**一百个常用四字词语英译**

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| **年纪相仿** | about one’s own age | **回顾历史** | look back into history |
| **一事无成** | achieve nothing | **坐失良机** | miss the golden chance |
| **不速之客** | an unexpected visitor | **不足为奇** | No wonder … |
| **记忆所及** | as far as I can remember | **显而易见** | obviously / It is obvious that… |
| **不知所措** | at a loss | **转念一想** | on second thought(s) |
| **心不在焉** | be absent-minded | **美梦成真** | one’s dream come true / realize one’s dream |
| **与生俱来** | be born with | **坚持不懈** | persevere in doing |
| **大失所望** | be greatly disappointed | **名胜古迹** | places of historic interest |
| **井井有条** | be in good order | **熟能生巧** | Practice makes perfect. |
| **身临其境** | be personally on the scene | **若无其事** | pretend as if nothing had happened |
| **乐于助人** | be ready to help others | **不懂装懂** | pretend to know what one doesn’t know |
| **欣喜若狂** | be wild with joy | **骄兵必败** | Pride goes before a fall. |
| **举世闻名** | be world famous | **孤注一掷** | put all one’s eggs in one basket |
| **值得一做** | be worth doing | **人云亦云** | repeat what others say |
| **牢记在心** | bear/keep in mind that | **平易近人** | sb. is easy to approach |
| **受益匪浅** | benefit a lot from | **首屈一指** | second to none |
| **物以类聚** | Birds of a feather block together. | **眼见为实** | Seeing is believing. |
| **血浓于水** | Blood is thicker than water. | **同甘共苦** | share joys and sorrows with sb. |
| **公事公办** | Business is business. | **安然无恙** | safe and sound |
| **不能自已** | can’t control oneself | **不遗余力** | spare no effort(s) to do sth. |
| **情不自禁** | can’t help doing | **不惜工本** | spare no expense |
| **迫不及待** | can’t wait to | **高度赞扬** | speak highly of |
| **因果关系** | cause and effect | **袖手旁观** | stand by / look on with folded arms |
| **寓教于乐** | combine education with recreation | **固执己见** | stick to one’s own opinion |
| **名副其实** | deserve a reputation | **坚守岗位** | stick to one’s post |
| **英年早逝** | die young | **趁热打铁** | Strike while the iron is hot. |
| **享有盛誉** | enjoy high reputation | **不辞而别** | take French leave |
| **一见钟情** | fall in love at first sight | **如释重负** | take a load off one’s mind |
| **相差甚远** | far from / not nearly | **置之不理** | take no notice of |
| **心安理得** | feel at ease | **焕然一新** | take on a new look |
| **吹毛求疵** | find fault with | **不辞辛劳** | take trouble to do |
| **从头到尾** | from cover to cover | **明辨是非** | tell the difference between right and wrong |
| **为所欲为** | get one’s own way | **毫无疑问** | There is no doubt that... |
| **半途而废** | give up halfway | **木已成舟** | Things done can’t be undone. |
| **金科玉律** | golden rule | **事与愿违** | Things go contrary to one’s wish. |
| **良药苦口** | Good medicine tastes bitter. | **时不我待** | Time and tide wait for no man. |
| **九死一生** | have a narrow escape | **雪中送炭** | timely help |
| **大致了解** | have a rough picture of | **教学相长** | to teach is to learn |
| **胸有成竹** | have confidence in | **竭尽全力** | try one’s best to do |
| **别无选择** | have no choice but to do | **熟视无睹** | turn a blind eye to sth. |
| **全心全意** | heart and soul | **充耳不闻** | turn a deaf ear to sth. |
| **车水马龙** | heavy traffic | **化险为夷** | turn danger into safety |
| **三言两语** | in a few words | **悔过自新** | turn over a new leaf |
| **总的来说** | in general | **因人而异** | vary from person to person / It all depends on the individual. |
| **兴高采烈** | in high spirits | **消息灵通** | well-informed |
| **众口难调** | It is hard to please all. | **小心翼翼** | with great care |
| **无济于事** | It is no use doing… | **奋不顾身** | with no thought for one’s own safety |
| **难以置信** | It is unbelievable that… | **一箭之遥** | within a stone’s throw |
| **日新月异** | keep on changing every day | **逐字逐句** | word for word |
| **东张西望** | look around | **宁死不屈** | would rather die than surrender |