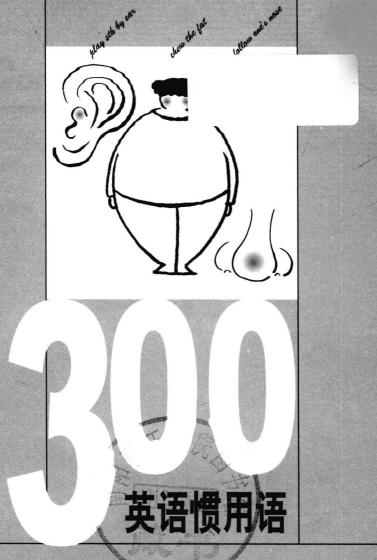




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times finding a win-win situation is better than holding your grou



300 Idiomatic Expressions

知英文化事业有限公司 著



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"Can I take a rain check on that?"这句话你可能经常从电视剧或电影里听到,但你可以不看字幕,就了解这句话真正的意思是什么吗?语言跟文化的关系密不可分,想让英语内化成自己可以驾驭的语言,最好得从英语的日常生活用语中学习。因为英语的口语能力已经不仅仅是一种实用的沟通工具,也已然演化成为"个人魅力"与"商业价值"的指标。

根据两位牛津大学教授的研究发现,英语人士在日常生活中用得最广泛的单词约为850个,而且这850个单词多半是在我们初、高中的时候就已经学到的!换句话说,若你已经具备初、高中学生的英语能力,你应该已经具备与外籍人士沟通的基础了。若将这850个单词加以分析,其中有半数以上的单词像 all, almost, among, and, any, as 是属于用法与词义上较为单一者;另外像come, down, go, get, off, take 等则有可能在搭配不同的介词、单词或语境时会有不同的含义,而后者这样的单词大约有300个,同理可知,若能活用这300个单词所衍生的惯用语,想学好英语口语倒不是件难事。

然而,英语惯用语并不常出现在学校的教科书上,所以很难从 正规教育中习得。我们深知不是每位读者都拥有直接与外国友人 练习口语的机会,因此特别针对这类精选的 300 个惯用语,编撰给 适合上班族以及热爱学习英语口语的读者使用,希望大家也能藉 此说得一口实用又到位的英语口语。

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access

n. 管道入口,通路,接近 vt. (计算机)接通,存取,使用

have/get/gain access to

可接近(或进入,使用);享有…权利

You must become a member to *gain access to* the gym. 你必须成为会员才能享有进健身房的权利。

across prep.

come across sb/sth

偶遇某人或偶然发现某物

I came across an ad for that new restaurant downtown in the newspaper today.

我今天在报纸上偶然发现城里一家新餐厅的广告。

right across the street from...

在…正对面

The bakery *right across the street from* Jenny's house is just magnificent.

珍妮家正对面的那间面包店实在棒极了!

act n., vt., vi.

act + a / the + part/role 假装…:以…方式做事

If you want people to respect you as a leader, you have to act the part.

你若想要大家尊敬你为领导者,就必须扮 演好领导者的角色。

Act your age!

别那么幼稚!

Stop behaving like a child and *act* your age! 别像个孩子一样那么幼稚! Mote:
"做你这个年纪该做的事"是本句最直接的意思。换句话说,就是更对方别净做些不符合自己身份或年龄的事。

adorable a. 可爱的,迷人的

Mr. and Mrs. Wang's baby daughter is *adorable* when she smiles.

王氏夫妇的小女儿笑起来好可爱。

afford

vt. 买得起,花得起(时间、金钱、精力等)

can't afford to do sth

没有能耐做…

We can't afford to waste a single minute or we'll miss our flight. 我们连一分钟都不能浪费,不然就赶不上飞机了。

after prep.

After you.

您先请。

Margaret: Let's go inside. It's freezing out here.

Jack (opens the door): After you!

玛格丽特: 我们进去吧! 外面好冷。

杰克(打开门): 你先请。

against prep.

be (for or) against

(赞成或)反对

You *are* either *for* us *or against* us. Take your pick! 你要不就支持,要不就反对我们。做个选择吧!

go against

违背

This new company policy *goes against* everything I believe in. 这份新的公司规定违反了一切我所相信的事。

run against sb

与某人竞选或比赛:不利于…

Luck is *running against* you today.

你今天运气真背。

ask

vt. 问;打听;邀请 vi. (+ for)要求

ask for it

自作自受

By not listening to his parent's advice, Tom was asking for it. 汤姆不乖乖听他父母的建议,根本就是自作自受。

ask for trouble

自找麻烦

Don't leave any valuable items in your car or you're just asking for trouble.

不要留任何贵重物品在车上,不然你就是在自找麻烦。

Don't ask.

别问了。/别提了。

Steve: How was your flight back from the east coast?

Bob: Don't ask.

史蒂夫: 从东岸飞回来的旅途还好吗?

鲍勃:别提了。

6

available

a. 有空的;可得到的,可以用的;名花(草)无主

not available

不在;无法…(做某件事情)

Mr. Johnson is *not available* at the moment. Can I take a message?

约翰逊先生现在无法接听您的电话。可以请您留言吗?

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back adv.

get back [to the subject / to the point / on track]

言归正传

George was finally able to *get* his life *back on track* after getting out of jail.

乔治终于在出狱后让他的人生重回正轨。

get off my back

别再找我麻烦/别再数落我

I made one mistake and she would never *get off my back* about it. 我只不过是犯了一次错误,她就一直为了这件事找我麻烦。

go back on one's word

食言

One way to build a successful business is to never go back on one's word.

成功创业的方法之一就是绝对不可以食言。

talk back (to sb)

顶嘴

The one thing that my parents could not tolerate was me talking

back to them.

我爸妈最不能忍受的一件事就是我跟他们顶嘴。

bad a.

a bad / heavy accent

很重的口音

Our waiter has *a bad accent*. I couldn't understand a word he was saying.

我们的服务生口音太重了。我根本听不懂他刚刚说的每一 句话。

not so bad

没有那么严重;没有那么差;还不错

The project seemed destined for failure, but it turned out to be **not so bad** after all.

这计划本来看起来注定是要失败的,但最后的结果终究还算不错。

ball n.

be / get / stay / keep on the ball

对…熟悉,在行;全神贯注

Our clients will have lots of questions for you at the meeting tomorrow, so stay on the ball tonight.

我们的客户在明天的会议里会有很多问题要问你,所以今晚你必须熟悉业务。

get / set / start the ball rolling

做某事使活动开始;(为鼓励他人做而)带头做某事

All I've done is *get the ball rolling*. The rest is up to him. 我只不过是帮他起个头,剩下的就靠他自己了。

have a ball = have a good time

玩得很开心

We *had a ball* down by the lake this weekend. 我们这个周末到湖边玩得非常尽兴。

banana n. / bananas adj.

drive sb bananas

使人发疯/抓狂

My neighbor *drives* me *bananas* every night with his loud music. 我的邻居每天晚上都将音乐开得很大声,简直逼得我要抓狂了。

go bananas

气得抓狂,怒不可遏

Don't let Henry see what you've done. He'll *go bananas*! 别让亨利看到你做了什么,他肯定会气得抓狂的!

top banana

老板,领袖

No matter how long you stay with the company, you'll never be

top banana.

无论你在公司里待多久,你永远只会是个员工,当不上老板的。

beat vt. and the server and the time and the server and the

beat a dead horse

白费口舌/力气,炒冷饭

Tommy has already made up his mind; it's no use to **beat a dead horse**.

汤米已经下定决心了;没有必要再白费口舌。

Beat it! = Get out! = Go away!

快滚!

Get away from my house! **Beat it!** 滚出我的房子! 快滚!

Beats me.

考倒我了。/我不知道。

Nicola: I thought your parents were away for the weekend. Why are they still here?

Tom: **Beats me**. Let's go to your place instead. 尼古拉: 我以为你爸妈这周末不在家。为什么他们还在?

汤姆: 我不知道。我们改去你家吧!

beg vt.

beg of (sb)

恳求

Please don't tell my parents what happened today. I *beg of* you! 请别告诉我爸妈今天发生的事! 我求你!

I beg your pardon.

对不起。请再说一次好吗?

I beg your pardon? I didn't catch what you said.

抱歉!请再说一次好吗?我没听懂。

I beg to differ.

恕我不能赞同。

You might think that exams are not important but I beg to differ. 你可能认为考试不重要,但恕我不能认同。

behave vi., vt.

Behave.

表现;乖一点

For people to look at you as an adult, you have to *behave* like one.

若想要别人把你当大人看,你就必须表现 得像个大人。



behave oneself

约束(自己的)行为,(自己)行为检点

The little boy's mom told him to behave himself in the

department store.

那小男孩的妈妈叮咛他在百货公司里要有规矩一点。

behind adv. 落后 prep. 在…之后,作…的后盾 n. 屁股

5 minutes behind

慢了五分钟

Although our flight was delayed for an hour, we arrived only twenty *minutes behind* schedule.

虽然我们的班机延误了一个钟头,但我们只比预定时间晚二十分 钟抵达。

behind sb's back

背地里

It is never nice to talk about someone *behind* his/her *back*. 背着他人说长道短总是一件不好的事。

behind

屁股,臀部

I need some exercise — I've been sitting on my behind all day! 我需要做点运动,我已经坐一整天了!

believe vt.

Believe me...

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