phrasal verbs

chip in (with something) = to add something to someone else's conversation
figure out something = to be able to understand something or to solve a problem

fixed phrases

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a shade of meaning/opinion/feeling etc. = a meaning etc that is slightly different from other ones

You might want to ... = used to make a suggestion or suggest a possibility in a polite way

What do you make of (something/it)? = What do you think about it?

drop a hint = give a hint or hints as if casually or unconsciously

off the top of my head = say it without thinking about it much before you speak, especially because you do not have enough time

To my way of thinking, ... = in my opinion

run a risk of doing something = to be in a situation where there is a possibility that something bad could happen to you

pop into my head/mind = to suddenly think of something

read between the lines = look for or discover a meaning that is implied rather than explicitly stated.

an awful lot + comparatives (e.g. better) = much (better etc.)
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vocabulary

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illustrate (v) = to show the meaning or truth of something more clearly, especially by giving examples
per se (adv) = by or of itself
day-to-day (adj) = [before noun] happening every day as a regular part of your job or life
tactful (adj) = careful not to say or do anything that could upset someone
demonstrate (v) = to show or describe how to do something or how something works
subtle (adj) = small but important
tantrum (n) = a sudden period of uncontrolled anger like a young child's
interlocutor (n) = your interlocuter is the person you are speaking to
scenario (n) = a description of possible actions or events in the future
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