

In hot water 陷入困境；惹上麻烦
Spring chicken 不再年轻
Bite off more than one can chew 不自量力
Big cheese 团体中最重要的，领导者
Couch potato 经常看电视的人
Food for thought 引人深思的事情
Have / Left with egg on one's face 丢脸
Have a bone to pick with someone 对...有意见
In a nutshell 简而言之，概括的说
Like two peas in a pod (尤指外观) 非常相像
Put all one's eggs in one basket 孤注一掷
Take with a grain of salt 对...半信半疑

Do one a world of good 对一个人有巨大的正面影响
One's number is up 死到临头
New lease of life 帮助脱离困境
Alive and kicking 生龙活虎
Bundle of nerves 焦躁的人；紧张不安的人
Dead as a doorknob 完全死了
Fit as a fiddle 非常健康
Meet one's maker 死亡（以幽默的方式）
Not a ... bone in one's body 绝对没有...（性格）
Teething problems 初期问题（预料之中的）
Hold an to one's hat 做好心理准备
Seeing is believing 眼见为实

Get one's knickers in a twist 迷惑；发慌；恼火
A penny for your thoughts 你在想什么呢（通常是一个人沉默着思考了很久）
Hate one's guts 非常讨厌一个人，恨死一个人
Over one's dead body 不允许一些事发生
A chip on one's shoulder 耿耿于怀，怀恨在心
Add fuel to the fire 火上浇油
Drive a hard bargain 极力讨价还价
Make a mountain out of a molehill 小题大做
Rub it in 伤口撒盐
Split hairs 太在意鸡毛蒜皮的小事
Stab someone in the back 背后捅刀子
Swim against the tide 逆着潮流而行