

## phrasal verbs

**cheer (someone) up** = If someone cheers up, or something cheers someone up, they start to feel happier

## fixed phrases

**it/something isn't my, his, etc. thing** = (informal) it isn't something that you really enjoy or are interested in.

**jog our memory** = cause someone to remember something suddenly.

**come to think of it** = on reflection (said when an idea or point occurs to one while one is speaking).

**swings and roundabouts** = a situation in which different actions or options result in no eventual gain or loss.

**you can't win them all** = said to express consolation or resignation after failure in a contest.

**on the edge of one's seat** = very excited and giving one's full attention to something.

**lead an attack** = make an attempt by a player or group of players to score goals or win points.

**rival team** = the team you try to defeat in a game or competition.

**destroy one's defence** = a movement to get rid of the protection put up by the rival team.

**come to that** = in fact; what's more

**break out in a sweat** = to become very nervous or frightened; to start sweating.

**can't resist the temptation** = be trapped by a strong desire.

**down in the mouth** = to be sad.

**That said, ...** = even so (introducing a concessive statement).

**have enough/a lot/too much on your plate** = (informal) to have a lot of work or problems, etc. to deal with

**let your hair down** = (informal) to relax and enjoy yourself, especially in a lively way

**To my mind, ...** = I think ...

**peace of mind** = a feeling of calm or not being worried

**recharge your/our batteries** = to get back your strength and energy by resting for a while

## **vocabulary**

**nostalgic (adj)** = feeling happy and also slightly sad when you think about things that happened in the past 懷舊的

**sheer (adj)** = [before noun] used to emphasize how very great, important, or powerful a quality or feeling is; nothing except

**bliss (n)** = perfect happiness

**hooked (adj)** = enjoying something so much that you are unable to stop having it, watching it, doing it, etc.

**bond (with someone)** = to develop a close connection or strong relationship with someone, or to make someone do this

**sustain (v)** = to cause or allow something to continue for a period of time

**elated (adj)** = extremely happy and excited, often because something has happened or been achieved

**depressed (adj)** = very sad and without hope

**staunch (adj)** = always loyal in supporting a person, organization, or set of beliefs or opinions

**rally (v)** = to come together or bring people together in order to help or support somebody/something

**thrilled (adj)** = very excited

**literally (adv)** = used for showing that what you are saying is really true and is not just an impressive way of describing something

**tedious (adj)** = something that is tedious continues for a long time and is boring.

**drained (adj)** = very tired and without any energy.

**unwind (v)** = to relax and stop feeling anxious

**presumptuous (v)** = (formal) doing something that you have no right to do and that seems rude 冒昧的