

2024年1月1日

(1) Same difference 差不多没区别/半斤八两

(2) I'm soaking.我正在淋湿中 I'm soaking wet. I'm (completely) soaked.我现在全身湿透

(3) It was meant to be 都是命中注定

(4) bright future 未来可期，前途无量。前程似锦

(5) Is it that obvious?有这么明显吗？

(6) Don't count your chickens before they are hatched 在事情最终确定之前不要过于自信或期待过高。提醒人们不要依赖尚未确定的结果，暗示过早的乐观可能导致失望。“小鸡孵出之前，别数你的鸡”或“事未成之前，勿先喜”He was already planning how to spend the prize money, but I reminded him, "Don't count your chickens before they are hatched."他已经在计划如何花这笔奖金了，但我提醒他：“事未成之前，勿先喜”

(7) No backsies 不许反悔

(8) Off to a good start 开门红

(9) I like you,我喜欢你,It's not because you're handsome.并不是因为你长的帅气。It's about you at a particular time,而是你在特殊的时间里，Gives me a feeling no one else can.给了我别人给不了的感觉。It is not the way I like you have, but the way you look I like!也并不是我喜欢的样子你都有，而是你的样子我都喜欢!

(10) When I was young, I always wanted to change myself to please others and find a sense of existence from others. When I grow up,I understand that only when I am myself, i am the most lovely, comfortable and worthy of love.年轻的时候，总想着改变自己去讨好别人，从别人那里寻找存在感。慢慢长大后才明白，只有做自己的时候，才是最可爱最舒服，也才是最值得被爱的。

(11) Happy New Year 新年快乐 Wish you happy every day 祝你天天开心 Always happy 时时快乐 Every minute wonderful 分分精彩 Second second happiness 秒秒幸福

(12) **Shape** n. 形状 v.使成...形 **Shaped** adj. 呈...形状的 **reshape** v.重塑 **shapely** adj.体形匀称的 **unshaped** adj.未成形的 **shipshape** adj.有秩序的 **shapeless** adj.不成形的 **misshapen** adj.扭曲变形的

(13) test the waters 试试水 I came here, you know, just to kind of test the waters 我来这里，你懂的，只是试试水

(14) We turn into the world's most familiar strangers 我们变成了世上最熟悉的陌生人 Once in a while, you let me lose like this.好不容易心动一次，你却让我输得这么彻底。I'm just standing here looking at you 我就站在这儿不争不抢看着你爱别人 I cried. You must be satisfied 我哭了，你满意了吧 You are my story, but I am not your story 你是我的故事，而我却不是你的故事

(15) I'm game 我愿意，我赞同，我同意

(16) How could you possible ...你怎么可能...?

(17) Feast your eyes 让你大饱眼福

(18) Happy New Year 新年快乐 Maybe you are not happy ,也许你并不快乐 The good past has become history 美好往事已经成为历史 We are no longer simple children 我们不再是单纯的孩子 Not the taste of the New Year has faded,不是年味淡了 but the most happy people in the New Year 而是过年最快乐的人 No longer us 不再是我们 Loneliness is normal 孤独是常态 and Separation is inevitable.分离是必然

(19) Don't be afraid of the future ,don't think about the past , go to the world and see the beauty . May the New Year be better than the old fun and hopeful , without disaster . Happy new

Year!不畏将来，不念过往，人间一趟，看见美好。愿新年，胜旧年，有趣有盼，无灾无难。新年快乐!

(20) Chicken out 不是“小鸡出来”，正确的意思“临阵退缩/脱逃/认怂”。Given this tension, it is no wonder that some people chicken out entirely. 鉴于这种紧张关系，无怪乎有些人会临阵退缩而彻底放弃欢送会。That girl smiled at you. Don't chicken out, go and ask for her phone number. 那个女孩朝你微笑了。别退缩，过去要她的电话号码吧。

(21) Cut the crap. without further ado 废话少说

(22) cut to the chase. come straight to the point 开门见山

(23) Walk me through it 给我讲讲

(24) Put two and two together 合理推测

(25) one step at a time 一步一步来

(26) What goes around, comes around 天道轮回

(27) Through thick and thin 风雨同舟

(28) All bark, no bite 光说不练

(29) You're incorrigible!你真不可救药 incorrigible 在这里是“无法改正的，积习难的”，表示某人或某事物积习难改、无法挽救;通常带有一些消极的含义，暗示这个人无法改变他们的错误或问题，用于表示某人的行为或习惯已经根深蒂固，难以改变或纠正。可以理解为“你真无可救药”或“你死性不改”

2024年1月2日

(1) I got your back for the rest of my life 往后余生我都支持你

(2) Make a fortune.恭喜发财。

(3) 你放我鸽子 You stood me up

(4) You sent for me?你找我

(5) open book 坦率的人，胸无城府的人

(6) put him on the phone 让他接电话

(7) 保持头脑清醒 Keep your wits about you

(8) I have a crush on you 我对你一见钟情 I want to be with you 我想和你在一起 I think about you all the time 我时刻都在想你

(9) You're off to great places, today is your day. Your mountain is waiting, so get on your way. 往好地方出发，今天是你的大日子，你的世界正等着你。所以，出发吧!

(10) cut the cheese 放屁 who cut the cheese 谁放的屁?To fart.I can't believe you cut the cheese in the car. Now we have to smell it all the way home!我真服了，你竟然在车里放屁!好了，现在回家要一路的芳香了!

(11) I'm scared of the dark.我怕黑 It's creepy here.这里好恐怖啊 I'm getting goosebumps.我起鸡皮疙瘩了 Don't be scared, Honey.别害怕，宝贝 There are no ghosts in the world.世界上没有鬼

(12) up yours 去你的

(13) that explains it 原来如此

(14) It can't be helped 只能这样了

(15) kiss ass 拍马精 call it even? 扯平了吧?

(16) No more bullshit.废话少说。Poppycock.胡说八道。This is ridiculous.这也太荒唐了! Without further ado.言归正传。Can I ask you a favor?我能请你帮个忙吗?

- (17) Just a little heads up 提醒一下
- (18) pat on the back 鼓励;表扬
- (19) 这不合乎常理! It doesn't make sense.
- (20) you rock 你太棒
- (21) Best of both worlds 两全其美
- (22) 改天吧/换个时间 How about a rain check? How about we do it another time?A: Hey, want to grab coffee this afternoon?嗨,下午要不要一起喝杯咖啡? B: I wish I could, but I've got a last-minute meeting. How about a rain check?我很想去,但我有个临时安排的会议。我们改天再约吧,可以吗?
- (23) under the weather 我不舒服/身体不适
- (24) Miss the boat, 不是“错过了船”, 正确的意思“错失机会/坐失良机”。
- (25) I bounce my leg 我弹我的腿 I wring my hands 我搓我的手 I tap my feet 我轻拍我的脚 I shake my foot 你摇晃我的脚 I pace back and forth 来回踱步
- (26) take off 请假 take one day off 请一天假 take two days off 请两天假 I took yesterday off. 我昨天请假了 I am gonna take tomorrow off 我明天要请假
- (27) 法定假日 **statutory holiday** 年假 **annual leave** 婚假 **marriage leave** 产假 **maternity leave** 病假 **sick leave** 事假 **personal leave** 短期休假 **mini-breaks** 长假 **long weekend** 调休 **days off** 寒假 **winter vacation**
- (28) What are the odds?太巧了吧?What's the point?有什么意义呢?You're on your own.你只能靠自己了。 I don't give a damn.我一点都不在乎。 I see your point.我明白你的意思。
- (29) Bon voyage.一路顺风.In bidding farewell to you, I wish you bon voyage and good health!在临别之际,祝你一路平安,身体健康!
- (30) 言归正传 let's just get down to business,okay?我们来谈正事吧 Let's stay on point.我们言归正传
- (31) Stay safe 注意安全 Look after yourself 保重 Keep in touch 保持联系 God speed 一路平安
- (32) wage slave 打工人 gobbler 干饭人
- (33) 不要瞒着我 Don't hold out on me
- (34) I'm 41 years old, i have nothing,41岁的我,一无所有, Is it too late to start over?重新开始晚吗?Actually, to be honest,说实话, I have nothing,我虽一无所有, But never lack the courage to start again!但从来不缺从头再来的勇气!Wish all the friends, happy years!祝愿所有的朋友们,余年安好!
- (35) **cute** 可爱 **slim** 苗条 **charming** 迷人 **mature** 成熟 **exquisite** 精致 **youthful** 年轻 **stylish** 时髦 **beautiful** 漂亮
- (36) If everything goes well,如果事事都如意 That's not life anymore,那就不叫生活了, So forgive everything before you go to bed,所以睡前原谅一切, Wake up and don't ask about the past,醒来不问过往, Cherish all the unexpected encounters,珍惜所有的不期而遇, Look down on all the leave without saying goodbye!看淡所有的不辞而别!It's life. Take your time. You're not bad.生活嘛,慢慢来,你又不差。
- (37) **enthusiastic** 热心的 **sincere** 真诚的 **trustworthy** 可信任的 **charitable** 宽容的 **passionate** 热情的 **erudite** 有学问的 **versatile** 多才多艺的 **sensible** 明智的 **frank** 坦率的 **humorous** 幽默的
- (38) A ball and chain 累赘/拖累(尤指老公或老婆)

2024年1月3日

(1) Consider it done 包在我身上

(2) stop pretending drop the act 别再装了

(3) That's on you, 不是“那是在你上面”，正确的意思“都怪你 是你错”！ That's on you! You chickened out.都怪你，你临阵脱逃！

(4) you are one of a kind.你是独一无二的 you're one to talk 你还好意思说我

(5) Eye Candy 华而不实

(6) Why bother?何必呢？

(7) Water under the bridge, 不是“桥下的水”，正确的意思“事已至此/无法挽回”！

(8) 天真的 **naive** 幼稚的 **childish** 成熟的 **mature** 冷淡的 **aloof** 宽容的 **tolerant** 自信的 **confident** 自卑的 **self-abased** 随和的 **easy-going** 固执的 **stubborn** 脆弱的 **vulnerable**

(9) A rising tide lifts all boats 水涨船高

(10) The internet is laggy.网卡了

(11) Looking back, the boat has passed thousands of mountains 回头看 轻舟已过万重山 The road ahead is long and bright 向前看 长路漫漫亦灿灿 Look up at the world fireworks very brilliant 抬头看人间烟火甚灿烂 Look down at the foot of loess street 低头看 万里黄土街脚下

(12) 不满，不平 **grievance** 废话，胡说 **nonsense** 不得体的 **unseemly** 未得到正确评价的 **underappreciated** 不连贯，语无伦次 **incoherence** n.道歉 **apology** v.道歉 **apologize** 重音；口音 **accent** 习惯；风俗 **custom** 注意 **attention**

(13) 专业的 **professional** 高效的 **efficient** 可靠的 **reliable** 积极的 **motivated** 创新的 **innovative** 努力的 **hardworking** 细心的 **scrupulous** 有耐心的 **patient** 坚持不懈的 **persistent** 责任心强的 **responsible**

(14) That is slander 那绝对是诽谤。The difference between libel and slander is that libel is printed while slander is spoken.诽谤和流言的区别在于前者是书面的，而后者是口头的。

(15) You are delusional!你在妄想!Head in the clouds.胡思乱想，不切实际 It's a pipe dream.这是个白日梦。There's no such thing as a free lunch.天下没有免费的午餐。 Get your head out of the clouds.别幻想啦！

(16) Knowledge makes one laugh, but wealth makes one dance.Smiles 知识使人笑逐颜开，财富使人手舞足蹈。--斯迈尔斯

(17) A shot in the arm 强心剂 鼓舞的力量

(18) A problem shared is a problem halved.有人分担，忧愁减半

(19) Out of sight, out of mind 眼不见心不烦

(20) **shove** 用力推，挤(vi.)乱推，挤；乱塞，随意放(vt.)猛推 (n.)He angrily shoved the door open and stormed out of the room.他怒气冲冲地把门猛推开，冲出了房间。The crowd jostled and shoved each other to get closer to the stage.人群争相挤推，想要靠近舞台。She accidentally shoved her coffee off the table and it spilled all over the floor.她不小心把咖啡杯推到了桌子上，咖啡洒了一地。

(21) **intimate** 亲密的，个人的 (adj.)至交，密友(n.)暗示，提示(vt.)They have been in an intimate relationship for many years.他们已经有多年的亲密关系了。She shared her intimate thoughts and feelings with her best friend.她与她最好的朋友分享了她的亲密思想和感受。The cozy candlelit dinner created an intimate atmosphere.温馨的烛光晚餐营造了一个亲密的氛围。

(22) **refresh** 振作精神，恢复活力 (v.)I need to refresh my memory before the exam.考试前我需要温习一下。 After a long day of work, I like to take a refreshing

shower.工作一整天后,我喜欢洗个清爽的淋浴。 The cool breeze from the ocean was so refreshing on a hot summer day.炎热的夏天,来自海洋的凉爽海风真是让人清爽宜人。

2024年1月4日

- (1) But things evolve 时过境迁
- (2) Please be seated 请坐
- (3) Name your price. 开个价
- (4) I don't follow you, I don't catch that, You lost me。 AH sorry i missed that 我没听懂
- (5) Is there something wrong with you 你有毛病吧
- (6) Fingers crossed 祝你好运
- (7) **Aftermath** Project Aftermath 战后余波; n. aftereffect backwash、 sequel 后果; 余波; The aftermath of war is hunger and disease. 战争的后果是饥饿与疾病。
- (8) be on cloud nine 高兴得不得了 "Was Amy pleased about getting that job?" "Pleased? She was on cloud nine!" 「艾咪得到那份工作高兴吗?」 「岂止是高兴,她简直乐不可支」
- (9) That figures. 果不其然!
- (10) Bite your tongue. 说话注意点。
- (11) I'm happy for you. 我为你高兴
- (12) Now you're talking 这才对嘛
- (13) I got your back 我挺你
- (14) Anything you say 悉听尊便 at your disposal 听你差遣; 任你自由支配 call the tune 定调子,发号施令 I'm all yours 任你安排、悉听尊便 You're the boss 你是老板,当然你说了算 as you like 随便; 听你的
- (15) I'm home 不是“我在家”, 正确的意思“我回到家了”
- (16) where do we go from here 我们将何去何从
- (17) Never the train shall meet. 两者不可能有交集。
- (18) keep it to yourself 别说出去
- (19) What's holding you back ? 是什么牵绊着你?
- (20) down and out 穷困潦倒 ups and downs 起起伏伏
- (21) you don't scare me 谁怕谁啊
- (22) My life sucks! 我的生活糟透了!
- (23) You snooze, you lose. 先下手为强
- (24) Read between the lines 理解或察觉到文字或言语表面之下隐藏的真实意图、感情或信息。 描述的是在明显的文字或言语之外寻找更深层次的含义的能力, 尤其是在这些含义没有被明确表达的情况下。译为“阅读言外之意”、“从字里行阅读出真意”或“揣摩字里行间的含义”。 He said he was too busy to help, but reading between the lines, I could tell he just didn't want to. 他说他太忙了,不能帮忙,但从言
- (25) Takes one to know one 彼此彼此,半斤八两
- (26) Out of the blue 毫无征兆
- (27) **charger** n. 费用; adj. chargeable 可充电的: n. [电]充电器; 袭击者; turbo charger 涡轮增压; battery charger 电池充电器; Charger cables for your phone. 手机充电连接线。
- (28) 热情的,热心的 **enthusiastic** 招待周到 **keep a good house** 关心照顾人的,关怀的 **caring** 亲切的 **amiable** 谦逊地 **modestly** 带领某人参观 **show sb. Around** 难忘地 **memorably**. 满意的 **content** 值得(做)的 **worthwhile** 不友好的; 不适合居住 **inhospitable**

(29) 投影仪 **projector** 主角 **protagonist** 预告片 **trailer** 字幕 **subtitles** 音响 **audio** 票房 **box office** 首映 **premiere** 观众 **audience** 显示屏 **display** 前排 **front row**

(30) fine by me 我没意见, 我随意

(31) Picture is worth a thousand words 百闻不如一见

(32) **extravagant** adv. extravagantly 挥霍无度地; n. extravagance 奢侈, 浪费; extravagant life 灯红酒绿; 同近义词: **adj. 奢侈的; 浪费的; 过度的; 放纵的** luxury、unreasonable 例句: You must curb your extravagant tastes. 你必须控制自己铺张奢侈的嗜好。

(33) is it complimentary? does it come with the meal? is there an extra charge for that? 这是免费的吗

(34) **Bubble** adj. bubbly 起泡的; 同近义词: n. yeast、foam 泡状物; vi. boil、intumescere 沸腾, 冒泡; air bubble 气泡; bubble economy 泡沫经济; 例句: The bubble has burst. 气泡破了。

(35) **outstanding** 优秀, 出色

(36) **Dominant** adj. dominated 占主导地位的; n. dominance 优势; 统治; vi. dominate 占优势; dominant pole 主顶点; dominant role 主要角色; 同近义词: **adj. 显性的; [生物] 占优势的; [数] 支配的, 统治的** ruling、predominant 例句: Dominant female and male dogs can give birth. 占支配地位的母狗和公狗可以产子

(37) **agony** vt. agonize 挣扎 adj. agonizing 苦恼的; 同近义词: n. vexation、unhappiness 苦恼; in agony 痛苦不堪 例句: He has been suffered agonies after a break-up. 分手后他非常痛苦。

(38) on all four 趴在地上

(39) **Frugal** n. frugality 俭省, 节俭; Be Frugal 谈节俭; 同近义词: **adj. 节俭的; 朴素的; 花钱少的** plain provident 双语例句 She lives a frugal life. 她过着俭朴的生活。

(40) I'm in your corner 我支持你

(41) I have diarrhea 我拉肚子了

(42) snug 舒服的; as a bug in a rug 如依偎在毯子 (rug) 里面的虫子 (bug) 一样, 表示一种 cozy 和 comfortable 的状态“非常舒服”

(43) I'm a huge fan 我是忠实的粉丝

(44) **profound** n. profoundness 深刻; 深奥; adv. profoundly 深刻地; 同近义词: **adj. encyclopedic、cyclopaedic 深厚的; 意义深远的;** profound respect 深表敬意; 例句: He sighed with profound resignation. 他极度无奈地叹气。

(45) As we all know 的高级表达 ① There is no doubt that 毫无疑问 ② It is well established that 众所周知 ③ Everyone knows that 众所周知 ④ As is well known 众所周知

(46) With all due respect. 恕我直言

(47) 我是本地人: ① I'm a local guy ② I'm a native ③ indigenous 外地人: out-of-towner

(48) bon appetite 祝你好胃口

(49) **firewater** 同近义词: n. liquor、ardent spirits 烈酒, 火酒; winter fall firewater 冬泉火酒; firewater system 消防用水系统; 例句: Her favorite firewater is vodka. 她最爱的白酒是伏特加。

(50) Every little bit helps. 一点一滴亦有帮助。

(51) out of your mind (因忧虑、不高兴或愤怒而) 精神错乱, 发狂 I'd go out of my mind if I had to do her job all day! 要是让我整天做她的工作, 我会发疯的!

(52) out of sight, out of mind. 眼不见心不烦

(53) All we have is now. 只争朝夕。Work hard play hard. 努力工作, 尽情娱乐 Go big or go

home.全力以赴。Fortune favors the bold.不入虎穴焉得虎子 Live and learn.吃一堑.长一智。No trust no friendship.没有信任何谈友谊 Have nothing to lose 无所畏惧。There is no time like the present.时不我待 Conquer from within.战胜自我。Facts speak louder than words.事实胜于雄辩 Easier said than done.知易行难。Many hands make light work.众人拾柴火焰高 Years bring wisdom.年长则智增。Develop a passion for learning.要培养求知欲 The best is yet to come.未来可期。 Faith will move mountains.精诚所至金石为开 Look before you leap.三思而后行。Leap, and the net will appear.车到山前必有路 Every dog has its day.风水轮流转。 Lies will collapse by themselves 谎言不攻自破 what is not wisdom is danger 不明智即是危险 Leave no stone unturned.竭尽全力。Live to fight another day.不屈不挠。 Let's call a spade a spade 实事求是。 No pressure, no diamonds 天将与之, 必先苦 Good medicine tastes bitter 良药苦口/忠言逆耳 A friend in need is a friend indeed 患难见真情 Pride comes before a fall.骄兵必败。 Dream big and dare to fail 锐意进取,无惧挫折 More haste less speed.欲速则不达, Passion begets persistence 唯有热爱,方能坚持 Be a voice not an echo.勿人云亦云。Be positive. Be true. Be kind 积极。真挚。友善 Beauty is an attitude.美丽是种态度。 He who wants nothing fears nothing 无欲则刚 No gain without pain.不付出, 无回报。 Opportunity knocks but once 机不可失时不再来 Imperfection is beauty 有缺憾才美丽。 Your only limit is your mind 唯思想是人类的局限 Better wit than wealth 智慧胜于财富。 Failure is the mother of success 失败乃成功之母 No gall no glory.不经磨炼, 难现辉煌。 God helps those who help themselves 天道酬勤 Purpose fuels passion.有目标才有动力 Every dark cloud has a silver lining 天无绝人之路 No effort no results 没付出何来收获 Every minute/moment counts 争分夺秒/分秒必争 No risk,no reward. 不冒风险,哪来回报。 Slow but steady wins the race 稳扎稳打/厚积薄发 Save for a rainy day,有备无患, 未雨绸缪 Save your tears for the pillow 独自面对, 默默承受 No pain no growth.不经挫折,何以成长 Simplicity is the ultimate sophistication 大道至简 No sweet without some sweat. 不劳无获 True happiness lies within you 真正的快乐发自内心 No cross no crown.不经苦难,难成正果 Beauty is a light in the heart 美丽是内心深处的光 No thorn no throne.不经风雨, 怎见彩虹 Happiness depends upon ourselves 快乐源于内心 What you believe, you can achieve 有志者, 事竟成 Great things never come easy.好事多磨 Wisdom is only found in truth 唯有真理才含有智慧 Rumors stop with the wise.流言止于智者 One flower makes no garland.独木不成林 A sure friend is known in unsure times 患难见真情

(54) **snack** 小吃 **foodie** 吃货 **edacity** 贪吃 **spill the tea** 吃瓜 **flirt with women** 吃豆腐 **be popular** 吃香 **jealous** 吃醋 **surprise** 吃惊

(55) Don't be angry,不要生气, Anger is the most meaningless thing.生气是最没有意义的事 And don't expect everyone to understand you,也不要期望人人都能理解你, No matter how well you do,你做的再好, Not everyone likes it,也不是人人都喜欢 The more you do,你做的再多, Not everyone says yes.不一定人人都说好。The same mouth, different words;一样的嘴, 不一样的说法;The same eyes, not the same view;一样的眼, 不一样的看法;Same heart, different thoughts.一样的心, 不一样的想法。

(56) A shotgun wedding 奉子成婚

(57) Watch your mouth.注意言辞。 You bet.肯定。 Go figure.想想看吧。 No one but you.无人及你。 Cold feet.临阵退缩。

(58) 善于了解别人,算得上有智慧;善于了解自己,才算得上圣明。Knowing others is wisdom; knowing one's self is insight.

(59) Can we get a menu?可以给我们菜单吗?Don't goof around in the restaurant.不可以在餐厅胡闹。 You have food on your lips. Mom will clean it off for

you.你的嘴巴上沾到食物了。妈妈帮你擦掉 Can you pack the rest, please?请把剩余的打包起来。The dish was too salty .这食物太咸了。

(60) No biggie 不要紧 Nice try 想得美 Why bother 何必呢 Zip it.闭嘴 Make me.有本事试试看

(61) Today years old 我今天才知道 Around the clock 昼夜不停 I got your point 我明白你意思

(62) dog's breakfast 一团糟 The newcomer in our office made a real dog's breakfast at that job 办公室新来的那人把工作搞得一团糟

(63) 秋天是大自然的调色板，用金黄、橙红和深紫绘制着美丽的图景。Autumn is nature's palette, painting beautiful landscapes with shades of gold, orange, and deep purple.·秋天的风吹过，树叶纷纷落下，仿佛大自然在为冬天做准备。As the autumn wind blows, leaves fall one by one, as if nature is preparing for winter.

(64) Give someone a hand 欢迎、鼓励/搭把手 Let's give him a big hand.热烈欢迎他

(65) **Pack** 包装 **Assemble** 组装 **Fix** 安装 **Polish** 打磨 **Spray paint** 喷漆 **Stove varnish** 烤漆

(66) Praise makes good men better, and bad men worse.好人越夸越好，坏人越夸越糟。

(67) Who does not speak behind his back,谁人背后不说人， Who will not be told behind his back,谁人背后不被说， Things don't need to be understood,做事无需让人理解， Just try your best;只需尽心尽力 You don't have to be likeable.做人不必讨人喜欢。 Just have a clear conscience,只需问心无愧， You just have to be yourself,你只管做好自己， Time and providence will do the rest.其它的交给时间和天意。

(68) **house property** 房屋 **rent** 租金 **deposit** 押金 **lease agreement** 合同 **landlord** 房东 **address** 地址 **tenant** 房客

(69) The song is really catchy, I'm brainwashed 这首歌太上头了，我被洗脑了 And it's stuck in my head.在我脑中挥之不去

(70) fly 苍蝇 butterfly 蝴蝶 dragonfly 蜻蜓 firefly 萤火虫 barfly 酒鬼

(71) You are adorable.你真可爱 You are adorable, Mademoiselle.你是可敬爱的，小姐。

(72) Put it on speaker.开免提 put it on 夸张;穿上它 speaker 扬声器;发言者;议长

(73) **exit** 出口 **entrance** 入口 **Import** 进 **Enter the customs** 入关 **Exit the customs** 出关

(74) Because of the economic slowdown.由于经济放缓 The company grows smaller every day.公司每天都在减员 Jobs are hard to come by these days.如今找工作很难

(75) Talking to a brick wall 对牛弹琴 It's like talking to a brick wall.就像对墙弹琴 I've tried to tell her, but it's like talking to a brick wall.我试过告诉她，但那是白费口舌。

(76) There's no precedent 这没有先例 There's no precedent for this in cancer medicine.这在癌症医学史上前所未有的。 Because there's no precedent for our existence.因为我们的存在是没有先例的。

(77) I never believed in love at first sight,but that was before I saw you.我从不相信一见钟情，直到遇见了你。

(78) can I see you for a sec 我能跟你聊两句吗

(79) In order to enrich our school life and raise our awareness of exercise , an activity whose theme is entering spring and embrace nature was held in our school last week .为了丰富我们的学校生活，提高我们的锻炼意识，上周我们学校举办了一场主题为“走进春天，拥抱自然”的活动。

(80) Once people have a gap,人一旦有了隔阂, they really can't go close,就真的走不近了, and how to tie the broken rope has a knot.断了的绳子怎么系都有结。 There is only reconciliation in the world,这世上只有和好, not as before,and very easy, as at the beginning too

difficult.没有如初，如初太难。

(81) **moldy** 发霉的 **stale** 变味的 **expired** 过期的 **rotten** 腐烂的 **soggy** 受潮的 **rancid** 馊了 **spoiled** 变质了 **overripe** 过熟的 **stinky** 发臭 **go bad** 变质

(82) **Just in case you forget** 免得你忘记提醒你一下 **you're still very young** 你还很年轻呢 **There are dates to go on** 还能约很多次会 **trips to travel** 去很多地方旅行 **friends to meet** 见很多朋友 **sunny days to appreciate** 享受很多大晴天 **favorite outfits to buy** 买很多喜欢的衣服 **and spontaneous experiences with** 还有很多一时兴起的 **people you haven't met yet.** 陌生体验

(83) **haters gonna hate** 有些人看什么都不顺眼 **Well, haters gonna hate.** **hate** 意思为"憎恨", **er** 结尾表示动作的发出者, 所以, **hater** 指"怀恨在心者", 网络上常指那些看谁都不爽, 喜欢毫无事实, 没有逻辑胡乱指责他人的人, 就是通常说的"喷子","杠精"。 **Haters gonna hate, potatoes gonna potato.**

(84) 协助 **assist** 抵制 **resist** 坚持 **insist** 停止 **desist** 组成 **consist** 生存 **subsist**

(85) **You're sullen, you're vacant** 你郁郁寡欢, 目空一切 **sullen** 形容词:愁眉不展的, 绷着脸的, 阴郁的, 阴沉的, 昏暗的, 行动缓慢的, 名词:不高兴, 绷脸; 忧郁

(86) **I'm not cut out for it** 我不是做这块的料 **Force of habit** 习惯成自然 **Put him on the phone** 叫她接电话

(87) **Keep an eye on.** 留意 **Keep an eye on it.** 盯住它

(88) **The glass is too shallow to respect the future.** 酒杯太浅, 敬不到来日方长。 **The alley is too short to go gray hair.** 巷子太短, 走不到白发苍苍。 **Not young can not keep the old heart, but the years have lost the heart.** 不是年少守不佳旧心, 而是岁月荒了人心。 **The biggest regret in life is not missing the best person, but missing the one who wants to be good to you** 人生最大的遗憾, 不是错过了最好的人, 而是错过了那个想对你好的人

(89) **The street is jam-packed** 街上全是人

(90) **at your service** 为您效劳 听候吩咐

(91) **eat your heart out** 你算老几

(92) **I'm not waiting, I'm just not moving forward.** 我没有在等, 只是没有前进而已。 **I'm waiting, too, for myself to let go,** 我也在等, 等自己放过自己, **When I let others go, when others let me go,** 等自己放过他人, 等他人放过我, **For the sunset, for the stars, for the dawn,** 等日落, 等繁星, 等黎明, **Wait for the next intersection** 等下一个路口

(93) **sweep the floor** 扫地 **scrub the floor** 擦地 **mop the floor** 拖地 **clean the windows** 擦窗 **wash the car** 洗车

(94) **Keep your nose clean** 洁身自好/夹起尾巴做人 **You will keep your nose clean.** 你得夹起尾巴做人 **If you don't keep your nose clean, you may get a bloody nose.** 如果你不洁身自爱, 名声可能受损

(95) **The wheel turns** 风水轮流转 **Feast your eyes** 让你大饱眼福 **Don't push it** 适可而止

(96) **Zone out** 走神 **I zoned out.** 我走神了。

(97) **Got a second** 有空吗 **It's my day off** 今天我休息 **It's my treat** 我请客 **I kid you not** 我没开玩笑 **I'm good to go** 我准备好了

(98) 左右为难 **I'm torn.** 我很纠结 **I'm caught in the middle.** 我被夹在中间 **I'm on the fence.** 我下不了决心

(99) **titter** 偷笑 **laugh** 大笑 **smile** 微笑 **comical** 破涕为笑

2024年1月5日

(1) **five by five** “状态良好 (in good shape)” 或 “准备就绪 (all set)” 这种说法源于无线电通信的操作术语, 上世纪五十年代, 这个短语在无线电话务员之间流行。当话务员请求对方站对我方信号质量做出报告时, **five by five**, 因为这种报告里的第一个数字表示信号强度, 第二个数字表示信号清晰度和抗干扰能力, 都是用从 1 到 5 的数字大小来衡量的

(2) **party pooper** 煞风景的人, 令人扫兴的人

(3) **Horrendous** horrible adj. 可怕的; **horribly** adv. 可怕地; 同近义词: **adj.** terrible、fearful、awesome、incredible 可怕的; 惊人的; 例句: The violence used was horrendous. 所使用的暴力骇人听闻。

(4) **my word is my bond.**我说话算话, 一诺千金

(5) **keep it up** 继续努力

(6) **Moderate** adj. moderated 慢化的; adv. moderately 适度地; n. moderation 适度; 同近义词: **vt.** deny oneself、allay 节制; 减轻 **vi.** weaken 变缓和, 变弱 **adj.** pacific、middle 温和的; 例句: He is moderate in drinking. 他饮酒适度。

(7) **Are you seeing anyone?**你有交友的对象吗

(8) **Don't give me that attitude.** 别跟我摆架子”

(9) 易受感动者 **emotionalist** 流泪 **tear** 慈悲的, 富于同情心的; 照顾性的 **compassionate** 同情某人 **sympathize with sb.**表示同情 **express sympathy** 理解领会 **comprehend** 体谅某人 **show consideration for sb.**体谅某人 **make allowance for sb.**体谅某人 **be considerate towards sb**

(10) **Don't beat yourself up** 别太自责/其实也没啥 **Don't cry.****Don't beat yourself up.**

(11) **one step at a time** 一步一步来

(12) **doddle** 同近义词: **n.** breeze、pianola; 轻而易举的事, 不费吹灰之力的事; **Doddle Net** 抄网; **Doddle Zeow** 标签; 例句: That driving test was a real doddle. 那次驾驶执照的考试真是易如反掌

(13) 无条件的 **unconditional** 公益 (事业) **public welfare** 精神力量 **mental strength** 震撼心灵 **heart quake** 奉献 **devotion** 永恒的, 不朽的 **undying** 被打动的, 受感动的 **impressed** 易感动的; 敏感的 **impressible** 易感动; 感受性 **impressibility** 真挚地 **unaffectedly**

(14) **Candid** candidly adv. 坦白地; 率直地; 同近义词: **adj.** judicial、just、pointed、frank 公正的; 坦白的; 率直的; 偷拍的; candid friend 敢说直话的朋友, 诤友; candid camera 偷拍、袖珍照相机; 例句: Why won't you be candid? 为什么你不坦白直说呢?

(15) **go down in flames** 「惨败」、「失败」、「化为乌有」。通常用来形容某人的计划、企划或演出等在公开场合表现不佳, 以致失去信心、支援或面子。The politician's attempt to pass a controversial bill went down in flames, with the bill being rejected by both parties in parliament.政客试图通过一项有争议的法案, 但是该法案在议会中被两党都否决, 最终以惨败告终。

(16) **Fake it till you make it**, 直译假冒它直到你干成” 正确意思有志者事竟成”! A: It's water under the bridge.这已经是无法挽回了。B: Don't worry.Fake it till you make it.不用担心, 有志者事竟成!

(17) **In the strongest marriages, husband and wife share a deep sense of meaning. They don't just 'get along'—they also support each other's hopes and aspirations and build a sense of purpose into their lives together.**在最坚固的婚姻中, 丈夫和妻子共同分享着深刻的意义感。他们不仅仅是相处融洽, 还支持彼此的希望和抱负, 共同构建生活中的目标和使命感

(18) **(It) beats me** 这我不知道。It beats me how she got the job.我不明白她是怎样得到这份工作的。

(19) Serendipity“意外发现的有价值的事物”。Serendipity 用于描述在探索过程中意外发现有价值的事物，通常用于形容具有启发性、有价值的发现。Serendipity 意外发现美好事物的运气,机缘巧合 When destiny has a sense of humour, it is called serendipity.当命运有了幽默感,它就变成了缘分天注定

(20) Looks can be deceiving.不可以貌取人。As the saying goes, looks can be deceiving.常言道,外貌可以骗人。

(21) Achieving success is a constant process 获得成功是一个持续的过程, never a destination in itself.永远不是目的地。You should always keep trying to improve and strive for excellence.你应该坚持不懈地提高自己,努力追求卓越 Winning is not always about being first 赢并不代表着要做第一, but it's about always trying your best in every situation 赢代表着在任何情况下都会全力以赴。

(22) 桌面 **tabletop** 公主 **Princess** 打工人 **laborer** 愉悦的 **cheerful** 忙碌的 **busy** 绝望的 **despairing** 笑哭 **smile-cry** 加油 **come on** 同伴 **companion** 贴纸 **paster**

(23) Got the gist 懂了 I get the gist of what you're saying 我知道你说的要点了。

(24) Go for it 加油!Try harder 再努力一点 Onward and upward 奋斗向上 Time and tide wait for no man.时间不等人 YOLO 及时行乐

(25) 半途而废 Fall by the wayside 直译为落在路边,没到终点已中途退出 All his dude friends just fell by the wayside.他所有的哥们朋友都半途而废了。

(26) Easy money isn't clean,好挣的钱不干净, Clean money is hard to make,干净的钱不好挣, Easy money kills people,好挣的钱要人命, Clean money kills itself,干净的钱要自己命, The right path is the vicissitudes of life,人间正道是沧桑, Behind the vicissitudes of life is black and blue.沧桑的背后是遍体鳞伤

(27) If memory serves 如果没记错的话

(28) A skeleton in the closet 见不得人的丑事/家丑

(29) get/have a chip on one's shoulder 心存不满、怀有敌意、怀恨在心 You have a chip on your shoulder.你是一个不安分的人

(30) A sinking feeling 不祥之感/不安的感觉

(31) **socket** 插座 **power strip** 插排 **plug** 插头 **switch** 开关 **charge hole** 充电孔 **cord** 电源线 **charger** 充电器 **adapter** 适配器 **put into** 插入 **pull out** 拔出

(32) **daylight** 日光 **moonlight** 月光 **starlight** 星光 **skylight** 天窗 **flashlight** 手电筒 **stoplight** 信号灯

(33) Lose the poker face Quit the poker face! pull along face draw a long face 拉长脸

(34) Buzz him in 让他进来

(35) 把握大局 grasp the overall situation 摆谱儿 put on airs;keep up appearances 白手起家 start from scratch 拜年 pay New Year call 班门弄斧 teach one's grandma to suck eggs 保质期 guarantee period 报销 apply for reimbursement 爆冷门 produce an unexpected answer 曝光 make public 奔小康 strive for a relatively comfortable life 闭门羹 given cold-shoulder 比上不足,比下有余 fall short of the best,but be better than the best 逼上梁山 be driven to drastic alternatives 变相涨价: disguised inflation 边远贫困地区 outlying poverty-stricken areas 边缘知识人 Marginal intellectuals 表面文章: Lip service;surface formality 博导: Ph.D supervisor 补发拖欠的养老金 Clear up pension payments in arrears 不眠之夜 white night 菜鸟 green hand 产品科技含量 technological element of a product 长江三角洲: Yangtze River delta 长江中下游 the middle and lower reaches of Changjiang River 超前消费:pre-mature consumption 城镇居民最低生活保障 a minimum standard of living for residents 城镇职工医疗保险制度 the system of

medical insurance for urban workers 重复建设: building redundant project;duplication of similar projects 充值卡 rechargeable card 春运 passenger transport around the Chinese lunar new year 打破僵局 break the deadlock/stalemate 电脑盲 computer illiterate 点球: penalty kick 电视会议 video conference 电视直销 TV home shopping 定向培训 training for specific posts 动感电影 multidimensional movie 豆腐渣工程 jerry-built projects 对...毫无顾忌 make no bones about 夺冠 take the crown 政治多元化 political pluralism 服务行业 catering industry 复合型人才 inter-disciplinary talent 岗位培训 on-the-job training 高等教育自学考试 self-study higher education examination 高新技术产业开发区 high and new technological industrial development zone 各大菜系 major styles of cooking 各行各业 every walk of life 功夫不负有心人 Everything comes to him who waits 各尽其能 let each person do his best 公益活动 public welfare activities 工薪阶层 state employee;salaried person 过犹不及 going too far is as bad as not going far enough 函授大学 correspondence university 好莱坞大片 Hollywood blockbuster 核心竞争力 core competitiveness 虎父无犬子 A wise goose never lays a tame leg 基本国情 fundamental realities of the country 激烈竞争 cut-throat competition 极限运动 maximal exercise/X-games 集中精力把经济建设搞上去 go all out for economic development 加班 work extra shifts 嘉宾 distinguished/honored guest 加快市场步伐 quicken the pace of marketization 假冒伪劣产品 counterfeit and shoddy products 减负 alleviate burdens on sb 江南水乡 the south of the lower reaches of the Yangtze River 教书育人 impart knowledge and educate people 脚踏实地 be down-to-earth 解除劳动关系 sever labor relations 扩大内需 expand domestic demand 拉拉队 cheering squad 论文答辩(thesis)oral defence 马到成功 achieve immediate victory 三维电影/动画片 three-dimensional movie/animation 森林覆盖率 forest coverage 社会保险机构 social security institutions 社会热点问题 hot spots of society 社会治安情况 law-and-order situation 申办城市: the bidding cities 身体素质 physical constitution 生计问题 bread-and-butter issue 生意兴隆 business flourishes 市场疲软 sluggish market 市政工程 municipal works/engineering 事业单位 public institution 试用期 probationary period 首创精神 pioneering spirit 手机充值 cellular phone replenishing 台湾同胞 Taiwan compatriots 脱贫致富 cast off poverty and set out on a road to prosperity 西部大开发 Development of the West Regions 新秀 up-and-coming star 学生处 students' affairs division 舆论导向 direction of public opinion 招生就业指导办公室 enrolment and vocation guidance office 支柱产业 pillar conerstone industry 中专生 secondary specialized or technical school student 专题报道 special coverage 《阿 Q 正传》The True Story of Ah Q 《春秋》Spring and Autumn Annals 知识产权 intellectual property rights

2024 年 1 月 6 日

(1) It's on me. 我买单。I'll pay. 我来付钱。I foot the bill. 我来买单。It's my treat. 这次我请客。

(2) We go way back, 不是“我们往回走路”，正确的意思“我们是老相识了”!

(3) Make a fortune. 恭喜发财

(4) hot potato 烫手山芋 cold fish 冷淡的人 go bananas 发疯 top dog 领头人物、老大

(5) Cross my heart, 不是“穿过我的心”，正确的意思“我发誓”。

(6) You wish! In your dreams! When pigs fly. 想的美

(7) hold you horses 别着急

(8) don't be so smug 别这么拽

(9) mass murder 大屠杀; attempted murder 谋杀未遂; **murder** adj. murderous 杀人的, 残忍的; n. murderess 女杀手; 女凶手; 例句: The story opens with a murder.这个故事以谋杀案开始。

(10) force of habit 习惯了, 习惯成自然

(11) Let's talk turkey.坦白地讲 / 有话直说

(12) Bite off more than I can chew 不自量力

(13) Every cloud has a silver lining 天无绝人之路

(14) 好巧啊 What a coincidence What a small world Speak of the devil Fancy seeing you here

(15) You know, 35 years old, 35岁的你要知道 No one is worth your unhappiness, 没有人值得你不开心, Nothing is worth your unhappiness. 没有事值得你不快乐。Life is nothing but life and death, 人生除了生死, Everything else is just a little thing to think about, 其他都是小事要想开点, Life is too short to leave regrets. 一生很短, 不要留遗憾。

(16) **Alarmist** adj. 危言耸听的

(17) I don't care what people say about me 我不在乎别人怎么说我 Only I know what I have experienced 只有我知道自己经历了什么 Because I believe in myself and my dream 因为我相信我自己的梦 I was born to be authentic 我要做真实的自己 and not to please everyone 而不是要取悦所有人

(18) Give it a try. 尝试一下 Don't be afraid. 不要害怕 I believe in you. 我相信你 I know you can make it. 我知道你能行的 Go for it! 加油 Keep it up. 坚持住 Take it easy. 放轻松 I've got your back. 我支持你 You got this. 你能行的

(19) apples and oranges 两码事 We are even. 我们扯平了 you're a phony. 你真虚伪 No peeking. 别偷看

(20) I'm over it 我想通了, 翻篇了 I'm down for that 行啊, 我愿意 I'm up for it 我愿意呀 I'm on it 我来办

(21) Break a leg actually means good luck! Break a leg 实际上就是祝你好运的意思 Fingers crossed! break a leg knock on wood 祝你好运 Good luck! Well keep our fingers crossed for you. 祝你好运! 我们将为你祈祷。

(22) Time is running out 时间不多了, 时不与我 And time is running out 而且时间不多了 Time is running out fast. 时间飞快流逝。

(23) Cut to the chase 别拐弯抹角

(24) What are you getting at? 你到底想说啥?

(25) Don't lose heart 不要灰心 Pull yourself together 振作起来 Hang in there 坚持下去

(26) **Can** 能够 罐头 (n.) **Blow** 吹 打击 (v.) **Better** 更好 改善 (v.) **Drive** 驾驶 驱动 **Happen** 发生 碰巧 **Strength** 力量 优点 **Sound** 听起来 健全的 **Tailor** 裁缝 定制 (v.) **Novel** 小说 新奇的 (adj.) **Alarm** 闹钟 惊慌 (v.) **Blue** 蓝色 忧郁的 (adj.) **Desert** 沙漠 抛弃使荒芜 (v.)

(27) is this really necessary 真的有这个必要吗

(28) 好口才 Silver tongue 形容能说会道 But you got that silver tongue 不过你有副好口才

(29) **Theft** 偷窃, 失窃 (n.) The store owner reported the theft of several valuable items. 店主报告了几件贵重物品的盗窃案。Lock your car and keep your valuables secure to prevent theft. 锁好你的车门, 保管好贵重物品, 以防止被盗。Identity theft is a serious crime that can cause significant financial and personal damage. 身份盗窃是一种严重的犯罪行为, 可能会造成重大的财务和个人损失。

(30) 厌恶的 **averse** 多种多样的 **diverse** 相反的 **inverse** 不利的 **adverse** 任性的

perverse 颠倒 **reverse** 交流 **converse**

(31) Cut me some slack!放我一马吧!

(32) I'm such an idiot.我真是个大傻瓜

2024年1月7日

(1) Get over yourself.别自以为是。

(2) People person 就像 pet person 喜欢宠物的人, dog person 喜欢狗的人, cat person 喜欢猫的人, 一个道理, 喜欢与人交流的人

(3) I don't mind. 我无所谓。 I'm cool with anything.我都可以。 I'm not picky.我不挑剔。 Anything will do.什么都行。 Up to you.你决定。

(4) How could you do this to me 你怎么能这样对我?

(5) can you dig it 你能明白吗

(6) in the deep end 深陷困境

(7) A flash in the pan 昙花一现

(8) Based on what 凭什么

(9) **Seep** n. seepage [流] 渗流; 渗漏; 渗液; 同近义词: vi. leak; 漏; 渗出; seep into 渗入; 影响到; 流入; Blood was beginning to seep through the bandages. 血开始从绷带上渗出来。

(10) music to my ears 这话我爱听

(11) are you insane 你疯了

(12) You had me at hello, 不是“你在你好有我”, 正确的意思“我对你一见钟情”!

(13) You got a second? 这句口语表达常用于工作环境、日常对话或需要别人的协助时, 是一种礼貌的方式询问对方是否有一点时间或是否可以稍作打扰, 通常用于请求短暂的注意或讨论一些事情, “有空吗?” 或 “能麻烦你一下吗?”

(14) written in the stars 命中注定 ~在西方, 星星既代表着“梦想与希望”, 也象征着“古老与永恒”, 因此 written in the stars 用来指冥冥之中早已注定的、无法改变的事。

Written in the stars 命中注定 Rewritten in the stars 改变命运

(15) **Genius** n. energy、gift、spirit、soul、mind 天才, 天赋; 精神; universal genius 宇宙级天才; 全能之才; stroke of genius 神来一笔; 天才之举; She was extolled as a genius.她被誉为天才。

(16) **Mad** Father's still mad at me. 父亲仍然对我很生气。 n. madness 疯狂; 愚蠢的行为; adv. madly 疯狂地; 发狂地; vi. madden 发狂; 同近义词: n. fury 狂怒; adj. crazy、bugs、stupid 疯狂的; 发疯的; mad at 生气; 恼火; mad dog 疯狗;

(17) No Picture no truth 无图无真相

(18) **Intense** n. intensity 疯狂; 愚蠢的行为; adj. intensive 加强的; adv. intensely 强烈地; vt. intensify 使加强; 同近义词: adj. burning、stressed、sharp、warm、hot 强烈的; 紧张的; 非常的; 热情的; intense pain 剧烈疼痛 intense emotion 激情 The intense light may cause burns. 强烈的光束可能引起烧伤。

(19) bite the hand that feeds you !咬手喂你!

(20) easy for you to say 站着说话不腰疼

(21) Don't get cocky 别太自以为是

(22) Stick to your guns.坚持你的立场

(23) To do things,做事 Once you look for reasons in other

people,一旦从别人身上找原因 It's crazy to think about it,一想就疯, If you can find something wrong with yourself,若能从自己身上找问题, It just makes sense,一想就通 If people don't have height,人若没有高度, All I see is a problem,看到的都是问题, If people don't have patterns,人若没有格局 It's all about the small stuff.心中便都是鸡毛蒜皮。

(24) Dillydally 磨磨蹭蹭 And now we dillydally.然后现在我们磨磨唧唧 Students had no time to dillydally in the school cafeteria.学生们没时间在学校的自助食堂磨蹭。

(25) Do not give in to mediocrity 永远不要甘于平庸

(26) I nailed it 我做的很好 You snooze, you lose 犹豫就会败北 Catch my drift?懂我意思吧?

(27) The fountain is beautiful,喷泉之所以漂亮, Because it's stressful,是因为它有压力, What makes the falls so spectacular,瀑布之所以壮观, Because it has no way out,是因为它没有退路, The reason why the spring can pierce the stone,泉水之所以能穿石, Because it's always trying 是因为它一直都在努力, You look like you're trying so hard.你拼命努力的样子虽然很狼狈 But you look so beautiful on your own!但你靠自己的样子真的很美!

(28) The details of the future all need to be walked out step by step. Everyone has a different life, a different story, but they are all wonderful.未来的点点滴滴, 都需要脚踏实地地走出来, 每一个人都有不一样的人生, 不一样的故事, 但是都是精彩的

(29) There's an image 可以想象/有画面了 There's an image.- Well, I'm a writer 有画面感了 -我是个写手

(30) 心有余力不足 stretch a little thin 我得去一趟办公室 I need to go into the office.

(31) Left wanting more 意犹未尽

(32) A square peg in a round hole 与..格格不入

(33) 关你啥事 Why do you care

(34) Every cloud has a silver lining 意味着在不利或困难的情况中总有积极或希望的一面。即使在看似糟糕的情况下,也可以找到正面或有益的方面。最早出现于约翰·米尔顿的诗歌《彗星》中,书中用“银色边缘的黑云”来形容不幸中的希望。乌云都有有银边,或者 塞翁失马,焉知非福。Despite the setbacks in his career, he remained optimistic, believing that every cloud has a silver lining.尽管他的职

(35) 我说错了 I misspoke

(36) What was that all about?到底怎么回事?

(37) hit the books 开始认真学习 jump on the bandwagon 随大流 miss the boat 错失良机 once in a blue moon 千载难逢 play it by ear 随机应变 read between the lines 言外之意 sit on the fence 持观望态度 speak of the devil 说曹操曹操到 take with a grain of salt 半信半疑 through thick and thin 同甘共苦

(38) Can I borrow you for a sec Can I borrow you for a minute?我们能借一步说话吗

(39) A sprat to catch a mackerel 吃小亏占大便宜

2024年1月8日

(1) Bazinga 逗你玩 Just kid you

(2) what are you up to 你在干什么/你最近忙啥呢?

(3) Don't be native!别那么幼稚了!

(4) **Forgo** vt. desert、yield、quit; 放弃; 停止; 对...断念; forgo school 放弃学业 I shall be happy to forgo his company. 我将乐于放弃跟他作伴。

(5) **masterpiece**: n. chef-d'oeuvre、magnum opus; 杰作; 绝无仅有的人; Mystery

Masterpiece 神秘杰作 This book is his masterpiece.这本书是他的杰作。

(6) Take a deep breath 深呼吸

(7) You're a peach.你人真好。

(8) on cloud nine.乐不可支/欣喜若狂

(9) **Groom** vt. recommend for; 整饰; 推荐; 喂马; n. bridegroom、stableman; 新郎; 马夫; 男仆; vi. dress oneself、sharp; 打扮; bride and groom 新娘和新郎; He played that he was a groom. 他把自己装扮成新郎。

(10) Actions speak louder than words 事实胜于雄辩 行动胜于空谈

(11) Make a wish 许个愿吧

(12) **Dogsbody** n. fatigue、factotum; 杂役; 做苦工的人; an office dogsbody 办公室干杂货的人; I'm just the dogsbody in this office.我只是这办公室里一个打杂的

(13) Don't play dumb with me 别跟我装傻

(14) Behave yourself 规矩点;注意举止

(15) Bend over backwards 竭尽全力, 浑身解数

(16) Did I not mention that?我没有提过吗?

(17) Why are they after you 他们为什么追踪你

(18) I feel like I'm gonna throw up 觉得我要吐了

(19) Never say never! 永不言败!

(20) dead in the water 陷入困境

(21) I' ll get out of your hair 我先不打挠你了

(22) Does that ring a bell?想起来了么

(23) Nip it in the bud. 防患于未然

(24) What's your take?你怎么看? I like being around you.我喜欢和你在一起。I owe you one. 我欠你一个人情。You can have it.给你吧, 你拿走吧

(25) way to go"干的漂亮" 还可以用来表示鼓励或表扬某人在某方面取得了进步或成功。

(26) give sb. a taste of one's own medicine 以对方曾经对你或他人所采取的方式对待对方, 通常用于形容报复或回敬。可能起源于医学的比喻, 用相同的治疗方法来对待医生或治疗者。

“以其人之道, 还治其人之身”或“用对方的方法对付对方”。After being constantly interrupted by her colleague, she decided to give him a taste of his own medicine during his presentation.在被同事不断打断之后, 她决定在他演讲时以其人之道, 还治其人之身

(27) You make me sick 你让我感到恶心!

(28) Poppycock 一派胡言

(29) I have feelings for you 我对你有感觉

(30) call it a day 到此为止 I'm getting a bit tired now let's call it a day.我有些累了, 收工吧

(31) I feel nauseous 我觉得恶心

(32) you're in for a treat 你有口福了

(33) prohibit sb from doing 禁止某人 forbid sb from doing 禁止某人 bar sb from doing 禁止某人做...(常被动)stop sb from doing 阻止某人做 keep sb from doing 阻止某人做 prevent sb from doing 阻止某人做 discourage sb from doing 阻碍某人做

(34) 当别人跟你说 sorry 的时候你回答 It's OK.没事。no worries.别担心, 没事。It's fine. 没事, 挺好的。Don't worry about it.没事, 别担心。it's all good.没事, 都挺好 We are good.没事, 我们都好

(35) No posturing 不要装腔作势 No posturing. No bullshit.不要装腔作势 说些没用的 posturing 忸怩作态;虚伪表现;做作的举止;故作姿态

(36) A stitch in time saves nine 小洞不补,大洞吃苦

(37) Try hard, but don't rush 要努力, 但不要着急 All flowers and fruits need a process 繁花锦簇, 硕果累累都需要过程 Chasing the wind to catch the moon do not stay, the barren is spring mountain 追风赶月莫停留, 平芜尽处是春山

(38) 直行 go straight ahead 右转 turn right 左转 turn left 掉头 turn around 可鸣笛 horn permitted 停车 parking 单行道 one-way road 人行横道 crosswalk 机动车道 vehicle lane 最低限速 minimum speed

(39) I don't have an appetite 我没什胃口 I don't have an appetite anyway.反正我也没胃口

(40) Rooted deep within 深入骨髓

(41) Do you believe it?你信不信?There are things you can't do,有些事你做不成, Maybe the universe is protecting you,可能是上天在保护你, Traffic was stuck, I was late,车堵了、迟到了, Missed, forgotten,错过了、忘记了, Don't be sad, don't complain,别伤心, 别抱怨, Lose the east, gain the elm,失之东隅, 收之桑榆, As long as we do a warm and loving people!只要我们做一个温暖有爱的人就好了!

(42) Once in a lifetime 千载难逢

(43) 终是自古多情空余恨, Is the ancient love empty hate,好梦由来最易醒。Good dreams are the easiest to wake up.辞别再无想见日, I'll never see you again,终是一人度春秋。The end is a person in spring and autumn.

(44) All the troubles,所有的烦恼, It all stems from your low income,都源于你的收入太低, Only strong oneself,唯有强大自己, Improve your pattern,提升自己的格局, To keep you from getting poisoned.才能让你百毒不侵。The heart is small, trifles are big things;心小了, 鸡毛蒜皮都是大事。Heart is big, big things are small things.心大了, 天大的事都是小事。

(45) Try、Try again Try once more Try differently Try again tomorrow Try and ask for help Try to find someone who has done it Try to fix the problem Keep trying until you succeed 试试、再试试、再试一次、用不同方式尝试、明天再试试、不行就寻求帮助、试试求助曾经成功过的人、试着解决问题、不断尝试直到你成功

(46) Do I make myself clear?我说清楚了吗?

(47) Cut the cheese 放屁 Couch potato 宅男宅女 Get off your high horse 不要摆臭架子

(48) A: Where is the TV remote?电视遥控器在哪里? B: Here it is.在这里。Please turn on the TV Mom.妈妈请打开电视吧!A:Just 30 minutes, okay.只能看 30 分钟, 好吗? B:Okay.好的 Mom can you turn the volume up? I can't hear it.妈妈, 你可以把音量调高一点吗? 我听不见。A:Sure, let me turn it up a little.好的, 我把声音调大一点。A: Time is up.时间到了。B: A bit more, please.再给我看一会儿吧!A: No more !You promised me .Remember?不可以, 你答应过我的, 记得吗?Give me the remote control.给我遥控器吧。Mummy will turn off the TV.妈妈要关电视了。

(49) 我印象很深 I'm impressed 我麻木了 I'm numb 我身无分文 I'm broke 真烂 It sucks 好戏上场了 It's show time

(50) **Adjust** v.适应 调整 **Adjustment** n.调整 适应 **Adjustable** adj.可调整的 Adjust to doing sth 适应...Adjust oneself to sth 适应...**Adapt** v.适应 改编 **Adaptation** n. 适应 改编 **Adaptable** adj.可适应的 可改编的 Adapt... for...把...改编成...Adapt to 适应(环境气候 现状)Adapt oneself to doing 适应...**Adopt** v.收养 采纳 **Adoption** n.收养 采用 **Adoptable** adj.可采用 **Adoptive** adj.可收养的。

(51) Just checking 随口问问 Okay, just checking.没事, 随口问问。

(52) There's no love when you make money,赚钱的时候没有爱, A day of love without

money,有爱的日子没有钱, It always has been 江湖从来都是 Ask for directions, not hearts 只问路不问心 Ten thousand more times love doesn't need money 再讲一万遍爱不需要钱 But proving love takes!但是证明爱需要!

(53) Face adversity 面对逆境

(54) **gasoline** 汽油 **refuel** 加油 **diesel** 柴油 **Full tank** 满油 **gasoline tank** 油箱 **petroleum** 石油 **gas cap** 油箱盖 **gas nozzle** 喷气嘴 **gas station** 加油站

(55) Aiming for Great Ambitions 大展宏图

(56) Thanks for the pep talk 谢谢你的鼓励

(57) For free 免费 For nothing 免费 Fell free 免费 On the house 免费

(58) sleep in 睡懒觉 have a big breakfast 吃一顿丰盛的早餐

(59) how dare you 你好大胆子 How dare you talk to me like that!你竟敢如此对我说话!

(60) Don't just read Absorb 不要只是读读 要消化吸收 Don't just change Transform 不要只是改变 要真正改变 Don't just promise Prove 不要只是承诺 用事实证明 Don't just take Give 不要只是索取 要慷慨付出 Don't just dream Do 不要只是做梦 要付诸行动

(61) 充电器 **charger** 充电宝 **power bank** 充电线 **cable** 手机充电器 **phone charger** 数据线 **USB cable** 开关 **switch** 插头 **plug** 插座 **socket** 插排 **power strip** 转换头 **adapter**

(62) Don't fear that your efforts will not be rewarded. In fact, each time you work hard, it is recorded in the fruits of time. Day after day, year after year, through the dredging and sedimentation of time, it will eventually become the gift you wish to receive.别害怕你的付出没有回报, 其实你每一次努力生活的样子, 都被记录在时间的硕果里, 日复一日, 年复一年, 在时间的打捞与沉淀中, 它最终会变成你想要得到的礼物。

2024年1月9日

(1) Get him out of here 把他给我弄出去

(2) **under do** Some people like beef underdone. 有的人喜欢半熟的牛肉。Under do detail 煎得火候不足;

(3) Come here for a second 过来一下

(4) Fit as a fiddle 非常的强壮、健康

(5) I care about you.我在乎你

(6) Go with the flow 随波逐流;随大流

(7) 放下武器! Drop the weapon!

(8) 周岁可以说 actual age; 虚岁字面上可译为 nominal age, 但因为英语文化没有虚岁的概念, 更准确的说法应是 Chinese age.

(9) What dose it matter? 这有关系吗?

(10) **colony** 双语例句: America used to be a British colony.美国曾经是英国的殖民地。adj. colonial 殖民地的; n. colonist 殖民者; vi. colonize 开拓殖民地; 同近义词: n. settlements; 殖民地; 移民队; penal colony (罪犯的)流放地

(11) you got me there 你难住我了

(12) Shape Up or Ship Out 是一个直接而严厉的表达, 意味着“要么好好干, 要么就走人”。它传达了一种对工作态度和职业精神的严格要求。在职场中, 我们总会面临各种挑战和压力。有时候, 我们需要展现出高效的工作态度和专业素养, 否则就有可能被淘汰。

“Shape Up or Ship Out”

提醒我们要对自己和工作负责，不断提高自己的能力和表现。这个短语也提醒我们要有自我驱动力和职业精神。只有通过不断的学习和成长，我们才能在职场中脱颖而出，成为不可替代的人才。同时，也要对自己的工作保持热爱和专注，以更高的标准要求自己。所以，当你面对职场的挑战和压力时，不妨提醒自己“Shape Up or Ship Out”。让我们以积极的态度面对工作，努力提升自己的能力和表现，成为职场中的佼佼者。

(13) Ten to one 不是“从 10 到 1”，正确的意思“十有八九”！十拿九稳。Ten to one, you missed the boat. 十有八九，你错过了机会！

(14) Willy-nilly 乱糟糟地 Wishy-washy 模棱两可的 Dilly-dally 磨磨蹭蹭 Shilly-shally 优柔寡断

(15) Thumbs up 是一个英语俚语，用于表示赞同、支持和鼓励。点赞，太棒了。这个短语源自一个手势，即大拇指竖起，向上指向天空的姿势。这个手势通常表示赞赏、认可和肯定，被广泛用于社交媒体、聊天应用程序和现实生活中。

(16) It's itchy 太痒了

(17) **Banish** vt. ostracize、expel；放逐；驱逐；Soul Banish 灵魂清除；Banish undead 击退亡灵；They'd banish us, you know. 你知道，他们会把我们放逐。

(18) with all due respect 恕我直言

(19) **Newbie** vt. big john、recruit；网络新手；新兵；Newbie Board 新人报道；newbie areas 新手区；What's it like being the newbie on set? 做网络新手的感觉怎么样？

(20) Can you speak more slowly? 你能说慢一点吗？I'm here for a conference 我是来参加会议的。conference: 名词，表示会议或大会。Can I have some napkins, please? 请给我一些餐巾纸。napkins: 名词，表示餐巾纸。It's a bit noisy here. 这里有点吵。I'm looking for a place to eat 我在找地方吃饭。

(21) 责人者远，责己者半，不责者达。The man who blames others has a long way in his journey to go; the man who blames himself, is halfway there, and the man blames no one, has already arrived.

(22) tacky 俗气的 unfashionable 不时髦的，不流行的，过时的 rustic 土气的；乡村气息的 well dressed 穿着讲究的；穿着时髦的

(23) My door is always open. 我永远欢迎你。Who told you that? 谁告诉你的。You made my day. 你给了我美好的一天。

(24) Why are you so upset? 你为什么这么沮丧心烦？

(25) make dumplings 包饺子 Set off firecrackers 放鞭炮 Put up spring couplets 贴春联 visit relative 走亲戚 watch spring festival gala 看春晚 Have a family reunion dinner 吃团圆饭

(26) Learn to live on your own, 学着独立生活吧，Don't expect too much from others, 不要对别人心存太多期待，We're always trying to find, 我们总是想要找到，Who can share his pain and sorrow, 能为自己分担痛苦和悲伤的人，But most of the time, 可大多数时候，Our earth-shattering sorrows, 我们那些惊天动地的悲伤，In the eyes of others, 在别人眼里，It's just dust that's been brushed about. 不过是随手拂过的尘埃。

(27) final week 考试周 underline the key point 划重点 study for an exam 复习备考 cram the night 临时抱佛脚 take / do an exam 参加考试 invigilator 监考老师 mid-term / final exam 期中/末考试 open / closed-book exam 开/闭卷考试 exam paper / question 试卷/考题 pass an exam 通过考 fail / flunk an exam 挂科 retake / resit an exam 补考

(28) **constant** [名词] 常数，常量 [形容词] 连续发生的，不断的 The intelligence gathered was constant and reliable. 收集到的情报是持续的和可信的

(29) **preserve** 保护 **reserve** 储备 **deserve** 危害 **serve** 服务 **conserve** 节约 **observe** 看到
disserve 危害

(30) 经济舱 economic class 商务舱 business class 头等舱 first class 救生衣 life jacket 遮阳板 window shade 行李领取 luggage claim

(31) Spur of the moment 一时兴起 It was a spur-of-the-moment thing.是一时兴起之举。

(32) A tower of strength 精神支柱/靠山

(33) **Equal** adj.相等的 **equally** adv.平均/相当的 **equation** n.等式/方程式 **equality** n.同等的地位 **inequality** n.不平等 **adequate** adj.足够的 **adequacy** n.适当 **inadequate** adj.不适当的 **adequately** adv.足够地 **equity** n.公平公正 **inequity** n.不公平

(34) Keep head above water 勉强度日 You keep your head above water in New York 你维持你在纽约的生意 to succeed to survive in bad financial situations 在糟糕的经济状况下生存

(35) I didn't mean that 我不是故意的，我不是那个意思 I didn't mean that Don't take it to heart 我不是故意的别往心里去

(36) Let me get that for you.我来

(37) Rules are rules.You can get it back after school.规则就是规则。你可以放学后拿回去。

(38) 急救箱 first-aid kit 创可贴 plaster 棉签 cotton swab 绷带 bandage 止痛药 painkiller 剪刀 scissors 缝针 stitches 注射器 syringe 体温计 thermometer 验血 blood test

(39) You're still my bedtime 你依旧是我睡前 The last person I thought of 想到的最后一个人 I wake up, too 也是我睡醒 The first person that comes to mind 想到的第一个人 Can never be replaced!永远无可替代!

(40) Hey, my dear friends.嘿，我亲爱的朋友们 When you are tired and depressed ,当你累和沮丧的时候， Take a deep breath. Relax , take a break.深呼吸,放松，休息一下。If you are worn out ,Stop for a while .如果你疲倦了，歇一会儿吧 Long time for the rest of your life.余生很长 Learn to be good to take care of yourself first .学会先照顾好自己 Time flies .Time is money.时光飞逝 时间就是金钱 Time stops for no man.时间不会为任何人停留 Live in the moment. Keep your chin up.活在当下 坚持下去 You can do better.你可以做的更好。Believe in yourself . You are the best.相信自己，你是最棒的。

(41) Life needs to start from scratch. And every once in a while,we need to empty out the past and let ourselves start over. Don't let the past become a burden on the present.人生需要归零。每过一段时间，我们都要将过去清零，让自己重新开始。不要让过去成为现在的包袱。

(42) She was a mendacious chippie you were a jealous little twat 她是个虚伪的荡妇而你是个嫉妒心强的笨蛋 **mendacious** 形容词:奸诈狡猾的，虚伪虚假的;捏造的;爱扯谎的

(43) **Manage** v.管理 **mandarin** n.普通话 **manifest** v.显示表明 **mankind** n.人类 **manor** n.庄园 **manacle** n.手铐 **mandate** v.命令 **mandatory** adj.义务的 **manipulate** v.控制/处理 **manual** a.手工的/n.指南 **manufacture** v.制造加工/n.制造业 **manuscript** n.手稿,原稿

(44) give someone the benefit of the doubt 在缺乏确凿证据的情况下，选择相信某人或接受他们的说法。表达一种宽容或信任的态度，即使存在怀疑。可能起源于法律领域，“疑点利益”原则要求在不确定性的情况下偏向于被告的无罪。“给某人留有余地”或“选择相信某人”。Even though his story sounded unlikely, I decided to give him the benefit of the doubt.尽管他的故事听起来不太可能，我还是选择相信他。

(45) Wise men won't need advice; fools won't take it.智者不需要忠告，愚者不接受忠告。一本杰明·富兰克林 Benjamin Franklin

(46) Education is the door to freedom.教育是通向自由之门(一个简单的主系表结构)Challenges make life interesting.挑战使生活变得有趣(make

+...adj.形容词作宾补)Difficulties make life worth living.困难让生活更有价值(make+...介词短语作宾补)Nothing in the world can take the place of persistence.世界上没有任何东西可以代替坚持(否定词作主语, take the place of 代替)it's impossible to defeat a person who never gives up.打败一个永不放弃的人是不可能的。(动词不定式作主语)The most important thing in life is to have a great aim and the determination to attend it.生活中最重要的事情就是有一个远大的目标, 并有决心实现它。(不定式作表语和定语)If you can dream it, you can do it.只要你想得到, 你就做得到(if 引导的条件状语从句)Actions speak louder than words.行为比言语更有说服力(副词比较级)Deeds are more powerful than words.行为比言语更强大(形容词比较级)Mistakes show us what we still need to learn.从错误中我们知道该学什么(what 引导的宾语从句作宾语, 从句中不定式作宾语)Difficult times show us who our true friends are.艰难岁月上我们知道谁是真正的朋友/患难见真情(宾语从句)It doesn't cost anything to be nice.做好人事不费吹灰之力的(不定式作主语, it 形式主语)Believe in what you can become.相信自己的潜力(what 引导的名词从句作宾语)Think and your mind will stay fresh.思考能使大脑保持清醒(祈使句+and+主句)You win because you think you can.你成功是一因为你认为你能成功(原因状语从句)By helping others, you will feel good about yourself.帮助他人, 其乐无穷。(by 表手段,途经)Lost time is never found again.时间一去不复返。(过去分词作定语, 一般现在时的被动语态)Rome wasn't built in a day.罗马不是一天建成的。(一般过去时的被动语态)Never put off until tomorrow what you can do today.永远不要把今天能做得事情拖到明天。(否定祈使句)Remember to smile when you wake up.记得在醒来的时候微笑。(不定式作宾语)

2024年1月10日

- (1) Do not give me started 别提了
- (2) **touche** 言之有理的, 一针见血的等 On the contrary, your criticism touche a nerve.正相反, 你的评论一针见血。
- (3) 首付 down payment 付了...的首付 make/put a down payment on 分期付款 installment
- (4) Are you mocking me 你在嘲笑我吗
- (5) Money is no object.钱不是问题, 问题是无钱
- (6) 一路顺风 Safe journey Safe travel Save trip A: I heard you're going on a trip. Safe travels!听说你要去旅行了。一路平安! B: Thank you!谢谢你
- (7) Out of reach 超出范围.out of money 拮据。out of time 没空.out of practice 生疏。Out of breath 上气不接下气。Out of bread 失业.out of blue 突然地。out of red 盈余 out of patience 不耐烦。out of touch 失联。out of work 失业。out of doors 在户外。out of stock 脱销 out of style 过时。out of shape 变形。out of danger 脱险。out of sight out of mind 眼不见心不烦
- (8) Do what I say.照我说的去做
- (9) You can love someone and still choose to say goodbye to them. You can miss a person every day and still be glad that they're no longer in your life.两情若是久长时, 又岂在朝朝暮暮!
- (10) Cat got your tongue? 你怎么不说话
- (11) 垄断市场 Corner the market
- (12) go back to the drawing

board 表示一个计划、项目或想法失败后，需要回到初始阶段，重新思考和设计。通常认为起源于美国漫画家彼得·阿诺在 1941 年画的一幅漫画：一个工程师在看着他的飞机残骸说：“Well, back to the old drawing board.” “回到起点”、“重新开始”或“重新规划”。After the prototype failed to function, the team realized they had to go back to the drawing board.原型机无法正常工作后，团队意识到他们必须重新

(13) Keep up the good work. 再接再厉。

(14) No buts 没有但是;别解释了

(15) There is no bargaining 拒绝讨价还价 I find it interesting to work with her 我发现跟她一起工作很有趣 He made it possible to get people to learn English well in a short time 他让人们短时间学好英语变得可能 He passed the exam,so he was very happy 因为他通过了考试，所以他很高兴 Although he is fat,he is very weak 虽然他很胖，但是他很虚弱

(16) I'm in 我加入 I'm out 我退出 I'm on it 我来办 I'm up for it 我愿意 I'm over it 我想通了

(17) A little learning is a dangerous thing. -Alexander pope 学问浅薄，如履薄冰。---蒲柏

(18) If you desire love 想得到爱 Extend love 就付出爱 If you want truth 想得到真相 Be truthful 自己也要真诚 If you want respect 想得到尊重 Give respect 先尊重别人 What you give out will always return 得到都是来源于付出

(19) I am a slow walker,but I never walk backwards.我走得很慢，但是我从来不会后退。The worst feeling ever is not knowing whether you should wait or give up.最糟糕的感觉，莫过于不知道应该等待还是放弃。Stepping forward can't finish the distance while going backwards can't get rid of the memory.前进走不完距离，后退走不出回忆。

(20) security guard n.保安

(21) A turn of the screw 雪上加霜

(22) Sunsets are free, so are spring, summer, autumn and winter. Don't feel that life is hopeless. I hope you are happy.We always rush for many things that are far away, but we forget the flowers on the roadside and the sunset that falls on us in the evening. While busy living , remember to feel the small details of daily life. In addition to trivial and insipid life, there are delicious food and countless blooming flowers.日落是免费的，春夏秋冬也是，不要觉得人生是那么无望，希望你快乐，我们总是为了许多遥不可及的事情奔波，却错过了路边的花开，傍晚落在身上的夕阳。忙着生活的同时，记得去感受日常生活中的小细节。生活除了琐碎和平淡，还有可口的美食和无数盛开的花朵。

(23) No matter what you are going through. whether you are happy or not, the world will not pause for your exhaustion. Those people and things you cannot let go will likely be forgotten one day, even though you obsessively remember them.No matter how long and unbearable the night is, the dawn will always arrive as scheduled.无论你正经历着什么，过得是否开心，世界不会因为你的疲惫，而停下它的脚步。那些你不能释怀的人与事，总有一天会在你念念不忘之时早已遗忘。无论黑夜多么漫长不堪，黎明始终会如期而至。

(24) A walk in the park 轻而易举的事/容易的事

(25) 清醒 **sober** 断片 **black-out** 脸红 **blush** 宿醉 **hangover** 呕吐 **vomit** 烂醉如泥的 **blotto** 微醺的 **tipsy** 醉酒的 **zonked** 头晕 **dizzy** 干杯 **cheers**

(26) 绝对值 **absolute value** 相反数 **opposite number** 函数 **function** 排列 **permutation** 组合 **combination** 分子 **numerator** 分母 **denominator** 和 **sum** 差 **difference** 积 **product** 商 **quotient** 比 **ratio**

(27) off the hook 脱离麻烦，远离困境

(28) 整理文件 put the documents in order 把文件存档 file papers 填写表格 fill out the

form 提交一份报告 submit a report 日常文字工作 office work 不用动脑的工作 mindless

work 联系 contact 报告书 report 提案 proposal 开始工作 get down to work

(29) No matter where you are 无论身处何方 In what position 处于何种境地 Try to be the master of your emotions 都要努力去做情绪的主人 Root downward, bloom upward 向下生根, 向上开花 Quiet tipping 悄悄拨尖 And then wow everyone 然后惊艳所有人

(30) That's hilarious 很搞笑

(31) 嫩的 **tender** 爽口的 **refreshing** 多汁的 **juicy** 松软的 **fluffy** 酥脆的 **crispy** 有嚼劲的 **chewy** 粘牙的 **sticky** 多筋的 **stringy** 无味的 **tasteless** 嚼不烂的 **rubbery**

(32) 报纸 **newspaper** 纸巾 **tissue** 餐巾纸 **napkin** 卫生纸 **toilet paper** 湿纸巾 **wipes** 纸尿裤 **diaper** 草稿纸 **scratch paper** 宣纸 **rice paper** 卫生巾 **sanitary pad** 厨房卷纸 **kitchen roll**

(33) A trump card 王牌/绝招/杀手锏

(34) Happy the year of Dragon. 龙年快乐 Everything goes well. 万事如意 lots of luck and profits. 大吉大利 wish you wealth and prosperity. 恭喜发财 new year, new beginning. 新年新气象

(35) You let me wet my pants! 你让我尿裤子了

2024年1月11日

(1) **Daze** adj. dazzling 耀眼的; adv. dazedly 恍惚地; v. dazzled (使)眼花 (dazzle 的过去式) vt. dazed 使眩晕; 同近义词: n. bewilderment; 迷乱, 眼花缭乱; vt. bedaze、bemuse; 使茫然; 使眼花缭乱; in a daze 在恍惚中 Disney Cuties Crazy Daze 疯狂迪士尼; I'm in a daze after work. 工作之后我总是头晕目眩。

(2) sack (袋子) 常常指代床垫或床。hit the sack “去睡觉” “上床” 或 “睡觉去了” After a long day of work, I can't wait to hit the sack. 经过一整天的工作, 我迫不及待要去睡觉了。

(3) I'm over you 我不在乎你了, 不喜欢你了

(4) make the best of both worlds 两全其美

(5) Narcissistic be full of oneself have a big of ego cocky 自恋

(6) I love you with all my heart 我爱你毫无保留

(7) **patronize** “以高人一等的态度对待; 经常光顾, 惠顾; 资助; 保护”。Don't patronize me! 别哄我, 别糊弄我, 别敷衍我

(8) You are so mean. 你太过分了。

(9) **guidance** adj. guided 有指导的; n. guideline 指导方针; v. guided 指导 (guide 的过去分词); 同近义词: n. direction、aiming、lead、steering; 指导, 引导; 领导; career guidance 就业指导; Parental Guidance 家长指导; It is hoped you will give us guidance. 请你多加指导。

(10) I'm a people person “我是个人缘很好/善于交际的人”! Like father like son, I'm a people person. 有其父必有其子! 我是一个人缘很好的人。I'm a people person and I am open book 我是个人缘很好的人, 而且我这个人很坦诚。

(11) Life is so tough. 我太难了

(12) I second you. 我支持你

(13) what did you expect 你在期待什么

(14) You look fresh. 你看上去很精神。

(15) Work like a charm. 立竿见影/非常奏效

(16) Use your head. 长点心吧

(17) What's in it for me?对我有什么好处?

(18) 外向的 **extroverted** 内向的 **introverted** 勇敢的 **brave** 胆小的 **timid** 诚实的 **honest** 虚伪的 **hypocritical** 善良的 **kind-hearted** 聪明的 **intelligent** 古怪的 **eccentric** 乐观的 **optimistic**

(19) 雇主老板 **employer** 员工 **employee** 上班族 **office worker** 工资单 **pay statement** 从...辞职 **resign from** 换工作 **change jobs** 辞职 **quit one's job** 被辞退 **get fired** 失业 **lose one's job** 退休 **retire**

(20) stay hungry, stay foolish 求知若饥, 虚心若愚 好学若饥, 谦卑若愚

(21) Apple doesn't fall far from the tree.上梁不正下梁歪

(22) Leave me alone.让我静一静。Not on purpose.不是故意的。Dare to think. 敢想。Dare to do.敢干。My conscience is clear.我问心无愧。

(23) When you get more and more beautiful, naturally someone pay attention to you, when you become more and more capable, people will naturally look up to you.当你越来越漂亮时, 人们自然会注意到你, 当你越来越有能力时, 人们自然会看得起你。

(24) pass the buck 推卸责任/甩锅 I put her in charge of the tools. It's her fault 我让她负责工具 这是她的错

(25) 邻居 **neighbor** 游客 **tourist** 工作狂 **workaholic** 背包客 **backpacker** 志愿者 **volunteer** 面试者 **interviewee** 面试官 **interviewer** 考官 **examiner** 观众 **audience** 新手 **newbie**

(26) Let's talk over coffee.我们边喝边谈。talk over coffee, 指一边喝咖啡一边谈。边吃边谈:Let's talk over meal.Let's talk over breakfast. Let's talk over lunch. Let's talk over dinner.

(27) sell yourself short 妄自菲薄 Don't sell yourself short 别妄自菲薄

(28) Everything is going to be alright, maybe not today but eventually.一切都会好起来的, 即使不是在今天, 总有一天会的。You are born an original. Don't die a copy.你生得独一无二, 可别死得千篇一律。What if I'm not brave,who will take the courage for me?我若不勇敢, 谁替我坚强。

(29) In the world, the most shameless, most insidious, and most malicious praise is to use the hardships and suffering of the poor as inspirational stories to deceive the underprivileged.世界上, 最无耻, 最阴险, 最歹毒的赞美, 就是用穷人的艰辛和苦难, 当作励志故事愚弄底层人。

(30) **moldy** 发霉的 **spoiled** 变质的 **stale** 不新鲜的 **rotten** 腐烂的 **stagnant** 污浊的 **rancid** 馊了 **mushy** 糊状的 **expired** 过期的 **soggy** 受潮的 **overripe** 过熟了 **sour** 酸的

(31) I call the shots.我说了算/我做主

(32) I'd rather not 我还是不了吧

(33) Life is too short to wake up in the morning with regrets. So, love the people who treat you right and forget about the ones who don't.生命太短。没留时间给我们每日带着遗憾醒来。所以, 去爱那些对你好的人, 忘掉那些不懂珍惜你的人。

(34) Scoot over.挪过去点 Scoot over, please! There isn't enough room for me.麻烦挪一下! 这点空间我坐不下

(35) 西游记 Journey to the West 水浒传 Water Margin 三国演义 the Three Kingdoms 红楼梦 a Dream of Red Mansions 易经 The Book of Changes 大学 The Great Learning 资治通鉴 History as a Mirror 史记 Historical Records 诗经 The Book of Odes 礼记 The Book of Rites

(36) Music to my ears 正合我意 Promise the moon 画饼 Leave me in peace 我想静静

(37) I adore you 我崇拜你 Ever since I have known you I adore you more every day.

与你相识以来，我对你的仰慕与日俱增。

(38) what brings you in? 什么风把你吹来了

(39) I am game 我奉陪 I mean, whatever you need, I am game 我的意思是，无论你有什么需要，我奉陪(game n. 游戏；比赛 adj. 甘愿尝试的；有冒险精神的)

(40) You Are My Priority “你是我最在乎的人”。它传达了一种对特定的人的深厚情感和重视。在生活中，我们总会遇到各种各样的人。但这句提醒我们，总有那么一个人，对我们来说是与众不同的。他们的幸福、健康和安全比什么都重要。我们愿意为他们付出一切，给予他们无微不至的关怀和照顾。这个短语可以用于各种情境，无论是亲情、友情还是爱情。它可以是一种表白、一种承诺，或者是一种感激的表达。它强调了人与人之间的情感纽带，以及我们在乎的人在我们生活中的重要地位。所以，当你想要表达对某人的关心和重视时，让这个短语成为你内心情感的真诚流露，让你所关心的人感受到你的深情关怀和重视。

2024年1月12日

(1) I envy you.我真羡慕你。I don't have all day.我没空跟你耗。Don't try my patience.别挑战我的耐心。

(2) Don't hold your breath!别抱太大希望

(3) You're in for a treat.你要请客了

(4) Close to home 戳到痛点

(5) Are You Out of Your Mind? “你脑子进水了吗？”。它传达了一种对某人行为或言辞的质疑和困惑。在生活中，我们总会遇到一些疯狂或出格的行为。有时候，这些行为可能会让我们感到无法理解或无法接受。提醒我们要保持理性和清醒的头脑，不要輕易被别人的疯狂所影响。这个短语也提醒我们要有独立思考的能力。不要盲目跟从别人的行为或言辞，而是要有自己的判断和鉴别力。只有这样，我们才能避免被误导或欺骗。所以，当你遇到一些疯狂或出格的行为时，不妨质疑一下“Are You Out of Your Mind?”。让我们保持清醒的头脑，不輕易被别人的疯狂所影响，用理性和批判性思维去面对世界的纷繁复杂。

(6) no muss, no fuss 不慌不忙，没什么大惊小怪，没有混乱，有条不紊，干净利索

(7) snap up 用按扣扣上 tuck in 把上衣塞进裤子 throw on 快速穿好 put on 穿上，戴上 zip up 用拉链拉好 button up 用纽扣扣好 roll up 卷起袖子

(8) no picnic 不是轻松的事

(9) That's not what I said.我可没那么说

(10) What's your ETA?你几点到 estimated time of arrival

(11) The rest is history.众所周知

(12) I'm into you 我喜欢你

(13) you misunderstood me you are missing the point you got me wrong 你误会我了

(14) frugal 节俭的 He is a frugal person.他是一个节俭的人

(15) say cheese 笑一个

(16) Chew the fat, 不是“嚼脂肪/肥肉”，正确的意思“闲聊/闲谈/闲扯”！

(17) heroine adj. heroic 英雄的；adv. heroically 英雄地；n. heroism 英勇，英雄气概；cultural heroine 文化英雄；She is a heroine in Chinese history.她是中国历史上的一个女英雄。

(18) 随时都可以 Anytime is fine (for me) Anytime works Anytime A: When should we catch up?我们什么时候见面？B: Anytime is fine for me. I'm pretty flexible. What works for you?随时都可以。我时间很灵活。你什么时候方便

- (19) It was meant to be 命中注定
- (20) May I speak frankly?我能直说吗
- (21) Don't give me that crap.别跟我废话
- (22) out of the question 不可能的
- (23) One step at a time 一步一个脚印
- (24) You don't say 不会吧;真的吗
- (25) I'm freaking out 我要崩溃
- (26) You're one of a kind.你是我的独一无二
- (27) A white elephant 累赘/昂贵却无用的东西
- (28) I dig you 我喜欢你 I'm here for you 我陪着你 you had me at hello 我对你一见钟情
- (29) 花园 garden 公园 park 果园 orchard 校园 campus 茶园 tea garden 动物园 zoo
幼儿园 kinder garden 游乐园 amusement park
- (30) To know all makes one tolerant.---De Nael 博学使人宽容。德斯塔尔夫人
- (31) 万物一体 All Things Are One
- (32) Lighthouse Notes 灯塔笔记 In the animal world, when animals have no natural enemies, they will reproduce wildly to the next generation. When animals feel that the environment is not suitable for survival, they will first stop reproduction, and then migrate. 动物世界里, 当动物没有天敌的时候, 就会疯狂繁衍下一代, 当动物感到环境不适合生存, 首先会停止繁衍, 其次是迁徙。
- (33) Then I realized 后来我才领悟 All good-natured people suffer,脾气好的人都在受气, Understanding 善解人意的 Are considerate of others,都在体谅别人, Will take care of people 会照顾人的 With no one to take care of them,都没有人照顾, Those who cry and make noise get candy,会哭会闹的却有糖吃,Those who are sensible are not distressed.那些懂事的人反而没人心疼。
- (34) status quo 现状, 维持现状 well-worn themes 老掉牙的剧情 mover&shaker 有权势的人, 幕后操纵者 mercy me 饶了我吧 eager beaver 努力工作的人, 野心勃勃的人 side hustle 兼职 bossy 太拽了 one-time thing 下不为例 waver in 犹豫不决 daily occurrence 家常便饭 hit it off 一拍即合, 投缘
- (35) There is no accounting for taste.萝卜青菜各有所爱
- (36) I'll see to it.我会留意的
- (37) I'm very timid and usually dare not sleep alone 我胆子很小, 平时不敢一个人睡觉
- (38) You got me here 你把我难住了 Think nothing of it 别放心上 Haters gonna hate 有些人看什么都不顺眼 Pass the buck 甩锅, 推卸责任
- (39) Knock it off. 别闹了。Grow a pair. 成熟点。Speak up.大声说。Sit up.坐好。I will keep it in my heart.我会放心上
- (40) What do you do for a living 你是做什么工作的
- (41) 我一夜没睡着。I stayed up the whole night. 我还很困。I'm still sleepy.你昨天晚上打呼噜了。 You were snoring last night. 我整晚都在做梦。I've been dreaming all the night. 把衣服穿上。Put your clothes on.把被褥叠好。Fold up your bedding. 把头发梳一下。Comb your hair.
- (42) 自胜 Overcome Oneself
- (43) Good things come to those who wait 好事多磨
- (44) Shut your filthy mouth 闭上你的臭嘴
- (45) 不诚无物 Without Sincerity, Nothing Is Possible

(46) Read the best book first, or you may not have a chance to read at all.-H.D.Thoreau 先读最好的书, 否则你也许没有机会去读了。梭罗

(47) Word on the street 小道消息 Cut to the chase 有话直说 Hear me out 听我说完

(48) 辛苦了 Thanks for getting this done.谢谢你完成这项工作 I appreciate your hard work.我感谢你的辛勤工作 Thanks so much.非常感谢

(49) I'll keep that in mind 我会记住的

(50) 我们必须这样做 We must do it 别得寸进尺 Don't push your luck 好久不见 Long time no see 信不信由你 Believe it or not 我错过了什么 Did I meet something

(51) A shot in the dark 瞎蒙的 Not too shabby 还不错 Not even close 差远了 In the black 是有盈利有盈余, Out of the blue 出乎意料

(52) drop the ball to make a mistake 犯错 I am sure you're wondering why I didn't get you an audition for that TV movie.我肯定你一定在想为何我没有为你安排那部电视剧的试镜。We cannot afford to drop the ball a second time.我们不能再犯错了。

(53) bosom friend 闺蜜

(54) 讨好某人 butter someone up kiss the ring ingratiate oneself

(55) 读万卷书, 行万里路 Read Ten Thousand Books and Travel Ten Thousand Li

(56) Nobody can go with you for a life time 没有人会陪你一辈子 So you have to adjust yourself to be alone 所以你必须适应孤独 No one can help you again and again 没有人会帮你一辈子 So you have to fight all the time 所以你必须一直奋斗

(57) 尊师重道 Honor Teachers and Respect Rules

(58) 被你逼疯 You're really killing me.

(59) Steal one's thunder 抢某人的风头 We're stealing her thunder.我们抢了她的风头。

(60) 干货 real stuff/real deal. Solid/useful information concrete advice 具体的建议(干货)

(61) 小米在 commute 的路上看到一个 pathetic 男孩 huddle 在 corner 如此 chilly 天气, 他 wear shabby 衣服, 看着像 homeless 的样子小米 immediately 联系了 nearby 巡警, 及时 aid 了男孩.....commute 通勤, 上下班 pathetic 可怜的, 令人同情的 huddle 蜷缩, (使)挤作一团 corner 角, 角落;弯, 怪弯;棱角 chilly 寒冷的, 阴冷的;冷淡的 wear 穿, 戴;磨损 shabby 破烂的, 破旧的 homeless 无家可归的 immediately 立刻, 马上 nearby 附近的, 邻近的 aid 帮助, 援助

(62) The best day of my life,人生最好的一天, It is always today;永远是今天, The best moment,最好的一刻, It's always this moment.永远是此刻。 Day and month past,日月既往, Untraceable,不可复追, Please keep up your enthusiasm and effort,请保持你的热情和努力, Go forward.勇往直前。

(63) A saying goes that honesty is the best policy.俗话说得好, 诚实是上策。

(64) Sometimes, you need to step outside, get some fresh air, and remind yourself of who you are and what you want to be.有时候, 你需要走出去, 呼吸新鲜空气, 提醒自己你是谁, 你要成为什么样的自己。Give every opportunity a chance,leave no room for regrets.要给每个机遇一次机会, 不给自己留下后悔的可能。

(65) There is no friend so faithful as a good book.Robert Frost 好书胜好友。弗罗斯特

(66) You see red 你看起来很生气 You're in the pink 你面色不错, 红光满面 You are blue 你是新手 A white day 黄道吉日 Yellow dog 卑鄙的人

(67) Success is a lousy teacher. It seduces smart people into thinking they can't lose.成功是不称职的老师, 它诱使聪明人以为自己不会失败。

(68) So do I 是行为动词 I am a student, So am I 表示我也是 student

2024年1月13日

(1) **capacity** n. capability 才能, 能力; vt. capacitate 使能够; 同近义词: n. ability、competence、status; 能力; [物]容量; 资格, 地位; 生产力 large capacity 大容量; She thinks its capacity is limited. 她认为它的容量是有限的。

(2) bitter pill 苦果

(3) **shorthand**: n. Steno; [语]速记; 速记法 短语: English Shorthand 英语速记; Can you take shorthand? 你会速记吗?

(4) Are you trying to seduce me? 你在勾引我吗?

(5) Don't ask for the moon 不要异想天开, 异想天开; 猴子捞月; 痴人说梦; 想入非非

(6) 外国人永居证能做什么? What is the Foreign Permanent Resident ID Card used for?

(7) That's interesting. 那很有趣。Have you eaten? 你吃过了吗? I'd like a room with a view. 我想要一个有景观的房间。Can you wake me up at 7 AM? 你能在早上 7 点叫醒我吗? Is breakfast included? 早餐包括了吗?

(8) As being a vlogger, lots of people asked for meeting face to face. I don't meet everyone that I don't know easily unless I feel it's needed and they're at least a bit trustworthy. There are some rules to follow for self protection. 作为一个视频博主, 很多人要求见面。我不会轻易跟每个我不认识的人见面, 除非我觉得有必要, 而且他们至少有点值得信赖。有一些自我保护的规则需要遵守。

(9) force of habit 习惯了

(10) **plight** 同近义词: n. difficulty、corner、dilemma; 困境; 境况; 誓约; vt. undertake、assure; 保证; 约定; plight one's troth 盟誓; We were deeply moved by her plight. 她的困境深深地打动了我们。

(11) The clock is ticking. 时间不等人

(12) **scar** adj. scared 害怕的; vt. scarify 乱划; 同近义词: n. wound、trauma; 创伤; 伤痕; vi. cure、heal up; 结疤; 痊愈; vt. knife、injure; 伤害; 给留下伤痕; scar tissue [医]瘢痕组织 He has a scar standing on his left leg. 他左腿上竖着一道伤疤。

(13) **landlady** n. landlord 房东; 同近义词: n. hostess; 女房东; 女地主; 女店主; My landlady is mean to me with hot water. 房东太太给我供应开水十分吝啬。

(14) I'm speechless 我无语了; 我无言以对

(15) 鞭炮 Fair crackers 红包 Red envelope 灯笼 Lantern 拜年 Visit family

(16) Don't be so smug 别这么拽 No posturing 不要装腔作势 You're twisting my words 你在曲解我的意思 In for a penny, in for a pound 一不做二不休

(17) If one day 如果有一天 You become more and more silent 你越来越沉默 And less talkative 越来越不想说话 It's not about cowardice 这不是懦弱 It's not compromise 这不是妥协 It means you're letting go of many things 这意味着你看淡了很多事 You've seen through a lot of people 看清了很多人 You are becoming more mature 你越来越成熟了

(18) **stipulate** 规定, 明确要求

(19) No biggie. 不要紧 For real? 真的吗? Says who? 谁说的? I see. 我明白了 Go ahead. 去吧。

(20) I don't feel up to that. 我觉得不能胜任那工作

(21) 外卖 takeout 叫外卖 order takeout 优惠券 coupon 套餐 set meal 小哥 delivery man 取外卖 get takeout 送餐 takeout delivery 准时 on time 好评 positive

comment 差评 negative comment

(22) get cracking to start doing sth quickly 马上开始做某事 So, I'd better get cracking on this baby.所以, 我最好快点开始看! Andy, you'd better get cracking,the sooner the better.安迪, 你最好马上行动起来, 越快越好。

(23) Good morning, my dear!亲爱的, 早安!It's another sunny day 又是阳光明媚的一天 Everything always backfires 凡事总有事与愿违 Things can not think, do not want to;事想不通, 就不想;If you can't talk, you don't talk,人讨不好, 就不讨, The heart has beautiful moments,心有良辰美景, Spring, summer, autumn and winter,任尔春夏秋冬, Under the stars, with dreams as horses,星空之下,以梦为马, In the morning, there is no boundary.朝霞之上, 行者无疆。

(24) I don't know what came over me 我不知道我哪根筋不对

(25) 重生 rebirth 穿越 time travel 复仇 revenge 小说 novel 主角 protagonist 龙套 Extra 反派 antagonist 取代 replace 扮演 impersonate 幸福结局 happy ending

(26) 公生明, 廉生威 Fairness Fosters Discernment and Integrity Creates Authority

(27) What's the best thing in this life,这辈子什么最好, A healthy body is the best,健康的身体最好, The safety of loved ones is the best,亲人的平安最好, The sincerity of friends is the best,朋友的真诚最好, True feelings are the best,真心的感情最好, Every day someone misses the best.每天有人惦记最好。

(28) Let me walk you home 让我送你回家吧 Hey, tell you what, let me walk you home.这样吧 我陪你走回家

(29) Don't cry over the past It is gone 过往不恋 Don't stress about the future It hasn't arrived 未来不迎 Live in the present and make it beautiful 当下不负, 如此安好

(30) Enough is enough.适可而止吧

(31) Do you recognize her?你认识她吗

(32) No funny business.别耍花招。

(33) 小心开车 Drive carefully please Drive safely Drive safe A: Heading out already? Drive safe!要出发了吗? 小心开车! B: Thanks, I'll be careful.谢谢, 我会小心的。

(34) 保持联系 Keep in touch Stay in touch Drop me a line A: It was great meeting you. We should definitely keep in touch.A: 见到你真是太好了。我们一定要保持联系。B: Absolutely! I had a good time too.B: 当然! 我也很开心。

(35) 我得走了 I have to go I must leave It's getting late. I have to go 太晚了, 我得走了。A: Hey, it was great catching up with you, but I have to go.嘿, 和你聊得真开心, 但我得走了。B: Aw, already? Time flies. Well, it was nice talking to you.啊, 这么快? 时间过得真快。好吧, 和你聊得很愉快。

(36) 你什么时候方便? What time works best for you? When are you free to talk? When works best?A: What time works best for you?你什么时候最方便?B: Hmm, I'm pretty flexible. How about you suggest a time, and I'll see if it works for me?嗯, 我时间挺灵活的。你提个时间, 我看看有空没? A: Sounds good. How about meeting up around 3:00 PM tomorrow?好的。明天下午3点见怎么样?

(37) 改天吧/换个时间怎么样 How about a rain check?How about we do it another time?A: Hey, want to grab coffee this afternoon?嗨, 下午要不要一起喝杯咖啡?B: I wish I could, but I've got a last-minute meeting. How about a rain check?我很想去, 但我有个临时安排的会议。我们改天再约吧, 可以吗?

(38) 今天星期几 What day is today? What day is it today?A: What day is it

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