### TOEFL Writing 10天突破新托福Essay Day 7---推动式（Positive）

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| **hold fast to/adhere to/keep steadfastly to/<br />be/remain steadfast (in sth.)/stay focused on...** | 牢牢把握/坚持住... |
| **put a premium on/set considerable store by/on/ put a high value on/ treasure/ cherish/ value** | 珍视 |
| **There's no better way to...than to...** | ...是去做某事的最好方式。 |
| **go a long way toward doing sth.** | 对...有深远帮助 |
| **come a long way** | 一路走来，风雨兼程 |
| **It's worthwhile to/ worth doing sth.** | 做...是值得的 |
| **sb. be given the credit for sth./sb. take the credit for sth.** | 把...归功于某人 |
| **draw on sth.** <br />*eg.* Your body draws on its reserves of fat during the times when you are fasting. | 吸收/借鉴（经验、知识、资源） |
| **give sb. a competitive edge** | 给某人竞争优势 |
| **... is a gateway to...** | ...是...的敲门砖 |
| **... is a good vehicle for sth.** | ...是...很好的载体/渠道 |
| **enlarge one's outlook** | 开阔某人眼界 |
| **sb. dedicate sth. to (doing sth.)**<br />**sb. is committed to doing sth.** | 投入/致力做... |
| **assume/should responsibilites for...** | 承担...的责任 |
| **be mindful of.../ sensitive to...** | 关注... |
| **a wealth of...** | 大量... |
| **... is a lifeling process** | 是持续一生的过程 |
| **fulfill one's potential** | 发挥某人潜力 |
| **stretch sb./ make sb. stretched** | 大显身手 |
| **from within** | 从内心深处 |
| **remove/lift the barrier for** | 为...消除障碍 |
| **be in tune/accordance/aligned/in line/ in keeping with** | 与...一致，符合 |
| **be incompatible with/ be at odds with/ clash with** | 与...不符，冲突 |
| **keep pace with** | 与...同步 |
| **...has found one's niche** | 找到了属于自己的一片天空 |
| **be the cornerstone of** | 是...的基石 |
| **be an essential ingredient of...** | 是...的必备条件 |
| *play a pivotal/crucial role in...* | 在...中扮演重要角色 |
| *be an essential/integral/indispensable part/part and parcel of...* | 是...的重要组成部分 |
| sharpen one's intellect | 让思想更犀利 |
| **achieve and maintain sth.** | 达到并保持 |
| **afford people the sense of belonging/ the sense of fulfillment/achievement** | 给人归属感/成就感 |
| **...is a main driving force behind...** | 是...的主要推动力 |
| **reverse the damage to...** | 挽回对...的破坏 |
| **a perfect complement to...** | 对...是一个完美的补充 |
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