

高效搞定听力

知识点汇总 LESSON 1-10

惟知老师

惟知英语课堂

目录

Lesson 1	4
Lesson 2	6
Lesson 3	9
Lesson 4	11
Lesson 5	15
Lesson 6	18
Lesson 7	20
Lesson 8	23
Lesson 9	26
Lesson 10	29
Lesson 11	32
Lesson 12	35
Lesson 13	38
Lesson 14	41
Lesson 15	44
Lesson 16	46
Lesson 17	49
Lesson 18	52
Lesson 19	55
Lesson 20	58
Lesson 21	61

Lesson 22	64
Lesson 23	67
Lesson 24	70
Lesson 25	73
Lesson 26	77
Lesson 27	80
Lesson 28	83
Lesson 29	87
Lesson 30	90
Lesson 31	93
Lesson 32	96
Lesson 33	99
Lesson 34	103
Lesson 35	106
Lesson 36	109
Lesson 37	112
Lesson 38	116
Lesson 39	120
Lesson 40	124
Lesson 41	127
Lesson 42	130
Lesson 43	133

Lesson 44	136
Lesson 45	139
Lesson 46	142
Lesson 47	145
Lesson 48	148
Lesson 49	152
Lesson 50	155
Lesson 51	159
Lesson 52	162
Lesson 53	165
Lesson 54	169
Lesson 55	172
Lesson 56	176
Lesson 57	179
Lesson 58	182
Lesson 59	186
Lesson 60	189

Lesson 1

1.

[jʊrsə'pouz(d)tʊ]

你应该...

You're supposed to

[jʊrsə'pouz(d)tʊ] stay at home.

[jʊrsə'pouz(d)tʊ] show up on time.

[jʊrsə'pouz(d)tʊ] get off work now.

[jʊrsə'pouz(d)tʊ] go workout with the team.

So [jʊrsə'pouzdtʊ] reveal your secret, [jʊrsə'pouzdtʊ] have the expectation.

Joey, I don't think [jʊrsə'pouz(d)tʊ] go back there.

2.

[aɪɡəs aɪm'gɑ(ə)nəbi]

我想我会

I guess I'm gonna be

[aɪɡəs aɪm'gɑ(ə)nəbi] okay for now.

[aɪɡəs aɪm'gɑ(ə)nəbi] calling in sick tomorrow.

[aɪɡəs aɪm'gɑ(ə)nəbi] heading back to office.

[aɪɡəs aɪm'gənəbi] using the olive oil.

[aɪɡəs aɪm'gənəbi] kissing some strangers.

3.

['hæŋ(ɪŋ)aut]

闲逛/玩

hang/ hanging out

Wanna ['hæŋ aut] tomorrow?

We should ['hæŋ aʊt] more often.

Who are you ['hæŋ(ɪŋ)aʊt] with these days?

Thanks so much for ['hæŋ(ɪŋ)aʊt] with me today.

I was ['hæŋɪŋ aʊt] with my kids.

4.

[aɪ maɪtəʊzwəl]

我还不如...

I might as well...

[aɪ maɪtəʊzwəl] go home and watch TV.

[aɪ maɪtəʊzwəl] buy a new phone.

[aɪ maɪtəʊzwəl] start a small business.

[aɪ maɪtəʊzwəl] just keep talking.

[aɪ maɪtəʊzwəl] just tell them I'm not available.

I mean. the job's easy and the money's good. You know.

[aɪɡes aɪm'(g)ənəbi] ['hæŋɪŋ aʊt] here anyway.

[aɪ maɪtəʊzwəl] just get paid for it, right?

5.

['sʌmwʌn aɪkən] (to) ...

一个可以...的人

someone I can (to)...

I have ['sʌmwʌn aɪkən] trust.

['sʌmwʌn aɪkən] count on.

['sʌmwʌn aɪkən] share my food with.

I have ['sʌmwʌn aɪkən] go to.

I'm also happy that I have ['sʌmwʌntə] talk to.

Finally I have ['sʌmwʌn aɪkən] pass on my wisdom to.

6.

[(ə)'kʌpələn]

几个

(a)couple of

[(ə)'kʌpələn] weeks
only [(ə)'kʌpələn] customers today
give me [(ə)'kʌpələn] days

Just give me [ə'kʌpələn] minutes.

Also [ə'kʌpələn] different ways.

Let me tell you about [ə'kʌpələn] things I learned while working at the coffee house.

pass on wisdom to...
working at the coffee house

You know what this is great.
Finally I have ['sʌmwʌn aɪkən] pass on my wisdom to.
Let me tell you about [ə'kʌpələn] things I learned while working at the coffee house.

Lesson 2

1.

if ['ɛniwən (əz) 'evər]

如果只要是有人...

if anyone (is) ever

If ['ɛniwən (əz) 'evər] mean to you.
If ['ɛniwən'evər] visits China...
If ['ɛniwən (əz) 'evər] giving you a hard time.

If ['ɛniwən'evər] had reason to quit.

If ['ɛniwən'evər] wondered.

If ['ɛniwən (əz) 'ɛvər] rude to you, sneeze muffin.

2.

[aɪmeɪdʒʊ]

我让你/使你

I made you

[aɪmeɪdʒʊ] wake up early today.

[aɪmeɪdʒʊ] work hard.

[aɪmeɪdʒʊ] a better student.

[aɪmeɪdʒʊ] read it a long time ago.

I was wrong but [aɪmeɪdʒʊ] believe that I was right.

I'm sorry Ross. I'll get it for you right now. Since [aɪmeɪdʒʊ] wait, I'll toss in a free muffin.

3.

[jʊrnat 'gɑ(ə)nə]

你不会

You're not going to (gonna)

[jʊrnat 'gɑ(ə)nə] change me.

[jʊrnat 'gɑ(ə)nə] get anywhere.

[jʊrnat 'gɑ(ə)nə] return the favor, right?

[jʊrnat 'gənə] do well at first.

“[jʊrnat'gənə] believe this, but I'm pregnant.”

4.

[jʊsɛd jʊwɜr]

你说你会

you said you were

[jʊsɛd jʊwɜr] happy about it.

[jʊsəd jʊwɜr] waiting for me.
[jʊsəd jʊwɜr] gonna help me.

[jʊsəd jʊwɜr] sorry.

Because you didn't do what [jʊsəd jʊwɜr] gonna do.

[jʊrnat 'gənə] go anywhere. [jʊsəd jʊwɜr] gonna eat here, you're gonna eat here.

5.

[aɪ'hændədɪn]

我上交了...

I handed in

[aɪ'hændədɪn] my resignation letter today.
[aɪ'hændədɪn] the application forms for graduate school.
[aɪ'hændədɪn] the assignment on time.

And then you ['hændədɪnðæt] next paper.

[aɪ'hændədɪn] my notice.

6.

[aɪ'nɛvərgɒtʊ]

我没有(机会)

I never got to

[aɪ'nɛvərgɒtʊ] meet him again.
[aɪ'nɛvərgɒtʊ] tell her that I was sorry.
[aɪ'nɛvərgɒtʊ] hear back from the interviewer.

[aɪ'nɛvərgɒtʊ] do that.

[aɪ'nɛvərgɒtʊ] answer that.

So you know, [aɪ'hændədɪn] that marketing report and [aɪ'nɛvərgɒtʊ] hear what you thought.

Lesson 3

1.

the['kreɪziəs(t)θɪŋ] is

最疯狂的事情是

the craziest thing is

The['kreɪziəs(t)θɪŋ] is we pulled an all-nighter.

The['kreɪziəs(t)θɪŋ] is he drank four cups of coffee today.

What was the ['kreɪziəs(t)θɪŋ] you ever did?

The ['kreɪziəs(t)θɪŋ] is that actually works.

It is the ['kreɪziəs(t)θɪŋ] I've ever seen.

2.

[touldhər ə'baʊtɪt]

告诉她关于这个

told her about it

So I [touldhər ə'baʊtɪt] the next day.

Nobody else had ever [touldhər ə'baʊtɪt].

3.

[fɪzhɜrd]

她听过的

... she's heard

the craziest thing [fɪzhɜrd]

the best story [fɪzhɜrd]

[fɪzhɜrd] all different versions of the story.

all the comments [fɪzhɜrd]

Figure out problems they should address, based on what [fɪzhɜrd].

And the ['kreɪziəs(t)θɪŋ] is now my boss likes me because I [təʊldhər ə'baʊtɪt] and she said it was the best gossip [ˈɪzɦɜrd] all year.

4.

[haʊ(r)wi 'gɒnə]

我们要如何要...

how are we going to (gonna)...

[haʊ(r)wi 'gɒnə] tell her about it?

[haʊ(r)wi 'gɒnə] finish the work on time?

[haʊ(r)wi 'gɒnə] spend the day?

[haʊ(r)wi'gɒnə] support them?

[haʊ(r) wi 'gɒnə] make that work?

5.

[ɡet'aʊtə ðætʃwʌn]

摆脱掉那个

get out of that one?

I have to [ɡet'aʊtə ðætʃwʌn].

[haʊ(r) wi 'gɒnə] [ɡet'aʊtə ðætʃwʌn]?

6.

[ɪnərou]

连续

in a row

two mistakes [ɪnərou]

three times [ɪnərou]

four weeks [ɪnərou]

The democrats lose two elections [ɪnərou].

So if I say 'Yes'three times [ɪnərou].

[haʊ(r)wi 'gɒnə] [ɡet'aʊtə ðætʃwʌn]?

What?

I can't handle two nights [ɪnərou] with them.

7.

[gɛtə'lon]

合得来

get along

You need to [gɛtə'lon] with people.

They never [gɛtə'lon].

They [gɛtə'lon] really well.

They don't [gɛtə'lon].

You know, these people don't [gɛt ə'lon] with these people.

I don't know what to do. I really want you guys to [gɛtə'lon].

Lesson 4

1.

[aɪgɔ(t)]

我有...

I have got

[aɪgɔ(t)] a friend.

[aɪgɔ(t)] a great idea.

[aɪgɔ(t)] plenty of time.

[aɪgɔ(t)] a good idea.

[aɪgɔ(t)] a suit out of the closet.

2.

[ɪfjʊ hədtʊ]

如果你必须要...

If you had to...

[ɪfjʊ hədtʊ] choose a topic.

[ɪfjʊ hədtʊ] finish that project.

[ɪfjʊ hədtʊ] work overtime.

[ɪfjʊ hədtʊ] choose.

[ɪfjʊ hədtʊ] think of three words.

3.

[wʌnən ʌs]

我们其中之一

one of us

[wʌnən ʌs] is going to win the prize.

You can call any [wʌnən ʌs].

Each [wʌnən ʌs] has the capacity.

If you attack [wʌnən ʌs], you're attacking all of us.

4.

[hu wədɪtbi]

会是谁呢?

Who would it be?

If you could hangout with anyone in the world, [huwədɪtbi] and why?

If you could have lunch with anyone alive or dead, [huwədɪtbi]?

[aɪgə(t)] question [ɪfjʊ hədtʊ] pick [wʌnən ʌs] to date [hu wədɪtbi]?

5.

[wʌtəjʊ]

你在...

What are you

[wʌtəjʊ] doing over there?

[wʌtəjʊ] eating?

[wʌtəjʊ] planning?

[wʌtəjʊ] watching?

[wʌtəjʊ] thinking?

6.

[aɪ(ə)mɔʒəst'traɪntə]

我只是尝试去

I'm just trying to

[aɪ(ə)mɔʒəst'traɪntə] help you.

[aɪ(ə)mɔʒəst'traɪntə] make some money.

[aɪ(ə)mɔʒəst'traɪntə] move on.

[aɪmɔʒəst 'traɪntə] tell you.

[ə'mɔʒəst 'traɪntə] learn French.

[ə'mɔʒəst 'traɪntə] recreate some of the fun that we had at my place the other day

Remember when you picked Rachel over me? That was funny.

7.

[ɪtwəz 'kɪndə]

是有一点...

It was kind of ...

[ɪtwəz 'kɪndə] weird.

[ɪtwəz 'kɪndə] hilarious.

[ɪtwəz 'kɪndə] rude.

[ɪtwəz 'kɪndə] cool.

[ɪtwəz 'kɪndə] shocking.

8.

[ɪt'wʌzən(t)] ... [ətɔl]

一点也不...

It wasn't ... at all

[ɪt'wʌzən(t)] ... [ətɔl] great.

[ɪt'wʌzən(t)] ... [ətɔl] average.

[ɪt'wʌzən(t)] ... [ətɔl] funny.

[ɪt'wʌzən(t)] easy [ətɔl].

[ɪt'wʌzən] successful [ətɔ:l].

9.

[waɪwədʒʊ]

你为什么..?

Why would you?

[waɪwədʒʊ] come here?

[waɪwədʒʊ] lie to me?

[waɪwədʒʊ] change it?

[waɪwədʒʊ] do it again?

[waɪwədʒʊ] do that to your body?

10.

[waɪ'dɪ(də)n(t) jʊ]

你为什么没有...

Why didn't you...?

[waɪ'dɪ(də)n(t) jʊ] come to class yesterday?

[waɪ'dɪ(də)n(t) jʊ] tell the truth?

[waɪ'dɪ(də)n(t) jʊ] attend the meeting?

[waɪdɪntʃʊ] call me?

[waɪ'dɪdən(t) jʊ] say anything?

[ɪtwəz 'kɪndə] fun.
[ɪt'wʌzən(t)] funny [ətɔl].
[waɪwədʒʊ] do that?
[waɪdɪntʃʊ] pick me?

Lesson 5

1.

[daʊntʃʊgaɪz]

(反问) 你们不...

don't you guys

[daʊntʃʊgaɪz] want anything to drink.
[daʊntʃʊgaɪz] need to take a break.
[daʊntʃʊgaɪz] look happy today?

[daʊntʃʊgaɪz] get tired?

[daʊntʃʊgaɪz] wanna know about Donald Trump?

[daʊntʃʊgaɪz] have jobs or something?
[daʊntʃʊ] have jobs?

[daʊntʃʊgaɪz] look cute?

2.

[pruviɪt]

证明

prove it

There's no way to [pruviɪt].
You don't have to [pruviɪt].

We can't [pruviɪt].

Nobody can really [pruviɪt].

3.

[aɪwʌntʃʊtə]

我想让你

I want you to

[aɪwʌntʃʊtə] do me a favor.

[aɪwʌntʃʊtə] close your eyes.

[aɪwʌntʃʊtə] think about it.

[aɪwʌntʃʊtə] think about it very very carefully.

[aɪwʌntʃʊtə] celebrate it today and everyday.

[aɪwʌntʃʊtə] pay attention to what you're doing right now.

4.

[wi(r)'gənə]

我们要

we are going to (gonna)

[wi(r)'gənə] call it a day.

[wi(r)'gənə] close soon.

[wi(r)'gənə] let you know.

[wi(r)'gənə] be ok.

[wi(r)'gənə] see more cancer.

[wir'gənə] use this as an opportunity.

5.

[gouθru]

通过、经历一遍

go through

[gouθru] the shopping list

[gouθru] the process

[gouθru] your homework

I'm [gənə] [gouθru (ɪt) ə] right now.

I'll [gouθruɪ(t)] a little more slowly.

You think I'm high maintenance?

Ok prove it– [aɪwʌntʃʊtə] write out a list and [wi'gənə] [gouθru (ɪt) ə] point by point.

6.

[fɪl (du)]

她会做

she will (do)

[fɪl (du)] go through the page.

[fɪl (du)] join you for lunch.

[fɪl (du)] be ok.

What do you think [fɪl du]?

If she says [fɪl du] it; [fɪl du] it.

7.

[wɒk ɔl 'əʊvər]

走在上面...

walk all over

They're [gənə] [wɒk ɔl 'əʊvər] us.

So people [wɒk ɔl 'əʊvər] you like a doormat.

Do not get in there and let them [wɒk ɔl 'əʊvər] you.

Rachel, [fɪl (du)] whatever you want; you know, you can just [wɒk ɔl 'əʊvər] her.

8.

[weɪtə 'mɪnət]

稍等；等一下

Wait a minute

[weɪtə 'mɪnət] that's just not right.

[weɪtə 'mɪnət] that actually could be really useful.

[weɪtə 'mɪnət] [wətəju] saying that I'm a pushover? I'm not a pushover.

Lesson 6

1.

[jʊrnə(t)ɪn'veɪtəd]

你不被邀请/不受欢迎

you're not invited

[jʊrnət ɪn'veɪtəd].

[jʊrnə(t)ɪn'veɪtəd] to my birthday party this year.

[jʊr ɪn'veɪtəd] to a welcome meeting.

2.

[wədəʒʊ θɪŋkəvðæt]

你觉得那个怎么样

what do you think of that

[wədəʒʊ θɪŋkəvðæt] statement?

3.

[wətəɪ θɪŋk]

我觉得(的)...

what I think

[wətəɪ θɪŋk] is not very important.

[wətəɪ θɪŋk] means nothing.

Here is [wətəɪ θɪŋk].

And that's [wətəɪ θɪŋk].

That's [wətəɪ θɪŋk].

I know [wətəɪ θɪŋk] is funny.

You think I'm a pushover?

Watch this, you know what?

[ʃʊrnə(t)ɪn'vaɪtəd] to lunch.

[wədəʒʊ θɪŋkənðæt]?

I think that's pretty strong, that's [wətəɪ θɪŋk].

4.

[start'wɜ:kɪŋən]

开始 做这个...

start working on

Let's [start'wɜ:kɪŋən] the new project.

How about we [start'wɜ:kɪŋən] your homework?

[start'wɜ:kɪŋən] your food.

I would [start'wɜ:kɪŋən] it.

That's when we need to [start 'wɜ:kɪŋ ənɪt].

And then they [start'wɜ:kɪŋən] the apps.

[start'wɜ:kɪŋən] that list.

5.

[wɜ:dəʒʊ 'wanəgəʊ]

你想去哪里?

where do you want to go?

[wɜ:dəʒʊ 'wanəgəʊ] for fun?

[wɜ:dəʒʊ 'wanəgəʊ] for your birthday?

[wɛrdəʒʊ 'wʌnəgəʊ] to chill and relax?

[wɛrdəʒʊ 'wʌnəgəʊ] on vacation this year?

[wɛrdəʒʊ 'wʌnə] save the file?

[wɛrdəʒʊ 'wʌnə] go to eat?

6.

[əm sɪkən]

我厌倦...

I'm sick of...

[əm sɪkən] my nine to five.

[əm sɪkən] your complaining.

[əm sɪkən] waiting for you.

[əm sɪkən] this new song.

[əm sɪkən] this feeling so bad.

I realized [əm sɪkən] Yoga.

[wɛrdəʒʊ 'wʌnə] go (to) eat?

Oh, I love that Japanese place.

[əm sɪkən] Japanese we're not going there.

Lesson 7

Friends and partners are supposed to give you energy.

Lift you up when you're down.

1.

[wʌn(t)ðə bɛs(t)fɔː]

为了...好

want the best for

I only [wʌn(t)ðə bɛs(t)fɔː] you

[wʌn(t)ðə bɛs(t)fɔː] the students

someone I [wʌn(t)ðə beɪs(t)fɔː]

Parents [wʌn(t)ðə beɪs(t)fɔː] their children.

If somebody loves you, they [wʌn(t)ðə beɪs(t)fɔː] you.

Friends and partners are supposed to give you energy, lift you up when you're down, and [wʌn(t)ðə beɪs(t)fɔː] you.

2.

[dreɪn 'enədʒi]

消耗/耗尽 能量

drain energy

Talking to people will [dreɪn 'enədʒi] from me.

Playing with children [dreɪnz 'enədʒi].

I [dreɪn my 'enədʒi] at the gym.

Laws and rules, they actually [dreɪn 'enədʒi] from us.

Reading social media, reading Twitter can [dreɪn] your ['enədʒi].

3.

['nɛɡətɪvli ə'fɛ(k)t]

消极影响

negatively affect

The tension will ['nɛɡətɪvli ə'fɛ(k)t] the peace.

Their words ['nɛɡətɪvli ə'fɛ(k)t] my mood.

The schedule ['nɛɡətɪvli ə'fɛ(k)ts] my work.

This will of course ['nɛɡətɪvli ə'fɛkt] your motivation.

That will ['nɛɡətɪvli ə'fɛkt] your mental health.

But sometimes, we get into relationships that [dreɪn 'enədʒi] from us.

These are toxic relationships and they can ['nɛɡətɪvli ə'fɛkt] all aspects of our lives.

4.

[haʊtəjunʊ]

你如何知道

How do you know

[haʊtəjunʊ] you're right?

[haʊtəjunʊ] if you can do it?

[haʊtəjunʊ] what product to buy?

[haʊtəjunʊ] if you're hurting somebody.

[haʊtəjunʊ] if you are the type of person who would do well in business.

5.

[ɪnmʌtʃðə seɪmwɛɪ]

相同方式/道理

in much the same way

understand the question [ɪnmʌtʃðə seɪmwɛɪ]

respond [ɪnmʌtʃðə seɪmwɛɪ]

think [ɪnmʌtʃðə seɪmwɛɪ]

Adults have started using the word [ɪnmʌtʃðə seɪmwɛɪ] that teenagers do.

[ɪnmʌtʃðə seɪmwɛɪ] that you are what you eat, we can also say that you are what you drink.

[haʊtəjunʊ] a friend or a partner's bringing you down?

Well, [ɪnmʌtʃðə seɪmwɛɪ] that you know that you're coming down with a cold.

6.

[juʃd æsk]

你应该问

you should ask

It's the question [juʃdæsk] yourself.

[juʃdæsk] him.

[juʃdæsk] for more time.

There are some mistakes [juʃdə'vɔɪd] (avoid) at all costs.

The way [juʃdəkt] (act) around other people.

7.

[jumɑɪ(t)bi]

你可能会...

you might be

[jumɑɪ(t)bi] right.

[jumɑɪ(t)bi] onto something.

[jumɑɪ(t)bi] thinking: why?

[jumɑɪ(t)bi] breathing faster.

[jumɑɪ(t)bi] amazed how much power you actually have.

Here are few other questions [juʃdəkt] yourself if you're thinking [jumɑɪ(t)bi] in a toxic situation.

Lesson 8

1.

[ə'kɔrdɪŋtʊ]

根据...

According to...

[ə'kɔrdɪŋtʊ] the report

[ə'kɔrdɪŋtʊ] the story

[ə'kɔrdɪŋtʊ] what we heard

Last year [ə'kɔrdɪŋtʊ] the Wall Street Journal.

[ə'kɔrdɪŋtʊ] our research, are feeling pretty burnt out.

2.

[wʌnɪn___]

—分之一

one in ...

[wʌnɪn] 5 people has...

[wʌnɪn] 200

[wʌnɪn] three women, and [wʌnɪn] four men.

[wʌnɪn] two adults in the United States smoked.

3.

[hæznɒt]

(他/她) 未曾...

has not...

[hæznɒt] smoked before

[hæznɒt] thought about it

[hæznɒt] met him in person

Clearly, that [hæznɒt] happened.

But he [hæznɒt] given up.

According to recent study from the Pew Research Central, almost [wʌnɪn] 4 Americans has not read a book in the past year.

4.

[ðə(t) 'ækʃəlisɪmz]

那实际上看上去...

that actually seems

[ðə(t) 'ækʃəlisɪmz] pretty good.

[ðə(t) 'ækʃəlisɪmz] kinda average.

[ðə(t) 'ækʃəlisɪmz] like a good deal.

[ðə(t) 'ækʃəlisɪmz] like the best choice.

['ækʃəlisɪmz] to make sense.

5.

[aɪbet]

我打赌

I bet

[aɪbet] he didn't make it.

[aɪbet] I can do better next time.

[aɪbet] it won't even take more than 2 minutes.

Boy, [aɪbet] it's really easy to fool a drunk person.

You know what, [aɪbet] I can do it for half that price.

6.

['fjuərðən ðæ(t)]

比那个还少

fewer than that

['fjuərðən] 100 people showed up.

['fjuərðən] half of his works survive.

['fjuərðən] 1 in 5 people uses iPhones.

Maybe three, maybe ['fjuərðənðæ(t)].

Might not be twenty hours, might be far ['fjuərðən ðæ(t)].

That actually seems high to me. I bet it's even ['fjuərðən ðæ(t)].

7.

[faɪndaʊ(t)]

查明/查清

find out

[faɪndaʊ(t)] the truth.

[faɪndaʊ(t)] why.

[faɪndaʊ(t)] who did it.

It's never too late to [faɪndaʊ(t)] what it is that you want.

You can [faɪndaʊt] more in the video description, or at the end of this video.

8.

[aʊtu ðəstrɪt]

到街上去

out to the street

go [aʊtu ðəstrɪt]

run [aʊtu ðəstrɪt]

look [aʊtu ðəstrɪt]

We'll take care of them, not kick them [aʊtu ðəstrɪt].

Walk [aʊtu ðəstrɪt] in front of our office, and turn right, and you can see the symbol of it.

So to [faɪndaʊ(t)], this afternoon, we sent a team [aʊtu ðəstrɪt].

Lesson 9

To ask pedestrians.

To name a book.

Any book.

1.

[kʊ(d)bi]

可以是...

could be

It [kʊbi] yes or no.

[kʊbi] fun.

That job [kʊbi] really boring.

And they [kʊbi] very effective.

These [kʊbi] the most important question you could ever ask.

2.

[ɔlwi'wʌntəd tʊnoʊ]

我们只想知道

all we wanted to know

[ɔlwi'wʌntəd tʊnoʊ] is the truth.

[ɔlwi'wʌntəd tʊnoʊ] is what happened.

This is [ɔlwi'wʌntəd tʊnoʊ].

Ok great, that's [ɔlwi'wʌntəd tʊnoʊ], thank you guys.

They [ɔl'wʌntəd tʊnoʊ] what Uncle Carl did for a living.

[kʊbi] the Bible. [kʊbi] Fifty shades of Gray.

[ɔlwi'wʌntəd tʊnoʊ] is can you name a book and here's how that went.

3.

[dʌzɪt kaʊnt]

[dʊðeɪ kaʊnt]

这/这些算吗

does it count

do they count

Does walking count as exercise?

Do pizzas count as healthy food?

[dʌzɪt kaʊnt]? Yes, it does

[dʌzɪt kaʊnt] as offering food?

4.

['wʊdən(t)bi]

不会是

wouldn't be

That ['wʊdən(t)bi] right.
['wʊdən(t)bi] here if it weren't for us.

I ['wʊdən(t)bi] standing here talking to you, if I didn't do that.

Without my allies, I ['wʊdən(t)bi] here.

Does... do magazines count?
No, those ['wʊdən(t)bi] books.
That's correct.

5.

[wʌwəz ðə]

(之前) 什么是

what was the

[wʌwəz ðə] movie called?
[wʌwəz ðə] first word you learned?
[wʌwəz] your last job?

[wʌwəz ðə] last challenge that you faced?

[wʌwəz ðə] the promise?

[wʌwəz ðə] last book you read?
Um... probably Dr. Seuss.

6.

['blæŋkɪŋ aʊt]

一片空白

blanking out

['blæŋkɪŋ aʊt] on the words.
['blæŋkɪŋ aʊt] on the name.
['blæŋkɪŋ aʊt] during the test.

So let me give you some advice on how to handle ['blæŋkɪŋ aʊt].

Oh my god, I'm ['blæŋkɪŋ aʊt] on the name.

7.

[fɔrə'li(ə)vɪŋ]

以...谋生

for a living

take pictures [fɔrə'ləvɪŋ]

make videos [fɔrə'ləvɪŋ]

Is this what you do [fɔrə'ləvɪŋ]?

What you're gonna do [fɔrə'ləvɪŋ] now?

We do stuff like this [fɔrə'lɪvɪŋ], which we're very lucky to do.

I am totally ['blæŋkɪŋ aʊt] on books.

What do you do [fɔrə'ləvɪŋ]?

I was a librarian. Now I'm unemployed.

Lesson 10

1.

[ɪ(t)kənbi'trɪki]

可能很棘手/麻烦

it can be tricky

[ɪ(t)kənbi'trɪki] to find the best birthday present.

[ɪ(t)kənbi'trɪki] getting around in the winter.

[ɪ(t)kənbi'trɪki] to keep up with the technology.

Sometimes [ɪ(t)kənbi'trɪki] to know what's true.

[ɪ(t)kənbi'trɪki] in terms of who's responsible for what.

2.

['wɛðərər na(t)]

是否...

whether or not

decide ['wɛðərər nɑ(t)] you want this.
['wɛðərər nɑ(t)] it's true.
think twice ['wɛðərər nɑ(t)] you should do it.

And when you're considering ['wɛðərər nɑ(t)] you wanna apply to graduate school.

['wɛðərər nɑ(t)] you live with someone, or you're married, or if you're completely single right now.

When you have more than one job, [ɪ(t)kənbi'trɪki] deciding ['wɛðərər nɑ(t)] to tell this to your employers.

3.

[sʌtfə bɪgdɪl]

大不了的

such a big deal

It's not [sʌtfə bɪgdɪl].
Why are you making it [sʌtfə bɪgdɪl]?
Winning is [sʌtfə bɪgdɪl].

Body image, number one. Body image is [sʌtfə bɪgdɪl].

So the reason that this has become [sʌtfə bɪgdɪl] is that overtime people are less likely to respond.

4.

[bʌtɪn sʌm'keɪsɪz]

但在某些情况下

but in some cases

[bʌtɪn sʌm'keɪsɪz] it can be tricky.
[bʌtɪn sʌm'keɪsɪz] it can be the opposite.

Not only sign up, [bʌtɪn sʌm'keɪsɪz] pay of course.

We know that in some cases that's easy to do, [bʌtɪn sʌm'keɪsɪz] that can be hard to do.

part-time job 兼职

delicate 易碎的，棘手的

It may not be [sʌtʃə bɪɡdɪl] with several part time jobs, [bʌtɪn sʌm'keɪsɪz] it can be a more delicate subject.

5.

['sʌmθɪŋ kɔld]

某个东西叫做

something called

There is ['sʌmθɪŋ kɔld] integrity.

['sʌmθɪŋ kɔld] the stamp duty you need to pay.

You need a ['sʌmθɪŋ kɔld] tripod.

They have ['sʌmθɪŋ kɔld] the 'Dream Academy'.

There's also ['sʌmθɪŋ kɔld] classification.

encounter 遇到

non-compete clause 竞业条款

In some industries, you may encounter ['sʌmθɪŋ kɔld] a non-compete clause.

6.

['moustli faʊndɪn]

经常出现在

mostly found in

They are ['moustli faʊndɪn] the woods.

The pods are ['moustli faʊndɪn] the detergent aisle.

They are ['moustli faʊndɪn] Africa and in Australia.

And it's ['moustli faʊndɪn] fruits and vegetables.

7.

[rʌn'ɪntu]

碰到

run into

You will [rʌn'ɪntu] difficulties.
And you will [rʌn'ɪntu] all sorts of problems.
I [ræn'ɪntu] him in office today.

If you do [rʌn'ɪntu] trouble...

You [rʌn'ɪntu] the same questions all the time, how do you stay motivated.

dealing with 处理

creative work 创意内容

sensitive information 敏感信息

They are ['moustli faʊndɪn] in businesses dealing with creative work or sensitive information but you may [rʌn'ɪntu] them in other fields as well.

Lesson 11

1.

[lɛts(s)eɪ]

我们说（比方说）

let's say

[lɛts(s)eɪ] you win \$1 million tomorrow.
We will meet tomorrow, [lɛts(s)eɪ] 5 o'clock?
[lɛts(s)eɪ] it rains on Sunday, what are we gonna do?

If you went to a top university, [lɛts seɪ] you went to Harvard, or Oxford, or Cambridge.

[ləts seɪ] you had all the money in the world.

non-compete clauses 竞业条款

So, [ləts seɪ] that your jobs are on different days and that they don't have non-compete clauses.

2.

[ɪf ðɪs ɪz ðə keɪs]

如果是这种情况

If this is the case

[ɪf ðɪs ɪz ðə keɪs] I'll let you off this time.

You won't get away [ɪf ðɪs ɪz ðə keɪs].

Nothing to discuss [ɪf ðɪs ɪz ðə keɪs].

I don't know you, I don't know, you know, [ɪf ðɪs ɪz ðə keɪs], but I'm guessing it is.

[ɪf ðɪs ɪz ðə keɪs], how long before it happens again?

[ɪf ðɪs ɪz ðə keɪs], you don't need to discuss your other jobs with your employer if you don't want to.

3.

[brɪŋ ɪt ʌp]

提出来

bring it up

You don't have to [brɪŋ ɪt ʌp].

There's no need to [brɪŋ ɪt ʌp].

If you [brɪŋ ɪt ʌp], you have to solve it.

So, we're gonna [brɪŋ ɪt ʌp] again.

They know about the book, because I [brɪŋ ɪt ʌp] every time I see them.

directly affecting one another 直接影响对方

Since they're not directly affecting one another, it's okay to not [brɪŋ ɪt ʌp].

4.

[ɪfjʊ du]

如果你的确要

if you do...

[ɪfjʊ du] want to know.

[ɪfjʊ du] need it, let me know.

[ɪfjʊ du] remember this, tell me.

Most tourists who visit here are day trippers, but [ɪfjʊ du] feel like staying longer.

So [ɪfjʊ du] feel like your makeup is not sitting well.

5.

[ðəznəʊnɪdtʊ]

没有必要...

there's no need to

[ðəznəʊnɪdtʊ] yell at me.

[ðəznəʊnɪdtʊ] make such a big deal.

Oh, [ðəznəʊnɪdtʊ].

Would schools be better or worse? [ðəznəʊnɪdtʊ] guess.

[ðəznəʊnɪdtʊ] build the bridge between you.

awkward 尴尬, 难堪

However, [ɪfjʊ du] decide to let your employer know, [ðəznəʊnɪdtʊ] make a big deal about it, that could make things awkward.

6.

['wɜrkɪŋɪt'ɪntu]

加入进去...

working it into

Don't tell them you want to quit, try ['wɜrkɪŋɪt'ɪntu] a conversation.

We can work that clause into the contract.

Alright, and then we just knead it, ['wɜrkɪŋɪt'ɪntu] the flour.

Just like I said before, ['wɜrkɪŋɪt'ɪntu] your day, that can be part of your goals.

Instead, consider mentioning it in passing or ['wɜrkɪŋɪt'ɪntu] conversation.

Lesson 12

1.

[wʌtsðə'sɪkrɪ(t)tʊ]

...的秘密是?

What's the secret to

[wʌtsðə'sɪkrɪ(t)tʊ] your longevity.

[wʌtsðə'sɪkrɪ(t)tʊ] waking up early every day.

[wʌtsðə'sɪkrɪ(t)tʊ] your success?

Alright [wʌtsðə'sɪkrɪ(t)tʊ] a happy marriage?

[wʌtsðə'sɪkrɪ(t)tʊ] losing 127 pounds?

And people ask me often, "[wʌtsðə'sɪkrɪ(t)tʊ] looking good, Ellen?"

2.

[aɪmeɪdədɪl wɪð]

我和...做了交易

I made a deal with

[aɪmeɪdədɪl wɪð] the mechanic to lower the price.

[aɪmeɪdədɪl wɪð] my kids: no candies before bed.

But [aɪmeɪdədɪl wɪð] myself that I would only do what I was passionate about.

[aɪmeɪdədɪl wɪð] her.

And I say to them, I tell them it's very simple.

"I get sleep. I eat healthy. And 20 years ago, [aɪmeɪdədɪl wɪð] the witch."

3.

[aʊ(t)ðɛr]

在外面/那里

out there

He's [aʊ(t)ðɛr] somewhere.

There's smart technology [aʊ(t)ðɛr] that can solve your problems.

There are things [aʊ(t)ðɛr] we don't know about.

There's a lot of websites [aʊ(t)ðɛr].

There's resources [aʊ(t)ðɛr] for you.

4.

[aɪθɒt aɪwʊd]

我想我会

I thought I would

[aɪθɒt aɪwʊd] share this with you today.

[aɪθɒt aɪwʊd] tell you a story.

[aɪθɒt aɪwʊd] start with a short video.

[aɪθɒt aɪwʊd] talk to you today, first about...

[aɪθɒt aɪwʊd] kind of, redo that video.

5.

[ðætɹaɪfaʊn(d)]

我发现的

that I found

The books [ðætɹaɪfaʊn(d)] are unbelievable.

The job [ðætɹaɪfaʊn(d)] is at a factory.

The truth [ðætɹaɪfaʊn(d)] is shocking.

And these are some of the things [ðætɹaɪfaʊn(d)].

And this is another thing [ðætəɪfaʊn(d)].

beauty trends

I know every year, there are new beauty trends [aʊ(t)ðɛr].
[aɪθət aɪwʊd] show you some interesting ones [ðætəɪfaʊn(d)].

6.

[teɪkɛrɐv]

照顾好/ 搞定...

take care of

Make sure to [teɪkɛrɐv] yourself.
I have someone to [teɪkɛrɐv].
I [teɪkɛrɐv] the food, and you [teɪkɛrɐv] the place.

But also a reminder to [teɪkɛrɐv] yourself, [teɪkɛrɐv] your body.

Teachers are paying out of (outta) their own pocket to [teɪkɛrɐv] these students.

7.

['sɛvrəl taɪmzədeɪ]

每天几次

several times a day

Babies sleep ['sɛvrəl taɪmzədeɪ].
Take a break ['sɛvrəl taɪmzədeɪ].
Monitor the status ['sɛvrəl taɪmzədeɪ].

And he said it happens ['sɛvrəl taɪmz ə deɪ].

Even if for like two minutes ['sɛvrəl taɪmz ə deɪ].

I [teɪkɛrɐv] my teeth.
I think it's very important.
I brush my teeth ['sɛvrəl taɪmzədeɪ].

Lesson 13

Did you do any escape rooms 密室逃脱 in there?

No, I do escape rooms in a lot of towns that I go to.

I see that.

But not Rio. I didn't check.

You didn't do that.

I love escape rooms.

1.

[wɛrɛlʃəvjʊ]

你还在哪...过?

Where else have you ...

[wɛrɛlʃəvjʊ] worked before?

[wɛrɛlʃəvjʊ] traveled?

[wɛrɛlʃəvjʊ] seen this?

And what else? [wɛrɛlʃəvjʊ] been?

I know you studied abroad. You said you were in Japan for a week.

[wɛrɛlʃəvjʊ] studied?

2.

[ɑrjʊɡʊdæ(t)]

你擅长...吗? / 你...做得好吗?

Are you good at...?

[ɑrjʊɡʊdæ(t)] sports?

[ɑrjʊɡʊdæ(t)] talking with people?

[ɑrjʊɡʊdæ(t)] what you do?

[ɑrjʊɡʊdæ(t)] it?

[ɑrjʊɡʊdæ(t)] keeping secrets in general?

[wɛrɛlʃəvjʊ] done escape room?

I've done one here.
I've done one in L.A., Santa Barbara.
Oh yeah, [ɑrjʊɡʊdæ(t)] these rooms?

3.

[aɪ(d)ʊnnəʊfaɪvtəʊldʒʊ]

我不知道我告没告诉过你

I don't know if I've told you

[aɪ(d)ʊnnəʊfaɪvtəʊldʒʊ] before, but I broke up with my girlfriend.

[aɪ(d)ʊnnəʊfaɪvtəʊldʒʊ] this story, but...no doubt I have, because I've been doing this a long time.

[aɪ(d)ʊnnəʊfaɪvtəʊldʒʊ] guys.

criminal psychology 犯罪心理学

[ɑrjʊɡʊdæ(t)] these rooms?
I love them.
I studied criminal psychology in college.
[aɪ(d)ʊnnəʊfaɪvtəʊldʒʊ] that

4.

[aɪm'riːɪntət]

我非常喜欢...

I'm really into it

[aɪm'riːɪntə] reading.
[aɪm'riːɪntə] adventure sports.
[aɪm'riːɪntə] the nature.

It's really weird, but [aɪm'riːɪntət].

So this is just a really low key, sort of, looking bag, and [aɪm'riːɪntət].

5.

[ðæ(t)kɪndəv]

那一种...

that kind of

[aɪmˈrɪliɪntə] [ðæ(t)kɪndəv] music.

I'm not [ðæ(t)kɪndəv] guy.

[ðæ(t)kɪndəv] behavior is not acceptable.

And you do not want [ðæ(t)kɪndəv] person in your life.

So I know I would not be happy working in [ðæ(t)kɪndəv] environment.

detective work and mystery solving

侦探工作

悬疑解谜

But, So, [aɪmˈrɪliɪntə], like, all of [ðæ(t)kɪndəv] ...kind of detective work and mystery solving.

All [ðæ(t)kɪndəv] stuff. I love it.

6.

[laɪk]

嗯...

like (filler words 填充词)

It's really special, like uh, no one has seen it before. He is like, "I don't want to go" like it's not interesting, like, at all.

I don't put myself out as some know it all, I mean like, like with that Australia question just then but instead of stats, like, like uh, like these uh, like these, like, like, like.

Yeah, and it's like, a great way to, like, get, you know new friends in the group or, like, whatever, just to go do something together and fun.

Lesson 14

Are you fun when you do this? Or are you intense [紧张、激烈的]?

1.

[wədju].... [ɪfaɪwʌz / ɪfaɪwɜr]

你会...如果我是...

would you... if I was/were

[wədju] take care of me [ɪfaɪwʌz] really sick?

[ɪfaɪwʌz] famous, [wədju] go out with me?

[ɪfaɪwɜr] you, I [wə(d)] not do this.

[ɪfaɪwɜr] gonna start a business, I [wə(d)] do X, Y or Z.

[ɪfaɪwɜr] you, I [wə(d)] make a list of every single parent that I knew.

Who [wəd] I be [ɪfaɪwʌz] already there?

yell at me 吼我

Are you fun when you do this? Or are you intense?

And like, [wədju] yell at me [ɪfaɪwʌz] in the room with you?

2.

I'm like super nice, if you're there to win with me.

[jənəʊwʌtaɪmɪn]

你懂我意思

you know what I mean

I'm going to stop here. [jənəʊwʌtaɪmɪn]?

It's not going to work [jənəʊwʌtaɪmɪn]?

[jənəʊwʌtaɪmɪn] by that?

Because of help, because of..., [jənəʊwʌtaɪmɪn]?

[jənəʊwlaɪmɪn], that's, that's, I don't like it.

3.

['gʊfɪŋ(n)ɔf]

偷懒, 闲逛, (浪费时间)

goofing off

No more ['gʊfɪŋ(n)ɔf] at work!

He was ['gʊfɪŋ(n)ɔf] this whole time.

There's no time for ['gʊfɪŋ(n)ɔf].

While I was ['gʊfɪŋɔf] in college, she was studying.

Here we are ['gʊfɪŋ(n)ɔf] with our pal, Hillary Clinton.

I'm like, I'm like super nice, if you are, like, there to win with me. [jənəʊwlaɪmɪn]?

But, like, if you're, like, ['gʊfɪŋ(n)ɔf] no, I'm not nice about it.

4.

[aɪdəʊnəʊɪfaɪ]...

我不知道我会不会...

I don't know if I

[aɪdəʊnəʊɪfaɪ] will go to your place today.

[aɪdəʊnəʊɪfaɪ] will be happy about it.

[aɪdəʊnəʊɪfaɪ] would([wəd]) let it go.

[aɪdəʊnəʊɪfaɪ] can do this

But [aɪdəʊnəʊɪfaɪ] can see, [jənəʊwlaɪmɪn], how to thread that needle.

5.

['gəʊɪŋ(n)ɪn]

进入, 进去... (表示状态)

going in

I stopped at the school gate, ['gəʊɪnɪn], [aɪdəʊnəʊɪfaɪ] will be happy.

[ˈɡoʊɪnɪn] to the office, the boss is furious.

I heard the screams on the phone, and the plane [ˈɡoʊɪŋɪn]

So butters [ˈɡoʊɪnɪn], sugars [ˈɡoʊɪnɪn].

6.

[wɜrkəzətɪm]

作为一个团

work as a team

When you [wɜrkəzətɪm], you are stronger.
Everyone needs to learn how to [wɜrkəzətɪm].
We always [wɜrkəzətɪm].

Then [wɜrkəzətɪm], and fight to defend it.

The best way to do this is to [wɜrkəzətɪm].

7.

[wi(d)bi]

我们会...

We'd be

[wi(d)bi] ok.
Don't worry [wi(d)bi] happy to help.
[wi(d)bi] lost without you.

Without it, [wi(d)bi] in big, big trouble.

But I had no idea [wi(d)bi] reading it out loud.

I mean [aɪdoʊnoʊɪfaɪ] I would goof off so much.
Maybe, like, [ˈɡoʊɪŋ(n)ɪn]. I would goof a little.
No, we'll [wɜrkəzətɪm]. [wi(d)bi] good.
We should go together one time.
We should, yeah.

Lesson 15

1.

[hə(d)tʊ]

得去做...

had to

[hə(d)tʊ] get to work.

[hə(d)tʊ] make ends meet.

[hə(d)tʊ] figure this out.

I [hə(d)tʊ] start thinking about them.

I [hə(d)tʊ] be the best student in the class.

2.

[start'ʊvər]

重新开

start over

Can we [start'ʊvər]?

There's no need to [start'ʊvər].

All the work is gone. I need to [start'ʊvər].

You have to go back and [start'ʊvər] again.

And every single time I failed, I [hə(d)tʊ] [start'ʊvər].

I [hə(d)tʊ] [start'ʊvər] and learn something from the very beginning. I'd had no training in marketing, so I [hə(d)tʊ] to learn the skills I needed.

3.

[fɜrstəvɔl]

首先

first of all

[fɜrstəvɔl], I'd like to welcome all the guests here today.

[fɜrstəvɔl], I want to thank everyone for being here.

[fɜrstəvɔl], there are issues to be corrected.

[fɜrstəvɔl], you better check your pockets for bugs.

So [fɜrstəvɔl], fun actually makes us smarter.

4.

[dʌzən(t) simlaɪk]

看起来不像

doesn't seem like that

[dʌzən(t) simlaɪk] a good idea.

He [dʌzən(t) simlaɪk] a good guy.

The plan [dʌzən(t) simlaɪk] working.

That [dʌzən(t) simlaɪk] very long.

That [dʌzən(t) simlaɪk] a very pleasant way to extend life.

I don't think I'm gonna be very good at this. [fɜrstəvɔl], I have no experience.

Secondly, it just [dʌzən(t) simlaɪk] a good fit for me.

5.

[pʊldmiθru]

度过难关

pulled me through

They [pʊldmiθru] some really tough time.

It was Terry who really [pʊldmiθru].

Two things [pʊldmiθru]: a healthy diet and constant workout.

It [pʊldmiθru] somehow.

My NASA coworkers were really part of the hope. They [pʊldmiθru] that difficult period of my life.

6.

[ɪn'ɛvri...weɪ]

在每个方

in every...way

He violated the rules [ɪn 'ɛvriweɪ].

She takes care of me in every imaginable way.

He scores in every possible way.

They are essentially identical [ɪn 'ɛvriweɪ].

Better than this [ɪn 'ɛvri 'pɒsəbəl weɪ].

And I relied on the kindness of strangers and friends who [pʊldmiθru], who helped me in every imaginable way.

7.

[ɔldɪz 'meniɪrɪz]

这么多年来

all these many years

Thanks to you [ɔldɪz 'meniɪrɪz].

I never forgot it [ɔldɪz 'meniɪrɪz].

[ɔldɪz 'meniɪrɪz] passed, he is still working.

for [ɔldɪz 'meniɪrɪz]

So excited.

After [ɔldɪz 'meniɪrɪz].

And the interesting thing is, after [ɔldɪz 'meniɪrɪz], it was 1978, 1979, we still have reunions.

Lesson 16

confession time 坦白时间

impeccable adj. 无瑕疵的，没有缺点的

1.

[ˈstrʌɡəlwið]

和...抗争/挣扎

struggle with

[ˈstrʌɡəlwið] amnesia

[ˈstrʌɡəlwið] cancer

[ˈstrʌɡəlwið] the covid-19 pandemic

We all [ˈstrʌɡəlwið] different things at different times.

Please, if you do [ˈstrʌɡəlwið] this, please know that you are worthy, you are valuable.

2.

[ɡɒtɪnmɑɪhed]

到我大脑里

got in my head

An idea [ɡɒtɪnmɑɪhed]: I should start a business.

Her words [ɡɒtɪnmɑɪhed].

A familiar scene [ɡɒtɪnmɑɪhed].

It just, [ɡɒtɪnmɑɪhed] and I was like, that would be fun.

This thing [ɡɒtɪnmɑɪhed] and just couldn't get out.

Confession time: This is something I really [ˈstrʌɡəlwɔð], personally. There's this word that [ɡɒtɪnmɑɪhed] when I was a kid: impeccable.

3.

I don't have any idea why I thought this. It didn't come from my parents or my teachers.

[ˈnɪdə(d)təbi]

需要被...

needed to be

The problem [ˈnɪdə(d)təbi] fixed.

The email ['nɪdə(d)təbi] sent on time.
The work ['nɪdə(d)təbi] perfect, period.

I felt that, that was something that ['nɪdə(d)təbi] fixed.

I had to do the emotional work that ['nɪdə(d)təbi] done, no matter how much it hurt.

penmanship 笔迹

school uniform 校服

But I really believed my work ['nɪdə(d)təbi] impeccable. My penmanship had to be impeccable. My school uniform had to be impeccable.

4.

my perfectionism 完美主义

['ɪvɪnðʊ]

尽管

even though

['ɪvɪnðʊ] you can't travel, you can still enjoy yourself.
He works very hard ['ɪvɪnðʊ] he's blind.
['ɪvɪnðʊ] I understand him, I won't forgive him.

['ɪvɪnðʊ] I don't understand them, it's gonna be okay.

And so I started to study, ['ɪvɪnðʊ] I wasn't in college.

5.

[ɡətɪnðəweɪən]

妨碍了

got in the way of

You [ɡətɪnðəweɪən] my dream.
The disease [ɡətɪnðəweɪən] his career.
My financial situation [ɡətɪnðəweɪən] my education.

It [ɡətɪnðəweɪən] my promotion to full professor.

Anyone can show up and say: Here's something that [ɡətɪnðəweɪən] getting the work done.

Even though I WAS a very strong student, my perfectionism [ɡətɪnðəweɪən] my really enjoying my education.

6.

[hədəhɑːdtaɪm]

很难...

had a hard time

[hədəhɑːdtaɪm] concentrating.

[hədəhɑːdtaɪm] sleeping well.

[hədəhɑːdtaɪm] getting good grades.

We [hədəhɑːdtaɪm] getting people to come

She worked extraordinary hard, but often times [hədəhɑːdtaɪm] making ends meet.

Because I wasn't perfect, I [hədəhɑːdtaɪm] appreciating just how much I had learned.

Lesson 17

1.

[kʌtə'li(ə)təslæk]

放松一点/放人一马

cut... a little slack

[kʌtə'li(ə)təslæk] and don't get so intense.

Just [kʌ(t) mi ə'li(ə)təslæk].

He's so strict on the rules and maybe he should [kʌtə'li(ə)təslæk].

Just give yourself a little time and [kʌ(t)] yourself [ə'lətəslæk].

Sometimes you need to [kʌt] somebody [ə'lətəslæk] for whatever reason.

Let's talk about how we can cut ourselves [ə'lətəslæk] and beat perfectionism.

2.

is [wɛɪ(t)gets]

这就是.....的地方/...的事情就在这

where it gets

This is [wɛɪ(t)gets] tricky.

That's [wɛɪ(t)gets] weird.

Here's [wɛɪ(t)gets] complicated.

Here's [wɛɪ(t)gets] really interesting.

Now who is our audience, this is [wɛɪ(t)gets] really exciting.

I'm not talking about our goals. Having ambitious goals you want to achieve is terrific. [wɛɪ(t)gets] us into trouble is when we think our goals should be easy to achieve.

3.

[ɪ'mædʒənɪŋ]

想象

imagining

Imagine all the people, living for today.

Can you imagine that?

We're imagining a scenario.

They are [ɪ'mædʒənɪŋ] things.

Anxiety is created by our [ɪ'mædʒənɪŋ] of something worse than what we already have.

4.

[wʌtɪwɪlteɪk]

(实现...)需要怎样

what it will take

We know [wʌtɪwɪlteɪk] to succeed.

I understand [wʌtɪwɪlteɪk] to learn English well.

You want to win? I know [wʌtɪwɪlteɪk].

And many are still wondering [wʌtɪwɪlteɪk] for life to return to normal.

They are not entirely sure [wʌtɪwɪlteɪk] for them to resolve the problem.

ideal outcome 理想结果

computer program 电脑程序

straight As 全科优秀

We're imagining some ideal outcome, like, writing a beautiful computer program, or getting straight As.

What we don't fully imagine is [wʌtɪwɪlteɪk] to get there.

5.

['bitɪŋjʊr'selfʌp]

(过分)怪罪、苛求自己

beating yourself up

Don't ['bitjʊr'selfʌp]. [kʌtə'ɪtəʊslæk]!

['bitɪŋjʊr'selfʌp] is not the solution.

Don't waste time ['bitɪŋjʊr'selfʌp] for little mistakes.

['bitɪŋjʊr'selfʌp] is not gonna do any good.

You're ['bitɪŋjʊr'selfʌp], you're making yourself feel bad.

6.

[kɪpðɪsɪnmɑɪnd]

记住这一点

keep this in mind

Always always [kipðɪsɪnmaɪnd]: It's never too late to learn anything.
Make sure to [kipðɪsɪnmaɪnd].

So as a designer, you always have to [kipðɪsɪnmaɪnd].

Just kind of [kipðɪsɪnmaɪnd] for future reference.

Write code 写代码

So when you are ['bitɪnjʊr'selfʌp] for not writing perfect code on your first try,
[kipðɪsɪnmaɪnd], no one writes perfect code on their first try.

Lesson 18

1.

[faʊndər'selvz]

发现我们(不经意间)...

found ourselves (doing sth)

We [faʊndər'selvz] nodding in agreement.

We [faʊndər'selvz] talking all the time.

I [faʊn(d)maɪ'self] working harder recently.

My manager and I, we both [faʊndər'selvz] crying.

And surprisingly, I [faʊn(d)maɪ'self] feeling better.

2.

[bɪ(ə)'lɪvɪtɔːnə(t)]

信不信由你

believe it or not

[bɪ(ə)'lɪvɪtɔːnə(t)], I walked all the way home yesterday.

I gained, [bɪ(ə)'lɪvɪtɔːnə(t)], 20 kilograms this month.

He got in the best university [bɪ(ə)'lɪvɪtɔːnə(t)].

And my wife, we've been together for about 17 years, [bɪ(ə)'lɪvɪtɔːnɒ(t)].

When I went back to school, the most important class I took, [bɪ(ə)'lɪvɪtɔːnɒ(t)], was economics.

Eventually we [faʊndər'sɛlvz] talking everyday, whether it was at school or online.

I didn't have a phone, [bɪ(ə)'lɪvɪtɔːnɒ(t)], little six year old with an ipad.

3.

[wɜːrθðərɪskəv]

值得冒...风险

worth the risk of

Is it [wɜːrθðərɪskəv] losing my best friend?

It is not [wɜːrθðərɪskəv] coming all the way.

Is fame [wɜːrθðərɪskəv] dying?

(It) wasn't [wɜːrθðərɪskəv] traveling.

Then you have to decide, is it [wɜːrθðərɪskəv] losing your job.

4.

['meɪkɪŋθɪŋz'ɔkwərd]

把事情弄尴尬

making things awkward

Try not ['meɪkɪŋθɪŋz'ɔkwərd] on your blind date.

You're ['meɪkɪŋθɪŋz'ɔkwərd] between us.

You're ['meɪkɪŋ] this conversation ['ɔkwərd].

But by doing that you really just ['meɪkɪŋθɪŋz'ɔkwərd].

You're ['meɪkɪŋ] this romantic dinner very ['ɔkwərd].

I really liked her, but was it [wɜːrθðərɪskəv] spilling my feeling and possibly making the friendship ['ɔkwərd]?

5.

[wɛrwiwɜr]

我们所处的地方(状态)

where we were

Many years later we came back to [wɛrwiwɜr].

No one knows [wɛrwiwɜr] last year.

Things were fine [wɛrwiwɜr].

But just think about [wɛrwiwɜr] a year ago. Our economy was collapsing.

The progress we've made is better than [wɛrwiwɜr] weeks ago.

6.

[wɪðɪfʌðər]

互相

with each other

We argue [wɪðɪfʌðər], but we also love [ɪfʌðər].

And they disagree [wɪðɪfʌðər].

The two countries go to war [wɪðɪfʌðər].

We may never know each other, or be [wɪðɪfʌðər] again.

Let's be honest [wɪðɪfʌðər] here.

7.

[wɛ'nɛvərʃi] / [wɛ'nɛvərhi]

每当她/他

whenever she/he

[wɛ'nɛvərʃi] comes home, dad cooks her lunch.

He visits us [wɛ'nɛvərhi] has a chance.

[wɛ'nɛvərʃi] wants us, she knows where to find us.

And [wɛ'nɛvərʃi] was awake, she was working.

I would help him [wɛ'nɛvərhi] asked.

I mean I was happy [wɛrwiwɜr]. We shared personal secrets [wɪðɪtʃʌðər]. She came to me [wɛ'nɛvərʃi] had problems. I came to her with mine.

Lesson 19

1.

[hədəʊ(d)tʃæns]

有较大机会

had a good chance

I [hədəʊ(d)tʃæns] of getting into college.
They [hədəʊ(d)tʃæns] of winning the game.
He [hədəʊ(d)tʃæns] with her.

So I knew I would not be first, but I [hədəʊ(d)tʃæns] of being second.

We [hədəʊ(d)tʃæns] to do something about this program.

2.

[ˈsiŋəzhaʊ]

考虑到、由于

seeing as how

[ˈsiŋəzhaʊ] you got full scores on your exam, I'll taking you out for dinner.
Why do you have to sit in a classroom, [ˈsiŋəzhaʊ] you can learn anything anywhere.
They need a new plan [ˈsiŋəzhaʊ] things have changed.

[ˈsiŋəzhaʊ] seven out of every ten Americans are overweight or obese.

[ˈsiŋəzhaʊ] if you can do it at home with your families, why would you not bring it into workplace?

I decided to tell her how I felt. I believe that I [hədəʊdʃæns],
[ˈsiŋəzhaʊ] we were best friends. We already had that bond, that trust.

3.

[ɪfʃɪdʌz]

如果她的确

if she does

[ɪfʃɪdʌz] come, I'll be really happy.

[ɪfʃɪdʌz] like me, then I'm in luck.

She is wrong [ɪfʃɪdʌz] think so.

Because you're kind of asking her [ɪfʃɪdʌz] believe in that stuff.

She would work with the situation, even if [ʃi'dʌzən(t)] like everything about it.

4.

['iziərsɛ(d)ðəndʌn]

说比做起来容易

easier said than done

Going to bed early everyday? ['iziərsɛ(d)ðəndʌn]!

it's ['iziərsɛ(d)ðəndʌn] to maintain a healthy diet.

Doing workout everyday is ['iziərsɛ(d)ðəndʌn].

That is obviously ['iziərsɛ(d)ðəndʌn].

I feel like it's ['iziərsɛ(d)ðəndʌn] in a lot of ways.

5.

[ðætswʌ(t)'hæpənd]

事情就是(会)这样

that's what happened

I'm sorry to you but [ðætswʌ(t)'hæpənd].

I don't think [ðætswʌ(t)'hæpənd].

[ðætswʌ(t)'hæpənd] when you don't work hard.

You're going to get into trouble, and [ðætswʌ(t)'hæpənd] to me.

And ultimately, [ðætswʌt'hæpənd].

respectfully accept 恭敬地(欣然)接受

still remain friends 仍然保持朋友

I told myself that [ɪfɪdʌz] say no, I would respectfully accept it, and still remain friends with her. [ˈɪziərsɛ(d)ðəndʌŋ]. And...[ðætswʌ(t)ˈhæpənd].

6.

[aɪˈwɔzən(t)ʃʊrɪf]

我不确定是不是

I wasn't sure if

[aɪˈwɔzən(t)ʃʊrɪf] you were joking.

[aɪˈwɔzən(t)ʃʊrɪf] if I could see him again.

[aɪˈwɔzən(t)ʃʊrɪf] if I can trust these people.

[aɪˈwɔzən(t)ʃʊrɪf] there was a question mark.

[aɪˈwɔzən(t)ʃʊrɪf] they will do while I was there.

7.

[pʌnɪnˈtendəd]

(有意表明)双关语

pun intended

I know you're sick, but please be patient, no [pʌnɪnˈtendəd].

(at an art gallery), you need to see the bigger picture, [pʌnɪnˈtendəd].

We lost the customer. It's ok—not a big deal. No [pʌnɪnˈtendəd].

So let's kick off, no [pʌnɪnˈtendəd], with a little soccer.

This is just the best team, and no [pʌnɪnˈtendəd], but we've got the right chemistry here.

8.

[gɛ(t)ðətɔfmaɪfɛst]

一吐为快

get that off my chest

It feels so good to [gɛ(t)ðətɔfmaɪtʃɛst].
Phew, I'm glad to [gɛ(t)ðətɔfmaɪtʃɛst].
Thank you for letting me [gɛ(t)ðətɔfmaɪtʃɛst].

There were some things I had to [gɛtɔfmaɪtʃɛst].

Anyway, I just had to [gɛtðətɔfmaɪtʃɛst].

Crushed 被压扁

Crush on 暗恋

[aɪ'wɒzən(t)ʃʊrɪf] there is someone else or anything, but regardless, she just didn't see me in that way. I felt crushed, [pʌnɪn'tɛndəd]. But it felt amazing to [gɛ(t)ðətɔfmaɪtʃɛst].

Lesson 20

1.

[gəʊθrulaɪfwɪð]

带着...度过一生

go through life with...

You don't want to [gəʊθrulaɪfwɪð] regret.
Most of us [gəʊθrulaɪfwɪð] ups and downs.
You won't [gəʊθrulaɪfwɪð] no mistakes.

You can't [gəʊθrulaɪfwɪð] all successes.

You have to [gəʊθrulaɪfwɪð] more than just passion for change.

2.

[ɒn 'aʊəmaɪndz]

在我们脑海中

on our minds

We have our goals [ʌn'ʌvərmaɪndz].
Many of us have hundreds of things [ʌn'ʌvərmaɪndz] at any moment.
That is still something very much [ʌn'ʌvərmaɪndz].

So many safety concerns [ʌn'ʌvərmaɪndz].

That's the only thing [ʌn'ʌvərmaɪndz].

3.

[wɪr'ɒfəntəʊld]

我们经常被告知

we're often told

[wɪr'ɒfəntəʊld] to get a job and start a family.
[wɪr'ɒfəntəʊld] to be generous to the poor.
[wɪr'ɒfəntəʊld] that success comes from hard work.

[wɪr'ɒfəntəʊld] it's ok to be angry.

In Canada [wɪr'ɒfəntəʊld] find the best place to live.

the pursuit of money

While many of us [ɡoʊθrulaɪfwɪð] the pursuit of money [ʌn'ʌvərmaɪndz].
[wɪr'ɒfəntəʊld] that money can't buy happiness.

4.

[kɔrələɪʃənbrɪ'twɪn]

之间的相关性

correlation between

Is there a [kɔrələɪʃənbrɪ'twɪn] poverty and education?
Have you found the [kɔrələɪʃənbrɪ'twɪn] success and happiness?
There is no [kɔrələɪʃənbrɪ'twɪn] the two.

[kɔrələɪʃənbrɪ'twɪn] wealth and happiness

We see a basic [kɔrələɪʃənbrɪ'twɪn] supply and demand.

5.

[ˌjuːɪtəʊəˈædvæntɪdʒ]

为我们所用

use it to our advantage

We definitely will [ˌjuːɪtəʊəˈædvæntɪdʒ].

We can [ˌjuːɪtəʊəˈædvæntɪdʒ] in the negotiations.

We must embrace the lesson and [ˌjuːɪtəʊəˈædvæntɪdʒ].

We can force this to happen and [ˌjuːɪtəʊəˈædvæntɪdʒ].

We'll find out why and how to [ˌjuːɪtəʊəˈædvæntɪdʒ].

Is there a [kəʊleɪʃənbrɪ'twɪn] money and happiness? If so, how can we [ˌjuːɪtəʊəˈædvæntɪdʒ]?

6.

[rɪpɔː(t)bɪkʌmɪŋ]

据报道变得...

report becoming...

4% of the people [rɪpɔː(t)bɪkʌmɪŋ] homeless after the financial crisis.

The victims [rɪpɔː(t)bɪkʌmɪŋ] ill recently.

They [rɪpɔː(t)bɪkʌmɪŋ] more sensitive to beauty.

40% of the pain patients actually [rɪpɔː(t)bɪkʌmɪŋ] more religious.

7.

[ɛndʌp]

最终...

end up

I [ɛndʌp] doing all the work for the team.

You will [ɛndʌp] very disappointed.

I [ɛndʌp] closing all my businesses.

Win the lottery 彩票

It might [ɛndʌp] being a fun day.

They may [ɛndʌp] losing their life; they may [ɛndʌp] losing their home.

In fact, people who win the lottery often [rɪ'pɔrtbɪ'kʌmɪŋ] extremely unhappy
they often [ɛndʌp] spending all the money.

Lesson 21

1.

['ivɪn-θɔtə'bau(t)]

甚至想过

even thought about

He ['ivɪn-θɔtə'bau(t)] dropping out of college.

The boss ['ivɪn-θɔtə'bau(t)] selling the company.

I never ['ivɪn-θɔtə'bau(t)] getting this job.

...would never ever have ['ivɪn-θɔtə'bau(t)] doing this.

I ['ivɪn-θɔtə'bau(t)] running away from my family.

2.

['sləʊli bɪ'gæntʊ(ə)]

慢慢开始去...

slowly began to

['sləʊli bɪ'gæntʊ(ə)] appreciate his work.

['sləʊli bɪ'gæntʊ(ə)] adapt to the new school.

['sləʊli bɪ'gæntʊ(ə)] lose patience.

And he ['sləʊli bɪ'gæntʊ(ə)] rebuild.

And through all this, I ['sləʊli bɪ'gæntʊ(ə)] understand a few things.

[ˈivɪn-θətəˈbaʊ(t)] 甚至想过

[ˈsləʊli bɪˈɡæntʊ(ə)] 慢慢开始去...

[aɪlʌvd wʌ(t)] 我喜欢...的

Silicon Valley 硅谷

dawn on 明白、明朗

I was a very public failure, and [ˈivɪn-θətəˈbaʊ(t)] running away from the Valley. But something [ˈsləʊli bɪˈɡæntʊ(ə)] dawn on me. I still [lʌvd wʌ(t)] I did.

3.

[tɜːnəvɪˈvents]

形势的变化/转折

turn of events

This was a remarkable [tɜːnəvɪˈvents].

What a [tɜːnəvɪˈvents].

Hopefully this is a [tɜːnəvɪˈvents].

A stunning [tɜːnəvɪˈvents] in U.S. diplomacy this week

In a shocking [tɜːnəvɪˈvents], Netflix still does DVD rentals.

4.

[aɪ(h)ədbɪn]

我已经...了(过去之前)

I had been

[aɪ(h)ədbɪn] working for a while before I went to college.

[aɪ(h)ədbɪn] rejected by the university; I didn't give up.

[aɪ(h)ədbɪn] so unhappy until I met him.

The very technologies [aɪ(h)ədbɪn] using

And I felt like I [aɪ(h)ədbɪn] dropped into a dark tunnel.

5.

[aɪ, dɪˈsaɪdɪtʊ(ə)]

我决定...

I decided to

[aɪ, dɪˈsaɪdɪtʊ(ə)] get a new job.

[aɪ, dɪˈsaɪdɪtʊ(ə)] take better care of my health.

[aɪ, dɪˈsaɪdɪtʊ(ə)] quit my job.

[aɪ, dɪˈsaɪdɪtʊ(ə)] focus on health and happiness.

And [aɪ, dɪˈsaɪdɪtʊ(ə)] drop outta school.

[tɜːnəvɪˈvents] 形势的变化/转折

[aɪ(h)ədbrɪn] 我已经...了(过去之前)

[aɪ, dɪˈsaɪdɪtʊ(ə)] 我决定...

The [tɜːnəvɪˈvents] at Apple had not changed that one bit.

I [aɪ(h)ədbrɪn] rejected, but I was still in love.

And so [aɪ, dɪˈsaɪdɪtʊ(ə)] start over.

6.

[(ɪt) tɜːndəʊ(t)]

事实证明|结果是

(It) turned out

[(ɪt) tɜːndəʊ(t)] that was unnecessary.

[(ɪt) tɜːndəʊ(t)] his predictions were right.

[(ɪt) tɜːndəʊ(t)] to be quite different.

[tɜːndəʊ(t)] it was actually the easiest.

And [ɪ(t) tɜːndəʊt] Obama knew it was not true.

7.

[bɛstθɪŋ ðækəd(h)əvˈɛvər]

(能发生的)最好的事情

best thing that could have ever

It's the [bəstθɪŋ ðækəd(h)əv'evər] happened.

But it was the [bəstθɪŋ ðækəd(h)əv'evər] happened to me.

Winning the lottery may seem like the [bəstθɪŋ ðækəd(h)əv] happened to you.

[(ɪt) tɜrndaʊ(t)] 事实证明/结果是

[bəstθɪŋ ðækəd(h)əv'evər] (能发生的)最好的事情

Getting fired 被解雇

I didn't see it then, but [(ɪt) tɜrndaʊ(t)] that getting fired from Apple was the [bəstθɪŋ ðækəd(h)əv'evər] happened to me.

Lesson 22

1.

[aɪɡə(t)]

我有/ 我被(+ Ved.)

I got

[aɪɡə(t)] promoted to the manager.

[aɪɡə(t)] hit by a car!

[aɪɡə(t)] caught by the teacher.

[aɪɡə(t)] married when I was eighteen years old.

[aɪɡə(t)] injured; [aɪɡə(t)] injured the first year; [aɪɡə(t)] injured again in the second year.

2.

[haʊkənju]

你怎能/ 你如何能

How can you...

[haʊkənju] tell her you want to dump her?

[haʊkənju] support a family with 10 grant a year?

[haʊkənju] tell the difference?

[haʊkənju] do this?

[haʊkənju] make money if you're going to be surprised?

[aɪɡə(t)] 我被(+ Ved.)

[haʊkənju] 你怎能/ 你如何能

And then [aɪɡə(t)] fired; [haʊkənju] get fired from a company you started?

3.

[sʌmwʌn hu-aɪθɔ(t)]

我认为...的某人

someone who I thought

I trusted [sʌmwʌn hu-aɪθɔ(t)] was honest.

I work with [sʌmwʌn hu-aɪθɔ(t)] was reliable.

I work for [sʌmwʌn hu-aɪθɔ(t)] was a great leader.

I remember hearing this from [sʌmwʌn hu-aɪθɔ(t)] was very wise.

the team helped me to have the courage to speak to [sʌmwʌn hu-aɪθɔ(t)] was doing the wrong thing.

4.

[fərdə...ɔrsou]

在...左右

for the ...or so

I will be working in Singapore [fərdə] next year [ɔrsou].

The price has been on the rise [fərdə] past six months [ɔrsou].

We have a plan [fərdə] 200 [ɔrsou] guests at our wedding.

[fərdə] last decade [ɔrsou], it's been quite clear.

Today, [fərdə] next twenty minutes [ɔrsou], I wanna give you three keys.

[sʌmwʌn hu-aɪθɔ(t)] 我认为...的某人

[fərdə...ɔrsou] 在...左右

run the company 经营

Well, as Apple grew, we hired [sʌmwʌn hu-aɪ-θɔ(t)] was very talented, to run the company with me. And [fərdə] first year [ɔrsou], things went well.

5.

[i'ventʃəli-wi]

最终我们

Eventually we

***[ɪ'ventʃuəli]**

[i'ventʃəli-wi] broke up.

[i'ventʃəli-wi] got together.

[i'ventʃəli-wi] decided to move on.

[i'ventʃəli-wi] had to learn.

[i'ventʃəli-wi] all grow up and put aside childish things.

6.

[saɪdə(d)wið]

站在一起(支持)

sided with

The court [saɪdə(d)wið] the plaintiff | defendant.

The judge [saɪdə(d)wið] the company.

My mom always [saɪdə(d)wið] my brother.

France [saɪdə(d)wið] the United States in 1778.

I [saɪdə(d)wɪð] the latter there and I'm so glad I did.

[i'ventʃəli-wi] 最终我们

[saɪdə(d)wɪð] 站在一起(支持)

visions of the future 未来的愿景

diverge 分歧

a falling out 吵架

Board of Directors 董事会

But then our visions of the future began to diverge and [i'ventʃəliwi] had a falling out.

When we did, our Board of Directors [saɪdə(d)wɪð] him.

Lesson 23

1.

[aɪdʒəs'wʌnə]

我只想

I just want to

[aɪdʒəs'wʌnə] get prepared.

[aɪdʒəs'wʌnə] help.

[aɪdʒəs'wʌnə] get it over with.

We love you, [aɪdʒəs'wʌnə] start with that.

[aɪdʒəs'wʌnə] take a moment to say talking about culture is really hard.

2.

[haʊlɒŋ dɪdɪteɪk]

…多久?

how long did it take

[haʊlɒŋ dɪdɪteɪk] you to find it?

[haʊlɒŋ dɪdɪteɪk] to finish the work?

[haʊlɒŋ dɪdɪteɪk] to get the results?

[haʊlɒŋ dɪdɪteɪk] you how to walk?

[haʊlɒŋ dɪdɪteɪk] you to figure out I was joking?

[aɪdʒəs'wʌnə] 我只想

[haʊlɒŋ dɪdɪteɪk] …多久?

beard 胡子

quite something 了不起的东西

- [aɪdʒəs'wʌnə] talk about the beard for a minute because it's quite something.

- And [haʊlɒŋ dɪdɪteɪk] you to grow it?

3.

[hədɪ fər]

有了|用了....

had it for

This is an old shirt of mine. I [hədɪ fər] five years.

I learned to drive with my dad's old car. I [hədɪ fər] many years.

Last month I had a migraine; [hədɪ fər] a week.

That was my first iPhone: the 5.

I [hədɪ fər] five years.

They let me keep this particular bottle and [hədɪ fər] many years.

It was six months, and then I think I [hədɪ fər] an additional year.

4.

[nɑ(t)-wʌtiwəz]

不是…的样子

not what it was

The market is [nɑ(t)-wʌtiwəz].

It's [nɑ(t)-wʌtiwəz] supposed to be.

The Internet is [nɑ(t)-wʌtiwəz] 20 years ago.

It's [nɑ(t)-wʌtiwəz] when I was younger.

Political Science is [nɑ(t)-wʌtiwəz] 15 years ago.

No, that's... no, that's [nɑ(t)-wʌtiwəz] during the movie, right?

5.

['dɪdən-lʊklaɪk]

看起来不像是…

didn't look like

He ['dɪdən-lʊklaɪk] his brother when he was young.

It ['dɪdən-lʊklaɪk] it's working.

He ['dɪdən-lʊklaɪk] he was working hard.

She ['dɪdən-lʊklaɪk] the other girls in her class.

We certainly ['dɪdən-lʊklaɪk] them, we didn't speak their language, we were different.

6.

[ðæwəz'ækʃəli]

实际上|其实

that was actually

[ðæwəz'ækʃəli] a good idea.

[ðæwəz'ækʃəli] really smart.

[ðæwəz'ækʃəli] not his idea.

And [ðæwəz'ækʃəli] very powerful.

And this was something [ðæwəz'ækʃəli] quite hard to do.

['dɪdən-lʊklaɪk]

看起来不一样

[ðæwəz'ækʃəli]

实际上|其实

so much ice 很多冰

frozen 冻住的

wax 蜡

Oh, really? Well, then it ['dɪdən-lʊklaɪk] that in the movie. Maybe it's, 'cause there was so much ice on it, too. 'Cause it was always frozen.

[ðæwəz'ækʃəli] wax.

Lesson 24

1.

[aɪdəʊnθɪŋk aɪl'evər]

我想我永远不会

I don't think I'll ever...

[aɪdəʊnθɪŋk aɪl'evər] fall in love again.

[aɪdəʊnθɪŋk aɪl'evər] say goodbye.

[aɪdəʊnθɪŋk aɪl'evər] get over it.

You know [aɪdəʊnθɪŋk aɪl'evər] forget that.

[aɪdəʊnθɪŋk aɪl'evər] be out of work.

2.

[ən'lesɪtsfər]

除非是为了

unless it's for

I don't usually eat out [ən'lesɪtsfər] special occasions.

He never stays up late [ən'lesɪtsfər] his favorite show.

Don't use this money [ən'lesɪtsfər] an emergency.

I don't oftentimes eat McDonald's [ən'lesɪtsfər] ice creams.

Minors typically can't enter into contracts, [ən'lesɪtsfər] necessities.

3.

[ɪts-hɑr(d)tə]

很难去

it's hard to

[ɪts-hɑr(d)tə] understand.

[ɪts-hɑr(d)tə] explain.

[ɪts-hɑr(d)tə] keep up with the latest technology.

But [ɪts-hɑr(d)tə] do that as a mayor.

[ɪts-hɑr(d)tə] see that return on investment sometimes.

[aɪdəʊnθɪŋk aɪl'evər]

我想我永远不会

[ən'lesɪtsfər]

除非是为了

[ɪts-hɑr(d)tə]

很难去

[aɪdəʊnθɪŋk aɪl'evər] have a beard like that ever again. [ən'lesɪtsfər] a role, but yeah, [ɪts-hɑr(d)tə] maintain.

4.

[juv'ɔlweɪzbɪn]

你一直是…

You've always been

[juv'ɔlweɪzbɪn] kind to me.
[juv'ɔlweɪzbɪn] a hardworking man.
[juv'ɔlweɪzbɪn] a diligent student.

So [juv'ɔlweɪzbɪn] a writer?
Yes.

[juv'ɔlweɪzbɪn] my strength and support.

5.

[aɪθɪŋk-aɪv]

我想我已经…

I think I've

[aɪθɪŋk-aɪv] got it.
[aɪθɪŋk-aɪv] had enough.
[aɪθɪŋk-aɪv] changed my mind.

[aɪθɪŋk-aɪv] told you about it before.

And [aɪθɪŋk-aɪv] figured it out.

6.

[dʒʌmpt-aʊtəv]

跳下

jumped out of

I [dʒʌmpt-aʊtəv] my car and went straight to the bathroom.
You [dʒʌmpt-aʊtəv] the plane during skydiving.
the kids were so excited and they [dʒʌmpt-aʊtəv] bed.

He [dʒʌmpt-aʊtəv] his chair; started screaming at me.

And I nearly [dʒʌmpt-aʊtəv] bed when I was reading the book.

7.

[ʌnə'regjələr-beɪsɪs]

经常| 定期

on a regular basis

We visit our friends [ʌnə'regjelər-beɪsɪs].

The program will be updated [ʌnə'regjelər-beɪsɪs].

It's good to exercise [ʌnə'regjelər-beɪsɪs].

We all brush our teeth [ʌnə'regjelər-beɪsɪs].

I work with my friends [ʌnə'regjelər-beɪsɪs].

[juv'ɔlweɪzbɪn] 你一直是…

[aɪθɪŋk-aɪv] 我想我已经…

[dʒʌmpt-aʊtəv] 跳下

[ʌnə'regjelər-beɪsɪs] 经常| 定期

daredevil 大胆的人| 冒失鬼

swim with sharks 和鲨鱼一起游泳

-So [juv'ɔlweɪzbɪn] like a daredevil. but you've done... [aɪθɪŋk-aɪv] talked to you about: you swim with sharks, or you have.

-Yeah.

- And you've [dʒʌmpt-aʊtəv] an airplane.

-Yeah.

- [ʌnə'regjelər-beɪsɪs] or...

- I only did that once.

Lesson 25

1.

[duɪŋ ðəʃou]

做节目

doing the show

Some TV hosts got tired of [duɪŋ ðəʃəʊ].
They're [duɪŋ ðəʃəʊ] live tonight.
[duɪŋ ðəʃəʊ] on your own can be difficult.

[duɪŋ ðəʃəʊ] has been a challenge for me.

I love [duɪŋ ðəʃəʊ], I love flying all over the country.

2.

[kri'eɪtəd səmʃæləndʒɪz]

带来了一些挑战

created some challenges

Working from home has [kri'eɪtəd səmʃæləndʒɪz].
College tuitions [kri'eɪtəd səmʃæləndʒɪz] for them.
The long-distance relationship [kri'eɪtəd səmʃæləndʒɪz] for the couple.

It's [kri'eɪtəd səmʃæləndʒɪz] and opportunities.

That certainly [kri'eɪtəd səmʃæləndʒɪz] for the country.

[duɪŋ ðəʃəʊ]

做节目

[kri'eɪtəd səmʃæləndʒɪz]

带来了一些挑战

past few weeks 过去几周

You know [duɪŋ ðəʃəʊ] from my house for the past few weeks [kri'eɪtəd səmʃæləndʒɪz].

3.

[hɪə(t)ðə]

在这里(的)...

here at the

I am proud to be a student [hɪrə(t)ðə] university.
It's a beautiful day [hɪrə(t)ðə] the neighborhood.
He's a famous man [hɪrə(t)ðə] school.

Some people [hɪrə(t)ðə] show have seen it.

[hɪrə(t)ðə] National Gallery we have a large range of pictures.

4.

[...waɪd]

全…范围内

… **wide**

There will be a school-[waɪd] inspection tomorrow.
The police is conducting a city- [waɪd] investigation.
This is not a world-[waɪd] phenomenon.

It's a nation-[waɪd] problem, it's all over.

And then from a company-[waɪd] perspective, we're also taking that very seriously.

[hɪrə(t)ðə] 在这里(的)...

[...waɪd] 全…范围内

For instance 比如

co-workers 同事

participate 参加

harassment seminar 骚扰 研讨会

For instance, every year in January my co-workers and I [hɪrə(t)ðə] show participate in a company-[waɪd] harassment seminar.

5.

[hæpəntəbi]

刚好|碰巧是

happen to be

They [hæpəntəbi] wrong.

I [hæpəntəbi] the person they want to hire.

They [hæpəntəbi] in office when I'm there.

I [hæpəntəbi] a father.

And those right things just [hæpəntəbi] the same things that would create a whole lot of jobs.

6.

[ɪfðərzwʌnθɪŋ]

如果只有一件事|物

If there's one thing

[ɪfðərzwʌnθɪŋ] I'm not, it's a slob.

[ɪfðərzwʌnθɪŋ] you should care, it's the environment.

[ɪfðərzwʌnθɪŋ] I care about, it's my kid's education.

[ɪfðərzwʌnθɪŋ] humans are curious about, it's space.

[ɪfðərzwʌnθɪŋ] you take away from this event it's that every woman's story is important.

7.

[ɛniwən hunouzmi]

认识我的人…

Anyone who knows me

[ɛniwən hunouzmi] knows this is not my personality.

[ɛniwən hunouzmi] will tell you: I don't give up that easily.

[ɛniwən hunouzmi] understands what I'm doing.

[ɛniwən hunouzmi] knows that I love sports.

[ɛniwən hunouzmi] knows my sister is my best friend.

[hæpəntəbi] 刚好|碰巧是

[ɪfðərzwʌnθɪŋ] 如果只有一件事|物

[ɛniwən hunəʊzmi] 认识我的人...都...

corporate policy 公司政策

But until today I only had three co-workers who [hæpəntəbi] my wife and my two little kids. But [ɪfðərzwʌnθɪŋ] I respect, it's corporate policy. [ɛniwən hunəʊzmi] knows that.

Lesson 26

1.

[aɪm ri'kwair(d)tə]

我必须(被要求)

I'm required to

[aɪm ri'kwair(d)tə] pay taxes every year.

[aɪm ri'kwair(d)tə] be in quarantine when I visit another country.

[aɪm ri'kwair(d)tə] take at least three courses every semester.

Every three months, [aɪm ri'kwair(d)tə] leave the country because I have to get a stamp on my visa.

I have to be here; [aɪm ri'kwair(d)tə] be here.

2.

[wɛni-kʌmztə]

提到|说到...

when it comes to

Location matters [wɛni-kʌmztə] education.

He is always so excited [wɛni-kʌmztə] food.

You need to be serious [wɛni-kʌmztə] learning.

Everybody has a different personality [wɛnɪ-kʌmztə] money.

[wɛnɪ-kʌmztə] my child's birthday, I don't buy her lots of toys.

3.

[dəʃʊnɒswʌ(t)...ɪz]

你知道什么是...吗?

Do you know what...is?

[dəʃʊnɒswʌ(t)...ɪz] an optimist?

[dəʃʊnɒswʌ(t)...ɪz] Facebook?

[dəʃʊnɒswʌ(t)...ɪz] self-healing?

[dəʃʊnɒswʌ(t)] a gerund is?

[dəʃʊnɒswʌ(t)] snapchat is? Anyone else have teenage children?

[aɪm ri'kwair(d)tə] 我必须(被要求)

[wɛnɪ-kʌmztə] 提到|说到...

[dəʃʊnɒswʌ(t)...ɪz] 你知道什么是...吗?

as you know 如你所知

go through some rules 通过(研究) 一些规则

harassment 骚扰|打扰

- Hello everyone good afternoon, as you know our house has become a workplace and

- so [aɪm ri'kwair(d)tə] go through some rules with you [wɛnɪ-kʌmztə] harassment.

- [dəʃʊnɒswʌ(t)] harassment is?

4.

[beɪs-tən]

基于|因为

based on

I will make a decision [beɪs-tən] what I know.

Don't judge people [beɪs-tən] your assumption.

[beɪs-tən] the results we can go ahead with our plan.

We jump to conclusions [beɪs-tən] how they look.

No, I don't hate people [beɪs-tən] the color of their skin.

5.

[wʌwədʒʊ]

你会…

What would you

[wʌwədʒʊ] react?

[wʌwədʒʊ] do if you were in trouble?

[wʌwədʒʊ] say to people who thought about you?

[wʌwədʒʊ] throw away? Nothing.

And [wʌwədʒʊ] hear and [wʌwədʒʊ] feel in that school?

6.

[ɪg'zæk(t)li]

的确…

exactly

It feels [ɪg'zæk(t)li] wrong to me.

[ɪg'zæk(t)li] right!

That is [ɪg'zæk(t)li] the point.

In some cases, that's [ɪg'zæk(t)li] correct.

It's not [ɪg'zæk(t)li] true.

[beɪs-tən] 基于|因为

[wʌwədʒʊ] 你会…

[ɪgˈzæk(t)li] 的确…

- Age-based harassment is when you harass somebody [beɪs-tən] how old they are.
- Do you know how old I am? No.
- Billy, do you know how old I am? No
- [wʌwədʒʊ] guess? 32
- That's right [ɪgˈzæk(t)li] right

Lesson 27

1.

[jʊɡə(t)-jər]

你有…

you got your

[jʊɡə(t)-jər] money ready?
[jʊɡə(t)-jər] bag and everything?
[jʊɡə(t)-jər] life, and I got mine.

When you were there, [jʊɡə-(t)jər] degree.

[jʊɡə(t)-jər] phone, you see the text, and then you can respond.

2.

[aɪ-fərgətɪ(t)]

我忘了

I forgot it.

Oh my God. [aɪ-fərgətɪ].
[aɪ-fərgətɪ(t)] very quickly.
[aɪ-fərgətɪ] long time ago.

See I [aɪ-fərgətɪ(ə)] already.

Oh, what happened to the interest rate? Well, [aɪ-fərgətɪ].

[jʊɡə(t)-jər] 你有…

[aɪ-fərgətɪ(t)] 我忘了

ref (referee) 裁判

one o'clock game 一点钟的比赛

whistle 哨子

damn 该死|讨厌

Hey are you Ridley? I'm ref from the one o'clock game. Hey, [jʊɡə(t)-jər] whistle?
Oh damn [aɪ-fərgətɪ(t)].

3.

[wɛr-fjʊr]

你的…在哪?

Where is your...

[wɛr-fjʊr] dream destination?

[wɛr-fjʊr] hometown?

[wɛr-fjʊr] manner?

[wɛr-fjʊr] your data? It's everywhere.

[wɛr-fjʊr] energy right now?

4.

[wʌ(də)jʊseɪ]

…怎么样?

what do you say

[wʌ(də)jʊseɪ] I take you out for dinner?

[wʌ(də)jʊseɪ] we go see a movie?

[wʌ(də)jʊseɪ] you take a day off tomorrow?

[wʌ(də)jʊseɪ] I buy you a beer.

So [wʌ(də) jʊseɪ]
I cut these and I'll be right back.

[wɛr-ɪzjʊr] 你的…在哪?

[wʌdəjʊseɪ] …怎么样?

respect 尊重

football field 橄榄球场

borrow 借

Late and no whistle, [wɛr-ɪzjʊr] respect for the game?
On a football field somewhere, hey [wʌdəjʊseɪ] I borrow yours?

5.

[ɑ(ə)rjʊ 'kɪdɪŋ]

你在开玩笑吗?

are you kidding

[ɑ(ə)rjʊ 'kɪdɪŋ] or are you serious?
[ɑ(ə)rjʊ 'kɪdɪŋ] you can't come right now?
[ɑ(ə)rjʊ 'kɪdɪŋ] this is best gift ever!

[ɑrjʊ 'kɪdɪŋ] me?
Like that makes no sense.

I have the best job on campus, [ərjʊ 'kɪdɪŋ]?

6.

[wɪksəv]

几周的…

weeks of

We have [wɪksəv] work ahead of us.
I have two [wɪksəv] study to catch up.
The team did three [wɪksəv] investigation.

It's three [wɪksə(v)] work.

We have six [wɪksə(v)] paid time off a year.

[ɑ(ə)rjʊ'kɪdɪŋ] 你在开玩笑吗？

[wɪksəv] 几周的…

lost 失去，丢掉

mono (mononucleosis 单核细胞增多症)

[ə'rjʊ 'kɪdɪŋ]?

I just lost six [wɪksəv] school to mono.

Lesson 28

1.

[haʊ(ə)rjʊ'duɪn]?

你怎么样|你好吗？

How are you doing?

[haʊ(ə)rjʊ'duɪn]? lately?

[haʊ(ə)rjʊ'duɪn] these days?

[haʊ(ə)rjʊ'duɪn] with your new job?

- Steve, [haʊ(ə)rjʊ'duɪn]?

- Going good!

Ok, so [haʊ(ə)rjʊ'duɪn] these days?

2.

['hæŋ(g)ɪŋ-ɪnðɜ]

坚持着| 还可以

hanging in there

I'm still ['hæŋ(g)ɪŋ-ɪnðɜː]
 We just keep ['hæŋ(g)ɪŋ-ɪnðɜː].
 So we tried but we're ['hæŋ(g)ɪŋ-ɪnðɜː].

- [haʊ(ə)rjʊ'duɪn], Steve?
 - I'm ['hæŋ(g)ɪŋ-ɪnðɜː].

It's midnight and past my bedtime.
 But I'm staying.. ['hæŋɪŋ-ɪnðɜː].

3.

[jʊ-ɹɪmaɪndə(d)mɪəv]

你让我想起

you reminded me of

[jʊ-ɹɪmaɪndə(d)mɪəv] your father. You look just like him.
 [jʊ-ɹɪmaɪndə(d)mɪəv] a story I once read.
 [jʊ-ɹɪmaɪndə(d)mɪəv] a friend I know.

And [jʊ-ɹɪmaɪndə(d)mɪəv] my mother's words.

[jʊ-ɹɪmaɪndə(d)mɪəv] a story that you told in the book.

[haʊ(ə)rjʊ'duɪn]? 你怎么样|你好吗?

['hæŋ(g)ɪŋ-ɪnðɜː] 坚持着| 还可以

[jʊ-ɹɪmaɪndə(d)mɪəv] 你让我想起

Jer (Jerry)简称

- So Jer [haʊ(ə)rjʊ'duɪn]?
 - I'm ['hæŋ(g)ɪŋ-ɪnðɜː]. Very happy to see you both.
 - [jʊ-ɹɪmaɪndə(d)mɪəv] so much of your mother.

4.

[jʊməs(t)bi]

你一定是

you must be

[jʊməs(t)bi] tired and hungry.

[jʊməs(t)bi] smart person to know that.

[jʊməs(t)bi] a genius!

Oh yeah, you must.. [jʊməs(t)bi] a guy from the 70s.

Because you don't agree with me on a particular issue, [jʊməs(t)bi] a very bad person.

[jʊməs(t)bi] 你一定是

how wonderful to.. 太好了

[jʊməs(t)bi] Jerry. I'm Dylan's mom, Farrah.

How wonderful to meet you.

5.

[ɪtəz-sʌtʃə]

真是个|多么...

It is such a

[ɪtəz-sʌtʃən] honor to meet you.

[ɪtəz-sʌtʃə] hassle.

[ɪtəz-sʌtʃə] great game.

[ɪtəz-sʌtʃə] powerful tool.

[ɪtəz-sʌtʃə] great question.

6.

[ˈsɛtɪŋ-ʌp]

建立|设置

setting up

We're ['setɪŋ-ʌp] the table for dinner.

They're ['setɪŋ-ʌp] a retirement party for him.

['setɪŋ-ʌp] this project is not easy.

They're ['setɪŋ-ʌp] a second study.

You can start by ['setɪŋ-ʌp] an automatic plan.

7.

[waɪdaʊn(t)jʊ]

你为什么

Why don't you

[waɪdaʊn(t)jʊ] just tell me the truth?

[waɪdaʊn(t)jʊ] get me some coffee?

[waɪdaʊn(t)jʊ] try a different way?

[waɪdaʊn(t)jʊ] go out, get some food?

And he said, "Instead, [waɪdaʊn(t)jʊ] just come work for me?"

[ɪtəz-sʌtʃə] 真是个|多么...

['setɪŋ-ʌp] 建立|设置

[waɪdaʊn(t)jʊ] 你为什么

enjoy the wine 享受酒

backyard 后院

while 当...

- Oh. [ɪtəz-sʌtʃə] nice day outside.
- [waɪdaʊn] the two of you enjoy your wine in the backyard
- while we finish ['setɪŋ-ʌp] in here?

Lesson 29

1.

[nɑ(t)ðətaɪ]

不是我…

not that I

[nɑ(t)ðətaɪ] care about the money.

[nɑ(t)ðətaɪ] don't trust you.

[nɑ(t)ðətaɪ] want to complain.

Look, it's [nɑ(t)ðətaɪ] don't see the problems.

It's [nɑ(t)ðətaɪ] hated anyone or didn't like anyone, I just didn't know these people!

2.

[jʊprə(bə)bli-ʃʊdən(t)]

你可能不应该…

you probably shouldn't

[jʊprə(bə)bli-ʃʊdən(t)] eat before bed.

[jʊprə(bə)bli-ʃʊdən(t)] drink too much alcohol.

[jʊprə(bə)bli-ʃʊdən(t)] leave your luggage unattended.

If you're a little younger [jʊprə(bə)bli-ʃʊdən(t)] watch this.

If you're absolutely terrified of starting a startup, [jʊprə(bə)bli-ʃʊdən(t)] do it.

[nɑ(t)ðətaɪ] 不是我…

[jʊprə(bə)bli-ʃʊdən(t)] 你可能不应该…

sacred 神圣的

Cornell 康奈尔大学

wear 穿

You should know those colors are sacred.

[nɑ(t)ðətaɪ] care;

but if you're not a Cornell man, [jʊprɑ(bə)bli-ʃʊdən(t)] wear them.

3.

[aɪgeɪ(t)]

我明白|我知道

I get it

[aɪgeɪ(t)] now.

[aɪ] finally [geɪ(t)].

[aɪgeɪ(t)] that you don't want this.

I understand it.

[aɪgeɪ(t)]

[aɪgeɪ(t)]

I've been there.

4.

[aɪmɪn-noʊdɪsrɪ'speɪ(k)t]

无意冒犯

I mean no disrespect

[aɪmɪn-noʊdɪsrɪ'speɪ(k)t] to you or to your company.

[aɪmɪn-noʊdɪsrɪ'speɪ(k)t] but the British food is not the best in the world.

[aɪmɪn-noʊdɪsrɪ'speɪ(k)t] by calling his nickname.

So, I don't know, [aɪmɪn-noʊdɪsrɪ'speɪ(k)t] to my fellow writers.

And [aɪmɪn-noʊdɪsrɪ'speɪ(k)t] to you all. I don't know all the names. So, you.

[aɪmɪn-noʊdɪsrɪ'speɪ(k)t] 无意冒犯

[aɪgeɪ(t)] 我明白|我知道

assure 保证

apply 申请

No [aɪɡeɪtɪ(t)], I totally understand and I just want to assure you that [aɪmɪn-
noʊdɪsɪ'spe(k)t].

You see I'm applying.

5.

[bɛtər-maɪ'sɛlf]

提升自己

better myself

I wish to [bɛtər-maɪ'sɛlf] through education.

It's never too late to [bɛtər-maɪ'sɛlf].

I'm trying to [bɛtər-maɪ'sɛlf] so that I can find better jobs.

I always try to [bɛtər-maɪ'sɛlf] in the classroom.

I could finally go to college and [bɛtər-maɪ'sɛlf] and my family.

6.

[soʊbi-ɪ(t)]

随他去吧|无所谓了

so be it

If he doesn't like me, [soʊbi-ɪ(t)].

If I'm wrong, then [soʊbi-ɪ(t)].

If that means tons of work then [soʊbi-ɪ(t)].

If they're offended by it, then [soʊbi-ɪ(t)].

If we try different things and they don't work, then [soʊbi-ɪ(t)].

[bɛtər-maɪ'sɛlf] 提升自己

[soʊbi-ɪ(t)] 随他去吧|无所谓了

through 通过

higher education 高等教育

make sb. angry 使某人生气

Cornell is a good school, and I want to [bətərˈmaɪˈself] through higher education.
If it makes Andy angry, [saʊbi-ɪ(t)]

Lesson 30

1.

[naʊwə(d)bi]

现在会是…

now would be

[naʊwə(d)bi] a good time to better yourself.

[naʊwə(d)bi] great time to buy stocks.

[naʊwə(d)bi] a bad time to start.

So [naʊwə(d)bi] an excellent time to turn off your phones.

[naʊwə(d)bi] a great time for us to take a quick break.

2.

[aɪ(d)laɪkˈɛvriwʌn]

我想要大家

I'd like everyone

[aɪ(d)laɪkˈɛvriwʌn] to come together tomorrow.

[aɪ(d)laɪkˈɛvriwʌn] to enjoy the holiday.

[aɪ(d)laɪkˈɛvriwʌn] to take out a pen and a piece of paper.

[aɪ(d)laɪkˈɛvriwʌn] to close your eyes.

[aɪ(d)laɪk'ɛvriwʌn] to take a moment and get a number in your head.

[naʊwə(d)bi] 现在会是…

[aɪ(d)laɪk'ɛvriwʌn] 我想要大家

freshen up 清醒一下

conference room 会议室

Everyone [naʊwə(d)bi] a good time to freshen up because [aɪ(d)laɪk'ɛvriwʌn] to meet in the conference room in five minutes.

3.

[aɪsə(g)dʒɛs(t)-ðə(t)ju]

我建议你

I suggest that you

[aɪsə(g)dʒɛs(t)-ðə(t)ju] take you time.

[aɪsə(g)dʒɛs(t)-ðə(t)ju] start over again.

[aɪsə(g)dʒɛs(t)-ðə(t)ju] look at the bigger picture.

[aɪsədʒɛs-ðəju] give your child about three choices.

[aɪsədʒɛs-ðə ju] guys sit down and have a conversation.

4.

[wɪmeɪbi]

我们有可能

we may be

[wɪmeɪbi] in trouble.

[wɪmeɪbi] on to something.

[wɪmeɪbi] in a recession soon.

[wɪmeɪbi] in the middle of nowhere.

I think [wɪmeɪbi] in agreement.

[aɪsə(g)dʒes(t)-ðə(t)ju] 我建议你

[wɪmeɪbi] 我们有可能

bring 带来

snack 零食

[aɪsədʒes-ðəju] bring a snack, because [wɪmeɪbi] in there for a while.

Everyone [naʊwə(d)bi] a good time to freshen up because [aɪ(d)laɪk'ɛvrɪwʌn] to meet in the conference room in five minutes. [aɪsədʒes-ðəju] bring a snack, because [wɪmeɪbi] in there for a while.

5.

[aɪv 'nɒtəst]

我注意到

I've noticed

[aɪv 'nɒtəst] your change recently.

[aɪv 'nɒtəst] the difference here.

[aɪv 'nɒtəst] that the gas price is on the rise.

This is something [aɪv'nɒtəst].

And [aɪv 'nɒtəst] we've talked a lot about young people and youth.

6.

[wɪvbɪn]

我们一直

we've been

[wɪvbɪn] nothing but patient with you.

[wɪvbɪn] working here for a long time.

[wɪvbɪn] waiting for you.

[wɪvbɪn] doing it for thousands of years.

[wɪvɪn] having this discussion on education for years.

7.

[aɪm 'wʌndərɪŋɪf]

我想知道

I'm wondering if

[aɪm 'wʌndərɪŋɪf] you saw her yesterday?

[aɪm 'wʌndərɪŋɪf] you have time for a short conversation?

[aɪm 'wʌndərɪŋɪf] you agree with me?

[aɪm 'wʌndərɪŋɪf]

you can share that story.

[aɪm 'wʌndərɪŋɪf] you could speak a little bit more about that.

[aɪv 'nəʊtəst] 我注意到

[wɪvɪn] 我们一直

[aɪm 'wʌndərɪŋɪf] 我想知道

perhaps 或许

disruptive 引起混乱的

[aɪv 'nəʊtəst] [wɪvɪn] having a lot of conference room meetings and

[aɪm 'wʌndərɪŋɪf] perhaps those are a bit...

Disruptive?

Yes. No I don't think they are.

Lesson 31

1.

[fə'ðouzəvjuhu]

对于你们那些...的人

for those of you who

[fə'ðouzəvjuhu] agree with me

[fə'ðouzəvjuhu] didn't see me yesterday

[fə'ðouzəvjuhu] were here last week

[fə'ðouzəvjuhu] have one-to-one offers, it's a different story.

[fə'ðouzəvjuhu] are starting a career, that's a good news.

2.

[prɪ'zentɪŋ]

展示|颁奖

presenting

It's [prɪ'zentɪŋ] us with a challenge.

The president is [prɪ'zentɪŋ] the medals to the athletes.

The teacher is [prɪ'zentɪŋ] the award for the student of the year.

I'm [prɪ'zen(t)ɪŋ] the award for screenwriting.

And after I was [prɪ'zentɪŋ] the case to some international military leaders

Now, [fə'ðouzəvjuhu] missed it last night, Chris was [prɪ'zentɪŋ] the Oscar for best documentary.

missed 错过

Oscar 奥斯卡

best documentary 最佳纪录片

3.

[meɪdədʒʊk]

开玩笑

made a joke

[meɪdədʒoʊk] about his haircut.

[meɪdədʒoʊk] about her family.

[meɪdədʒoʊk] at the wrong time.

And I [meɪdədʒoʊk] about what she said.

I [meɪdə + really bad +dʒoʊk] when I got there.

unflattering 不讨好的

And he [meɪdən unflattering dʒoʊk] about Jada Pinkett Smith.

4.

[əpɛrən(t)li]

很明显...

apparently

[əpɛrən(t)li] he was not happy.

This is [əpɛrən(t)li] a scam.

They [əpɛrən(t)li] really enjoy the movie.

We [əpɛrən(t)li] did not want to pay the taxes.

But [(ə)pɛrən(t)li] that did not happen here.

And he [meɪdən unflattering dʒoʊk] about Jada Pinkett Smith that her husband, Will Smith, [əpɛrən(t)li] did not like.

5.

[wʌmeɪksmi]

什么让我...?

what makes me

[wʌmeɪksmi] want to do this?

[wʌmeɪksmi] so mad?

[wʌmeɪksmi] get tired of him?

I thought, [wʌmeɪksmi] happy?

What's easy for me, [wʌmeɪksmi] feel good?

[wʌmeɪksmi] think that? This?

6.

[ɪtsneɪvər, ʊkeɪtə]

永远不可以

It's never okay to

[ɪtsneɪvər, ʊkeɪtə] take a call during a class.

[ɪtsneɪvər, ʊkeɪtə] say things like this.

[ɪtsneɪvər, ʊkeɪtə] hurt someone physically.

[ɪtsneɪvər, ʊkeɪtə] give up.

[ɪtsneɪvər, ʊkeɪtə] emotionally abuse somebody else.

objective 客观的

observer 观察者

punch 揍

comedian 喜剧演员

Let me say something here as an objective observer: [ɪtsneɪvər, ʊkeɪtə] punch a comedian.

Lesson 32

1.

[ə'fendə(d)baɪ]

被...冒犯

offended by

I was [ə'fendə(d)baɪ] his attitude.
People are [ə'fendə(d)baɪ] the comment.
The teacher is [ə'fendə(d)baɪ] the question.

My wife was [ə'fendə(d)baɪ] his reactions.

He was personally [ə'fendə(d)baɪ] that, apparently.

2.

[stændʌp-fər]

捍卫|挺身而出

stand up for

[stændʌp-fər] yourself.
[stændʌp-fər] your own interests.
We [stændʌp-fər] fairness and equality.

Everybody should [stændʌp-fər] their positions.

They had the courage to [stændʌp-fər] their rights.

[wʌnə(d)tə]= wanted to 想要

challenge 挑战

duel 决斗

Will Smith was [ə'fendə(d)baɪ] the joke, and [wʌnətə] [stændʌp-fər] his wife.
Fine. Challenge Chris to a duel.

3.

[ɪfjʊ'rɪliwʌnə]

如果你真的想...

If you really wanna

[ɪfjʊ'rɪliwʌnə] do well in school, work harder.
[ɪfjʊ'rɪliwʌnə] know, nothing makes me happy.
[ɪfjʊ'rɪliwʌnə] lose weight, here's how.

So, [ɪfjʊ'ɹɪliwənə] help these workers.

Now [ɪfjʊ'ɹɪliwənə] get something out of this, high-five the guy next to you.

4.

[weɪmɔː-ðæn]

多得多

way more than

We're spending [weɪmɔː-ðæn] we're earning.

That car costs [weɪmɔː-ðæn] we think.

I work [weɪmɔː-ðæn] I did last week.

The sun offers [weɪmɔː-ðæn] the wind.

I read [weɪmɔː-ðæn] I did before.

hurt 伤害

comedian 喜剧演员

punch 揍

Or [ɪfjʊ'ɹɪliwənə] hurt a comedian. Don't Laugh. That hurts [weɪmɔː-ðæn] a punch.

5.

[teɪkə-pʌntʃ]

挨一拳(承受打击)

take a punch

Few young people today can really [teɪkə-pʌntʃ].

I admire people who can [teɪkə-pʌntʃ] and then stand up again.

You can [teɪkə-pʌntʃ] and you can throw a punch.

We call people resilient when they can [teɪkə-pʌntʃ] and get right back up.

You need someone willing to [teɪkə-ˈplʌnt] for you.

6.

[ˈeɪkɪt-ɔf]

摆脱掉

shake it off

[ˈeɪkɪt-ɔf] and move on.

Let it go and [ˈeɪkɪt-ɔf].

He tries to ignore it and [ˈeɪksɪt-ɔf].

I feel like when something like that happens, it's hard to [ˈeɪkɪt-ɔf].

He was wounded in both battles, and yet [ˈeɪksɪt-ɔf].

step 一步

Chris Rock can [teɪkə-ˈplʌnt]. I mean we're the same age; He's 57 years old and a comedian. Look at this: Pow. Chris just [ˈeɪksɪt-ɔf] with one step.

Lesson 33

1.

[ˈhɪrzðəθɪŋ]

事情是|问题是

Here's the thing

[ˈhɪrzðəθɪŋ] I don't have money.

[ˈhɪrzðəθɪŋ] it's not worth it.

[ˈhɪrzðəθɪŋ] it's not working.

See [ˈhɪrzðəθɪŋ] we don't live in California.

[ˈhɪrzðəθɪŋ] Mr. president: hard things are hard.

2.

[wʌ(t)ðɪsɪz-əbaʊ(t)]

关于什么|怎么回事

what this is about

I don't know [wʌ(t)ðɪsɪz-əbaʊ(t)].

That's [wʌ(t)ðɪsɪz-əbaʊ(t)].

He understands [wʌ(t)ðɪsɪz-əbaʊ(t)].

That's [wʌ(t)ðɪsɪz-əbaʊ(t)] in my opinion.

We all know [wʌ(t)ðɪsɪz-əbaʊ(t)]. It's about shared ownership; it's about participation.

3.

[ʃʊdə(v)]

本来应该

should've

I [ʃʊdə(v)] known better.

I [ʃʊdə(v)] gone to a different school.

She [ʃʊdə(v)] listened to us.

Maybe I [ʃʊdə(v)] chosen something different.

In retrospect, I [ʃʊdə(v)] seen this coming.

[hɪzðəθɪŋ]

事情是|问题是

[wʌ(t)ðɪsɪz-əbaʊ(t)]

关于什么|怎么回事

[ʃʊdə(v)]

本来应该

paid 支付

check 账单

rude 没礼貌的

Okay, [hɪrzdəθɪŋ]. Clare, no! I know [wʌ(t)ðɪsɪz-əbaʊ(t)]. Tom you [ʃʊdə(v)] paid the check. It's rude.

4.

[daʊn(t)jʊ]

你不要(祈使)

Don't you

[daʊn(t)jʊ] lie to me.

[daʊn(t)jʊ] come here again.

[daʊn(t)jʊ] listen to him.

And [daʊn(t)jʊ] ever forget this.

[daʊn(t)jʊ] dare complain about anything.

5.

[wʌ(t)ðəheɪ- əzɡoʊɪnən]

到底怎么回事?

what the hell is going on?

[wʌ(t)ðəheɪ- əzɡoʊɪnən] in this place?

[wʌ(t)ðəheɪ- əzɡoʊɪnən] over there?

[wʌ(t)ðəheɪ- əzɡoʊɪnən] with your work?

[wʌ(t)ðəheɪ- əzɡoʊɪnən]? [wʌtəz'ɡoʊɪnən] here?

[wʌ(t)ðəheɪ- əzɡoʊɪnən] in the United States of America?

[daʊn(t)jʊ]

你不要(祈使)

[wʌ(t)ðəheɪ- əzɡoʊɪnən]

到底怎么回事?

[hə(d)tə]= had to 必须要

[təʊldʒu]= told you 告诉过你

He's not rude. He's wonderful. I [hə(d)tə] pay. Why? Phil, [daʊn(t)ju] say another word! See I [təʊldʒu]. [wʌ(t)ðəheɪ- əzɡoʊɪnən] here? Nothing.

6.

[oʊ(h)ɪm]

欠他...

owe him

[oʊ(h)ɪm] 500 dollars.

[oʊ(h)ɪm] a lot.

[oʊ(h)ɪm] one.

So, you really [oʊhɪm] an apology.

Does he [oʊ-ɪm] 100 dollars or not?

7.

[wɪrdʌn]

我们完了

We're done.

[wɪrdʌn] with the homework.

[wɪrdʌn] here.

All right [wɪrdʌn].

So I think [wɪrdʌn], thank you.

20, 25 minutes later [wɪrdʌn].

lost a bet 打赌输了

Cabo 卡波 (地名)

five meals 五顿饭

Phil? I lost a bet to Tom in Cabo and now I [ou(h)ɪm] five meals. There [wɪrdʌn].

Lesson 34

1.

[aɪmɪni(t)]

我认真的

I mean it

[aɪmɪni(t)], don't do it.

Seriously, [aɪmɪni(t)].

When I say it [aɪmɪni(t)].

[aɪmɪni(t)], don't overthink it.

And I say it because [aɪmɪni(t)].

复习:

[wʌ(t)wəz]

... 是什么?

Bet 打赌

[wʌ(t)wəz] the bet? Phil, [aɪmɪni(t)]. Don't say another word.

2.

[fɪgʃərɪt(d)ʌʊt]

想出来

figure it out

Try to [fɪgʃərɪt(d)ʌʊt] yourself.

You can easily [fɪgʃərɪt(d)ʌʊt].

People will [fɪgjərɪt(d)əʊt] sooner or later.

Let me just go [fɪgjərɪt(d)əʊt].

You basically have to [fɪgjərɪt(d)əʊt] for yourself.

[ðeɪər'gənə] = they are gonna 他们将会

[haʊkəðeɪ] = how could they 他们如何

[ðeɪər'gənə] [fɪgjərɪt(d)əʊt], Tom. [haʊkəðeɪ] [fɪgjərɪt(d)əʊt]? [ðeɪər'gənə] [fɪgjərɪt(d)əʊt],

3.

[drʌŋkən]

醉于...

drunk on

They're [drʌŋkən] wine.

I'm [drʌŋkən] whiskey.

He is [drʌŋkən] the money and the fame.

And who wants to get [drʌŋkən] a \$10 beer?

When somebody is [drʌŋkən] power, they seldom recover.

复习:

[wʌn(t)ətə] = wanted to 想要

[faɪndaʊ(t)] = find out 发现

And we [wʌn(t)ətə] [faɪndaʊ(t)] more.

[wʌn(t)ətə] = wanted to 想要

[faɪndaʊ(t)] = find out 发现

margarita 玛格丽特(鸡尾酒)

whose wife 谁的太太

the most 最多

crickets 蟋蟀

We were [drʌŋkən] margaritas and we [wɒn(t)ətə] [faɪndaʊ(t)] whose wife would eat the most crickets. What?!

4.

[sɪlvərlaɪnɪŋ]

一线希望(事情的好处)

silver lining

Every cloud has a [sɪlvərlaɪnɪŋ].
Try to see the [sɪlvərlaɪnɪŋ] in every situation.
There's always a [sɪlvərlaɪnɪŋ].

See the [sɪlvərlaɪnɪŋ] in everything.

This is definitely bad news, but there is a [sɪlvərlaɪnɪŋ].

5.

[kʊdə(v)]

原本可以

could have

You [kʊdə(v)] gone to a better school.
They [kʊdə(v)] told a different story.
He [kʊdə(v)] said he didn't do it.

I wish I [kʊdəv] gone to this school.

You [kʊdə] done better.

6.

[teɪk-ðəʃæns]

抓住机会|冒险

take that chance

They can't [teɪk-ðəʃæns].
I'm willing to [teɪk-ðəʃæns].
I will [teɪk-ðəʃæns] and see what happens.

You have to [teɪk-ðəʃæns].

So many people don't [teɪk-ðəʃæns].

[sɪlvəlaɪnɪŋ]

一线希望(事情的好处)

[kʊdə(v)]

原本可以

[teɪk-ðəʃæns]

抓住机会|冒险

disgusting 恶心的

ate (eat 过去式)

won (win 过去式|过去分词)

lost the bet 打赌输了

You're disgusting people! You're missing the [sɪlvəlaɪnɪŋ] here, honey. I lost the bet! So I didn't eat crickets? You ate three. Lisa had six. Six?! You [kʊdə] won with four! Baby, baby I couldn't [teɪk-ðəʃæns].

Lesson 35

1.

[daʊn-ɡɛmɪrɪŋ]

别误会

Don't get me wrong

[daʊn-ɡemɪrən] I love my school.
[daʊn-ɡemɪrən] they're wonderful kids.
[daʊn-ɡemɪrən] winning is important.

Building a company, it's not easy. [daʊnɡemɪrən].

I mean I love my education. [daʊnɡemɪrən].

2.

[pipəlfrʌm]

从...的人

people from

We have [pipəlfrʌm] different backgrounds.
[pipəlfrʌm] other places are here.
[pipəlfrʌm] work like to get together for coffee.

I got to speak with a lot of [pipəlfrʌm] other schools.

And time and time again, I meet [pipəlfrʌm] other countries.

3.

[fɔr...rizənz]

因为...原因

for... reasons

He's dropping off college [fɔr] financial [rizənz].
He can't come today [fɔr] personal [rizənz].
She bought that investment property [fɔr] tax [rizənz].

Oh I want to network with that person [fɔr] business [rizənz]

I did it [fɔr] health [rizənz]. My blood pressure was sky high.

Detriot 底特律

not common 不常见

tourist 旅行的

Detriot is a great city. [doun-gemirən]. However, it's not common for [pipəlfraɪm] other countries to come here [fɔr] tourist [rizənz].

4.

[lʊktʌp]

查找

looked up

I [lʊktʌp] his address and couldn't find anything.

The team [lʊktʌp] the data online.

They [lʊktʌp] the name on Google.

So I [lʊktʌp] the definition of goal in the webster's dictionary.

Before I came today, I [lʊktʌp] the most recent statistics.

5.

[ʃəʊɪŋlʌp]

出现|出席

showing up

Refugees are [ʃəʊɪŋlʌp] at the border.

The guests are [ʃəʊɪŋlʌp] with gifts.

I will be [ʃəʊɪŋlʌp] for work tomorrow.

Now he's learning job skills like [ʃəʊɪŋlʌp] on time.

You're [ʃəʊɪŋlʌp] to an interview with deep knowledge of the company.

[lʊktʌp]

查找

[ʃəʊɪŋlʌp]

出现|出席

house

rough neighborhood 危险的社区

bucks= dollars 美元

Ok, I've [lʊktɪp] the house you're staying at. And it's a pretty rough neighborhood.

You're [ʃʊtɪŋlɒp] for almost a month; you got 900 bucks.

6.

[frəmaɪ-pɔɪntəvju]

从我的角度

from my point of view

[frəmaɪ-pɔɪntəvju] this is wrong.

[frəmaɪ-pɔɪntəvju] I cannot approve this.

This is a tragedy [frəmaɪ-pɔɪntəvju].

But the biggest challenges remain the same, [frəmaɪ-pɔɪntəvju].

[frəmaɪ-pɔɪntəvju], I'm not you.

7.

[dʌzən-meɪkələtə-sɛns]

讲不太通|没什么道理

doesn't make a lot of sense

Your story [dʌzən-meɪkələtə-sɛns].

The excuse [dʌzən-meɪkələtə-sɛns].

This idea [dʌzən-meɪkələtə-sɛns].

That [dʌzən-meɪkələtə-sɛns] to me.

It just [dʌzən-meɪkələtə-sɛns].

So [frəmaɪ-pɔɪntəvju], it [dʌzən-meɪkələtə-sɛns].

Lesson 36

1.

[dɪdənædʌp]

不对劲

didn't add up

Your explanation [dɪdənædʌp].

The details of the story [dɪdənædʌp].

The evidence [dɪdənædʌp].

It just [dɪdənædʌp].

In fact, the guy's story [dɪdənædʌp] at all.

复习:

[wʌ(t)əz-gouɪnən]

怎么回事?

I don't really quite get [wʌ(t)əz-gouɪnən] here. It just [dɪdən] really [ædʌp].

2.

[brɪŋɪŋɪn]

带入

bringing in

They're [brɪŋɪŋɪn] investments to our city.

The factory is [brɪŋɪŋɪn] job opportunities.

People are [brɪŋɪŋɪn] lots of ideas.

We're [brɪŋɪŋɪn] fresh air.

So, they are [brɪŋɪŋɪn] tons and tons of material.

3.

[ʌndə-ʃɪp]

便宜地

on the cheap

I sometimes travel [ʌnðə-tʃɪp].
I have to live [ʌnðə-tʃɪp] for a while.
The work was done [ʌnðə-tʃɪp].

You can buy these guys [ʌnðə-tʃɪp].

Some companies would sell them to you [ʌnðə-tʃɪp].

4.

[wʌtɪ-saʊndzlaɪk]

听起来像是

what it sounds like

A scam is [wʌtɪ-saʊndzlaɪk].
A great idea is [wʌtɪ-saʊndzlaɪk].
A different story is [wʌtɪ-saʊndzlaɪk].

And this is [wʌtɪ-saʊndzlaɪk].

Cyber crime is [wʌtɪ-saʊndzlaɪk].

American citizens 美国公民

foreign national 外国国民

purchased an abandoned home 购买了废弃房屋

Detroit 底特律

Two American citizens purchased an abandoned home in the really bad part of Detroit.

And they're [brɪŋɪŋɪn] foreign national, young kids to do the work [ʌnðə-tʃɪp], is [wʌtɪ-saʊndzlaɪk].

5.

[ʌn'fɔrtʃən(ət)li]

不幸地

unfortunately

[ən'fɔ:tʃən(ət)li] you missed the deadline.

He was fired from work [ən'fɔ:tʃən(ət)li].

[ən'fɔ:tʃən(ət)li] the results are bad.

And [ən'fɔ:tʃənətli], we changed direction.

[ən'fɔ:tʃənli], we have no idea.

6.

[wʌjʊr'duɪŋ]

你在做的

what you're doing

[wʌjʊr'duɪŋ] now is wrong.

[wʌjʊr'duɪŋ] is impressive work.

[wʌjʊr'duɪŋ] is not helping you.

[wʌjʊr'duɪŋ] isn't science.

[wʌjʊr'duɪŋ] is really important.

[ən'fɔ:tʃən(ət)li]

不幸地

[wʌjʊr'duɪŋ]

你在做的

[jʊ'wʌnə]= you want to 你想

legal 合法的

[ən'fɔ:tʃən(ət)li], I know it's not the news [jʊ'wʌnə] hear. [wʌjʊr'duɪŋ] really isn't legal. So the bad news is you have to go back to Mexico today.

Lesson 37

1.

[wʌtəjʊ + Vɪŋ fɔr]?

你...为了什么

what are you + V-ing + for?

[wʌtəjʊ] going to school [fɔr]?

[wʌtəjʊ] standing up [fɔr]?

[wʌtəjʊ] working hard [fɔr]?

[wʌtəjʊ] doing this [fɔr]?

[wʌtəjʊ] wasting your time [fɔr]?

复习:

[daʊn 'wʌnə]

不想 don't want to

dental school 牙医学院

[wʌtəjʊ] saving money [fɔr]?

I [daʊn 'wʌnə] talk about it. Nothing.

I'm saving my money for dental school.

2.

[ə-ˈtrɪptə]

... 之旅

a trip to

[ə-ˈtrɪptə] Disneyland

[ə-ˈtrɪptə] the zoo

[ə-ˈtrɪptə] Italy

I remember I took [ə-ˈtrɪptə] Australia.

When I was ten, my parents and I made [ə-ˈtrɪptə] New York.

3.

[ɪnkeɪs-əvə/ ən]

万一...情况

in case of a/ an

[ɪnkeɪs-əvən] accident, please call the police.

People are told what to do [ɪnkeɪs-əvən] earthquake.

You should have things prepared [ɪnkeɪs-əvə] disaster.

Remember, [ɪnkeɪs-əvə] fire, stay calm.

Your healthcare team is going to be there to respond [ɪnkeɪs-əvə] surprise.

a successful career 一个成功的事业

healthcare 医疗健康

emergency 紧急情况

[ə-ˈtrɪptə] China.

To build a successful career.

[ɪnkeɪs-əvə] healthcare emergency.

4.

[sɛtə-saɪd]

留出足够的...

set aside

The school [sɛtə-saɪd] enough space for kids to play.

My parents have money [sɛtə-saɪd] for my college tuition.

Our company [sɛtə-saɪd] \$100,000 for bonuses.

We have time [sɛtə-saɪd] for questions both here in the room and online.

Do you have enough money [sɛtə-saɪd] just in case?

5.

[ðəreɪstəv]

其余的...

the rest of

What about [ðərəstəv] us?

Are you going to finish [ðərəstəv] the sandwich?

What is [ðərəstəv] the movie about?

And I joined [ðərəstəv] the country watching on television.

What about [ðərəstəv] the planet?

[setə-saɪd]

留出足够的...

[ðərəstəv]

其余的...

rainy day 困境(需要用钱的时候)

the Caribbean 加勒比地区

retirement 退休

I'm saving money to move.

Buying a house.

Honestly, to have money [setə-saɪd] for a rainy day.

[ə-ˈtrɪptə] the Caribbean.

[ə-ˈtrɪptə] Paris.

Saving money for my retirement so that I don't have to work [ðərəstəv] my life.

6.

[tʃɛk-təʃtʃɛk]

月光

check to check | paycheck to paycheck

He's living [tʃɛk-təʃtʃɛk].

Living [tʃɛk-təʃtʃɛk] is not an ideal way.

She has lived [tʃɛk-təʃtʃɛk] since graduating from college.

I've gone without, I've lived from [tʃɛk-təʃtʃɛk].

You should be trying to save 20, 30 or 40 percent of what you make. For some you, you're like, "I can't do that. I'm [ʔɛk-təʔɛk]."

7.

[peɪɔf]

还清 | 有回报

pay off

When are you going to [peɪɔf] your student loan?

It takes 30 years to [peɪɔf] the home loan.

The hard work will [peɪɔf].

[peɪɔf] your debts first before you start investing.

Yes, we want some of these investments to [peɪɔf].

[ʔɛk-təʔɛk]

月光

[peɪɔf]

还清 | 有回报

mortgage 抵押贷款

Nothing gets saved. I'm living [ʔɛk-təʔɛk].

[peɪɔf] my mortgage.

Lesson 38

1.

[pleɪbaɪðə/ðɛr-rulz]

守(他们的)规则

play by the/ their rules

It's important for us to [pleɪbaɪðə-rulz].
You [pleɪbaɪðə-rulz] and you will succeed.
When you deal with a foreign country, you have to [pleɪbaɪðər-rulz].

Otherwise, you have to [pleɪbaɪðər-rulz].

The people who work hard and play [pleɪbaɪðə-rulz].

2.

[spɛnd-weɪmɔːðæn]

花费远超...

spend way more than

I [spɛnd-weɪmɔːðæn] I should.
They [spɛnd-weɪmɔːðæn] their budget.
People [spɛnd-weɪmɔːðæn] they thought.

You'll [spɛnd-weɪmɔːðæn] \$60.

We [spɛnd-weɪmɔːðæn] anybody else does.

[pleɪbaɪðə/ðər-rulz]

守(他们的)规则

[spɛnd-weɪmɔːðæn]

花费远超...

Movie theaters 电影院

theme parks 主题公园

carnivals 嘉年华

expect to 期待...

Movie theaters are like theme parks or carnivals. Once inside, you [pleɪbaɪðər-rulz]. And if you're like me, you [spɛnd-weɪmɔːðæn] you expect to.

3.

[ʊmaɪt(h)əvɜːrd]

你可能听说过

you might have heard

[ʊmaɪt(h)əvɜːrd] that we're going out of business.

[ʊmaɪt(h)əvɜːrd] people are worried about it.

[ʊmaɪt(h)əvɜːrdəv] this website.

[ʊmaɪt(h)əvɜːrdəv] this one before.

[ʊmaɪt(h)əvɜːrd] this story before

4.

[twaisðæ(t)]

两倍多

twice that

There were 100 people here last week. [twaisðæ(t)] many people will come today.

I paid \$100 for my flight; others paid [twaisðæ(t)].

Now some retailers charge [twaisðæ(t)].

There are about [twaisðæ(t)] many people.

Well, I have to sign [twaisðæ(t)] many books.

[ʊmaɪt(h)əvɜːrd]

你可能听说过

[twaisðæ(t)]

两倍多

ticket prices 票价

keep climbing 持续上涨

averaging 平均达到

[ʃʊmaɪt(h)əv hɜːrd] that movie ticket prices keep climbing, averaging over \$9 nationwide, and almost [twaisðə(t)] in big cities.

5.

[ɪ(t)dʌzən 'rɪlɪmætər]

没什么所谓...

it doesn't really matter

[ɪ(t)dʌzən 'rɪlɪmætər] for us.

[ɪ(t)dʌzən 'rɪlɪmætər] which one is which.

[ɪ(t)dʌzən 'rɪlɪmætər] what you study at school, you always need work experience.

[ɪ(t)dʌzən 'rɪlɪmætər] which side you're on.

They hated me already, so [ɪ(t)dʌzən 'rɪlɪmætər].

6.

[ʃænsɪzər]

大概率|很有可能

chances are

[ʃænsɪzər] I won't be able to come today.

[ʃænsɪzər] he will never return your call.

[ʃænsɪzər] they will join you.

But [ʃænsɪzər] they won't be able to tell you.

[ʃænsɪzər] you can't remember anything that happened before you were three.

[ɪ(t)dʌzən 'rɪlɪmætər]

没什么所谓...

[ʃænsɪzər]

大概率|很有可能

But [ɪ(t)dʌzən 'rɪlɪmætər] how much your ticket costs. Because if you're going to a movie theater, [ʃænsɪzər] you're buying some food.

Lesson 39

1.

[tʌktəweɪ]

藏起来

tucked away

His negative views are [tʌktəweɪ].
The old shirts are [tʌktəweɪ] in the closet.
They safely [tʌktəweɪ] their money.

So it was safely [tʌktəweɪ] from all the fire and smoke.

Bears have their babies while they're [tʌktəweɪ] in their dens for the winter!

concession 商铺

counter 柜台

designed 被设计的

dark hallways 黑暗的走廊

[həvtə] 不得不 (have to)

Most movie theaters are designed so you [həvtə] walk past the concession counter. The actual movies are [tʌktəweɪ] down long, dark hallways.

2.

[əzsunəz]

一旦

as soon as

The dinner will start [əzsunəz] the guests are here.
[əzsunəz] you hear something, you let me know.

It's there [əzsunəz] you open your eyes.

But then [əzsunəz] you do poorly on one test. You think, "I'm not good at math."

Basically [əzsunəz] you start to hesitate, then you're screwed.

3.

[θæŋkstə]

由于|多亏

thanks to

I can only work from home [θæŋkstə] the pandemic.

I could go to college [θæŋkstə] the scholarship.

[θæŋkstə] the new law, people now have medical insurances.

[θæŋkstə] the internet we will never feel alone again!

And I recovered, [θæŋkstə] the miracles of modern medicine.

[əzsunəz]

一旦

[θæŋkstə]

由于|多亏

bright, colorful 明亮、多彩

glass case 玻璃盒子

visible at every angle 各个角度都可见

But [əzsunəz] you get inside the theater, the food is bright, colorful, and, [θæŋkstə] the glass case, visible at every angle.

4.

[autəvju]

视线之外

out of view

The sign was kept [aʊtəvju].
We watched the car until it was [aʊtəvju].
The accident took place [aʊtəvju] of most people.

So when the packages come, you can open them [aʊtəvju].

Keep your rarely used items [aʊtəvju] in some baskets.

5.

[raɪtɪn-frʌntəv]

就在前面

right in front of

It happened [raɪtɪn-frʌntəv] me.
The doors opened [raɪtɪn-frʌntəv] her.
He's standing [raɪtɪn-frʌntəv] the office building.

You were sitting [raɪtɪn-frʌntəv] me.

Maybe the solution to this is [raɪtɪn-frʌntəv] my eyes.

[aʊtəvju]

视线之外

[raɪtɪn-frʌntəv]

就在前面

unlike 不同于

prepared 被准备

Unlike a restaurant, where the food is prepared [aʊtəvju], a movie theater makes everything [raɪtɪnfrʌntəv] you.

6.

[ɔləvði/ðə]

所有的...

all of the

[ɔləvði] ideas are rejected here.

[ɔləvðə] questions are answered.

You must read [ɔləvðə] descriptions carefully.

[ɔləvðə] best ideas seem impossible at first.

[ɔləvði] information is in the past, but [ɔləvðə] value is in the future.

7.

[wʌ(t)jʊ-wə(d)]

你会做/所做...的

what you would

This is similar to [wʌ(t)jʊ-wə(d)] expect.

The reality is different from [wʌ(t)jʊ-wə(d)] think.

The food is the same as [wʌ(t)jʊ-wə(d)] imagine.

But this is [wʌjʊ-wə] normally see.

I was [wʌ(t)jʊ-wə] call a perfect student.

[ɔləvði/ðə]

所有的...

[wʌ(t)jʊ-wə(d)]

你会做/所做...的

items 物品

outside the theater 电影院以外

[ɔləvði] items at concessions are more expensive than [wʌ(t)jʊ-wə] pay outside the theater.

Lesson 40

1.

[bɛnəfɪtsjʊ]

让你受益

benefits you

Seeing everything in a positive way [bɛnəfɪtsjʊ].

Saving money [bɛnəfɪtsjʊ] in the long run.

Anything that [bɛnəfɪtsjʊ] will also benefit others.

I do something that [bɛnəfɪtsjʊ] and it benefits me at the same time.

I hope it [bɛnəfɪtsjʊ], but it's a healing process for me, as well.

2.

[wɪðaʊ-fɜːðərədu]

不再费周折|话不多说

without further ado

[wɪðaʊ-fɜːðərədu] let's get started.

[wɪðaʊ-fɜːðərədu] here's the agenda.

[wɪðaʊ-fɜːðərədu] the winner is.....

And [wɪðaʊ-fɜːðərədu], I'd like to introduce the President of the United States.

So [wɪðaʊ-fɜːðərədu], let's give Tim a nice welcome.

[bɛnəfɪtsjʊ]

让你受益

[wɪðaʊ-fɜːðərədu]

不再费周折|话不多说

being public with 对于...公开

actually 实际上

And being public with your salary actually [bəˈnefɪtsjʊ]. So, [wɪðaʊ-fɜːðərədu].

3.

[ɪvɪnɪf]

即使|就算

even if

Take a short break during the day, [ɪvɪnɪf] it's only a 10-minute nap.

It's too late [ɪvɪnɪf] you want to do it.

Stick to your goal, [ɪvɪnɪf] you fail.

They become the norm---[ɪvɪnɪf] it's bad for us.

[ɪvɪnɪf] it's true, what does it mean?

4.

[ɪ(t)meɪksmi]

这让我

it makes me

[ɪ(t)meɪksmi] mad.

[ɪ(t)meɪksmi] crazy.

[ɪ(t)meɪksmi] think about the issue.

I'll disappear for a little bit because [ɪ(t)meɪksmi] happy.

So [ɪ(t)meɪksmi] very easy to dislike him.

[ɪvɪnɪf]

即使|尽管

[ɪ(t)meɪksmi]

这让我

legal 合法的

uncomfortable 不舒服

No! I mean, [ivɪnɪf] it's legal, [ɪ(t)mɛɪksmi] really uncomfortable.

5.

[ɪts'iziər]

更容易

it's easier

[ɪts'iziər] for me to read.

[ɪts'iziər] for kids to learn online.

[ɪts'iziər] when you know what you want to do.

And so [ɪts'iziər] for you to remember.

[ɪts'iziər] for people to allow the status quo to remain.

6.

[ðætswʌ(t)'ɛvriwʌn]

这就是每个人...

that's what everyone

[ðætswʌ(t)'ɛvriwʌn] thinks about you.

[ðætswʌ(t)'ɛvriwʌn] talks about these days.

[ðætswʌ(t)'ɛvriwʌn] believes.

But [ðætswʌ(t)'ɛvriwʌn] uses.

And in the end, [ðætswʌ(t)'ɛvriwʌn] wants.

[ɪts'iziər]

更容易

[ðætswʌ(t)'ɛvriwʌn]

这就是每个人...

going rate 行情

rip you off 敲诈

If you don't know what the going rate is for your salary, [Its'izɪər] for the company to rip you off.

I can only offer you \$100 a day.

I guess [ðætswʌ(t)'ɛvrɪwʌn] here makes.

Lesson 41

1.

[fərən-ɛstəmeɪtəd]

估计有

for an estimated

We will pay [fərən-ɛstəmeɪtəd] half the cost.

The job will take [fərən-ɛstəmeɪtəd] six weeks to finish.

Tourism accounts [fərən-ɛstəmeɪtəd] 70% of all jobs here.

And it's been this way [fərən-ɛstəmeɪtəd] four billion years now.

It's China's biggest digital marketplace, responsible [fərən-ɛstəmeɪtəd] 80% of all online sales in China.

breaking news 突发新闻

Twitter 推特

one billion dollars 十亿美元

Breaking news right now. Elon Musk is buying Twitter, [fərən-ɛstəmeɪtəd] \$44 billion.

2.

[ɪzɪkspektədtə]

预计

is expected to

Everybody [ɪzɪkspektədtə] be here by 11.

She [ɪzɪkspektədtə] recover in two weeks.

The economy [ɪzɪkspektədtə] grow by 6% this year.

This investment [ɪzɪkspektədtə] create nearly 300 jobs for this company.

The mission [ɪzɪkspektədtə] take around 9 hours to complete.

3.

[ɪnələtə(v)weɪz]

在很多方面

in a lot of ways

They're similar to us [ɪnələtə(v)weɪz].

This country is amazing [ɪnələtə(v)weɪz].

He can hurt you [ɪnələtə(v)weɪz].

[ɪnələtə(v)weɪz], that's the easiest thing to do.

Animals are actually quite similar to humans [ɪnələtə(v)weɪz].

deal 交易

close 完成

later this year 今年晚些时候

classic 经典的

\$44 billion. The deal [ɪzɪkspektədtə] close later this year. [ɪnələtə(v)weɪz] this is classic Elon Musk.

4.

[pʊlðɪsoʊf]

解决|搞定

pull this off

Can they really [pʊlðɪsɔf]?
If anyone can [pʊlðɪsɔf], it's you.
If they can [pʊlðɪsɔf], the money is theirs.

I'm not sure if I can [pʊlðɪsɔf].

Alright, I need some kids to [pʊlðɪsɔf]. All right, you two, come over here.

5.

[ɪz(h)i-ivɪn]

他是要(强调)...

is he even

[ɪz(h)i-ivɪn] serious about this job?
[ɪz(h)i-ivɪn] qualified to do this?
[ɪz(h)i-ivɪn] showing interests in you?

[ɪz(h)i-ivɪn] trying to do that at this point?

[ɪz(h)i-ivɪn] taking these medications?

6.

[həvədɪl]

成交

have a deal

So, do we [həvədɪl]?
After two months of negotiation, they finally [həvədɪl].
Sometimes you can [həvədɪl] with a client within just 10 minutes.

Okay, yes, we [həvədɪl], I'm buying.

You couldn't [həvədɪl] without her.

skeptical 怀疑的

being serious 认真的

I mean, everyone was skeptical that he could [pʊlðɪsɒf]. [ɪz(h)i-ɪvɪn] being serious here? He is being serious and now they [həvədɪl].

Lesson 42

1.

[ʌnəˈmɪʃən]

肩负使命

on a mission

We are [ʌnəˈmɪʃən] to change the status quo.
Teachers are [ʌnəˈmɪʃən] to teach students.
The company is [ʌnəˈmɪʃən] to improve quality.

I am [ʌnəˈmɪʃən] to educate.

Now, Judge Bowen was already [ʌnəˈmɪʃən] to make the system work for everyone.

2.

[krɪtɪkəlʊ]

critical to

至关重要

Technology is [krɪtɪkəlʊ] innovation.
Infrastructure is [krɪtɪkəlʊ] this nation.
Keeping a good habit is [krɪtɪkəlʊ] success.

This role is [krɪtɪkəlʊ] our future success.

And I think that is really [krɪtɪkəlʊ] what you're doing.

save the digital planet 拯救数字星球

in his mind 在他看来

He's [ɑnə'mɪʃən]. He wants to save the digital planet. And in his mind, Twitter is [krɪtɪkəlɪz] that.

3.

[ɪksɛp(t)ðə(t)]

只不过

except that

He worked really hard to earn a living; [ɪksɛp(t)ðə(t)] it wasn't enough.
He says that his company is doing so well--- [ɪksɛp(t)ðə(t)] the office is empty.
I wanted to continue my education; [ɪksɛp(t)ðə(t)] I'm not ready now.

[ɪksɛp-ðə] we really didn't know how to cook.

Holding chopsticks is a little bit like holding a pencil, [ɪksɛpðə] you have two of them.

4.

[əfɛktɪd-baɪ]

受影响

affected by

Everyone was [əfɛktɪd-baɪ] the pandemic.
The country is [əfɛktɪd-baɪ] the crisis.
I was [əfɛktɪd-baɪ] his words.

The great majority of women are [əfɛktɪd-baɪ] this.

And we are all [əfɛktɪd-baɪ] the impacts of a changing climate.

5.

[ɪntɜrmzəv]

就...而言

in terms of

What does this mean [ɪntɜrmzəv] cost?
These resorts remain unbeatable [ɪntɜrmzəv] price.
The book is well organized [ɪntɜrmzəv] plot.

This is a whole new world [ɪntərmzəv] our visibility.

Pandemics can be worse [ɪntərmzəv] the fatalities.

misinformation 错误资讯

[ɪksɛp-ðə] we are all more [əfɛktɪd-baɪ] this. This affects all of us [ɪntərmzəv] misinformation.

6.

[haʊ-wəlðɪs]

这将如何

how will this

[haʊ-wəlðɪs] affect my results?

[haʊ-wəlðɪs] reshape our education?

[haʊ-wəlðɪs] help us?

[haʊ-wəlðɪs] change society?

Why are some parents forgoing vaccinations, and [haʊ-wəlðɪs] affect the population in general?

7.

[dəzðə(æ)t]

这样...?

Does that

[dəzðə(æ)t] concern me?

[dəzðə(æ)t] convince you?

[dəzðə(æ)t] sound okay?

[dəzðə(t)] make sense?

[dəzðə(t)] allow us to only see, and forsake our other senses?

allow 允许

misinformation 错误资讯

platform 平台

How, [haʊ-wəlðɪs] change our lives? [dəʒðæ(t)] allow more misinformation on the platform?

Lesson 43

1.

[haʊlɔŋ (h)əvjʊbɪnə]

你做... 多久了

How long have you been a

[haʊlɔŋ (h)əvjʊbɪnə] consultant?

[haʊlɔŋ (h)əvjʊbɪnə] designer for?

[haʊlɔŋ (h)əvjʊbɪnə] member of our brand?

So [haʊlɔŋ(h)əvjʊbɪnə] teacher now?

[haʊlɔŋ-həvjʊbɪnə] librarian, Suzie?

2.

[aɪ(v)bɪnə]... [fɔr]

我做... (多久)

I've been a... for

[aɪ(v)bɪnə] consultant [fɔr] 2 years now.

[aɪ(v)bɪnə] designer [fɔr] 6 months.

[aɪ(v)bɪnə] good person [fɔr] all my life.

[aɪ(v)bɪnə] doc for over 30 years

[aɪ(v)bɪnə] librarian for 15 years.

video maker 视频制作人

-[haʊlŋ (h)əvjʊbɪnə] video maker for?

-A video maker? I like that title! [aɪ(v)bɪnə] video maker for about 4 years now. I'm getting old.

3.

[wʌtsðə-bɛspɑrtə'bau(t)]

...最好的地方是?

what's the best part about...

[wʌtsðə-bɛspɑrtə'bau(t)] your school?

[wʌtsðə-bɛspɑrtə'bau(t)] working from home?

[wʌtsðə-bɛspɑrtə'bau(t)] being a vegetarian?

[wʌtsðə-bɛspɑrtə'bau(t)] being a dad?

[wʌtsðə-bɛspɑrtəbau(t)] the web?

4.

[wʌ(t)jʊ-kənsɪdɜrtəbi]

你认为的是...

what you consider to be

This is [wʌ(t)jʊ-kənsɪdɜrtəbi] right.

Tell me [wʌ(t)jʊ-kənsɪdɜrtəbi] the most important thing in life.

You have to follow [wʌ(t)jʊ-kənsɪdɜrtəbi] the norm.

It's all relative [wʌ(t)jʊ-kənsɪdɜrtəbi] hot.

Please identify [wʌ(t)jʊ-kənsɪdɜrtəbi] the most pressing issue in your district.

get fired 被解雇

content n. 内容 | adj. 满意的

[wʌtsðə-bɛspɑrtə'bau(t)] your job?

Well, I can't get fired.

Can you describe [wʌ(t)jʊ-kənsɪdɜrtəbi] your job?

Making content to make people feel content.

5.

[wʌts 'sʌmθɪŋðə(t)]

...的东西是?

what's something that

[wʌts 'sʌmθɪŋðə(t)] would put a smile on your face?

[wʌts 'sʌmθɪŋðə(t)] totally surprised you?

[wʌts 'sʌmθɪŋðə(t)] you'll have to see to believe?

[wʌts 'sʌmθɪŋðə(t)] we can bring from today?

[wʌts 'sʌmθɪŋðə(t)] people do every single day?

6.

[təbi-hɜrd]

被听到

to be heard

My voice has [təbi-hɜrd].

They want their voices [təbi-hɜrd].

I want my ideas [təbi-hɜrd].

Your story deserves [təbi-hɜrd].

They need [təbi-hɜrd] too.

7.

[noumætərhaʊ]

不论有多...

no matter how

[noumætərhaʊ] hard you try

[noumætərhaʊ] old you are

[noumætərhaʊ] long it takes

[noumætərhaʊ] smart we are, we all need people.

[noumætərhaʊ] boring they are, read the contracts.

platform 平台

-[wʌts 'sʌmθɪŋðə(t)] you want people to talk about?

-Their stories, and use their voices [təbi-hɜrd] on their platforms, [noumætərhaʊ] big or how small.

Lesson 44

1.

[bɪnə-rɛstɔdfər]

因...被逮捕

been arrested for

He's [bɪnə-rɛstɔdfər] shoplifting.

They've [bɪnə-rɛstɔdfər] corruption.

She'd [bɪnə-rɛstɔdfər] drunk driving.

The family had [bɪnə-rɛstɔdfər] leaking information.

She'd [bɪnə-rɛstɔdfər] killing her husband.

2.

[aɪwəd-laɪk(h)ɜrtə]

我希望她...

I would like her to

[aɪwəd-laɪk(h)ɜrtə] be healthy and happy.

[aɪwəd-laɪk(h)ɜrtə] go over her mistakes.

[aɪwəd-laɪk(h)ɜrtə] stay with me.

[aɪwəd-laɪk(h)ɜrtə] be safe.

[aɪwəd-laɪk(h)ɜrtə] make a prediction.

drinking 饮酒

jail 监狱

My daughter has [bɪnə-rɛstɔdfər] drinking. [aɪwəd-laɪk(h)ɜrtə] sit in jail and think about that.

3.

[aɪdounfillaɪk]

我不想...

I don't feel like

[aɪdounfillaɪk] working overtime.

[aɪdounfillaɪk] judging people.

[aɪdounfillaɪk] getting married now.

[aɪdounfillaɪk] getting up.

[aɪdounfillaɪk] buying a video camera.

4.

[fɪzbɪnɪn]

她已经在...了

She's been in

[fɪzbɪnɪn] the industry for over 10 years.

[fɪzbɪnɪn] kindergarten for 6 month.

[fɪzbɪnɪn] a coma ever since.

[fɪzbɪnɪn] the business (for) 20 years.

[fɪzbɪnɪn] the area for a long time.

5.

[gouzələtəl]

有一点点...

goes a little

She [gouzelətəl] mad.
The story [gouzelətəl] different this time.
He [gouzelətəl] emotional.

The room [gouzelətəl] quiet.

I think this [gouzelətəl] too far.

try to relax 试着放松

college 大学

Honey, try to relax.
[aɪdʌnfillaɪk] relaxing, Phil. [fɪzbɪnɪn] college for 6 weeks.
And everyone [gouzelətəl] crazy at first.

6.

[ɪt' bəðərzmi]

我不爽

It bothers me

[ɪt' bəðərzmi] so much.
[ɪt' bəðərzmi] when you ignore me.
[ɪt' bəðərzmi] that my hometown hasn't changed a bit.
[ɪt' bəðərzmi] a lot.

And [ɪt' bəðərzmi] that we weren't taught this in school.

7.

[aɪmðəwʌnhu]

我(才)是那个...

I'm the one who

[aɪmðəwʌnhu] deserves to be promoted.
[aɪmðəwʌnhu] did all the work.
[aɪmðəwʌnhu] is in charge here.

[aɪmðəwʌnhu] doesn't want to be interrupted.

[aɪmðəwʌnhu] pushed him to do it.

calm 冷静

under pressure 压力下

overreacting 过度反应

let it out 放出来

I'm not gonna lie. Sometimes [ɪt' bɑðəzmi] how calm Phil is under pressure.
It's like, like [aɪmðəwʌnhu] is overreacting.
That's good. Let it out. I'm going to kill you!

Lesson 45

1.

[æktɪŋlaɪk]

表现得跟...一样

acting like

Stop [æktɪŋlaɪk] a baby!
You're an adult; start [æktɪŋlaɪk] one.
He's [æktɪŋlaɪk] nothing has happened.

Why are you [æktɪŋlaɪk] you don't know?

You are not a thief, stop [æktɪŋlaɪk] one.

2.

[ɪf' ɛniθɪŋ]

如果(有、是)的话

If anything

I can't say I hate him. [ɪf' ɛniθɪŋ] I pity him.
The plan didn't work. [ɪf' ɛniθɪŋ], the opposite happened.

What, [ɪf'eniθɪŋ], has changed your mind?

And what, [ɪf'eniθɪŋ] has been stopping you?

[ɪf'eniθɪŋ], it really is something that's making people healthier.

fault 错误

got caught 被抓住

victim 受害者

Why are you guys [æktɪŋlaɪk] this is my fault?

Everybody was drinking; everybody ran.

I just got caught. [ɪf'eniθɪŋ] I'm the victim here.

3.

[skrʊdʌp]

搞砸了

screwed up

I [skrʊdʌp] the project.

You [skrʊdʌp], big time.

He really [skrʊdʌp] that interview.

You [skrʊdʌp] on the easy part.

This is where he [skrʊdʌp].

4.

[wʌn...æftər-ənʌðər]

一个接一个的...

one ...after another

He told us [wʌn] story [æftər-ənʌðər].

We drink [wʌn] beer [æftər-ənʌðər].

I searched [wʌn] room [æftər-ənʌðər] for my phone.

And then things happened. [wʌn] thing [æftər-ənʌðər].

[wʌn] time [æftər-ənʌðər], these things happened.

复习

[aɪmðəwʌnhu]- [jʊðəwʌnhu]

我(才)是那个- 你(才)是那个

What? Just stop...just stop talking Haley.

You're not the victim here. You're the one who [skrɪdlɜː].

You made [wʌn] bad decision [æftər-ənʌðər].

5.

[jʊərəbaʊtə]

你马上会

you're about to

[jʊərəbaʊtə] find out.

[jʊərəbaʊtə] finish.

You're [æktɪŋlaɪk] [jʊərəbaʊtə] win.

[jʊərəbaʊtə] find something.

[jʊərəbaʊtə] learn a revolutionary new way to set and reach those goals.

6.

[wɜːksəʊhɑː(d)tə]

非常努力去...

work so hard to

[wɜːksəʊhɑː(d)tə] get into college.

[wɜːksəʊhɑː(d)tə] save some money.

[wɜːksəʊhɑː(d)tə] put food on the table.

We [wɜːksəʊhɑː(d)tə] provide for other people.

I have to [wɜːksəʊhɑː(d)tə] get him, at least on the phone.

7.

[ʃʊdʊnsɪmtə]

你好像不

you don't seem to

[ʃʊdʊnsɪmtə] have an accent.

[ʃʊdʊnsɪmtə] mind it too much.

[ʃʊdʊnsɪmtə] recognize the fact that people are mad.

[ʃʊdʊnsɪmtə] understand.

[ʃʊdʊnsɪmtə] perform well in online classes.

blow everything 毁掉一切

Now [ʃʊrəbʌʊtə] blow everything your mother and I [wɜːksʊhɑː(d)tə] give you.
And the worst thing is, [ʃʊdʊnsɪmtə] care.

Lesson 46

1.

[aɪsaʊn(d)laɪk]

我听起来像个...

I sound like

[aɪsaʊn(d)laɪk] a mom/dad.

[aɪsaʊn(d)laɪk] a boss.

I know [aɪsaʊn(d)laɪk] a jerk, but...

[aɪsaʊn(d)laɪk] an idiot.

Sometimes [aɪsaʊn(d)laɪk] a crazy person.

2.

[fɪgʊz]

她说

She goes

[ʃɪɡəʊz]: “really?”

[ʃɪɡəʊz]: “I don't believe it.”

[ʃɪɡəʊz]: “Ok I'll do it. ”

[ʃɪɡəʊz] : “No, you cannot.”

[ʃɪɡəʊz]: “Well I'll tell you one thing.”

tried to hug 尝试拥抱

older woman 年长女性

we both froze 我们都定住了

Someone tried to hug me today. I mean, [aɪsaʊn(d)laɪk] a dad, but... this older woman, was very sweet. And she saw me; we both froze and [ʃɪɡəʊz]: “Are you... someone?” And I go: “Yes, I am.” [ʃɪɡəʊz]: “give me a hug.” And I go: “oh no.”

3.

[ʃʊnəʊ(wʌt)aɪmɪn]

你懂我意思|你懂的

you know what I mean

It's not okay, [ʃʊnəʊ(wʌt)aɪmɪn]?

[ʃʊnəʊ(wʌt)aɪmɪn] by that?

It's easy. [ʃʊnəʊ(wʌt)aɪmɪn].

I mean don't eat it. [ʃʊnəʊ(wʌt)aɪmɪn].

-You're absolutely right.

-[ʃʊnəʊ(wʌt)aɪmɪn]?

4.

[ɡɛtəweɪwɪð]

躲过...|应付...

get away with

You will not [getəweɪwɪð] the punishment.

The lawyer helped him [getəweɪwɪð] his crime.

I can probably [getəweɪwɪð] my lousy work this time.

And they [getəweɪwɪð] it.

Do you think you're gonna [getəweɪwɪð] this?

not because... 不是因为...

terrified 害怕的

fist bump 碰拳

hugger 拥抱者

Not because I don't like it; it's just, I'm terrified. [ʃʊnu(ʍʌt)ɑɪmɪn]? Who's hugging still? I go: oh maybe I could just [getəweɪwɪð] a fist bump. [ʃɪgʊz]: no, come here. I'm a hugger.

5.

[ɪnfərðækɪl]

正中目标

in for the kill

The lion closes [ɪnfərðækɪl].

You wait for the opportunity and then move [ɪnfərðækɪl].

He's aggressive and he goes [ɪnfərðækɪl].

So he moved [ɪnfərðækɪl].

You gotta go [ɪnfərðækɪl].

6.

[brɪŋɪ(t)ɪn]

带来|来吧

bring it in

Come on, [brɪŋɪ(t)ɪn] there.
Are you trying to [brɪŋɪ(t)ɪn] a new direction?
We [brɪŋɪ(t)ɪn] a new program.

You should try that. [brɪŋɪ(t)ɪn].

But I have to [brɪŋɪ(t)ɪn] to be less expensive.

7.

[lətsbəʊθ]

我们俩一起...

Let's both...

[lətsbəʊθ] think about it.
[lətsbəʊθ] cross our fingers.
[lətsbəʊθ] call her.

[lətsbəʊθ] talk about this.

Listen [lətsbəʊθ] start at zero.

And she came [ɪnfərðækɪ]. And I gave up; I said: Alright [brɪŋɪ(t)ɪn], [lətsbəʊθ] die. I mean, come on.

Lesson 47

1.

[aɪkən-stɪl]

我还能

I can still

[aɪkən-stɪl] work for you.
[aɪkən-stɪl] enjoy my holiday.
[aɪkən-stɪl] get things done under lockdown.

[aɪkən-stɪl] live my purpose.

[aɪkən-stɪl] remember everything that we ate.

2.

[ɔlaɪ(hə)vtədʊ]

我只需要...

all I have to do

[ɔlaɪ(hə)vtədʊ] is to push the button.

[ɔlaɪ(hə)vtədʊ] is (to) tell people what to do.

[ɔlaɪ(hə)vtədʊ] is to say it once.

So [ɔlaɪhəvtədʊ] is (to) sit here.

All [ɔlaɪ(hə)vtədʊ] is (to) remind people of what they already know.

fall asleep 入睡

8 hours of sleep 8 小时睡眠

right now 现在

If I fall asleep right now, then [aɪkən-stɪl] get 8 hours of sleep. So [ɔlaɪ(hə)vtədʊ] is fall asleep right now.

3.

[gɛtɔf]

拿掉，离开，下车...

get off

[gɛtɔf] my face!

You need to [gɛtɔf] the couch.

Turn right once you [gɛtɔf] the tram.

And he saw my mother [gɛtɔf] the bus.

[gɛtɔf] the Internet, and live in your life in the present moment.

4.

[sɛ(t)mɑɪ]

设置我的...

set my

I [sɛ(t)mɑɪ] own pace.

I like to [sɛ(t)mɑɪ] standards pretty high.

I [sɛ(t)mɑɪ] camera and took a picture.

I said OK, I'll [sɛ(t)mɑɪ] timer.

You know, I like to [sɛ(t)mɑɪ] goals and achieve them.

5.

[ɪts'əʊnlibɪn]

只过了...

It's only been

[ɪts'əʊnlibɪn] 5 minutes.

[ɪts'əʊnlibɪn] a couple of days.

[ɪts'əʊnlibɪn] 2 tests. You have 5 more ahead of you.

[ɪts'əʊnlibɪn] 125 years.

[ɪts'əʊnlibɪn] a couple of years.

alarm 闹钟

Okay, I need to [ɡɛtɒf] my phone. And I never [sɛ(t)mɑɪ] alarm. Okay, [ɪts'əʊnlibɪn] an hour, if I fall asleep now [aɪkən-stɪl] get 7 hours of sleep.

6.

[nəʊwʌnɛvər]

从来没有人

no one ever

[nəʊwʌnɛvər] saw that coming.

[nəʊwʌnɛvər] told you about that?

[nəʊwʌnɛvər] replies to my emails.

[nouwʌnevər] said that.

[nouwʌnevər] taught me how to teach.

7.

[dæmɪt]

讨厌，可恶，该死

damn it

[dæmɪt], I'm locked out again.

There's no signal here, [dæmɪt].

[dæmɪt], you'd better start now.

I'm a human being too, [dæmɪt].

Oh man! [dæmɪt], this is why I need a yard.

post 发布

finally 最终

pee 尿尿

[nouwʌnevər] posts anything interesting at night. Oh God it's 5 a.m.! I think I'm finally falling asleep. Damn it, I have to pee.

Lesson 48

1.

[...juvdʌn]

你所做过的...

... you've done

Look what [juvdʌn].

It's the worst job [juvdʌn].

There's nothing [juvdʌn] wrong.

So, what's the craziest thing [juvdʌn]?

Tell him you're sorry for every wrong thing [juvdʌn].

2.

[dʌzən-nouəbaʊ]

不知道关于

doesn't know about

He [dʌzən-nouəbaʊ] my problems.

My dad [dʌzən-nouəbaʊ] my secrets.

The president [dʌzən-nouəbaʊ] the economy.

She [dʌzən-nouəbaʊ] my past.

She [dʌzən-nouəbaʊ] the effect she made.

the worst thing 最坏的事情

stole (偷, steal 过去式)

wallet 钱包

What is the worst thing [juvdʌn] that your dad [dʌzən-nouəbaʊ]?

Stole 20 bucks.

From where?

His wallet.

3.

[haʊdɛjʊ-filəbaʊ(t)]

你怎么看

how do you feel about...

[haʊdɛjʊ-filəbaʊ(t)] this sentence?

[haʊdɛjʊ-filəbaʊ(t)] me?

[haʊdɛjʊ-filəbaʊ(t)] the change?

[haʊdɛjʊ-filəbaʊ(t)] science?

[haʊdɔɪʊ-filəbaʊ(t)] that?

4.

[aɪ-æktʃliθɔ(t)]

我其实以为

I actually thought...

[aɪ-æktʃliθɔ(t)] things were getting better.

[aɪ-æktʃliθɔ(t)] I was sick.

[aɪ-æktʃliθɔ(t)] this was kind of cool.

[aɪ-æktʃliθɔ(t)] it was funny.

[aɪ-æktʃliθɔ(t)] I knew what the answer was.

[jʊnɔʊwɹ(t)] you know what? 你知道吗

police officer 警官

[haʊdɔɪʊ-filəbaʊ(t)] this?

You know what? I'm a police officer. [aɪ-æktʃliθɔ(t)] my wife was doing it.

5.

[...sɛ(d)wɪr]

...说我们...

said we're

I [sɛ(d)wɪr] not going.

She [sɛ(d)wɪr] having a small party.

We [sɛ(d)wɪr] quitting the job.

We [sɛ(d)wɪr] having this little get together.

They [sɛ(d)wɪr] struggling with a number of issues.

Allie and I Allie 和我

sleepover 过夜聚会

Chicago 芝加哥

thoughts? 想法?

Are you kidding? 你在开玩笑吗?

One time when Allie and I [sɛ(d)wɪr] having a sleepover. We just... we went to Chicago.

Thoughts? Are you kidding me?

6.

[hihə(d)ðɪz]

他有这些

he had these

[hihə(d)ðɪz] terrible shirts on.

[hihə(d)ðɪz] awesome books.

[hihə(d)ðɪz] great memories of his teacher.

So here [hihə(d)ðɪz] great lawyers.

[hihə(d)ðɪz] three jobs.

7.

[sould(ð)ɛm]

卖掉它们/ 卖给他们...

sold them

I [sould(ð)ɛm] to a man I met online.

why don't you [sould(ð)ɛm] to your friends?

We [sould(ð)ɛm] the car.

They [sould(ð)ɛm] on the market.

We [sould(ð)ɛm] to our classmates for 50 cents a piece.

[əwaɪləgəʊ] A while ago 不久前

Bluetooth earbuds 蓝牙耳机

seriously? (你是)认真的吗?

[əwaɪləgəʊ] [hihə(d)ðiz] bluetooth earbuds. And I [sould(ð)ɛm] on the Internet.
You [sould(ð)ɛm]? For how much?
20 bucks.
Seriously?

Lesson 49

1.

[faɪndjɔːrsɛlf]

(不知不觉)发现自己...

find yourself (doing sth)

Do you [faɪndjɔːrsɛlf] getting emotional?

You [faɪndjɔːrsɛlf] falling in love with her.

You will [faɪndjɔːrsɛlf] rooting for them.

So do you [faɪndjɔːrsɛlf] traveling all the time?

You'll [faɪndjɔːrsɛlf] making a lot more progress.

2.

[ɛvrɪnaʊənðɛn]

时不时

every now and then

He likes to mention it [ɛvrɪnaʊənðɛn].

[ɛvrɪnaʊənðɛn] I lose my temper.

Take a break [ɛvrɪnaʊənðɛn].

But [ɛvrɪnaʊənðɛn], they produce stunning displays like this.

I think it's really fun to treat yourself and [ɛvrɪnaʊənðɛn].

3.

[dʊʒʊɛvər]

你是否曾经…

Do you ever

[dʊʒʊɛvər] get lonely?

[dʊʒʊɛvər] screw up?

[dʊʒʊɛvər] worry about running out of money?

[dʊʒʊɛvər] get scared?

[dʊʒʊɛvər] re-watch your old films?

passing TV

the show is on

Do you [faɪndʒɔːrsɛlf] like, passing TVs [ɛvrɪnaʊənðən] and the show is on, and [dʊʒʊɛvər] watch it?

4.

[ɛvrɪwʌnsɪnəwaɪl]

每过一段时间

Every once in a while

He visits his parents [ɛvrɪwʌnsɪnəwaɪl].

[ɛvrɪwʌnsɪnəwaɪl] I like to pamper myself.

[ɛvrɪwʌnsɪnəwaɪl] you do something right.

And [ɛvrɪwʌnsɪnəwaɪl] magic happens.

But [ɛvrɪwʌnsɪnəwaɪl], it's good to remember the progress we've made.

5.

[flɪpɪŋθru]

翻阅

flipping through

He started [flɪpɪŋθru] her phone.
I was [flɪpɪŋθru] this magazine at the airport.
I began [flɪpɪŋθru] my notebook.

My husband, Greg, was [flɪpɪŋθru] TV channels.

I remember [flɪpɪŋθru] these magazines and programs.

6.

[stɒp-ən...]

停下来做…

Stop and

[stɒp-ən] wait.
I [stɒp-ən] listen to what he has to say.
[stɒp-ən] think before you speak.

We should probably [stɒp-ən] wonder.

I didn't have time to [stɒp-ən] think about it.

channels 频道

I do, yeah [ɛvriwʌnsɪnəwaɪ] if I'm [flɪpɪŋθru] the channels and I see it, I do [stɒp-ən] watch it. It makes me happy.

7.

[wʌtsfʌni-ɪz]

好笑的是…

what's funny is

[wʌtsfʌni-ɪz] he didn't even know he was snoring so loud.
[wʌtsfʌni-ɪz] I can't remember a thing.
[wʌtsfʌni-ɪz] I found my phone under my car seat.

[wʌtsfʌni-ɪz] I did something very similar in my business.

And [wʌtsfʌni-ɪz] these are often super easy to put together.

8.

[taɪmgəʊzbaɪ]

时光流逝

time goes by

As [taɪmgəʊzbaɪ], that belief grows.
[taɪmgəʊzbaɪ] really fast when you're busy.
But it's inevitable as [taɪmgəʊzbaɪ]

So [taɪmgəʊzbaɪ], you lose hope of getting out.

All that [taɪmgəʊzbaɪ] and nothing's been accomplished.

9.

[jʊlbilaɪk]

你会像/你会说

you'll be like

[jʊlbilaɪk], "I don't care."
When you finally succeed, [jʊlbilaɪk], "Oh, it's not a big deal."
[jʊlbilaɪk], "What?!"

[jʊlbilaɪk], "God, that's so annoying."

And then [jʊlbilaɪk], "That was amazing."

episode 一集

this is true 这是真的

You know [wʌtsfʌni-ɪz] when enough [taɪmgəʊzbaɪ], you won't, and this is true,
you won't remember what happens in an episode. [jʊlbilaɪk], "What's gonna
happen? Who's she?"

Lesson 50

1.

[ə(t)wʌteɪdʒ]

在什么年纪

at what age

[ə(t)wʌteɪdʒ] did you go to college?

[ə(t)wʌteɪdʒ] did your mom give birth to you?

[ə(t)wʌteɪdʒ] do people often consider buying a house?

[ə(t)wʌteɪdʒ] should I actually grow up?

The first question was [ə(t)wʌteɪdʒ] do you want to retire?

2.

[steɪʌptɪl]

熬夜到...

stay up till

I sometimes [steɪʌptɪl] 2 or 3 in the morning.

We [steɪʌptɪl] 11 pm to get work done.

She could easily [steɪʌptɪl] midnight doing her homework.

I would [steɪʌptɪl] 3:00, 4:00 in the morning every night.

I would [steɪʌptɪl] 12 or 1 in the morning just to listen to one radio program.

Struggle to 挣扎| 艰难地做...

midnight 午夜

New Year's Eve 除夕夜

-[ə(t)wʌteɪdʒ] does a person struggle to [steɪʌptɪl] midnight on New Year's Eve?

-40.

3.

[ɪnəbæ(d)mʊd]

坏心情

in a bad mood

Don't talk to me, I'm [ɪnəbæ(d)mud].

What do you do when you're [ɪnəbæ(d)mud].

Why is he always [ɪnəbæ(d)mud]?

There are days where I'm [ɪnəbæ(d)mud].

I'm so sorry! I was just [ɪnəbæ(d)mud]. I didn't mean it.

Name v. 说出一个

always look like 看起来总像是

raccoon 浣熊

-Name an animal that always look(s) like it's [ɪnəbæ(d)mud].

-A racoon.

4.

[bɪ'saɪdz...]

除了... (还有...)

besides

[bɪ'saɪdz] money, what else do you work for?

Who do you love [bɪ'saɪdz] your family?

He's a really nice guy. [bɪ'saɪdz], who can do the job except him?

[bɪ'saɪdz] health, time is the thing we value.

[bɪ'saɪdz] its artistic value, the building is also extremely functional.

5.

[əkʌlərə(v)]

...的颜色

A color of

Someone told me that pink is [əkʌlərə(v)] unconditional love.

Black is [əkʌlərə(v)] strength and power.

Paint the table [əkʌləɾə(v)] your choice.

I want to have [əkʌləɾə(v)] red.

We always also have [əkʌləɾə(v)] the year.

belt 腰带

karate 空手道

-[bɪ'saɪdz] black, name [əkʌləɾə(v)] belt that you get in karate.
-White.

6.

[raɪmzwið]

…和…押韵

rhymes with

What [raɪmzwið] book?

Your name [raɪmzwið] mine.

I don't know what [raɪmzwið] this word.

For example, door [raɪmzwið] floor.

Can you think of a word that [raɪmzwið] 'cat'?

7.

[fɪlɪn]

填入

fill in

[fɪlɪn] the details on the form.

[fɪlɪn] the username and the password, and then you can log in.

We're running a deficit and we need to [fɪlɪn] the gap.

Can you actually [fɪlɪn] that question?

I'd like you to [fɪlɪn] this one word in a sentence.

twinkie

slinky

apple pie

-Name a word that [raɪmz wɪð] twinkie.

-Slinky

-[fɪlɪn] the blank: Apple _____?

-Apple pie.

survey said

调查说

Lesson 51

1.

[weɪbæk]

很早之前

way back

The friendship started [weɪbæk] in the 1980s.

We go [weɪbæk].

The trade began [weɪbæk] during the 19th century.

We start [weɪbæk] at the beginning.

[weɪbæk] at the beginning of this, I started talking about values.

2.

[li(d)tʊ]

导致|带来

lead to

In his case, listening didn't [li(d)tʊ] action.

The inflation will [li(d)tʊ] rising cost of living.

this training can [li(d)tʊ] a better job.

It obviously didn't [li(d)tʊ] victory.

What are you going to do when you grow up after getting that degree? Does it [li(d)tʊ] a job?

couple 情侣 date 约会

Harvard 哈佛大学

in line 排队

frat party 兄弟会派对

The couple's first date, [weɪbæk] at Harvard after meeting in line for the bathroom at a frat party, almost didn't [li(d)tʊ] a second date.

3.

[aɪmlaɪk-ə]

我像是…

I'm like a

[aɪmlaɪk-ə] full-time nanny.

[aɪmlaɪk-ə] workaholic.

[aɪmlaɪk-ə] shopaholic.

[aɪmlaɪkə] game player.

Even though [aɪmlaɪkə] tomboy.

4.

[ə(t)ðɪendəvðədeɪ]

最终|到头来

At the end of the day

[ə(t)ðɪendəvðədeɪ] hard work pays off.

[ə(t)ðɪendəvðədeɪ] nobody actually wins.

[ə(t)ðɪendəvðədeɪ] you have to consider the job prospect.

[ə(t)ðæendəvðədeɪ], the patient is the expert.

whatever, you know how to play soccer at [ə(t)ðɪɛndəvðədeɪ].

5.

...[aɪni(d)tədu]

我需要做的...

...I need to do

This is what [aɪni(d)tədu].

I have some homework [aɪni(d)tədu].

I've done everything [aɪni(d)tədu].

Here's something [aɪni(d)tədu] or learn.

I've got some internal work [aɪni(d)tədu] .

6.

[aɪd¹rʌðər]

我宁愿

I'd rather

[aɪd¹rʌðər] watch commercials.

[aɪd¹rʌðər] sit here and do nothing.

[aɪd¹rʌðər] stay indoors.

[aɪd¹rʌðər] do something and then change courses.

[aɪd¹rʌðər] spend my time doing something else.

red flag 危险信号

Type A student 优等生

take-home midterm 带回家期中考

hang out 闲逛，玩

There was a major read flag. what?

[aɪmlaɪk-ə] type A student.

[ə(t)ðɪɛndəvðədeɪ] he said: I have a take-home midterm [aɪni(d)tədu].

But [aɪdˈrʌðər] hang out with you.

7.

[wɪʃ-aɪθɔ(t)wə(d)bi]

我认为会是…

which I thought would be

He told me what he was thinking, [wɪʃ-aɪθɔ(t)wə(d)bi] great.

The company offered to me a resource [wɪʃ-aɪθɔ(t)wə(d)bi] beneficial.

I decided to build a garden, [wɪʃ-aɪθɔ(t)wə(d)bi] good for the community.

We also have a partnership with NASA, [wɪʃ-aɪθɔ(t)wə(d)bi] fun to mention here.

So I ended up going to law school, [wɪʃ-aɪθɔ(t)wə(d)bi] a better fit anyway.

a compliment 表扬

having fun 开心

going well 进展的不错

[wɪʃ-aɪθɔ(t)wə(d)bi] this...like a compliment, right?

Alright I'm having fun and this is going well.

Lesson 52

1.

[wʌ(t)dɪdjʊ]

你…了什么？

What did you...

[wʌ(t)dɪdjʊ] laugh about?

[wʌ(t)dɪdjʊ] think of me?

[wʌ(t)dɪdjʊ] learn from your mistake?

[wʌ(t)dɪdjʊ] want to be when you were 16?

[wʌ(t)dɪdjʊ] believe then that you no longer believe now?

Facebook 脸书

launched 发射| 启动

Priscilla

[wə(d)bi] would be 会有

When Facebook launched, [wʌ(t)dɪdʒʊ] think, Priscilla your life would be, with this man?

2.

[waɪldɪs(t)drɪmz]

做梦都想不到...

wildest dreams

I can't believe this in my [waɪldɪs(t)drɪmz].

Not in my [waɪldɪs(t)drɪmz].

The win is beyond our [waɪldɪs(t)drɪmz].

It's opened up an opportunity for him to make money beyond his parents' [waɪldɪs(t)drɪmz].

Never in their [waɪldɪs(t)drɪmz] would they think of a government as large as we have today.

3.

[ðɪsɪzʌ(t)wʊd]

这是会...

this is what would

[ðɪsɪzʌ(t)wʊd] create value for our customers.

[ðɪsɪzʌ(t)wʊd] help us win.

[ðɪsɪzʌ(t)wʊd] cause significant changes.

If you get infected, [ðɪsɪzʌ(t)wʊd] happen.

[ðɪsɪzʌ(t)wʊd] serve me best in my life.

imagine 想象

No one in their [waɪldɪs(t)drɪmz] would imagine that [ðɪsɪzwʌ(t)wʊd] happen, after that

4.

[həzələtədʊwɪð]

和... 有很大关系

has a lot to do with

Success actually [həzələtədʊwɪð] luck.

His family [həzələtədʊwɪð] his characters.

Your score [həzələtədʊwɪð] your effort.

It [həzələtədʊwɪð] technology.

Where you are born [həzələtədʊwɪð] the kinds of opportunities you'll have.

5.

[əɡriwɪð]

同意...

agree with

You don't have to [əɡriwɪð] me.

I completely [əɡriwɪð] him.

He will no doubt [əɡriwɪð] this statement.

We [əɡriwɪð] you.

And I fully [əɡriwɪð] this statement.

certainly 无疑

influence 影响

People say, the success of Facebook certainly [həzələtədʊwɪð] Priscilla's

influence on you.

Do you [əɡriwɪð] that?

6.

[gətəbi]

一定得是…

got to be

She [gətəbi] ready.

You [gətəbi] nervous.

You [gətəbi] kidding me.

That's [gətəbi] disturbing.

that's [gətəbi] painful.

7.

[rʌnθɪŋzbaɪ]

让… 过目

run things by

I feel like I need to [rʌnθɪŋzbaɪ] my wife.

At work, you [rʌnθɪŋzbaɪ] your department head.

There aren't many people that you can [rʌnθɪŋzbaɪ].

I like to [rʌnθɪŋz-baɪ] my girlfriend.

His people call me, you know, [rʌnθɪŋzbaɪ] me.

philosophy on life 生活哲学

I think that's [gətəbi] true.

You [rʌnθɪŋzbaɪ] her.

but we also just talk about our philosophy on life.

Lesson 53

1.

[stændzfer]

代表

stands for

“btw” [stændzfər] “by the way.”

“ttyl” [stændzfər] “talk to you later.”

“smh” [stændzfər] “shake my head.”

The “G” in “5G” [stændzfər] “generation.”

Rule no.3 is LOL, which [stændzfər] “laugh out loud”.

2.

[beɪstən]

根据…/基于…

based on

My conclusion is [beɪstən] the data provided.

The answer is [beɪstən] facts.

Your bias is [beɪstən] your assumptions.

We jump to conclusions [beɪstən] how they look.

It makes different sounds [beɪstən] the structure of it's passing through.

independence 独立

retire 退休

principle 原则

F.I.R.E [stændzfər] financial independence, retire early.

And it's [beɪstən] the principle that you can retire not [beɪstən] your age but by how much you save.

3.

[juz(d)tə]

曾经

used to

We [juz(d)tə] collect stamps.

We [juz(d)tə] hang out all the time.

You [juz(d)tə] be pretty talkative.

We are not who we [juz(d)tə] be.

I [juz(d)tə] be really bad at earning money.

4.

[wʌzən(t)ənʌf]

不够…

wasn't enough

My salary [wʌzən(t)ənʌf] to cover our expenses.

His day job [wʌzən(t)ənʌf] to make a living.

\$5000 [wʌzən(t)ənʌf] to buy my silence.

The lighthouse [wʌzən(t)ənʌf] to save ships.

Eminem's career grew, but it [wʌzən(t)ənʌf] to pay the bills.

Toronto 多伦多

engineering 工程师的

salary 工资

I'm Kristy. And I'm Bryce. We [juz(d)tə] work in Toronto,
and even on two engineering salaries it [wʌzən(t)ənʌf] to buy a house.

5.

[ɪnstədəv]

与其…

instead of

[ɪnstədəv] listening to me, they blamed me.

[ɪnstədəv] working together, people tend to work apart at our workplace.

He decides to take a gap year [ɪnstədəv] going straight to college.

[ɪnstədəv] watching a terrible TV show at night, you watch Facebook at night.

[ɪnstədəv] studying alone, I started studying with a group of friends.

6.

[t(əw)ɔrdz]

朝着...

towards...

We are planning [t(əw)ɔrdz] making the team even stronger.

All the money I now make goes [t(əw)ɔrdz] paying for rent.

Attending college is a vital step [t(əw)ɔrdz] a better future.

We put the savings [tɔrdz] making college more affordable.

The color of the light around us can steer us [tɔrdz] buying different things.

savings 存款

portfolio 公文包 (投资组合)

investing 投资

So [ɪnstədəv] buying a house we actually put our savings [t(əw)ɔrdz] building a portfolio and investing.

7.

[əzəɪzɪltəv]

...结果是| 由于

as a result of

We're driving less now [əzəɪzɪltəv] rising gas price.

What happened [əzəɪzɪltəv] their policies or actions?

[əzəɪzɪltəv] these changes, people will suffer.

But the oceans are getting noisier [əzəɪzɪltəv] human activity.

And so [əzəɪzɪltəv] that, I became so afraid of messing up.

8.

[eɪbəltə]

可以(有能力)做

able to

I was [eɪbəltə] make ends meet.

Is he [eɪbəltə] drive right after the surgery?

The company is [eɪbəltə] offer him a better position.

I was [eɪbəltə] get it done.

We were [eɪbəltə] save health systems half a billion dollars.

And [əzərɪzʌltəv] that we were [eɪbəltə] retire at the ages of 31 and 32.

Lesson 54

1.

[əkjʊzdəv]

被指控|被指责

accused of

He's been [əkjʊzdəv] stealing.

We are [əkjʊzdəv] being too loud in public.

He was not [əkjʊzdəv] any wrongdoing.

He has not been [əkjʊzdəv] any crimes.

We've been [əkjʊzdəv] not doing our jobs well.

The F.I.R.E. community 社区

privileged people 特权阶层

The F.I.R.E. community has been [əkjʊzdəv] like:

Is this only for privileged people?

2.

[ækʃəli-dɪ(də)nt]

实际上并没有

actually didn't

I [ækʃəli-dɪ(də)nt] know that.

I [ækʃəli-dɪ(də)nt] spend a lot of money.

We [ækʃəli-dɪ(də)nt] believe you.

I [ækʃəli-dɪ(d)nt] do that program.

I [ækʃəli-dɪdənt] love this as much as I was hoping to.

3.

[lɪvdən]

以…为生

lived on

I [lɪvdən] \$200 a week.

The two students [lɪvdən] leftovers.

They [lɪvdən] some vegetables during the lockdown.

When I was in college, I [lɪvdən] tomato sandwiches.

They [lɪvdən] very little money, a lot of them got sick out there.

4.

[aɪnəʊ-wʌtɪtslaɪ(k)]

我知道…是什么感觉

I know what it's like

I know what it's like to be a mother.

I know what it's like to be discriminated against.

I know what it's like to grow up in poverty.

[aɪnəʊ-waɪtɪslaɪ(k)] to come home and be tired.

[aɪnəʊ-waɪtɪslaɪ(k)] to feel silly and to be laughed at.

at one point 曾经

cents 分

struggle 挣扎

I [ækʃəli-dɪ(də)nt] grow up in Canada, and at one point my family [ɪvdən] 44 cents a day, so [aɪnəʊ-waɪtɪ(t)slaɪ(k)] to struggle.

5.

[prəb(əb)li-wʊdə(v)bɪn]

有可能会是

probably would have been

I [prəb(əb)li-wʊdə(v)bɪn] very disappointed.

I [prəb(əb)li-wʊdə(v)bɪn] bored if I had moved there.

The other test [prəb(əb)li-wʊdə(v)bɪn] easier.

If they'd stop there, we [prəbli-wʊdəbɪn] okay.

laid-off 下岗

if it wasn't/weren't for 要不是由于

I [prəb(əb)li-wʊdə(v)bɪn] laid-off in my last job if it wasn't for us becoming financial independent.

6.

[peɪɔf]

还清

pay off

I need to [peɪɔf] the money I owe you.

How long will it take to [peɪɔf] your mortgage?

We will just [peɪɔf] the monthly minimum on the credit cards.

I was given \$10,000 to [peɪəf] those student loans.

The best way to [peɪəf] debt is to pay it off as aggressively as you can.

7.

[wi(v)bɪŋɪvən]

我们得到的|被给予的

we've been given

[wi(v)bɪŋɪvən] a ticket for speeding.

[wi(v)bɪŋɪvən] a second chance.

I think [wi(v)bɪŋɪvən] a lot of opportunities.

The time that [wi(v)bɪŋɪvən] is a gift.

This is the script that [wi(v)bɪŋɪvən].

work like crazy 疯狂工作

mortgage 房贷

environment 环境

rulebook 规则手册

Do we really want to work like crazy

and [peɪəf] the mortgage and then die at our desk?

The advice that [wi(v)bɪŋɪvən] doesn't work in this environment anymore
and we need to write a new rulebook.

Lesson 55

1.

[ðɪʃhəʊlaɪdiə-əv]

这整个...的想法

this whole idea of

[ðɪʃhəʊlaɪdiə-əv] gap year is very interesting.

[ðɪʃhəʊlaɪdiə-əv] healthcare system is unimaginable 100 years ago.

[ðɪʃəʊləɪdiə-əv] working from home has become a reality during the pandemic.

I think that's part of [ðɪʃəʊləɪdiə-əv] civility.

[ðɪʃəʊləɪdiə-əv] altering Mars and stuff. It's really fascinating.

2.

[dʌzənwɜrk]

不管用|没用

doesn't work

This plan [dʌzənwɜrk].

The proposal [dʌzənwɜrk].

Intimidation [dʌzənwɜrk] on me.

If that method [dʌzənwɜrk], there's another method.

That approach [dʌzənwɜrk] very well in interrogation.

F.I.R.E= Financial Independence, Retire Early

[ðɪʃəʊləɪdiə-əv] financial independence retire early [dʌzənwɜrk]. Let me tell you why.

3.

[aɪθɒtəmaɪself]

我心想…

I thought to myself

[aɪθɒtəmaɪself], “Seriously?”

“What an angel,” [aɪθɒtəmaɪself].

[aɪθɒtəmaɪself], “That's ridiculous.”

[aɪθɒtəmaɪself]: you can do this.

And [aɪθɒtəmaɪself], this isn't gonna last.

4.

…[aʊtəvmaɪmaɪnd]

非常…

...out of my mind

I was shocked [aʊtəvmaɪmaɪnd].

I was pissed [aʊtəvmaɪmaɪnd].

I was spent [aʊtəvmaɪmaɪnd].

And I was scared [aʊtəvmaɪmaɪnd] the entire time.

When this guy realized that I was drunk [aʊtəvmaɪmaɪnd], I'll never forget the look on his face.

sale of my company 售卖我的公司

It happened to me. On the sale of my first company, [aɪθətəmaɪsɛlf]: "Hey. I'm 36. I can retire now."

I retired for three years. I was bored [aʊtəvmaɪmaɪnd].

5.

[ɔldeɪlɔŋ]

整天

all day long

He sings [ɔldeɪlɔŋ].

They work [ɔldeɪlɔŋ].

She has to eat [ɔldeɪlɔŋ].

I google [ɔldeɪlɔŋ].

A planet like this would make orbits like that [ɔldeɪlɔŋ].

6.

[lɪvɪntə]

活到...

live into

Gorillas can [lɪvɪntə] their 50's.

Many people can [lɪvɪntə] 80's or 90's these days.

He has beaten cancer and is on track to [lɪvɪntə] his 80's.

You'll [lɪvɪntə] your 80s.

Dolphins can actually [lɪvɪntə] their early 50s.

interaction 互动

staying stimulated 保持兴奋

Working is not just about money.

It gives you interaction with people [ɔldeɪlɒŋ] in an interesting way.

Staying stimulated is how people [lɪvɪntə] their 90s. I'm not kidding.

7.

[wɛnəmaɪ]

我什么时候

when am I

[wɛnəmaɪ] meeting her?

[wɛnəmaɪ] going to find him?

[wɛnəmaɪ] ever going to finish the job?

[wɛnəmaɪ] gonna get it over with.

[wɛnəmaɪ] supposed to stop?

8.

[aɪlbi]

我将会…

I'll be

[aɪlbi] waiting for you.

[aɪlbi] watching you.

[aɪlbi] calling you tomorrow at 9.

[aɪlbi] working with campus leaders and colleagues.

[aɪlbi] highlighting some of my students and their work.

dead 死亡

when I get there 当我到达那里

So [wɛnəmaɪ] retiring?

Never. Never.

I don't know where I'm going after I'm dead, but [aɪlbi] working when I get there too.

Lesson 56

1.

[ɛvərsɪns]

自从

ever since

He has been missing [ɛvərsɪns].

He has stayed with the group [ɛvərsɪns] and is still a member.

[ɛvərsɪns] working as a full-time truck driver, I haven't had time to relax.

He has been running from his brother [ɛvərsɪns].

[ɛvərsɪns] having a child, I am getting a little tired.

2.

[kənfjuz(d)baɪ]

困惑...

confused by

I am always [kənfjuz(d)baɪ] this question.

In all honesty, we are a little [kənfjuz(d)baɪ] your behavior lately.

People are all [kənfjuz(d)baɪ] that vague description.

People are [kənfjuz(d)baɪ] me all the time.

People have been [kənfjuz(d)baɪ] tickling for thousands of years.

复习:

[aɪməneɪ] = I'm going to 我将要

[pruvɪtəjʊ] = prove it to you 向你证明

[ɛvərsɪns] moving to the US,
I've always been [kənʃʊz(d)bɑɪ] this question: "How's it going?"
Like, no one ever answers the question.
All right, I'm going to prove it to you.

3.

[nɑ(t)ɪvɪn]

甚至不|都没有

not even

He's [nɑ(t)ɪvɪn] close to being the manager.
My college is [nɑ(t)ɪvɪn] in the top 100.
The article's [nɑ(t)ɪvɪn] got a single accurate fact in it.
The chances are very good. I'm [nɑ(t)ɪvɪn] kidding.

Plus, I'm like [nɑ(t)ɪvɪn] married yet. I'm [nɑ(t)ɪvɪn] close.

How's it going? nothing.
How's it going? [nɑ(t)ɪvɪn] a little details.

How's it going? again. nothing.
How's it going? I got this. What does that mean?
He answered my "how's it going?" with a "How's it going? "

4.

[naʊðə(t)]

现在(既然)

now that

[naʊðə(t)] I've graduated from college, it's time for job-hunting.
[naʊðə(t)] I've met you, I want to tell you something.
[naʊðə(t)] I'm done with work, I will go pick up my kids from school.

So [naʊðə(t)] I have your attention, let's start with a nice quote.

So [naʊðə(t)] I know what this item is, how can I start using it?

5.

[teɪksəmtaɪm]

花点时间

take some time

Why don't you [teɪksəmtaɪm] to learn about money?

People should [teɪksəmtaɪm] to think about what they want to do.

This will [teɪksəmtaɪm]. I hope you don't mind waiting.

But please [teɪksəmtaɪm], and focus on you instead of others.

It's going to [teɪksəmtaɪm]. We're working through it.

6.

[sɪfwi:kən]

看看我们能不能

see if we can

Let's [sɪfwi:kən] pull this off.

We'll [sɪfwi:kən] wake up early tomorrow.

I'm going to [sɪfwi:kən] get some free tickets to the show.

Let's [sɪfwi:kən] change together.

Now, let's [sɪfwi:kən] do any better using some salmon.

nobody ever 没人从来...

a genuine conversation 一段真诚聊天

So [naʊðə(t)] I've proved to you that nobody ever answers the question, "How's it going?"

I'm going to actually [teɪksəmtaɪm] to sit down next to someone and [sɪfwi:kən] have a genuine conversation.

How's it going, man? How're you doing? Good, dude. Busy. Yeah. I mean It's been crazy. How's it going? Good?

Nice to meet you, how's it going? how's your day? Good?

7.

[aɪvɛvər-ɪkspɪriənst]

我经历过的

I've ever experienced

This was the best time [aɪvɛvər-ɪkspɪriənst].

That is the most wonderful thing [aɪvɛvər-ɪkspɪriənst].

Meeting my wife is probably the sweetest thing [aɪvɛvər-ɪkspɪriənst].

It was, it was one of the most powerful things [aɪvɛvər-ɪkspɪriənst].

When he suddenly got lost, it was one of the scariest moments [aɪvɛvər-ɪkspɪriənst] in my life.

Yeah I give up. That was the most awkward thing [aɪvɛvər-ɪkspɪriənst].

Lesson 57

1.

[aɪfaɪn(d)ðə(t)]

我觉得这个...

I find that

[aɪfaɪn(d)ðə(t)] absolutely ridiculous.

[aɪfaɪn(d)ðə(t)] a very difficult position.

[aɪfaɪn(d)ðə(t)] a huge price to pay.

[aɪfaɪn(d)ðə(t)] a little hard to believe.

And [aɪfaɪn(d)ðə(t)] a helpful suggestion.

2.

[wʌ(t)dəzðə(t)]

这个...?

What does that

[wʌ(t)dəzðə(t)] even mean?

[wʌ(t)dəzðə(t)] sound like?

[wʌ(t)dəzðə(t)] leave us with?

[wʌ(t)dəzðə(t)] take care of for you?

[wʌ(t)dəzðə(t)] leadership really look like?

shocking number 震惊的数字

polled by 经...民意调查

the Federal Reserve 美联储

bucks 美元

[aɪfaɪn(d)ðə(t)] a shocking number: 47 percent of 50,000, polled by the Federal Reserve can't get 400 bucks together. [wʌ(t)dəzðə(t)] you?

3.

[ɪ(t)ɛlzəs]

它告诉我们

It tells us

[ɪ(t)ɛlzəs] what the world wants.

[ɪ(t)ɛlzəs] something about his characters.

[ɪ(t)ɛlzəs] that our work is worth something.

[ɪ(t)ɛlzəs] where to look for it.

So [ɪ(t)ɛlzəs] we're asking the right questions.

4.

[mɔːðənðeɪ]

超出了他们

more than they

The volunteers stood [mɔːðənðeɪ] searched.

People travel [mɔːðənðeɪ] used to.

Many couples compromise [mɔːðənðeɪ] complain.

They just spend [mɔːðənðeɪ] could afford to do.

We have every staff member doing [mɔːðənðeɪ] did before.

depressing 抑郁的

overextended 过度扩张

bring in 带来

It's a shocking number; it's a depressing number; it's a scary number. I think [ɪ (t)ɛlzəs] a few things: First I think people are overextended; they're spending [mɔːðənðeɪ] they bring in, so they're spending [mɔːðənðeɪ] make.

5.

[lækəv]

缺少/缺乏...

lack of

The [lækəv] cash flow led to the failure of his business.
The price increase is due to a [lækəv] inventory.
His behavior shows the [lækəv] sympathy and manners.

But the [lækəv] seeming concern broke my heart.

The number one company killer is a [lækəv] market.

6.

[ə(t)pleɪ]

起作用

at play

There are many factors [ə(t)pleɪ].
Other issues are [ə(t)pleɪ].
His ego is [ə(t)pleɪ] when he's looking for a job.

However, there were several things [ə(t)pleɪ].

So I think there is a lot of interesting things [ə(t)pleɪ].

7.

[nɒtəmenʃən]

更何况|不用说

not to mention

He's a great teacher, [nɒtəmenʃən] a good mentor.

Life is full of possibilities, [nɒtəmenʃən] a few unexpected surprises

School at any age is tough, [nɒtəmenʃən] stressful.

[nɒtəmenʃən] the time and the money.

Tuition alone can cost \$50,000 a year, [nɒtəmenʃən] living expenses.

financial literacy 财商

dynamics 动力

underemployed 就业不足

part-time 兼职

full-time 全职

There's also a [lækəv] financial literacy, so those are two dynamics [ə(t)pleɪ].

[nɒtəmenʃən], there's a lot of people who are underemployed working part-time when they wish they were working full-time.

Lesson 58

1.

[wʌ(t)spəsɪfɪk]

具体有什么

what specific

[wʌ(t)spəsɪfɪk] questions do you ask?

[wʌ(t)spəsɪfɪk] needs does this person have?

[wʌ(t)spəsɪfɪk] topics need to be researched?

[wʌ(t)spəsɪfɪk] things do you do?

[wʌ(t)spəsɪfɪk] colors should we be making?

love the most 最爱

Texas 德克萨斯州

-[wʌ(t)spəsɪfɪk] thing do you love the most about Texas?

-The people.

2.

[aʊtəvɒldə]

在所有…中

out of all the

[aʊtəvɒldə] candidates, he has the biggest chance of getting the job.

[aʊtəvɒldə] years I've lived here, this is the toughest time right now.

[aʊtəvɒldə] people I know, he is the most reliable one.

[aʊtəvɒldə] players, she'd always been the most reliable.

[aʊtəvɒl] cancers, 49% of patients will be living.

3.

[plænan]

打算

plan on

I [plænan] writing a memoir.

I don't [plænan] having this conversation with you.

We [plænan] using the best technology.

Do you [plænan] using the apartment to socialize?

And we [plænan] staying there for quite a while.

hobby/ hobbies 爱好

give up 放弃

picking up 捡起

[aʊtəvɔldə] hobbies in the world, what's one hobby that you'll never give up?
Dancing.

What's one hobby that you [plænən] picking up?
Learning new languages.

4.

[pɛ(t)piv]

忍不了的事情

pet peeve

My biggest [pɛ(t)piv] is being lied to.
Mandatory recycling is his [pɛ(t)piv]
Here is my restaurant [pɛ(t)piv]: Don't touch my napkin.

My biggest [pɛ(t)piv] is someone messing with my food.

-What is your biggest [pɛ(t)piv] in the world?
-I can't stand messy places.

5.

[lʊkʌptə]

仰望|敬重

look up to

The students all [lʊkʌptə] you.
He's someone I [lʊkʌptə].
Even though he is young, a lot of people [lʊkʌptə] him.

I wanna be that person that I [lʊkʌptə].

And he's one of those people that I [lʊkʌptə] and admire.

rude 粗鲁的

-What's a [pɛ(t)piv] that you have?
-People who are rude.
-Who do you [lʊkʌptə] most in life?

-My mom.

6.

[ɛniweɪ]

反正

anyway

I don't have a chance with her [ɛniweɪ].

The show is going to end soon [ɛniweɪ].

I stop giving advice to young people, because they don't listen [ɛniweɪ].

And at the end of the day they have to pay [ɛniweɪ].

So the earthquakes will happen [ɛniweɪ] because of the tectonic forces.

7.

[oʊvərənʊvər-əɡeɪn]

一遍又一遍地

over and over again

The issue was debated [oʊvərənʊvər-əɡeɪn].

I've watched this show [oʊvərənʊvər-əɡeɪn].

Why are you telling me this [oʊvərənʊvər-əɡeɪn]?

We don't repeat the same thing [oʊvərənʊvər-əɡeɪn].

Now, they kept saying this [oʊvərənʊvər-əɡeɪn].

advice 建议

15-year-old-self 15 的自己

go ahead and do it 去做吧

-What advice would you give your 15-year-old self?

- Go ahead and do it, 'cause you're gonna do it [ɛniweɪ].

- What's a movie you could watch [oʊvərənʊvər-əɡeɪn]?

- Crazy Stupid Love.

Lesson 59

1.

[haʊwədʒʊlaɪktə]

你想如何| ...怎么样?

how would you like to

[haʊwədʒʊlaɪktə] pay for this?

[haʊwədʒʊlaɪktə] spend your money?

[haʊwədʒʊlaɪktə] try our new product?

[haʊwədʒʊlaɪktə] be in that position?

[haʊwədʒʊlaɪktə] be on the subway with this man?

2.

[fedʌpwaɪð]

受够了

fed up with

I'm [fedʌpwaɪð] my boss.

He's getting [fedʌpwaɪð] the education system.

Are you [fedʌpwaɪð] being criticized?

And then finally, finally he got [fedʌpwaɪð] me.

It's why folks are [fedʌpwaɪð] Washington.

复习:

[haʊwədʒʊlaɪktə]

你想如何| ...怎么样?

[fedʌpwaɪð]

受够了

commuter 通勤者

gym 健身房

passengers 乘客

[haʊwədʒʊlaɪktə] sit next to this commuter?

or this woman using a train as her personal gym?

Passengers are getting [fɛdʌpwið] such rude behavior.

3.

[sɪfɜrs(t)hænd]

亲眼目睹

see firsthand

I [sɪfɜrs(t)hænd] the collaboration between the people here.

I saw things that most people didn't [sɪfɜrs(t)hænd].

We [sɪfɜrs(t)hænd] that our actions can create positive change in the world.

I [sɪfɜrs(t)hænd] the terrible wages of war.

What you're going to [sɪfɜrs(t)hænd] is what I see each and every day.

复习:

[sɪfɜrs(t)hænd]

亲眼目睹

rode the train 乘坐火车

I rode the long island railroad in New York to [sɪfɜrs(t)hænd] how rude passengers can get.

4.

[θɪŋktwaɪs]

三思|多想

think twice

He didn't [θɪŋktwaɪs] before signing the contract.

After receiving the job offer, I didn't [θɪŋktwaɪs].

You need to [θɪŋktwaɪs] about making this decision.

Most of us don't [θɪŋktwaɪs] about that.

This made me [θɪŋktwaɪs] about my lifestyle.

5.

[gɪvə-ʃɪt/dæm-əbaʊ(t)]

在乎

give a shit/damn about

I don't [gɪvə-ʃɪtəbaʊ(t)] your opinion!

These kids don't [gɪvə-dæməbaʊ(t)] school.

[gɪvədæm-əbaʊ(t)] about your friends and family, ok?

This project failed because you don't [gɪvə-ʃɪtəbaʊ(t)] it.

Most other people don't [gɪvədæməbaʊ(t)] you.

复习:

[θɪŋktwaɪs]

三思|多想

[gɪvə-ʃɪt/dæm-əbaʊ(t)]

在乎

nasty 恶心的

I ain't accept that 我不接受

Lots of people didn't [θɪŋktwaɪs] about putting dirty shoes on seats.

“ We're doing a story about rude commuters and some nasty things that they do”

“I ain't accept that because I don't [gɪvə-ʃɪtəbaʊ(t)] anybody else”

“You don't?” “No, not really. Why would I? Nobody else cares.”

6.

[ɪzɪ(t)]

是吗？ | 对吗？

is it

That's not good, [ɪzɪ(t)]?

This isn't a great example [ɪzɪ(t)]?

His joke is not very funny [ɪzɪ(t)]?

Come on Professor, it's not that bad, [ɪzɪ(t)]?

But that's not a very helpful answer, [ɪzɪ(t)]?

复习：

[ɪzɪ(t)]

是吗？ | 对吗？

apologetic 道歉的

These women were a little more apologetic,

“you have your nasty shoes on the seat, that's not very nice, [ɪzɪ(t)]?”

“No”

Lesson 60

1.

[ə'lɒŋwɪð]

同时伴随着

along with

Harden had 24 points on 14 shots to go [ə'lɒŋwɪð] 12 assists.

If you have fever [ə'lɒŋwɪð] other symptoms, you should see a doctor.

Ask a group of friends to come [ə'lɒŋwɪð] you.

This paper is linked in the description, [ə'lɒŋwɪð] many other sources.

Our federal minimum wage has not increased [ə'lɒŋwɪð] inflation.

2.

[hədənʌf]

受够了

had enough

I honestly have [hədənʌf] of you.

The neighbors have [hədənʌf].

The noise has been going on for days and the local residents have simply [hədənʌf].

I've [hədənʌf]. I got to handle this.

They finally said they'd [hədənʌf].

3.

[ɔldəweɪ]

大老远

all the way

I came [ɔldəweɪ] to you and you just said no?

I have to travel [ɔldəweɪ] to my office every day.

Thank you for coming [ɔldəweɪ] from your home.

You came [ɔldəweɪ] to the US from the Netherlands.

I don't travel [ɔldəweɪ] to Europe to stay in an American-style hotel.

Covid 冠状病

inflation 通货膨胀

divisive 撕裂

political climate 政治气候

Europe 欧洲

And after more than two years of dealing with Covid,
[əˈlɒŋwɪð] inflation and a divisive political climate, some Americans have simply

[hədənʌf],
and they're packing and moving their families [ɔlðəweɪ] to Europe for a new life.

Alison and Dustin Baxley are giving Inside Edition a tour of their new home in Portugal.

This is our living room. As you can see, it's quite large which is nice.

4.

[ɪkwɪp(t)wɪð]

配备有

equipped with

The office is [ɪkwɪp(t)wɪð] standard furniture.

The kitchen is [ɪkwɪp(t)wɪð] stainless-steel appliances.

Most hotel rooms are [ɪkwɪp(t)wɪð] flat-screen TVs and mini bars.

The buses are [ɪkwɪp(t)wɪð] comfy seats.

This prototype aircraft is [ɪkwɪp(t)wɪð] a video camera.

5.

[fɑrkraɪ]

相距甚远

far cry

It's a [fɑrkraɪ] from perfect.

That was a [fɑrkraɪ] from 1999.

This is a [fɑrkraɪ] from what I thought.

Now, of course, two years is a [fɑrkraɪ] from 66 million years.

This is a [fɑrkraɪ] from the image that I had in my head.

6.

[hæfðəpraɪsəv]

一半的价格

half the price of

Those used textbooks are only [hæfðəpraɪsəv] the new ones.

At [hæfðəpraɪsəv] an iPhone, you can get a decent Android phone.

The new model was launched at [hæfðəpraɪsən] its predecessor.

And it was about [hæfðəpraɪsən] the train.

So today, chicken is about [hæfðəpraɪsən] pork.

pool 游泳池

outdoor kitchen 室外厨房

Brooklyn 布鲁克林

move overseas 移居海外

Portugal 葡萄牙

Look at that backyard, [ɪkwɪp(t)wɪð] a large pool and outdoor kitchen.
It's a [fɑːkraɪ] from their apartment in Brooklyn where they live before moving overseas.

Our house in Portugal is three bedrooms three baths and is [hæfðəpraɪsən] what we paid in Brooklyn.

7.

[kənsɜːndəbaʊ(t)]

关心

concerned about

I'm very [kənsɜːndəbaʊ(t)] your health.
We're deeply [kənsɜːndəbaʊ(t)] this issue.

Aren't you [kənsɜːndəbaʊ(t)] your life?

Maybe you're just [kənsɜːndəbaʊ(t)] your property.

I'd be more [kənsɜːndəbaʊ(t)] things like technology in the US.

safety 安全

They have two young children and say they were also very [kənsɜːndəbaʊ(t)] safety in the big city.