**写作精选词组**

be bound up with 与....联系在一起=associate with/link to

be analogous to 与.....相似=similar to

on a daily basis 每天=every day

be validated by 被..验证=prove

it stands to reason that .....理所当然=there’s no doubt

be at peace with 与.....和睦相处=be in harmony with

be confronted with 面临...... =face up to

around the clock 昼夜不停地

at one's wit's end 无法可想，智穷计尽

in the twinkling of an eye 一眨眼，转眼间

none other that 不是...正是...=not…but

in the vicinity of 大约....=about

have a bearing on 与...有关

on the impulse of 凭....的冲动

equal stress on integrity and ability 德才兼备

give incentive to 鼓励....=encourage

bring vigor into 输入活力

plunge into sth一头扎在...=be absorbed in

get burned out 筋疲力尽

hold true for 适用于.. =be fit for

race against the clock 争分夺秒

stand one's ground 坚持立场

reach a consensus 达成一致

fall out of use 逐渐不使用

see eye to eye with sb与....看法一致

hold water 合理，说得通

a case in point 恰当的例子

from all walks of life 来自各行各业

keep pace with sth与....并驾齐驱/同步发展

shake sth off 摆脱... =get rid of

fulfill one's potential 实现某人的价值

a rosy picture of sth对....美好的印象

sense of satisfaction 成就感

put sb at a disadvantage 使....处于劣势

on the verge of sth在...的边缘=be about/bound to

stumbling block 绊脚石=barrier=barricade=obstacle

socialize with sb与...交往

weigh up the pros and cons权衡利弊

win-win situation 双赢

in a nutshell 总而言之=all in a word

a thorn in one's side 眼中钉，肉中刺

dos and don'ts 行为准则，须知

have an edge over sb in sth比某人在...方面有优势

join the ranks of ...加入....的行列

a castle in the air 海市蜃楼

bring ....into full play 充分发挥...

alienate sb from...使某人疏远 ..

cast light on 阐明/使人了解....

pluck up courage 鼓起勇气

fair and square 正大光明地（adv词组）

be under illusion that 误以为...

pin one's hope on 把希望寄托....

have fantasy about sth对....抱有幻想

on the threshold of 在....的开始

be hooked on 对..着迷

ponder over 深思.....=think over

be trapped in a vicious cycle 陷入恶性循环

not all doom and gloom并非一片黯淡

break the shackle of convention 打破传统

differentiate with 区别于...=unlike

run with the crowd 随波逐流

on the continuous rise/increase 不断增长

be characterized by 以...为特征

temporary remedy 暂时的补救办法

reach saturation 达到饱和状态

have a good command of 掌握好=understand well

be vulnerable to 易于受到伤害=be easily hurt

get into the habit of (frugality) 养成(节俭的)习惯

err in the same manner重复犯错

take into one's confidence ....吐露心声

avail every means to do sth利用一切手段做某事

in line with符合,跟...一致

rank top in their priorities 处于优先处理的位置

make compliments to 称赞

cultivate talents for our society 为社会培养人才

the underlying reason 根本原因

find its expression in 在....有所体现

more often than not 往往，多半

a prevailing practice 一个普遍的现象

give due weight to 充分重视

endow sb sth赋予某人某物（好资质，能力等）=offer sb sth

wage earners 工薪阶层

in private 私下

domestic bliss 天伦之乐

lucrative opportunities 赚钱的机会

the general public 公众

domestic violence 家庭暴力

ward off 避开，挡开=avoid

rising to fame overnight 一夜成名

lay stress on (experience) 强调(工作经验)

in times of ups and downs 在起伏波动的时

fake specialists 冒牌专家

from the perspective of 从...方面来看

arts and crafts 工艺

time-honored brand 一个历史悠久的品牌

extend the market share 扩大市场份额

non-material s cultural heritage非物质文化遗产

the intangible assets 无形资产

on the move at an unprecedented speed 以前所未有的速度在前进

painstaking efforts 辛苦的努力

by unscrupulous means 不择手段

stand the test of time 经受得住时间的考验

unshirkable responsibility不可推卸的责任

rectify and regulate 整顿和规范

down-to-earth 务实的

surrender oneself to 屈服于，投降于

in the course of history 在历史的长河中

a double-edged sword 一把双刃剑

bustle and hustle 熙熙攘攘（名词词组）

pose threat to ...带来危险

get acquainted with 与....熟识

drive forward the economy 拉动经济

quality-oriented education素质教育

step out of the shadow of 走出...的阴影

get stuck to 依附、坚持

idle away 虚度光阴

fish for fame and credit沽名钓誉

an all-round reward 全方位的收获

shape one's inclination 塑造某人的爱

self-fulfillment 自我实现

interpersonal relationship 人际关系

develop one's potential to the full充分发挥某人的潜力

full of vim and vigor 充满活力

marvel at 惊叹于..折服于...=be surprised at

put ...at stake 把...置于危险境地

deliberate layout 精心布置

not pleased by external gains, not saddened by personal losses 不以物喜，不以己悲

to give scope to the students' initiative and creativeness 发挥学生的主动性和创造性

strenuous exercise 剧烈运动

domestic household chores 家务

business recession 经济衰退

cosmetic surgery 整容手术

sanitary environment 卫生环境

occupational disease 职业病

strike a balance between 在...和...之间取得平衡

spring up like mushroom 如雨后春笋般涌现

beyond the boundaries of 超出...的范围

go against the aim of 违背...的目的

with the advent of .随着...的到来

a case in point一个恰当的例子

with the acceleration of 随着...的加速

swarm into 涌入

far-reaching social significance 深远

be in a dilemma 左右为难

share in one’s success and joy分享成功与欢乐

on second thoughts经再三思考

**常用高端词汇：**

express gratitude to=acknowledge=thank 致谢

illustrate=elaborate=account for=explain 解释；阐述

owing to=due to= on account of=being that=in that=by virtue of=for this reason=the reasons lie in the fact that=that is why=because 由于

consequently=in consequence =hence 因此

nevertheless= despite=in spite of =although 尽管

be well informed of=have a good command of很好地掌握

interpret=perceive=comprehend=master=grasp 理解；知道；掌握

as well=too 也

abide by =comply with=in line with=in agreement with=obey服从；与...一致

increasingly=growing =rocketing=more and more 日益的；越来越多的

enhance= be on the rise增加 decline==descend=decrease 下降

boost=boom=develop 发展

considerably=very 相当地；非常

play a leading role in=be of great essence=important 重要的

firmly hold the view that=be fully convinced that坚信

be in favor of the point that=be on the side of= back up支持

object to=against=oppose=disagree 反对

in advance=ahead of schedule=before 提前

carry more weights=more important 更重要

undergo=witness=experience 经历

have access to=be available to 可以进入；可以获得

sufficient=adequate=moderate足够的

excessive=redundant=surplus 过量的

inadequate=deficient=insufficient不足的

adversity=disadvantage 不利

agenda=schedule=timetable 日程

agony=pain 痛苦

sole=exclusive=mere=only 仅有的

bear... in mind=be deeply rooted in mind=remember 记住

catastrophe=calamity=disaster 灾难

centre on=lay emphasis on=with...as a core=cherish= highlight=highly value 高度重视

collaborative=cooperative 合作的

come across=encounter=happen to see 碰到

confront with=face 面临

construct=build 构建

contaminate=pollute 污染

coordinate=balance 平衡；协调

cradle=origin 起源

criteria=standard=requirement 标准；要求

cry out for=in great / urgent need of=keen on=be eager to 急需；渴求

deceive=cheat 欺骗

distinguished=prominent 突出的

a diversity/variety of=different kinds of 各种各样的

dominant=overwhelming=major 压倒的；大多数的；占优势的

dual= double双的 joint=mutual共同的；相互的

dynamic=energetic 动力的

with ease=easily 轻松地

economical=saving 节约的

encompassing==embracing=including 包括

enforcement=implementation 实施；执行

in essence=virtually=as a matter of fact 实际上

in the event of=once 一旦

for fear of=in case 以防

eventually=finally 最终

ever changing=continuously change 日益改变的

as ever=as usual 与往常一样

evidently=apparently=obviously 明显地

be in exercise/exploit/utilization/application/operation/use of 应用 exert/impose negative/positive impact/influence upon对...产生了积极/消极的影响

existing=current=present 现存的

expenditure=cost 开支；费用

expertise=technique=skill 技能

extraordinary=remarkable=special 特别的

fade away=disappear=weaken 消失；削弱

faithful=loyal=honest 忠诚的

fake=artificial =false 假的 genuine=real 真的

feasibility=possibility 可能性

figure out=make out=comprehend 弄清楚

flavor=taste 品味

unfold =open 打开

foremost=utmost=principal=fundamental=elementary=primary=basic主要、根本的

foresee=predict 预计

forthcoming=upcoming=approaching 即将到来的

framework=outline=structure 框架；结构

fruitful=effective 有效的

fury=rage=anger 愤怒

fusion=combination 融合；混合

bridge the gap=make up the difference 弥补差距

gaze at=fix one’s eyes on 盯着

be geared to=adapt to=adjust to适应

for the sake of=aim at= in the interest of 为了

gifted=talented=intellectual=clever 聪明的

take a glimpse of=take a glance at 一瞥

harsh=severe=strict 严厉的；残酷的

utilize=harness=use 利用

heartfelt=sincere 由衷的；亲切的

at home and abroad=nationally and internationally 国内外

in the hope that=expect 期待；希望

host=preside=in charge of 掌管；负责

hurdle=barricade=obstacle 障碍

identical=same 相同的

spend idly=doing nothing 无所事事

ill at ease=nervous 紧张的

immense=tremendous=enormous=huge 巨大的

be immune to=free from influence of 不受...影响

immortal=everlasting =permanent=perpetual 永久的

imperative=urgent 紧急的；迫切的

impartial=neutral=fair 公平的

incentive=stimuli=encourage 激励；刺激

incline to=intend to 倾向于momentum=trend=tendency 趋势

take the initiative/drive to do 有动力做...

inhibited=refrained=prevented 阻止的

innate=born 天生的

innovation=invention=reform 革新

insane=crazy 疯狂的

integral=overall=indispensable 整体的；不可或缺的

internal=inner内在的 external=outer 外在的

introduce=import 引进

intuition=instinct 直觉；本能

involved=concerned=related 相关的

irrational=illogical=unreasonable 不合理的

isolated=separated 隔离的

at length=in details 详细地

heavy load=pressure 压力

unload the burden=relieve the pressure 减压

manipulate=monitor=control 控制

manual=physical 体力的；mental=psychological脑力的

mental/physical state 身体/心理状态

mass of=a multitude of=numerous=lots of 大量的

not to mention=let alone 更不用说

metropolitan=urban=of city 都市的 suburban=rural农村的

minimize the risk=reduce the danger 降低风险

neighboring=surrounding 周边的

occupation=profession=career=job 职业

occupy oneself with=be busy with=be engaged in 忙于

opposing=contradictory 反对的

optional=selective 选择的

originate from=derive from=come from 源自

prominent=eminent=outstanding 突出的

outweigh=surpass=exceed 超过

overall=comprehensive 综合的

pave the way for=get ready for 为...开辟道路/做准备

be in pursuit of=seek for=run after追求

put forward=present=raise 提出

put up with=withstand=endure=bear 忍受

eligible=qualified 合格的

rehabilitation=recovery 康复

as regards=with regard to=regarding=concerned=involved关于

regardless of=ignore 不顾/忽视

reinforce=strengthen 加强eliminate=relieve=reduce=lessen 减轻

remedy=rectify=compensate=make up for 弥补；改正

resemblance=similarity 相似点

difference=distinction=differentiation=divergence区别

in this respect=in this regard 在这个方面

in retrospect=look back=recall 回想

介词+名词+介词

at the mercy of 受……支配

by virtue of 由于，因为

for fear of 由于害怕；以免

for lack of 因缺乏

for the sake of 由于，为了；为了……的利益

in accordance with 与……一致；按照

in exchange for 交换，以此易彼

in light of 按照，根据

in line with 符合

in quest of 为了探索……，为了寻求……

in reference to= in regard to= in relation to= with respect to 关于

in return for 作为...的报答

in the absence of 缺乏，不存在

in the event of 万一，如果……

in (the) face of 面对……

in the interest of 为了……的利益

in the name of 以……的名义，凭

in view of 考虑到，由于

in proportion to (与……)成比例的

on account of 为了……的缘故

on behalf of 代表……；为了……的利益

on the grounds of 根据, 以...为理由

with a view to 着眼于, 以...为目的, 考虑到

with respect to 关于，至于

with the exception of 除……以外

**常用谚语：**

事实（行动）胜于雄辩。Facts (Actions) speak louder than words.

滴水穿石。Business dripping wears away the stone.

谁笑到最后，谁笑的最好。He laughs best who laughs last.

穷则思变。Adversity leads to prosperity.

近朱者赤，近墨者黑。He who keeps company with the wolf will learn to howl.

不要本末倒置。Don't put the cart before the horse.

时不待人。Time and tide wait for no man.

无风不起浪。There is no smoke without fire.

万事开头难。The first step is the hardest.

光阴一去不复返。Time flies never to be recalled.

好的开端是成功的一半。Well begun is half done.

它是双刃剑。It is a two-edged sword.

鱼与熊掌，不可兼得。You can’t eat your cake and have it.

物极必反。Things will develop in the opposite direction when they become extreme.

知足者常乐。Content is better than riches.

萝卜白菜，各有所爱。Every man has his hobbyhorse.