

## 第一单元

1. 这匹马在比赛进行一半时开始领先。(get ahead)  
1. The horse began to get ahead halfway through the race.
2. 如果她当时不替我说好话, 公司不会录用我。(put a good word for)  
2. If she hadn't put in a good word for me, the company wouldn't have recruited me.
3. 他伸出舌头, 对着镜子仔细地看。(poke out)  
3. He poked out his tongue and looked at it carefully in the mirror.
4. 当房子倒塌的时候, 人们惊恐地向后退。(draw back)  
4. The crowd drew back in terror as the building crashed to the ground.
5. 街道上到处是垃圾。(be strewn with)  
5. The streets were strewn with rubbish.
6. 丢失的包最后在湖边找到了, 里面空空如也。(turn up)  
6. The missing bag turned up, completely empty, in the lake.
7. 如果我丢了车钥匙就麻烦了。(be up the creek)  
7. I would be really up a creek if I lost my car key.
8. 这个问题本身不重要, 但其长远影响可能很严重。(in itself)  
8. The problem is unimportant in itself, but its long-term effects could be very serious.
9. 考虑到会下雨,他们关上了窗户。(in the expectation of)  
9. They closed the windows in the expectation of rain.
10. 经过几年的努力, 他终于感觉到走向成功了。(the road to)  
10. He finally felt he was on the road to success after years of hard work.
11. 她的恢复堪比奇迹。(be little short of)  
11. Her recovery seemed nothing short of a miracle.
12. 在这个地区, 警察在与毒贩的较量中占了上风。(have the upper hand)  
12. Police have gained the upper hand over the drug dealers in the area.
13. 他想我们的关系得他说了算。(on one's own terms)  
13. He wanted our relationship to be only on his terms.

## 第二单元

1. 节假日里少了平时的压力, 这让人感到很舒服。(shut off)  
1. Being shut off from pressure during working hours makes one feel comfortable.
2. 这些志愿者们承担了让这些乡村孩子受教育责任。(take sth upon oneself)  
2. These volunteers take it upon themselves to make it possible for those rural kids to receive education.
3. 他们用各种各样的规则和禁令来约束孩子。(hem in)  
3. They used various rules and restrictions to let the kids be hemmed in.
4. 我儿子说长大以后要当一名篮球教练。(grow up)  
4. My son said he would like to be a basketball coach when he grew up.
5. 如果我们今年不按时完成任务, 明年又会很辛苦。(look forward to)

5. If we don't finish the work in time this year , we will look forward to another hard year.
- 6.经过一番训练, 孩子们的英语水平提高得很快。(pick up)  
6. After training, the English level of the kids picked up quickly.
- 7.为了能提高成绩, 他决定要花足够的时间来学习。(make a point of)  
7. In order to improve his academic achievements, he made a point of spending enough time on study.
- 8.成功当然让人高兴, 不费很大劲就获得成功更让人敬佩。(make it)  
8. It makes one happy to be successful. It makes one admired to make it without much effort.
- 9.关键的问题是要在会上向领导们宣传这个好主意。(talk up)  
9. What is crucial is to talk up this new idea to the leaders at the meeting.
- 10.你只有试一试后才能知道能否入队。(try out)  
10. Only after you try out will you know whether you can join the team.

### 第三单元

- 1.有些广告的成功在于充分利用了人们崇拜名人的心理。(capitalize on)  
1. The success of some ads lies in that they fully capitalize on people 's psychology of worshipping celebrities.
- 2.要把这么大的一个企业交给一个二十几岁的年轻人我还真有点不放心。(hand over)  
2. I am really concerned that such a big company will be handed over to a young man in his twenties.
- 3.这个节目的目的是要告诉观众这些英雄们在本质上和我们一样, 都是平常人。(at heart)  
3. The purpose of this program is to tell the audience that these heroes are at heart ordinary people just like us.
- 4.诉诸理智而不是情感, 这是处理矛盾的一个基本原则。(appeal to)  
4. One basic principle in solving conflict is to appeal to mind not emotion.
- 5.和一种情形关联的情感很容易转移到别的情形中。(attach to)  
5. The emotion attached to a certain situation can be easily transferred to other situations.
- 6.长时间在阳光下暴露皮肤容易得皮肤癌, 这也是我不喜欢在海滩上晒太阳的原因。(expose to)  
6. One may get skin cancer easily by exposing oneself to the sun for a long time. That is why I don't like to lie on the beach enjoying sunshine.
- 7.越是在艰难环境里, 越要互相依赖, 才能最后克服困难。(lean on)  
7. The harder the situation is, the more people should lean on each other. Only in this way can difficulties be eventually overcome.
- 8.在这次选举中, 我们的策略是先赢得民众的信任, 然后获得他们的支持。(win over)  
8. Our strategy in this campaign is first to win over the trust of the public and then to get their support.
- 9.在这个公司里, 经理的话就跟命令差不多。(amount to)  
9. In this company what the manager says amounts to an order.
- 10.报告的内容很多, 但是篇幅有限, 所以不得不省略不少细节。(leave out)  
10. The content of the report is extensive, but the scope is limited. Many details have to be left out.

### 第四单元

- 1.公司一直搁置他的报告。(sit on)  
1. The company has been sitting on his report.
- 2.她是不是学习方法不对头?(have a problem with)

2. Does she have a problem with her learning method?
3. 你必须为你的侮辱行为向他们赔礼道歉。(make amends)  
3. You must make amends to them for the insult
4. 英语老师就是没法使他相信学英语的重要性。(convince...of..)  
4. The English teacher just couldn't convince him of the importance of learning English.
5. 我们不能报道讨论的内容, 因为讨论是秘密进行的。(behind closed doors)  
5. We cannot report the discussion, as it took place behind closed doors.
6. 现在人们总是忙着赶最后期限。(meet deadlines)  
6. Nowadays people are always busy meeting deadlines.
7. 他一直不断地向我提供他的消息。(keep somebody posted)  
7. He always keeps me posted about what he's doing.
8. 在接受该提议前我本应仔细考虑, 当时听起来就有点可疑。(think twice)  
8. I should have thought twice before accepting that offer; it sounded rather suspicious then.
9. 她是刚毕业的研究生。(fresh out of)  
9. She is fresh out of graduate school.
10. 我们可以用单子来确定事情的先后顺序、计划活动并衡量进展情况。(set priorities)  
10. We can use lists to set priorities, plan activities, and measure progress.

## 第五单元

1. 她很生儿子的气, 就挂断了他的电话。(hang up)  
1. She was so angry with her son that she hung up on him.
2. 在得知自己被开除的消息时, 他发出了愤怒的吼声。(let out)  
2. At the news of being dismissed, he let out a cry of anger.
3. 公众的注意力集中在下周的总统选举上。(center on)  
3. Public interest centers on the outcome of the next week's presidential election.
4. 他花了一个小时才解出了那道题。(grapple with)  
4. He grappled with the problem for an hour before solving it,
5. 她似乎就要斥责他了, 但马上又控制住了自己。(lash out)  
5. It seemed that she was going to lash out at him, but she controlled herself.
6. 他们不得不连续站立好几个小时。(at a stretch)  
6. They had to remain standing for hours at a stretch.
7. 服药后, 她进入了深睡状态。(lapse into)  
7. After taking the medicine, she lapsed into a state of deep sleep.
8. 她仍然抱着这样的信念: 她的丈夫还活着, 有一天会回家来的。(cling to)  
8. She still clings to the belief that her husband is alive and will come back one day.
9. 我们没能赶上这一场现场表演, 最终还是在电视屏幕上欣赏它。(end up)  
9. We were late for the live show and ended up watching it on a TV screen.

10. 经理桌上堆满了要看的资料,她知道今晚又得开夜车了。(pile up)

10. The manager had so much work piling up on her desk that she knew she was going to have to burn the midnight oil to finish it.

## 第六单元

1. 国庆时,人们多爱去天安门广场欢呼庆祝。(whoop it up)

1. Tian'anmen square is a favorite place for people to whoop it up on National Day.

2. 他由于上班总是磨洋工而被开除了。(goof off)

2. He got fired because he kept goofing off on his job.

3. 在我印象里,我妈妈总是不停地忙进忙出。(bustle)

3. I always have the image of my mother bustling in and out.

4. 政府专门设立了一个特别工作组试图对付这个城市不断上升的犯罪率。(tackle)

4. The government set up a task force to tackle the rising crime rate in this city.

5. 他经常滔滔不绝地说起他在部队时的有趣的事。(spout off)

5. He often spouts off about the funny things that happened when he was in the army.

6. 这个五岁小男孩能一口气说出一百来个国家的名称。(reel off)

6. This five-year-old boy can reel off the names of more than a hundred countries.

7. 现在的问题是资金短缺,你所说的和这毫不相干。(off the mark)

7. The problem is that we are short of funds. What you said is off the mark.

8. 我们没法按计划进行,只能走一步看一步了。(play it by ear)

8. We could not do it according to plan. We have to play it by ear.

9. 我都不知道大学四年我是怎么稀里糊涂过来的。(muddle through)

9. I myself don't know how I muddled through the four years at college.

10. 她说她受不了成天无所事事、到处闲逛的人。(have no use for)

10. She said she has no use for those who idle around all days.

11. 他总能找到迟到的借口。(come up with)

11. He can always come up with excuses for being late.

12. 我非常感激他帮我摆脱了困境。(let somebody off the hook)

12. I owed him a lot for letting me off the hook,