

CHAPTER

1

介绍



INTRODUCTION

Making introductions

给人作介绍

Jane, Tom. Tom, Jane.

珍妮，汤姆。汤姆，珍妮。

(这是最简单的介绍方式，即报出两人的名字并配以手势。)

Jane, this is Tom. Tom, this is Jane.

珍妮，这是汤姆。汤姆，这是珍妮。

Jane, I'd like you to meet my friend Tom.

珍妮，我想让你认识一下我的朋友汤姆。

Jane, have you met Tom?

珍妮，你见过汤姆了吗？

Jane, do you know Tom?

珍妮，你认识汤姆吗？

Look, Tom's here. Tom, come and meet Jane.

瞧，汤姆来了。汤姆，过来认识一下珍妮。

Jane, this is Tom. He's a friend from college.

珍妮，这是汤姆。他是我在大学里的朋友。

Jane, Tom is the guy I was telling you about.

珍妮，我跟你说过的那个人就是汤姆。

Do you know each other?

你们两位认识吗？

Have you two met?

你们两位见过面了吗？

Have you two been introduced?

有人介绍你们认识了吗？

Allow me to introduce Professor Linda Ferguson of Harvard University.

请允许我介绍一下来自哈佛大学的琳达·弗格逊教授。

Let me introduce our guest of honor, Mr. David Morris.

我来介绍一下今天的贵宾大卫·莫里斯先生。

If you want to be introduced to the author, I think I can arrange it.

如果你愿意，我想我可以安排你和那位作者认识。

Making a self-introduction

作自我介绍

May I introduce myself.

请允许我自我介绍。

Hello! I'm Hanson Smith.

嗨！我叫汉森·史密斯。

Excuse me. I don't think we've met. My name's Hanson Smith.

对不起，我们好像从没见过。我叫汉森·史密斯。

How do you do? I'm Hanson Smith.

你好！我叫汉森·史密斯。

I'm David Anderson. I don't believe I've had the pleasure.

我是大卫·安德生。我想我们还不认识。

First let me introduce myself. I'm Peter White, production manager.

先让我来自我介绍一下。我叫彼德·怀特，是生产主管。

My name is David. I work in the marketing department.

我叫大卫，在营销部工作。

After being introduced

被介绍与对方认识后

I'm glad to meet you.

很高兴认识你。

Nice meeting you.

很高兴认识你。

How nice to meet you.

认识你真高兴。

I've heard so much about you.

我知道很多关于你的事儿。

Helen has told me all about you.

海伦对我讲了好多你的事儿。

I've been wanting to meet you for some time.

很久以来我一直想见你。

I'm delighted to make your acquaintance.

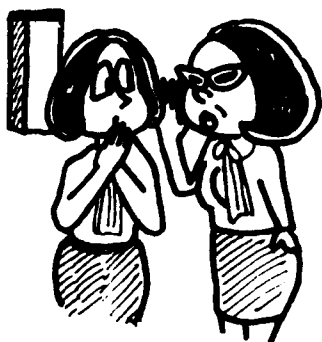
认识你我觉非常高兴。

It's a privilege to know you.

认识您是我的荣幸。

CHAPTER
2

劝告



ADVICE

Encouraging someone who is hesitant

当某人犹豫不决时给予鼓励

Give it a try.

试试看。

Go for it.

去试试吧。

Have a go at it.

你来试一试。

It won't hurt you to try it.

你不妨试试。

(It won't hurt to... : 做…… 总没坏处。)

It's going to be hard, but give it your best shot.

事情会很难，你尽力而为就是了。

(shot 在此是 try 的同义词。)

Come on. You can do it!

来吧，你能行！

Go for the first prize! I know you are good enough.

争取拿头奖！我知道你行。

Let's see some action!

赶快行动起来吧！

No pain, no gain.

只有付出，才能有收获。

(这是一句谚语,又译作“不劳则无获”。)

Advising someone to be patient

劝说某人要有耐心

Take it easy.

别着急。

Just try to be patient.

尽量耐心一点。

Please bear with me.

请耐心等一会儿。

(意为 请等我把话说完或把手上的事情做完。)

Take things as they come.

车到山前必有路。

(本句字面含义为 等事情发生了,再想对策也不迟。)

Rome wasn't built in a day.

罗马不是一天建成的。

One step at a time.

做事要一步一步来。

Don't get ahead of yourself.

别做你力所能及的事。

Don't jump the gun.

别轻举妄动。

(jump the gun : 运动员在发令枪没响时就抢先起跑。常指在情况不明时过早地表态或行动，因而造成失误。)

Don't cross that bridge till you come to it.
没到河边，先别操心怎么过桥。

All in good time.
别急，还有时间。

There's a time for everything.
事情要一件一件地做。

Things will work out in the end.
事情最终都会解决的。

Everything will work itself out.
每件事都会得到解决的。

Everything will fall into place.
事情该怎样，就会怎样。

Everything will come out right in the end – just you wait and see.
你就等着瞧吧，一切最终都会顺利解决。

See how things go for another month before you decide what to do.
你先等一个月，看看形势的发展再作决定。

Telling someone to stay calm and not to overreact

请对方保持冷静，勿做出过激反应

Calm down.

冷静一点。

Don't get so excited about it.

别因为这事儿太激动。

Don't go into hysterics.

不要歇斯底里。

Don't lose sleep over it.

别因为这事儿睡不着觉。

Don't let it get to you.

别让它影响你的情绪。

(get to :使……沮丧。)

Don't be so sensitive.

别太敏感了。

You'll send yourself to an early grave.

你这样会未老先衰的。

Learn to roll with the punches.

要学会应付困难。

(punch 用拳猛击。roll with the punches 拳击手避开对方的攻击，引申为从容应付困难局面。)

Easy does it, Tom. Don't get all worked up.
冷静点，汤姆。不要太激动。

Don't fly off the handle.

不要这么冲动。

(fly off the handle 发脾气，失去自制。)

Keep cool.

保持冷静。

Don't lose your cool.

要沉住气。

It's important for you to keep a cool head at this moment.

这时候保持头脑冷静是很重要的。

It's no big deal.

没什么大不了的。

Like it's such a big deal.

就好像有什么大不了的似的。

(like 好像，似乎，相当于 as if。)

You're making a mountain out of a molehill.

你在小题大做。

(make a mountain out of a molehill 把鼯鼠丘当成大山。)

Encouraging someone who is preparing for a big event

鼓励即将参加重大活动的人

This is your big night.

今儿晚上可是你的好日子。

This could be your lucky day.

今天你要时来运转了。

This is the big moment.

这可是关键时刻。

This is the moment you've been waiting for.

你期待已久的时刻终于来了。

You'll do great. Break a leg!

你会干得很棒的。祝你好运！

(break a leg 原为对即将出场的演员的祝福。按演艺界的一种迷信观念，说不吉利的话反而能带来好运。)

We're right behind you.

我们都支持你。

You'll make us proud.

我们会为你骄傲的。

Comforting someone who is unhappy

安慰心情不好的人

Pull yourself together.

振作起来。

Keep your chin up.

别灰心。

Don't let it get you down. It will be over with soon.

别为此烦恼。事情很快就会过去的。

Don't be so miserable!

别这么愁眉苦脸的！

Cheer up. Things will work out for the best.

高兴点儿。事情会有好结果的。

Take heart – we'll find a way out.

振作起来，我们会有办法的。

Keep trying! Don't give up the ship.

继续努力！别轻易放弃。

Loosen up! It's not worth getting upset about.

放松点儿！不值得为这件事苦恼。

Hang in there. Things will get better.

坚持住。情况会好起来。

Keep smiling! Things will calm down.

乐观一点！事情会平息下来的。

It's not as bad as all that.

事情没有那么糟。

Things are never as bad as they seem.

事情往往不像看上去的那么糟。

Win a few, lose a few. That's life.

有得也有失，生活就是如此。

Let's look on the bright side.

我们来看看它好的一面。

Every cloud has a silver lining.

再黑暗的地方也有一线光明。

When God closes a door, He opens a window.

山不转水转。

Tomorrow is another day.

有明天就有希望。

Stop carrying the weight of the world on your shoulders.

别太操心了，没有你地球照样转。

(carry the weight of the world on one's shoulders :自 以 为重任在肩。)

Telling someone to accept a bad situation or failure

劝说某人接受失败或不好的境遇

There's nothing you can do about it.

你对此无能为力。

That's the way it goes.

现实就是这样。

You can't fight it.

你再争也没有用。

C'est la vie.

生活就是如此。

It was destined to happen.

这是命中注定。

It's meant to be.

命该如此。

Whatever will be, will be.

该怎样，就会怎样。

It's just one of those things.

这样的事情总是难免。

At least we are not the only ones facing these problems.

至少不光是我们面临这样的问题。