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| 1. It's better to be safe than sorry | 小心驶得万年船 |
| 2. catch sb. off guard | 使某人措手不及 |
| 3. New Year's Day this year | 今年元旦 |
| 4. congratulate me on my 18th birthday | 祝贺我 18 岁生日 |
| 5. after years of construction | 经过多年的建设 |
| 6. one in his fifties | 五十多岁的人 |
| 7. distinct spices | 已灭绝物种 |
| 8. make up one's mind to join the wildlife conservation organization | 立志加入野生动物保护组织 |
| 9. What life you will live in the future is up to you. 将来过怎样的生活取决于你自己。 | |
| 10. turn many people into being crazy about shopping | 不少人变成购物狂 |
| 11. vivid and bright colors | 鲜艳明亮的色彩 |
| 12. What makes the game unique is that ... | 这个游戏的独特之处在于 |
| 13. have a comprehensive and accurate knowledge of your ability | 对你的能力有全面、准确的了解 |
| 14. make it a practice to write thank-you notes | 养成写感谢信的习惯 |
| 15. a promising fix to mental distress | 缓解精神困扰的有效方法 |
| 16. in the face of what's cloudy, new or unexpected | 面对模糊、新鲜或意外的事物 |
| 17. pathway to building toughness | 培养韧性的途径 |
| 18. mismatch between what we assumed | 与我们的假设不符 |
| 19. update our perception of the world | 更新我们对世界的认知 |
| 20. originate the term | 创造这个术语 |
| 21. blooms are a blooming business | 鲜花是蓬勃发展的生意 |
| 22. an emerging market | 新兴市场 |
| 23. intensify the industry's environmental footprint | 加剧该行业的环境足迹 |
| 24. on top of pollutants and water use | 除了污染物和用水之外 |
| 25. generate serious carbon emissions | 产生严重的碳排放 |
| 26. be roughly equivalent to | 大致相当于 |
| 27. busy streets and towering high-rises | 繁忙的街道和高耸的高楼 |
| 28. decode local idioms | 解读当地习语 |
| 29. convert A to B | 将 A 转换为 B |
| 30. be carefully compiled | 精心编写的 |
| 31. fitness manual | 健身手册 |
| 32. can't help marveling at sth. | 啧啧称奇 |
| 33. tailor ... to specific needs | 对症下药 |
| 34. presales are so popular that even a single ticket is unavailable | 预售火爆，一票难求 |
| 35. unevenly distributed weight | 分布不均的重量 |

36. urban landscape 城市景观
37. fuel the imaginations of 激发.....的想象力
38. using ... of musicians can be exploitive 使用音乐家的.....可能具有剥削性
39. scarcity of original video footage 原始视频素材的稀缺
40. behave with integrity 行为正直;诚信行事
41. territorial integrity 领土完整
42. be loaded with many features 具备许多功能
43. optimism is justified 乐观是有道理的
44. donation from the public 社会公众的捐赠
45. gain recognitions 受到认可
46. things seemed good “听上去很美”的东西
47. the association helps the young talents 这个协会扶持青年才俊
48. anthropologists 人类学家
49. proved controversial 证明有争议
50. B be frequently owed to A B 常常归功于 A
51. in various literature forms 以各种文学形式
52. shelves of multigrain loaves 杂粮面包货架
53. inevitable indignity of being uninstalled and replace by ... 被卸载并被.....取代的不可避免的耻辱
54. pose this skill can hit the big time 掌握这项技能就能大获成功
55. become more attached to the lifestyle 变得更加依恋这种生活方式
56. one kilometer in diameter 直径一公里
57. the feasibility of changing the direction of asteroids 改变小行星方向的可行性
58. It narrowly missed the earth. 它与地球擦肩而过。
59. be automating business decisions 正在自动化商业决策
60. a deep-learning algorithms 深度学习算法
61. reduced product returns 减少产品退货
62. establish 发现,证实
63. fit in with other research 与其他研究相吻合
64. in prospect 在未来
65. ready sb. to do 使某人准备好去做某事
66. a vast number of specialized experts 大量的专业专家
67. tap into that 利用这一点
68. What a choice there is! 可供选择的东西真多!
69. What a choice it is! 这真是一个不错的选择!