作…… (74)

prior to 在……之前,优先于…… (74)

- pull a fast one 用诡计占上风 ..... (74)  
 pull through 痊愈,帮忙渡过难关 ..... (75)  
 push the panic button 惊慌失措 ..... (75)  
 put ( it ) on 假装 ..... (75)  
 put in one's two cents 为别人说句好话,向他人主动提出忠告 ..... (75)  
 put something on the back burner 推迟,延期 ..... (76)  
 put the cart before the horse 颠倒次序,本末倒置 ..... (76)  
 put to rights 修复 ..... (76)

Q

- quick off the mark 行动敏捷 ..... (77)

R

- rack in ( get, earn ) 得到,赚取 ..... (77)  
 remain in the saddle 保留要职 ..... (77)  
 rest on one's oars 休息,暂停工作 ..... (77)  
 rhyme or reason 道理,可了解的原因 ..... (78)  
 rough-and-tumble 杂乱无章的,混乱的场面 ..... (78)  
 rub sb. the wrong way 触犯某人,惹恼某人 ..... (78)  
 run low 快用完了,不够了 ..... (78)  
 run off one's feet 忙得腿快跑断了 ..... (79)

S

- safe and sound 安然无恙 ..... (79)  
 save one's breath 保持沉默 ..... (79)  
 save one's face 保留面子,顾全面子 ..... (79)  
 save one's neck 保护某人不受其害 ..... (80)  
 seal one's lips 封住某人的嘴,不让某人讲话 ..... (80)  
 see the world 见多识广 ..... (80)  
 shake the dust off / from one's feet 拂袖而去 ..... (80)  
 shoot the breeze 闲聊 ..... (81)  
 show one's paces 显示出自己的本领 ..... (81)  
 show up 出席,使其显得醒目 ..... (81)  
 side with sb. 在争论中站在某人一边 ..... (81)  
 sing the blues 诉苦,抱怨 ..... (81)

- soft drink 甜的,非酒精性的饮料 ..... (82)  
 sort sb. /sth. out 解决问题 ..... (82)  
 speak by the card 说话有根有据,措辞谨慎 ..... (82)  
 speak evil of 说什么人的坏话,诽谤 ..... (82)  
 speak for itself/themselves 不言而喻,无须进一步说明 ..... (83)  
 spill the beans ( 无意中 ) 泄露秘密,泄露消息 ..... (83)  
 stand the gaff 忍受折磨,不怯懦 ..... (83)  
 stay put 留在(某处)不动 ..... (84)  
 stir up a nest of hornets 捅马蜂窝,自找麻烦 ..... (84)  
 straight from the horse's mouth 从可靠方面来的,直接从权威方面得来的 ..... (84)  
 sweat it out 苦撑到底 ..... (84)

T

- take / go one's own way 一意孤行 ..... (85)  
 take a candy from a baby 贪得无厌的人,卑鄙小人 ..... (85)  
 take a strong/ hard line 采取强硬的手段 ..... (85)  
 take on ( undertake a task, opinion, view ) 对付(意见,看法),从事某项任务 ..... (86)  
 take sb. /sth. at face value 以貌取人(物) ..... (86)  
 take something in one's stride 轻而易举地解决问题,泰然处之 ..... (86)  
 take the bull by the horns 挺身面对危险,不畏艰险 ..... (86)  
 take the rough with the smooth 既能享乐也能吃苦,泰然对待人世的沉浮 ..... (87)  
 take the wind out of someone's sails 底牌揭穿,哑口无言 ..... (87)  
 take up short 插嘴 ..... (87)  
 talk off the top of one's head 信口雌黄 ..... (87)  
 talk shop 三句不离本行 ..... (88)  
 tear something/ somebody to bits 仔细检查,严厉批评 ..... (88)  
 the fast lane 快节奏的生活 ..... (88)

the iron entered into one's soul 心如刀割, 极端痛苦 ..... (88)

the shoe is on the other foot 今非昔比 ..... (89)

thin-skinned 神经过敏 ..... (89)

think twice 仔细考虑, 踌躇, 犹豫 ..... (89)

throw in the towel 认输 ..... (89)

throw mud at 讲人坏话, 恶意中伤 ..... (90)

to a fault 过分 ..... (90)

too... by half 过分, 太 ..... (90)

trade in 拿(某物)折价去购买一件新东西 ..... (90)

tread / walk on air 得意洋洋 ..... (90)

tread on someone's heel 亦步亦趋 ..... (91)

turn in 归还, 上缴 ..... (91)

turn one's head 使某人自满 ..... (91)

turn over a new leaf 洗心革面 ..... (91)

twiddle one's thumbs 闲得无聊 ..... (92)

**U**

up the wall 愤怒, 发狂 ..... (92)

**W**

walls have ears 隔墙有耳 ..... (92)

well and good 好吧, 也好 ..... (93)

when in doubt, do nothing 不做没把握的事 ..... (93)

where the shoe pinches 症结所在, 痛苦所在 ..... (93)

whistle in the dark 给自己壮胆, 嘴硬 ..... (93)

white as a sheet 面如白纸 ..... (94)

with drums and trumpets 大吹大擂, 大张旗鼓 ..... (94)

**PART 2 Words for Business**  
**实用商务篇**



**A**

a country mile 一段很长的距离 ..... (96)

a drug on the market 滞销商品, 滞销货, 供应过剩的商品 ..... (96)

a fair shake 公平的待遇 ..... (96)

a fat chance 微小的机会 ..... (96)

a leap in the dark 冒险举动 ..... (97)

a month of Sundays 很久, 很长时间 ..... (97)

a red carpet welcome 隆重欢迎 ..... (97)

a rule of thumb 单靠经验或实践的方法, 粗略而简便的方法 ..... (97)

across the board 全面地 ..... (98)

add up to 合计达, 总括起来意味着 ..... (98)

agree to differ 求同存异 ..... (98)

all told 合计, 总之 ..... (99)

all wet 搞错了 ..... (99)

an easy digging 轻而易举的事 ..... (99)

any more 不再 ..... (99)

as easy as one's eye 很容易 ..... (100)

as sure as eggs is eggs 毫无疑问, 千真万确 ..... (100)

as well 也, 还, 又, 完全的, 足够的 ..... (100)

ask for it 自找麻烦, 自讨苦吃 ..... (100)

ask no odds 不要求特殊照顾 ..... (101)

at a loose end 无所事事, 无所适从 ..... (101)

at one's wits' end 智穷计尽 ..... (101)

at sixes and sevens 乱七八糟, 意见不一 ..... (102)

**B**

back to square one 退回起点, 从头再来 ..... (102)

back to the drawing board 从头开始, 失败后另起炉灶 ..... (102)

ballpark figure 近似数, 大致正确的估计 ..... (102)

bang for the buck 货真价实 ..... (103)

be brassed off doing 厌烦干....., 对.....满腹牢骚 ..... (103)

- be catty 爱搬弄是非的,爱诽谤人的…… (103)
- be down in the dumps 垂头丧气,神情沮丧…… (103)
- be in a jam 陷入困境…… (104)
- be in full swing 正在全力进行,处于活跃阶段…… (104)
- be in high gear 全力进行…… (104)
- be of one mind 意见一致,看法相同…… (104)
- be of two minds 拿不定主意…… (104)
- be on a gravy train 走运,有赚钱的机会…… (105)
- be on cloud nine 高兴得飘飘然…… (105)
- be on pins and needles 坐立不安…… (105)
- be over the hump 已渡过难关…… (106)
- be saddled with 把任务或责任强加在某人身上…… (106)
- be short of hands 缺乏人手,人手不够…… (106)
- be supposed to 认为应该,必须,认为可以…… (106)
- bear down 加紧努力…… (107)
- beat someone at his own game 将计就计地惩治某人…… (107)
- behind schedule 落后于计划或预定时间…… (107)
- behind the eightball 处于非常不利的地位…… (107)
- bell the cat 为众人利益而冒险…… (108)
- beside the point 离题,不中肯…… (108)
- big bucks 一大笔钱…… (108)
- bite the bullet 下定决心,咬紧牙关…… (108)
- book off (尤指因与雇主未达成协议)宣称某日不打算上班…… (109)
- bore someone to death 使某人烦得要死…… (109)
- brainstorm 绞尽脑汁,费尽心思…… (109)
- break a butterfly on the/a wheel 杀鸡用牛刀,小题大做…… (109)
- break even 得失相当,不赔不赚…… (110)
- bring home the bacon 谋生…… (110)
- bring something to a standstill 停住…… (110)

- burn one's boat / bridges 自绝退路,破釜沉舟…… (110)
- burn the candle at both ends 胡乱消耗精力,劳累过度…… (111)
- bury one's head in the sand 不敢正视现实,鸵鸟政策…… (111)
- button up one's lips 闭口不言,守口如瓶…… (111)
- buy a pig in a poke 草率同意或接收,隔山买老牛…… (111)
- buy someone off 向……行贿送礼,收买…… (111)
- by all means (礼貌地)允许某人做某事,或同意某项建议,当然可以…… (112)
- by and large 大体上,总的来说…… (112)
- by the book 一丝不苟地按规则,依照惯例…… (112)
- C**
- cash in on someone 占某人的便宜…… (113)
- cash in on 占……的便宜…… (113)
- change color 面红耳赤…… (113)
- change hands 换主人,易手…… (113)
- chapter 11 / chapter 13 破产经营…… (114)
- checkmate 使……进退维谷,使……一败涂地…… (114)
- chew the cud 好好琢磨琢磨…… (114)
- chicken feed 一小笔钱…… (114)
- cinch 容易做的事…… (115)
- come to a head 重要关头,关键时刻,到了决定性阶段…… (115)
- come to grief 失败,遭难…… (115)
- come up with 提出,想出…… (115)
- come/go to one's aid 赶来/去援助某人…… (116)
- cook the books 伪造账目,做假账目…… (116)
- cook with gas 做得很好…… (116)
- crocodile tears 假慈悲…… (116)
- cross/pass the Rubicon 采取断然行动,破釜沉舟…… (117)

**D**

- death-trap 危险建筑、车辆,危险的境遇 ..... (117)
- diamond cut diamond 棋逢对手,强中自有强中手 ..... (117)
- do a land-office business 生意大为兴隆 ..... (118)
- don't kill the goose that lays the golden eggs 不要杀鸡取卵 ..... (118)
- double trouble 困难重重 ..... (118)
- double-take 再次打量 ..... (118)
- drag someone through the mire 使某人名声蒙受耻辱,把某人的名声搞臭 ..... (119)
- draw the longbow 吹牛,夸口,说大话 ..... (119)

**E**

- eat crow 被迫收回自己说过的大话 ..... (119)
- egg someone on to do something 怂恿,鼓动某人去干某事 ..... (119)
- eke out a living 仅能糊口,勉强度日 ..... (120)
- enter one's head 想到 ..... (120)
- every bit 完全,全部 ..... (120)
- explain oneself 表明自己的意思 ..... (120)
- eye-catcher 令人大开眼界的情形 ..... (121)
- eye-sore 丑陋 ..... (121)

**F**

- fall apart 破碎,破裂,崩溃 ..... (121)
- fall behind 过时未缴纳或未完成 ..... (121)
- fall between two stools 鸡飞蛋打 ..... (122)
- fall foul of 因违反规定而受挫,从而失败 ..... (122)
- fall short 未达到预期结果,标准等 ..... (122)
- feel (it) in one's bones 从心里感到 ..... (122)
- fill in 供应最新资料,代替 ..... (123)
- flex one's muscles (为准备大干而)小试身手 ..... (123)
- flub 捅娄子,闯祸 ..... (123)
- fly by the seat of one's pants 全靠自己摸索 ..... (123)
- fly in the face of 与某事物相悖,反对 ..... (124)

**G**

- fly off the handle 大发雷霆 ..... (124)
- fly-by-night 无信用的,不可靠的 ..... (124)
- follow one's nose 一直向前走 ..... (124)
- follow through 坚持到底 ..... (125)
- follow-up 后续的,连续广告 ..... (125)
- free from 免于.....,不受 ..... (125)
- gain the upper hand 占上风 ..... (125)
- get around 旅行,四处行动 ..... (126)
- get away with it 逍遥法外 ..... (126)
- get down to brass tacks 直截了当 ..... (126)
- get off on the right foot 开门红 ..... (126)
- get off to a flying start 来了个开门红 ..... (126)
- get over 克服,战胜 ..... (127)
- get round to 抽出时间来做事 ..... (127)
- get/pull one's fingers out 工作取得进展 ..... (127)
- give enough (plenty of) rope to hang oneself 自作自受,自绝后路 ..... (127)
- give one's adhesion to 表示接受,拥护 ..... (128)
- give somebody a dressing down 严厉训斥 ..... (128)
- give someone a lift 给(某人)搭个便车 ..... (128)
- give someone the air 把某人给甩了 ..... (128)
- give someone the runaround 敷衍搪塞 ..... (129)
- give something a second thought 对某事三思而后行 ..... (129)
- give up the ghost 灵魂出壳,断气,停止做某种工作的努力 ..... (129)
- go ahead 开始,继续进行 ..... (129)
- go any length 不遗余力,无所不为 ..... (130)
- go by the board 落空,断送,完全失败 ..... (130)
- go far (货币)值钱,大有帮助,大有成就 ..... (130)
- go hog-wild 行动放肆 ..... (130)
- go in (at) one ear and out (at) the other 充耳不闻 ..... (131)
- go into a rage 勃然大怒 ..... (131)
- go native 入乡随俗 ..... (131)
- go out of business 歇业,破产 ..... (131)

- go out 出游消遣..... (132)  
 go round in circles 瞎忙,忙得团团转而无收获...  
 ..... (132)  
 go the whole hog 干到底,彻底地干 ..... (132)  
 go up 破产 ..... (132)  
 God's medicine 毒品 ..... (133)  
 grasp the nettle 大胆抓棘手问题,迎着艰险上...  
 ..... (133)  
 grin and bear it 毫不抱怨地忍受痛苦,失望.....  
 ..... (133)  
 gung ho 同心协力的,热情的,有事业心的.....  
 ..... (133)

H

- half-and-half 马马虎虎 ..... (134)  
 handout 施舍 ..... (134)  
 hands off 不干涉,旁观 ..... (134)  
 hang in there 撑下去 ..... (134)  
 hangdog look 羞愧的神态,垂头丧气的样子.....  
 ..... (134)  
 hard cash 可换黄金等价高而稳定的货币.....  
 ..... (135)  
 have a bone to pick with someone 对.....有意见  
 ..... (135)  
 have a grudge against 对.....怀恨在心.....  
 ..... (135)  
 have a hunch that... 预感到..... (136)  
 have an eye to the main chance 谋私利,唯利是图  
 ..... (136)  
 have another think coming 大错特错 ..... (136)  
 have butterflies in one's stomach 忐忑不安.....  
 ..... (137)  
 have gone to the dogs 穷途末路 ..... (137)  
 have had one's day 不再应时,已过全盛时期...  
 ..... (137)  
 have one's back to the wall 进退维谷..... (137)  
 have something on the ball 有干某事的能耐...  
 ..... (138)  
 have the cards stacked in/against someone 处于  
 有利/不利的状况 ..... (138)

- have the Midas touch 手气好,有生财的运气...  
 ..... (138)  
 have the last laugh 获得最后胜利 ..... (138)  
 haywire 混乱,出现故障..... (139)  
 head for 前往,直驱 ..... (139)  
 hedge about with 感情受到限制,感到不自由...  
 ..... (139)  
 high and dry 孤立无援,被遗弃 ..... (140)  
 hit the road 出发,动手 ..... (140)  
 hold it over 自认高人一筹..... (140)  
 hold on to the purse strings 控制金钱的使用...  
 ..... (140)  
 hold the market 操纵或控制市场..... (140)  
 hold/have the aces 掌握了王牌 ..... (141)  
 hot and bothered 焦躁不安 ..... (141)

I

- ifs and buts 借口,托词 ..... (141)  
 in business 马上要开始干,准备状态(阶段).....  
 ..... (141)  
 in stock 有存货 ..... (142)  
 in the bag 稳操胜券,十拿九稳 ..... (142)  
 in the black 有盈余 ..... (142)  
 in the red 赤字 ..... (142)  
 in the same boat 同舟共济 ..... (142)  
 in the way 阻挡,妨碍 ..... (143)  
 it was a blessing in disguise 塞翁失马,焉知非福  
 ..... (143)  
 it's a hard act to follow 难以为继,无可取代。...  
 ..... (143)  
 it's a short step from lip service to ass-kissing 少拍  
 马屁..... (143)  
 It's like looking for a needle in a haystack 大海捞针  
 ..... (144)

J

- jump down one's throat 粗鲁地对待某人,让某人  
 受不了..... (144)  
 just the same 仍然,一回事儿 ..... (144)

K

- keep a dog and bark oneself 有了下属还亲自操劳



- ..... (144)
- keep abreast of / with 跟上 ..... (145)
- keep one's head above water 不必举债度日 ...  
..... (145)
- keep one's finger on the pulse 掌握行情,消息灵通  
..... (145)
- keep one's head 保持镇定 ..... (145)
- keep tabs on something / someone 掌握情况,密切  
注视..... (146)
- kick against the pricks 以卵击石,螳臂挡车 .....  
..... (146)
- kick-back 回扣,佣金,外快 ..... (146)
- knock on one's door 上门拜访 ..... (146)
- knock on the head 泡汤了 ..... (147)
- know one's beans 精通自己的业务..... (147)
- know the ropes 精通业务..... (147)
- know what's what 懂行,通晓世事 ..... (147)

## L

- lay low 隐匿,避风头,病倒 ..... (147)
- legwork 外勤 ..... (148)
- like a house on fire 火起来 ..... (148)
- look before you leap 三思而后行 ..... (148)
- look like a dying duck in a thunderstorm 惊慌失措,  
全然丧失..... (148)
- look up 有起色,拜访 ..... (149)
- lose one's cool 沉不住气 ..... (149)

## M

- make ... a hit 使.....大获成功 ..... (149)
- make a big deal out of... 对.....小题大做 .....  
..... (150)
- make a case for 提出有利于.....的理由 .....  
..... (150)
- make a convenience of 利用.....之便..... (150)
- make a killing 大走财运,鸿运亨通 ..... (150)
- make a reservation 订位子 ..... (150)
- make bundles in something 赚大钱,发大财 .....  
..... (151)
- make bundles 赚大钱,发大财..... (151)
- make common cause with 与.....联合起来 .....  
..... (151)

- make do with 用.....凑合..... (151)
- make much / little account of 十分(不很)重视  
..... (152)
- make or break sb. 成败在此一举 ..... (152)
- make the dust fly 干得很起劲 ..... (152)
- meet one's Waterloo 惨败 ..... (152)
- mind your own business 注意你自己的事,不要多  
管闲事..... (152)
- money order 汇款单 ..... (153)
- move along 驱散 ..... (153)

## N

- never say die 不要轻言放弃 ..... (153)
- nickel and dime one's way 积少成多取得成功 ...  
..... (154)
- no soap 无结果,不成功 ..... (154)
- not have a dog's chance 绝无机会 ..... (154)
- not to know beans about something 对.....一无所  
知..... (154)
- null and void 无效的,无法律效力的 ..... (154)
- nurse it back to life 恢复元气 ..... (155)

## O

- off the hook 脱身,脱离窘境,(电话)未挂好 .....  
..... (155)
- on eggs 谨慎行事 ..... (155)
- on one's last legs 山穷水尽 ..... (156)
- on sale 廉价出售,上市 ..... (156)
- on special 特价销售 ..... (156)
- on the drawing board 在设计阶段 ..... (156)
- on the fence 保持中立,犹豫不定..... (157)
- on top of 在.....之上,除.....之外 ..... (157)
- one after another 一个接一个 ..... (157)
- out in left field 不合理的,不明智的,不可能的 ...  
..... (157)

## P

- pad the bill 报假账..... (158)
- part and parcel of 重点,核心 ..... (158)
- pass in a crowd 还过得去,还可以 ..... (158)
- pay back 还债 ..... (158)
- pay someone's way 支付费用 ..... (158)





- pick up the bits 收拾残局 ..... (159)
- pie in the sky 不现实的、空想的计划 ..... (159)
- pipe dream 幻想的、空洞的计划 ..... (159)
- place a call 打电话 ..... (159)
- play (it) safe 稳扎稳打, 谨慎行事 ..... (160)
- play along with 假意与.....合作 ..... (160)
- play ducks and drakes with 打水漂, 挥金如土, 浪费, 挥霍, 对某人或某事制造混乱 ..... (160)
- play footsie 调情 ..... (160)
- play heck with 破坏, 给.....制造麻烦 ..... (161)
- play into someone's hands 干对于对手有利的事, 中对手之计 ..... (161)
- play it cool 不露声色, 沉着冷静 ..... (161)
- play one's cards well/ right 办事高明, 巧于运筹 ..... (161)
- ..... (161)
- play the field 不正经干, 尝试多样 ..... (162)
- play the game 行为正派, 有绅士风度 ..... (162)
- play up to someone 讨好某人, 顺从某人 ..... (162)
- ..... (162)
- pocket litter 口袋里装的零碎东西 ..... (162)
- podspeak 庸俗讨厌的谈吐 ..... (163)
- point sb. / sth. out 提出, 提醒注意 ..... (163)
- point-blank 近距离平射, 直截了当 ..... (163)
- posh 豪华, 昂贵, 时髦 ..... (163)
- pull in 逮住, 赚钱 ..... (164)
- pull one's weight 尽自己的本分, 努力做好自己分内的事 ..... (164)
- put a bug in someone's ear 事先暗示某人, 私下叮嘱某人 ..... (164)
- put into action 把.....付诸实施 ..... (164)
- put one's back into 不遗余力、全力以赴地去做 ..... (165)
- ..... (165)
- put one's pride in one's pocket 抑制自尊 ..... (165)
- ..... (165)
- put one's best leg forward/foremost 尽最大努力, 全力以赴 ..... (165)
- put the squeeze on someone 对某人施加压力 ..... (165)
- ..... (165)
- put their/your/our heads together 一起讨论(尤指为了解决问题) ..... (165)

- put... into effect 使.....生效, 开始实施 ... (166)
- Pyrrhic victory 损失惨重的胜利, 得不偿失的胜利 ..... (166)

R

- rack one's brains 绞尽脑汁, 冥思苦想 ..... (166)
- rat race 激烈竞争 ..... (167)
- read someone loud and clear 对某人了如指掌 ..... (167)
- ..... (167)
- reckon without one's host 打如意算盘, 未经考虑重要因素而做出重大决定 ..... (167)
- red tape 繁文缛节, 文牍主义 ..... (167)
- renew the certificate 续存 ..... (168)
- return to one's muttons 言归正传 ..... (168)
- ride for a fall 自趋失败, 自招不利 ..... (168)
- ring the changes 以不同的方式说或做同一件事, 以不同的方式重述同一个观点 ..... (168)
- rip off 敲竹杠, 诈骗 ..... (169)
- rob Peter to pay Paul 拆东墙补西墙 ..... (169)
- rock bottom 跌到底 ..... (169)
- rock the boat 捣乱, 把事情弄糟 ..... (170)
- rough and ready 简单的, 简易的 ..... (170)
- rubber stamp (例行公事的) 认可, 承认 ..... (170)
- ..... (170)
- rug joint 很讲究的俱乐部, 高级饭店 ..... (170)
- run (one's eyes) over 粗略地浏览 ..... (171)
- run around the circles 忙得团团转 ..... (171)
- run one's course 自然的发展 ..... (171)
- rush hour 高峰时间 ..... (171)

S

- see about 去处理 ..... (172)
- sell like hot cakes 畅销 ..... (172)
- serve two masters 不忠 ..... (172)
- set somebody up as... (使自己或他人) 从事某种职业 ..... (172)
- set something back 耽搁, 延迟 ..... (172)
- set/put (the) wheels in motion 开展, 进行 ..... (173)
- ..... (173)
- shake something up 重新组合, 改组 ..... (173)
- share weal and woe 同甘共苦 ..... (173)