

# 美语口语绝招成语1

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## Chapter 1:

### Ability(能力)

above-average ability :超常能力

act like a pro :做事很内行

bite off more than one can chew: 贪多嚼不烂, 承担力所能及的事

bury one's talents :埋没某人的天才

can-do person :能人

consummate skill :无比的能力;尽善尽美的技巧

cultivate one's talents :发挥某人的天才

do one's thing :做自己喜欢做的事

endowed with natural ability :有天赋

feel at home in :熟悉, 精通

flare for :激情

go to the top :成功, 出名

hold one's own : 保持地位, 与... 相匹敌

know one's own limitations : 有自知之明

lack finesse :缺少策略

lack the drive :缺少魄力

land on one's feet :逢凶化吉, 幸免于难

make the most of one's natural talent :充分利用自己的天赋

nobody's fool :精明, 谁也骗不了

on the ball :能胜任

out of one's depth :力不从心, 茫然无知

poor hand at; not up to :缺乏经验, 不能胜任

show one's talent; display one's ability:显现出才能

stand out:突出, 出色

up one's alley :符合某人的特长

up to speed:及时，符合一般标准

use one's gift :发挥某人的才能

the world is her oyster 对她来说，没有办不到的事

**Teacher:** Your child has **above-average ability** in reading.

**Teacher:** 你孩子的学习能力超群。

**Mr.Rayburn:** Really? I've seen her **act like a pro** on the soccer field, but I was worried about her performance in school.

**Mr.Rayburn:** 真的吗？我曾看到她在足球场上表现得象个职业球员，可是我担忧她在学校的表现。

**Teacher:** Well, I was a little worried that she might be **biting off more than she can chew**. But she is doing OK.

**Teacher:** 是的，我有一些担心她力不从心，可她确实做得不错。

**Mr.Rayburn:** Her mother and I don't want her to **bury her talents**.

**Mr.Rayburn:** 她的妈咪和我都不想埋没了她的才能。

**Teacher:** Your daughter is a **can-do person** but no person should over do it.

**Teacher:** 你的女儿是个能人，而且没人能超过她。

**Mr.Rayburn:** I see your point. Ms.Johnson, I must say that your teaching is quite exceptional. With **consummate skill**, you've brought the best out of our daughter.

**Mr.Rayburn:** 我明白你的意思。Johnson 小姐，我得说你的教学能力很强。你用了很好的技巧完全把我们的女儿的潜能都发挥出来了。

**Teacher:** I'm a believer in **cultivating one's talents**.

**Teacher:** 我相信我能使他人的天赋得到发挥。

**Mr.Rayburn:** Yes well, our baby has always **done her own thing**. We were worried for a while.

**Mr.Raybum:** 那当然。我们的孩子总是做她自己喜欢做的事，对此我们都担心好一阵子了。

**Teacher:** There's no reason for you to worry. Your child is **endowed with natural ability**.

**Teacher:** 没必要为此担忧，你们的孩子有天赋。

**Mr.Rayburn:** Thank you Ms.Johnson, really. I wish we might have met you earlier. Are you happy here? Do you **feel at home in** our small town?

**Mr.Raybum:** 真的谢谢你，Johnson 小姐。真希望早就遇到了你。你现在过得好吗？能适应我们这个小镇上的生活吗？

**Teacher:** I actually do, thank you. I simply love it. As you know, I have a **flare for** the dramatic.

**Teacher:** 很好，谢谢。我爱这个小镇。你知道，我对戏剧方面的东西很感兴趣。

**Mr.Rayburn:** Did you ever consider going into acting? You know, you might have made it straight **to the top**.

**Mr.Raybum:** 你曾考虑过加入这行吗？你知道吗？你可能很快就能在这方面取得成功。

**Teacher:** Actually, Mr.Rayburn, I did consider it. When I was in school, I could **hold my own**.

**Teacher:** Raybum 先生，实际上，我曾考虑过这事，我在学校的时候，我很不错呢。

**Mr.Rayburn:** But you **know your own limitations**?

**Mr.Rayburn:** 可你考虑过你自己的局限性吗?

**Teacher:** I **lacked the finesse. Perhaps I lacked the versatility.**

**Teacher:** 我缺乏技巧。也许我缺少这方面的才能。

**Mr.Rayburn:** After what you've done for our daughter, I would hardly say you **lack the drive**, nor would I say that you lack what it takes.

**Mr.Rayburn:** 在你教过我女儿之后, 我得说你不缺闯劲, 也不乏魄力。

**Teacher:** Well, let's just say that I wanted to **land on my own feet** no matter what.

**Teacher:** 哎, 说白了, 我不想与困难打交道。

**Mr.Rayburn:** You know you really should **make the most of your natural talent.**

**Mr.Rayburn:** 你知道吗, 你真的应该充分利用自己的天赋。

**Teacher:** Mr.Rayburn, I'm **nobody's fool**. I know what I can and can't do.

**Teacher:** Rayburn 先生, 我可是个明白人, 我知道我能做什么, 不能做什么。

**Mr.Rayburn:** You underestimate yourself. You are really **on the ball**. I can see it in the work that you've done with our child.

**Mr.Rayburn:** 你低估了你自己。你真的行的, 从你教我们孩子的工作中可以看出。

**Teacher:** Thank you, but I just do my job, anything else is **out of my depth**.

**Teacher:** 谢谢, 那只是我的本职工作, 对其它任何事我都会力不从心。

**Mr.Rayburn:** I think you've got quite a hand at this teaching thing, not that I'm saying that the others had a **poor hand at it**, nor that they were **not up to it**.

**Mr.Raybum:** 我认为你完全能胜任教书这个职业,当然我并不是说其它人在这方面缺乏经验,也不是说他们不能胜任教书这个职业。

**Teacher:** She just needed the right opportunity to **show her talent**, to **display her ability**.

**Teacher:** 她只需要适当的机会就可展现出她的才能。

**Mr.Rayburn:** Thank you for helping our baby **stand out**.

**Mr.Raybum:** 感谢你让我们的孩子如此出色。

**Teacher:** It was my pleasure. Besides I helped her with something that was right **up my alley**.

**Teacher:** 我很乐意,再说,我只是在我熟悉的领域里帮她。

**Mr.Rayburn:** Well thank you so much for bringing me **up to speed**.

**Mr.Raybum:** 非常感谢你及时告诉我这些情况。

**Teacher:** Not at all, I just helped your daughter **use her own gift**.

**Teacher:** 不用谢,我只不过是帮你的女儿发挥出她自的才能罢了。

**Mr.Rayburn:** Thanks for helping her tap into and **utilize her own ability**.

**Mr.Raybum:** 感谢你帮她发挥出了她的才能。

**Teacher:** **The world is her oyster** Mr.Rayburn.

**Teacher:** Raybum 先生,对她来说,没有办不到的事。

## **Chapter 2: Abundance(财富,丰富,大量)**

amass a fortune :积累财富

born with a silver spoon in one's mouth :生在富贵人家  
bumper crop, good harvest :大丰收  
fat city :极舒适的生活  
fat of the land :生活奢侈  
going begging :乞求, 销路不好  
icing on the cake :锦上添花, 好上加好  
live an easy life, be on easy street :生活优裕  
live high off the hog :优裕, 养尊处优  
richly provide :供应充足  
shoot the works :倾注全力  
squander one's inheritance :挥霍遗产  
to one's heart's content, to the full :尽情地, 充分地  
trim the fat :削枝强干, 去掉不必要的内容  
well-to-do, well-fixed, well-off, well-heeled:富有, 富裕

**What I want out of life** (我毕生的所需)

**Charlene:** I'm not interested in **amassing a fortune**.

**Charlene:**我对聚财不感兴趣。

**Grace:** That because you were **born with a silver spoon in your mouth**.

**Grace:**那是因为你出生在富贵人家。

**Charlene:** Actually, Grace, that's not true. You know we lived a very humble life until I was about fifteen. That's when my parents had a good **bumper crop**. After that **good harvest**, my parents and I started to live comfortably.

**Charlene:** Grace, 实际上, 并不是这个原因。你知道我们一直过着清贫的生活, 直到我十五岁左右的时候。那时我的父母获得了大丰收。在大丰收之后, 我的父母和我开始过得舒适。

**Grace:** Well, now you have enough to spare.

**Grace:** 哟，那你现在过得很宽裕了。

**Charlene:** That's right. We're living it up in **fat city!**

**Charlene:** 是的，我们过得很舒适。

**Grace:** So what does it feel like to be living off the **fat of the land?**

**Grace:** 那么过着奢侈的生活，又会有怎样的感觉呢？

**Charlene:** Come on, it's not like that. I mean it's not like we're **going begging** or anything.

**Charlene:** 得了吧。不是这样的。我的意思是我们不会为攒钱而奔波的。

**Grace:** You know, Charls, I think the **icing on the cake** is that you don't even know how lucky you are.

**Grace:** Charls, 你可知道，我认为好事是你甚至不知道你是多么的幸运。

**Charlene:** Do you really think I **live an easy life?** Do you honestly believe that this is what it's like to **be on easy street?**

**Charlene:** 你真的认为我的生活过得舒适吗？你真的相信这就是过着优裕生活的样子吗？

**Grace:** Of course I do. I mean look at you. You're **living high off the hog.**

**Grace:** 当然了。我的意思是一看你就知道你的生活过得很爽。

**Charlene:** My parents' hard work is what is enabling this life in the clover.

**Charlene:** 过着这样豪华的生活都是我父母辛劳工作的功劳。

**Grace:** Yes, well they sure do **richly provide** for you.

**Grace:**那是自然。那他们肯定会给你提供充足的生活所需。

**Charlene:** The party you attended the other night is not my typical life, you know? When my parents decided to throw that party, they **shot the works** and got the best out of everything.

**Charlene:**那天晚上你参加的那个晚会并代表我的生活。你知道吗？当我父母亲决定举办那个晚会时，他们全力倾注以办得最好。

**Grace:** So how are you going to **squander your inheritance**?

**Grace:** 那么你打算如何用掉你得到的遗产？

**Charlene:** I am going to live my life **to my heart's content, to the full.** I'm going to find happiness.

**Charlene:**我要尽情地享受生活，寻找快乐。

**Grace:** I'm assuming you won't be **trimming any of the fat**?

**Grace:**我猜你在任何方面都不会节约了。

**Charlene:** You're missing the point. Happiness has nothing to do with being **well-to-do.**

**Charlene:** 你错了，其实快乐与富裕并没有什么关系。

**Grace:** So you're saying that just because your parents are **well-fixed**, that doesn't mean that you'll find happiness?

**Grace:** 因此，你说这些是仅仅因为你的父母富有并不意味着你就会拥有快乐。

**Charlene:** Exactly. In fact I know several people that are **well-off** and miserable. That's why I don't take this being **well-heeled** business too

seriously and either should you. Here. Have some left over cake.

**Charlene:**完全正确。事实上，我认识几个人，他们很富有，可是过得很痛苦。这就是为什么我并不太在意富裕的生活，你也要这样。来吧，还有蛋糕，吃点吧！

### Chapter 3: Action(行动,言行)

active in various fields : 在各个领域都很活跃

allow freedom of action : 允许自由行动

busy oneself : 使自己忙碌

commendable action : 值得称赞的行为

criminal act : 犯罪行为

demonstrate by one's actions : 以行动证明

go in all directions at once : 四面出击

good deeds : 善行

make good : 履行(诺言,意图)

move one to action : 使某人采取行动

on the move : 在行动中, 在进展中

one-way street : 单行道

piece of the action : (参加)一份行动

run an errand : 跑腿, 办事

set the wheels in motion : 启动

take action : 采取行动

take measures : 采取措施

translate into the action : 付诸行动

without moving a muscle : 一动不动地

#### Words of wisdom(智慧语言)

**Jay:** John, can I give you one word of advice? **Stay active in several fields.**

**Jay:** John, 我可以给你一个建议吗? 在多个领域都要活跃一些。

**Kris:** I'd have to agree. If you confine yourself and don't **allow for freedom of action**, you'll be miserable.

**Kris:** 我同意。如果你限制住你自己, 不允许自由活动的话, 你一定会很痛苦的。

**Jay:** You can **busy yourself** doing just about anything.

**Jay:** 什么事你都去干一干。

**Kris:** Life needs to be more than just that though. Oh and another thing, be **careful about your conduct**.

**Kris:** 生活还不仅如此，不过，另外一件事就是，注意你的行为。

**Jay:** Don't do those bad things that cross your mind and do remember to carry out the good intentioned ones.

**Jay:** 不要做那些你脑海里一闪而过的坏事情，要记得做那些你想做的好事。

**Kris:** There is no more **commendable action** than that exhibited by someone who remains true to their beliefs.

**Kris:**那些言行一致的人的所为是最值得称赞的行为。

**Jay:** In my opinion there is no greater **criminal act** than the behavior exhibited by those that don't.

**Jay:** 我的观点是那些言行不一致的人的行为是最大的犯罪行为。

**Kris:** My father always used to say 'Actions speak louder than words' . Your sincerity should be **demonstrated by your actions**.

**Kris:** 我父亲常说“事实胜于雄辩”。你的真诚应该用行动来证实。

**Jay:** You don't have to conquer all and **go in all directions at once**.

**Jay:** 你没必要什么都干、四面出击。

**Kris:** Concentrate on a few **good deeds** per month, per day, per year.

**Kris:** 每年、每月、每天都做一些好事。

**Jay:** **Make good** on your promises. There are several people who don' t.

**Jay:** 要履行你的诺言。可有的人不这样。

**Kris:** Your goodness will **move others to action**.

**Kris:** 你的善行会使他人采取行动的。

**Jay:** You can be the one to get the others **on the move**.

**Jay:** 你可成为带动他人采取行动的人嘛。

**Kris:** Believe it or not, life is never a **one-way street**. what goes around comes around.

**Kris:** 信不信由你。生活并不是单行道。有因就有果。

**Jay:** Make sure you grab a **piece of the action**.

**Jay:** 你一定要付诸行动。

**Kris:** I really must go, I'm **running an errand** for my brother.

**Kris:** 我得走了，我要为我的兄弟办事。

**Jay:** Don't forget kid, **set the wheels in motion** and the rest will come.

**Jay:** 不要忘了，年轻人。开个头，剩下的就会跟着来。

**Kris:** I don't think we have anything to worry about, Jay, Mary's son is a **take action** kind of guy.

**Kris:** 我认为我们没有什么值得担忧的，Jay，玛丽的儿子是个行动型的人物。

**Jay:** Yeah, I guess he has everything covered. It even looks like he **took measures** in case his initial game plan doesn't work out.

**Jay:** 是的，我想什么事他都会处理好的。甚至可能如果他最初的计划不能实现，他也会设法去解决的。

**Kris:** I know he will find a way to **translate his ideals into action**.

**Kris:** 我知道他会找到一种方式把他的思想付诸行动的。

**Jay:** And until he does his mother will be waiting right next to him **without even moving a muscle**.

**Jay:** 他的妈妈会坚定不移的支持他直到他这样做了为止。

## Chapter 4: Adversity(逆境)

anticipate trouble : 预料会有麻烦

behind the eight ball : 处境危险

bitter experience : 痛苦的经历

deal with a difficult situation : 应付困难局面

deep water : 陷入困境

dig oneself out of a hole : 摆脱困境

double up : 弯下身子

endure hardship : 忍受困境

face the fire stand in the breach : 首当其冲

fight against odds ; fighting a losing battle : 作力量悬殊的斗争

hands full : 忙得不可开交

hard put; on the spot : 为难，在困难中

hard time of it : 难受，受苦，遭殃

hard to manage; hard to handle: 难对付，难管理

head above water : 凑合着过，不背债

hell or high water : 任何困难

hot water : 困境

in short supply : 欠缺

make a dent in : 稍许减少, 稍有削弱  
meet a difficult challenge : 遇到激烈挑战  
momentary trouble : 暂时的苦恼  
through thick and thin : 不避艰险

**Janet:** I **anticipate trouble**.

**Janet:** 我预料, 会有麻烦了。

**Barry:** Being the pessimist that you are you always think you are **behind the eight ball**.

**Barry:** 由于你悲观, 所以你总认为你是个倒霉蛋。

**Janet:** Yeah. Chalk it up to my **bitter experiences**.

**Janet:** 是的。那都是由于我经历了太多的磨难。

**Barry:** Look on the bright side. It taught you how to **deal with a difficult situation**.

**Barry:** 看开点, 那些经历会教你如何应付困难局面。

**Janet:** It's not like I wasn't in **deep water** or anything.

**Janet:** 我是真的遇到麻烦了。

**Barry:** Nevertheless you were very good at **digging yourself out of that hole**.

**Barry:** 不过, 你善于摆脱困境啊。

**Janet:** Don't remind me. Whenever I think of it, it makes me want to **double up**.

**Janet:** 别提了, 每次我想到它, 就觉得痛苦。

**Barry:** It is refreshing to see how well you can **endure hardship**.

**Barry:** 看到你能这么坚强地面对困难真让人高兴。

**Janet:** I **faced the fire** and **stood in the breach** and see where it got me.

**Janet:** 我首当其冲, 毫无畏惧, 可那又怎么样。

**Barry:** Yo girlfriend, you **fought against the odds**, It wasn't your fault you were **fighting a losing battle**.

**Barry:** 嘿, 你那是在作一场力量悬殊的斗争。败了也不是你的错。

**Janet:** Well, right now I have my **hands full**. I really don't care to deal with anything else.

**Janet:** 那是，现在我太忙了。我实在没心情去处理别的事情。

**Barry:** Let's think about this now. They've asked you to find a substitute teacher. It can't be that hard and yet you say you're **hard put** to find one. I mean I know they put you **on the spot** and all, But I believe in you. It's not something to get upset about.

**Barry:** 现在我们考虑一下这件事。他们叫你去找一位代课老师。这事不可能很难，可你说你很为难。我的意思是我知道他们是给你出了个难题，但是我信任你。这并不是很难办的事。

**Janet:** I'm having a **hard time of it**.

**Janet:** 真的很难办啊。

**Barry:** Come on. It can't be that **hard to manage**. Is it really that **hard to handle**?

**Barry:** 得啦！不可能那么难办到吧。莫非是真的那么难吗？

**Janet:** I'm barely keeping my **head above the water** as it is.

**Janet:** 我实在是无能为力。

**Barry:** Come **hell or high water** you'll find one. I know you. You complain a lot but in the end you always come through.

**Barry:** 不管多么难，你都能找到一个老师的。我了解你，你总是抱怨一大堆，最后呢，你总能把事情办好。

**Janet:** I better, or I'll be in a lot of **hot water**.

**Janet:** 我最好去找一个，否则我会陷入困境的。

**Barry:** We're **in pretty short supply** of talented guilt-ridden people so you better.

**Barry:** 我们相当欠缺有才干的又有责任感的人才，因此你最好帮他们找一个。

**Janet:** Not that it will **make a dent in** anyone's life or anything.

**Janet:** 这样也无济于事，没什么意义。

**Barry:** Come on. It will mean quite a bit to the students. If you're able to **meet this difficult challenge** and come through for them.

**Barry:** 别这么说。如果你能接受这个艰巨的挑战并成功的为他们办成这事，这对学生的意义很大。

**Janet:** You're probably right, this is only **momentary trouble**.

**Janet:** 可能你是对的，这不过也就是一时的麻烦。

**Barry:** Well, if you need anything I'm here for you **through thick and thin**.

**Barry:** 嗨，如果你需要什么，我会坚决地帮助你。

**Janet:** Thank you.

**Janet:** 谢谢了。

## Chapter 5: Advice(劝告)

advisory capacity : 顾问身份

caution about : 告诫, 警告

follow one's advice : 听从某人劝告

get after : 敦促

give friendly advice: 善意的劝告, 忠告

heed one's counsel : 重视某人的忠告

heed one's warning : 重视某人的警告

point out one's error : 指出某人的错误

take advice : 受劝, 接受忠告

take kindly to suggestions : 善意对待建议

twist one's arm : 强迫, 强迫某人做

uncalled-for advice : 无缘无故的劝告

unsolicited advice : 没来由的劝告

well-advised : 明智的, 考虑周密的

**Neil:** Are you saying this in an **advisory capacity**?

**Neil:** 你是以顾问的身份说这话的吗?

**Jessica:** I want to caution you about the dangers involved.

**Jessica:** 我想告诫你那相关的危险。

**Neil:** And what exactly are you cautioning me against?

**Neil:** 那么你要告诫我什么呢?

**Jessica:** Well, if you don't want to follow my advice.

**Jessica:** 当然, 如果你不想听我的劝告。

**Neil:** You know I don't even get what you're **getting after** me for.

**Neil:** 我还不知道你要敦促我些什么呢。

**Jessica:** I'm just **giving** you some **friendly advice**.

**Jessica:** 我要给你一些善意的劝告。