

ENGLISH IDIOMS

اصطلاحات زبان انگلیسی

Im si wan

Common english Idioms

Examples of Idioms

Meaning of Idioms

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بنام خدا

English Idioms

اصطلاحات زبان انگلیسی

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Introduction

Idioms are very important in any languages and if we want to learn English in Advanced level we have to learn these idioms because English people use these idioms in their daily conversations and for speaking with them we need all these idioms. For learning idioms, we have to learn them in sentences. Don't expect to learn them from a list. If you try to memorize them with a list, you will forget them. You can learn them better if you use them in sentences and each day you can learn some of them. Don't try to learn a lot of idioms in some hours because you won't remember them in that way. In this book I tried to gather some of English idioms that they are common and you can hear them from native speakers. I work on idioms every day and I learn more and more. Never stop learning idioms because they are so important in English. If you want to become proficient in English, you'll have to go the extra mile and start learning idioms. I strongly wish you luck. Don't forget that if you try, you can fly.

Farhad Khabazian

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Chapter 1

English Idioms

A bad lot phr. A troublemaker; a good-for-nothing. Don't expect anything from Jim; he is a bad lot.

معنی: آدم در دسر ساز.

Abandon ship phr. To withdraw from or to abandon something; to give up on something. Don't abandon ship when things at the firm go bad; rather think of a solution.

معنی: رها کردن چیزی.

Abide by. To accept and obey; be willing to follow. A basketball player may know he did not foul, but he must abide by the referee's decision. The members agree to abide by the rules of the club.

معنی: پذیرفتن یا اطاعت کردن.

A bit n., informal A small amount; some. There's no sugar in the sugar bowl, but you may find a bit in the bag.

معنی: مقدار کمی.

Abound in phr. To have plenty of something. Our university abounds in talented undergraduates.

معنی: از چیزی مقدار زیادی داشتن.

About-face n. A sudden change of course or a decision opposite to what was decided earlier. Her decision to become an actress instead of a dentist was an about-face from her original plans.

معنی: تغییر ناگهانی.

Abscond with. phr. To steal or embezzle something. Al absconded with the uncounted extra cash after we closed for the evening.

معنی: دزدیدن چیزی.

Absent-minded. Forgetful. “What’s the matter with Joy? Why is he so absent-minded?” Pete asked.

معنی: فراموشکار.

Absolve from. phr. To forgive; to allow not to repay a debt. “How much do I owe you?” I replied, “You are absolved from your debt.”

معنی: بخشیدن.

Account for. phr. To rationally or scientifically explain the reason for something. Joe was fired because he failed to account for the missing \$50000.

معنی: توضیح دادن.

Ace up one’s sleeve. To have a hidden asset or trick unknown by the opposition, like someone who cheats at cards and has winning cards hidden in this shirtsleeve.

معنی: چیز مخفی داشتن.

Ache for. phr. To long for something or someone powerfully. “I am aching for a piece of chocolate cake,” the pregnant woman said.

معنی: برای چیزی در انتظار ماندن.

Achilles’ heel. phr., literary A physical or psychological weakness named after the Greek hero Achilles who was invulnerable except for a spot on his heel. John’s Achilles’ heel is his lack of talent with numbers and math.

معنی: نقطه ی ضعف داشتن.

Acquire a taste for. phr. To become fond of something; get to like something. Jack acquired a taste for ripe cheeses when he went to France.

معنی: به چیزی علاقمند شدن.

Act as. phr. To function in the capacity of something to assure a desired result. Did you know that if you have a bad sunburn and no lotion to relieve it, sour cream act as a good replacement?

معنی: جایگزین خوبی بودن.

Actions speak louder than words What you do shows your character better and is more important than what you say.

معنی: اقدام کردن بهتر از حرف زدن است.

Act one's age. phr. To do the things that people expect someone of your age to do, not act as if you were much younger than you are.

معنی: انجام کاری که از کسی انتظارش می‌رود.

Act out. To show an idea, story, or happening by your looks, talks, and movements. He tried to act out a story that he had read.

معنی: نشان دادن نظری.

Act up. To behave badly; act rudely or impolitely. The dog acted up as the postman came to the door.

معنی: با بی ادبی رفتار کردن.

Addicted to. phr. So used to something that doing without it becomes unbearably painful.

معنی: وابسته شدن به چیزی.

Add in. phr. To increase the contents of a mixture prepared as food. This soup tastes quite nice, but you had better add in some sour cream and some salt.

معنی: اضافه کردن.

Add up. To come to the correct amount. The numbers wouldn't add up.

معنی: در اعداد و رقم جور در آمدن.

Add up to v. To make a total; amount to. The bill added up to \$1200.

معنی: افزایش یافتن.

A dime a dozen adj. phr. Inexpensive.

معنی: ارزان.

Ad lib. phr. to say Something.in a speech or a performance that you have not prepared or practiced. I lost my notes and had to ad-lib the whole speech.

معنی: از خود گفتن بدون آمادگی قبلی.

In advance of something. before the time that is expected; before something happens. The rent is due one month in advance.

معنی: پیش از زمان تعیین شده.

A few n. or adj. a small number of people, things or places; some. I recognized a few of the other people.

معنی: کمی یا تعداد کمی.

Afoul adv. to do something that is not allowed by a law or rule, or to do something that people in authority disapprove of. to run afoul of the law.

معنی: خطا یا خلاف.

Agree with. to match a word or phrase in number, gender or person. In ‘Tom likes jazz’, the singular verb ‘likes’ agrees with the subject ‘Tom’.

معنی: به هم مربوط بودن.

All but. Almost. The party was all but over when we arrived. It was all but impossible to read his writing.

معنی: تقریباً.

All at once adv. Phr. Suddenly, all together; at the same time. All at once she lost her temper. I can't do everything all at once—you'll have to be patient.

معنی: همزمان یا در یک زمان.

Aftermath. the situation that exists as a result of an important (and usually unpleasant) event, especially a war, An accident.

معنی: نتیجه یا عواقب.

As against something. in contrast with something. They got 27% of the vote as against 32% at the last election.

معنی: در مقابل .

As it were. used when a speaker is giving his or her own impression of a situation or expressing something in a particular way. Teachers must put the brakes on, as it were, when they notice students looking puzzled.

معنی: برای گفتن نظر شخصی.

At first. At or in the beginning. At first I thought he was shy, but then I discovered he was just not interested in other people.

معنی: در ابتدا.

At the most. Not more than. As a news item it merits a short paragraph at most. There were 50 people there, at the very most.

معنی: حداکثر.

Average out. to result in an average amount over a period of time or when several things are considered. The cost should average out at about £6 per person. Sometimes I pay, sometimes he pays—it seems to average out (= result in us paying the same amount).

معنی: نتیجه ی متعادل داشتن.

Awake to something. To become aware of something and its possible effects or results. It took her some time to awake to the dangers of her situation.

معنی: آگاهی یافتن از چیزی.

At will. whenever or wherever you like. They were able to come and go at will.

معنی: هر زمانی که دوست داشته باشید.

Baby boom. A sudden increase in the birth rate. The universities were filled to capacity due to the baby boom that followed world War II.

معنی: افزایش تولد فرزندان.

Back down. informal. To give up a claim; not follow up a threat. Bill said he could beat Ted, but when Ted put up his fists Bill backed down.

معنی: رها کردن.

Back number n. Something out of fashion, or out of date. Among today's young people a big phone is a back number.

معنی: از مد افتاده.

Back of prep. In or at the rear of; to the back of; behind. The garage is back of the house.

معنی: در پشت.

Back on track adj. phr. To continue normally after an interruption; to pick up where one had left off.

معنی: ادامه دادن بعد از یک وقفه.

Back talk n. A sassy, impudent reply. Such back talk will get you nowhere young man.

معنی: برخورد تند.

Back-to-back adv. Immediately following. The health clinic had back-to-back appointments for the new students during the first week of school.

معنی: سریعا ادامه دادن.

Back to the salt mines informal Back to the job; back to work that is as hard or as un pleasant as working in a salt mine would be.

معنی: بازگشت به کار.

Bad actor. informal A person or animal that is always fighting, quarreling; or doing bad things. The bay was a bad actor and nobody likes him.

معنی: جنگجو.

Bad day for science. phr. A day when nothing is going well. "This is a bad day for science," bill exclaimed when he got fired from work right after getting a speeding ticket.

معنی: روزی که هیچ چیزی خوب پیش نمیرود.

Bad form. phr. An impolite act; bad manners. It is considered bad form to inquire of a causal acquaintance how much they earn a month at his job.

معنی: رفتار بی ادبانه.

Bad seed. phr. A person who never does anything well. Jim is a bad seed; he doesn't belong to our family we really hate him.

معنی: آدمی که هیچ کاری را درست انجام نمیدهد.

Bag of bones n. phr. A very thin person. I see an old beggar in the street almost every day; he is a mere bag of bones.

معنی: فرد خیلی لاغر.

Bail out. To jump from an airplane and drop with a parachute. When the second engine failed, the pilot told everyone to bail out.

معنی: پریدن از هواپیما با چتر.

Balk at. phr. To be unwilling to do something; to draw back from something. "Don't balk at our job offer," Mr. Brown said to the applicant.

معنی: بی میل بودن.

Baloney. informal Nonsense, unbelievable, trite, or trivial.

معنی: باورنکردنی.

Banana republic n. phr. A third world country; a developing nation depending on agricultural exports. We visited a banana republic last year.

معنی: کشور در حال توسعه که وابسته به محصولات کشاورزی است.

Band-aid n. phr. A quick, temporary stop-gap measure whose effects will not last a long time. Borrowing more money from rich countries is only a band-aid against our economic problems.

معنی: مانع سطحی که زیاد پا برجا نمی ماند.

Band together. phr. To join a group to exert united force. The inhabitants of the ecologically threatened area banded together to stop the company from building new smokestacks. We will band together to solve problems.

معنی: دور هم جمع شدن به صورت اجباری.

bang-up. very good. Thanks—you did a bang-up job.

معنی: خیلی خوب.

Banish. to order somebody to leave a place, especially a country, as a punishment. He was banished to Australia, where he died five years later. The children were banished from the dining room.

معنی: تبعید.

Bank on. V., To rely on. I'm banking on your help. 'I'm sure he'll help.' 'Don't bank on it (= it is not likely to happen).' I was banking on getting something to eat on the train.

معنی: وابسته بودن یا متکی بودن.

Bankroll. to support somebody by giving money. They claimed his campaign had been bankrolled with drug money.

معنی: حمایت مالی.

Be a drag v. Be boring; soporiphic, somniferous.

معنی: کسل کننده بودن.

Be a good hand at v. phr. To be talented, gifted, or skilled in some activity. Flo-rain is a good hand at both gardening and building.

معنی: با استعداد بودن.

Be a goner. phr. To be a person who is as good as dead; A thing that has been ruined. When the earthquake destroyed their entire village my former neighbor was a goner.

معنی: ویران شده.

Bear down. to move quickly towards somebody in a determined or threatening way. To press on somebody or something. Bear down on it with all your strength so it doesn't move.

معنی: فشار زیاد وارد کردن.

Be a riot. phr. To be very funny and amusing. No wonder that Jack keeps being invited to every party; his jokes are known to be a riot.

معنی: خیلی با مزه و جالب.

Bear market n. phr. A time when people are afraid to spend their money on investments because of falling prices on the stock market. Everyone tries to sell his assets at times when there is a bear market.

معنی: نوسان قیمت در بازار.

Bear out. To show to be right; prove; support. Modern findings do not bear out the old belief that the earth is flat.

معنی: ثابت کردن.

Bear watching. phr. To be worth watching or paying attention to; Have a promising future. That young ball player will bear watching.

معنی: ارزش دیدن داشتن.

Bear with v., formal. To have patience with; not get angry with. Your little sister is sick. Try to bear with her when she cries. It is hard to bear with criticism.

معنی: تحمل کردن. صبر کردن.

Be a steal. phr. To cost very little; To be inexpensive. “You mean to say that you paid only \$8,000 for that fantastic new sports car? That’s a steal.” Joy cried with envy but I didn’t say anything to him.

معنی: خیلی ارزش و مفت خریدن.

Beat the drum. phr. To attract attention in order to advertise something or to promote someone, such as a political candidate. Mrs. Smith has been beating the drum in her town in order to get her husband mayor.

معنی: توجه مردم را جلب کردن.

Beat to v., informal. To do something before someone else does it. We were planning to send a rocket into space but the Russians beat us to it.

معنی: انجام دادن کاری زودتر از کسی.

Bed down. phr. To prepare a temporary place to go to sleep. The mountain climbers bedded down in a different hut each night during their excursion.

معنی: در جایی موقتی خوابیدن.

Be game. phr. To be cooperative, willing, sporting. When I asked Charlie to climb Mount McKinley with us, he said he was game if we were.

معنی: قبول کردن انجام کاری.

Be game for. phr. To be willing to do something; To be interested in participating in a proposal activity.

معنی: تمایل داشتن برای شرکت در فعالیتی.

Be in on the kill. phr. To share glory or the victory; To profit from the spoils. When Jon's car company went bankrupt, its competitors wanted to be in on the victory.

معنی: شادی و افتخار برای پیروزی.

Be hard on. phr. To be strict or critical with another; be severe. "Don't be so hard on Jimmy," Tom said. "He is bound to rebel as he gets older.

معنی: سخت گیری کردن.

Be good. phr. A frequent substitute for "Good-bye". When John left Jim's house he said, "Be good." While they were shaking hands.

معنی: سلامت باشی.

Behind the scenes adv. Phr. Out of sight; unknown to most people; privately. Much of committee's work was done behind the scenes.

معنی: به طور خصوصی.

Abolish v. To officially end a law, a system or an institution. This tax should be abolished.

معنی: منسوخ کردن چیزی.

Belly up adj. informal. Dead, bankrupt, or financially ruined. Tom and Dick struggled on for months with their tiny computer shop, but last year they went belly up.

معنی: ورشکسته

Be my guest. phr. Said to someone who wants one to do him or her a small favor such as giving him or her a seat on the bus. "Can I borrow that red tie?" Joe asked his roommate Tim. "But of course. Be my guest." Tim answered.

معنی: مهمون من باش.

Bent on. Very decided, determined, or set.

معنی: خیلی مصمم.

Be oneself. To act naturally; act normally without trying unduly to impress others. Just try being yourself; I promised people will like you more.

معنی: خودت باش.

Be on. phr. To be in operation; be is the process of being presented. The news is on now on Channel.

معنی: پخش زنده.

Be on the horns of a dilemma. phr. To be confronted with two equally unattractive choices; to be unable to make up one's mind about a difficult choice.

معنی: در دو راهی قرار داشتن.

Be looking up. phr. To be promising or improving. Now that I got the new job, my life is looking up again.

معنی: پیشرفت کردن.

Be on to. phr. To understand the motives of someone; not be deceived. Jack keeps telling us how wealthy his family is, but we are on to him.

معنی: فریب نخوردن.

Be off. phr. To be in error; miscalculate. The estimator was off by at least 35% on the value of house.

معنی: در اشتباه بودن.

Be over. To be ended; be finished. The show was over by 11 P.M. The war will soon be over.

معنی: پایان دادن.

Be set on. phr. To be determined about something. Tom is set on leaving his Chicago job for Tokyo.

معنی: حتما.

Better off adj. phr. Richer, wealthier. My neighbors the Smiths are a lot better off than we are.

معنی: سالم تر و ثروتمند تر.

Be wound up v. phr. To be tense, nervous. The young surgeon was all wound up before his first major operation.

معنى: مضطرب.

Chapter 2

English Idioms

Around the clock. If something is open around the clock, it means it is open 24 hours a day. The hotel's service is great, there is always someone available to help you around the clock.

معنی: شبانه روزی.

Behind the times. Used to describe someone who is old-fashioned and has ideas that are regarded as out-dated. It's a shame his friends don't understand it from his point of view, they're really behind the times.

معنی: از مد افتاده.

Ahead of time. If something happens ahead of time, it happens early, before the set time, or with time to spare. If you make the cakes ahead of time, then you'll be able to focus on the decorations more.

معنی: زود تر از زمان تعیین شده.

Call it a day. To stop doing something for a while, normally at least until the following day. This can also be used as slang to say something has been ended completely. Neither of us was happy in the relationship, so we decided to call it a day.

معنی: متوقف کردن برای مدتی.

A month of Sundays. This is a very long period of time. It's been a month of Sundays since I last went to the theatre.

معنی: برای مدتی طولانی.

Dwell on the past. When someone thinks too much about the past, and it becomes a problem. I wish you'd stop dwelling on the past, she's never going to come back. You need to move on with your life.

معنی: زیاد به گذشته فکر کردن.

Against the clock. Doing something against the clock means you are rushed and have very little time to do it. I worked day and night against the clock to get this done on

time, and you're being so ungrateful. So we should try to do our best.

معنی: برای انجام کار زمان کم داشتن.

Call time. When you call time on something, you decide it is time to end it. I think we should call time on this project. It is draining our resources, exhausting our manpower, and isn't making any progress.

معنی: پایان دادن به انجام کاری.

Better late than never. This suggests that it is better to do something late than not do it at all. I've finally managed to build my dream house. I know I'm nearly at retirement age, but it's better late than never!

معنی: دیر رسیدن بهتر از هرگز نرسیدن است.

Days are numbered. When someone's days are numbered, they are expected to die soon. The doctors say his days are numbered. They don't have much hope of him surviving this illness.

معنی: کسی که به زودی بخاطر بیماری میمیرد.

Do time. Used to describe someone's sentence in prison. He is doing time for a crime he did not commit!

معنی: زندانی شدن کسی بخاطر جرم.

Don't know whether to wind a watch or bark at the moon. Used when someone just doesn't know what to do. He has asked me to marry him and is still waiting for an answer, but I don't know whether to wind a watch or bark at the moon.

معنی: در دو راهه قرار داشتن.

Eleventh hour. When something happens at the very last minute. Everyone thought he was going to lose when he had to stop to get a tyre changed, but at the eleventh hour, he came first and won the race.

معنی: در لحظات آخر موفق شدن.

Crunch time. When someone has to make an important decision that will affect not just their future, but those of others around them too. As the Executive Director stepped out onto the podium, his clothes felt damp, and sweat beads were forming on his forehead. He knew it was crunch time.

معنی: تصمیم مهمی گرفتن.

Carry the day. If something carries the day, it defines a win that felt like a long battle and could have gone either way. The Liverpool Football Club had carried the day well, they rejoiced as they held their prize, the League Cup, up high for all to see.

معنی: از خود دفاع کردن.

Time flies. A very common idiom that means time passes very quickly. I can't believe it's almost time to go home. It's funny how time flies when you're having fun.

معنی: زمان زود میگذرد.

Just in time. This means that you get somewhere or finish something just before it is too late. At the last possible moment. She thought her husband was going to miss the birth of their first baby, but he arrived just in time.

معنی: درست در دقایق آخر به جایی رسیدن.

On time. This means to not be late, arrive at the right time. The trains here are never on time, it's so annoying.

معنی: وقت شناس بودن.

Save time. This means to do something the quick way, in order to allow time for other things. If we drive there instead of taking the bus, we'll save time.

معنی: در زمان کوتاهی کاری را انجام دادن.

Out of time. This means there is no time left to do something. The time limit or deadline has been reached.

You're out of time now. If you haven't answered all the questions in the test, then that is your own problem.

معنی: تاریخ گذشته.

At time goes by. This means the passing of time. As time passes or moves on. As time has gone by, I have become less interested in clubbing and partying.

معنی: با گذشت زمان.

Time is money. This famous expression means that your time is a valuable commodity, and that you should put it to good use, otherwise you'll lose more than you gain. It's not worth waiting to hear back from that company. Time is money, you should just start contacting other employees instead.

معنی: زمان پول است.

Make time. This means to find the time to do something that should take priority. Having to clear some time in your schedule to do something. You should make more time for your children. They're growing up so fast, and you're missing all of it.

معنی: زمان کافی برای انجام کاری که مهم تر است.

Time for a change. To stop what you are doing and start doing something different with your life. After working in the same company for 15 years, I feel like it's time for a change.

معنی: زمان برای تغییر.

Come of age. When something develops completely and reaches maturity. Also used for when a person reaches adulthood or fulfils their potential. He has come of age now, and is wise enough to take the throne and become king.

معنی: بالغ شدن.

Crack of dawn. Very early in the morning. The very first moments of sunrise. I wake up at the crack of dawn and go for a run every day.

معنی: زمان طول خورشید.

Hit the big time. This means to become successful. After John hit the big time, he became very rich and forgot about all his old friends.

معنی: موفق شدن.

Big time. This simply means ‘very much’ or ‘a lot’. You owe me big time because I helped you with your school project.

معنی: خیلی زیاد.

Day in the sun. When you have your day in the sun, it means you get the attention you want and are appreciated. It felt like a day in the sun today. My manager actually noticed me and praised my work. I was even able to put my feet up and have dinner cooked for me when I got home.

معنی: بتوان توجه مردم را جلب کرد.

Even a broken clock is right twice a day. This is used when people get lucky but don't deserve it, or are undeservedly successful. He definitely didn't deserve to win the lottery, but even a stopped clock is right twice a day.

معنی: وقتی کسی بدون استعداد به صورت شانسی چیزی را بدست آورد.

Fast today, Famine tomorrow. If you indulge yourself with everything that you have today, and don't save for a tougher time then you may have to go without tomorrow. He's just bought himself a new car and wears new suits every day. He doesn't understand that it'll be feast today, famine tomorrow if he continues like this.

معنی: باید برای فردا هم ذخیره کرد.

Five O'clock shadow. This is the term for the facial hair that a man gets if he doesn't shave for a day or two. You can't go for your interview with a five 'o'clock shadow! Go and have a shave.

معنی: مرتب نبودن مو های سر.

For the time being. This indicates an action or state will continue into the future, but is temporary. You can stay in my house for the time being, but you need to save money and get your own flat.

معنی: ادامه داشتن در آینده.

Full of the joys of spring. Used to describe someone who is very happy and full of energy.

معنی: پر از انرژی.

Given the day that's in it. This idiom is used when something is very obvious because of the day that it occurs on. Well, there are hardly any taxi drivers around, given the day that's in it is holiday.

معنی: چیزی که مثل روز روشن است.

Good time. When someone manages to travel faster than expected and gets to their destination early. I got to the office in good time, but got lost inside the building trying to find my interview room, and ended up being late anyway.

معنی: با سرعت بالایی سفر کردن.

Have one's moments. Someone who generally exhibits a positive behavior pattern on an occasional basis, but not generally. Random bursts of positivity. He seemed in ever such a good mood earlier today, and offered to cook dinner! I guess he does have his moments.

معنی: اخلاق خوبی از خود نشان دادن.

Here today, Gone tomorrow. This could be used to describe some desirable things such as money and happiness. This means to say that they don't last very long.

Don't stress about money so much all the time. It'll be here today and gone tomorrow anyway we shouldn't think too much about money.

معنی: چیزی که امروز هست ولی فردا از بین میره.

Wasting time. This refers to anything that is not a useful way to spend your time. 1. Doing something that is pointless or useless. Studying that engineering course was a waste of time. I didn't learn anything new. 2. You're wasting your time by sitting here talking to me. Go to the train station before she leaves.

معنی: هدر دادن زمان.

Honest as the day is long. Used to describe someone who is very trustworthy and honest. I can't believe he has been accused of stealing their money. I've known him for many years, and he is as honest as the day is long.

معنی: کسی که قابل اعتماد باشد.

Hour of need. A time when someone really needs something, almost a final chance. I was there for him in his hour of need, but he hasn't shown any sign of offering to help me now that I need his support. I am going to ask someone else to help me.

معنی: زمان احتیاج مالی.

In the blink of an eye. Something that happens very quickly. All you have to do is put the porridge in the microwave and it cooks in the blink of an eye. You have to just wait.

معنی: چیزی که سریع انجام شود.

A laugh a minute. Used to describe someone who is very funny. I love hanging out with Jenny, she's a laugh a minute! You never get bored of her company.

معنی: کسی که خیلی با مزه باشد.

Like clockwork. Used to describe something that happens at very regular times, at the same intervals without fail. My cat used to wake me up every morning like clockwork, but nowadays she seems too old to care.

معنی: برای توضیح چیزی که دقیق و بی عیب انجام میشود.

Like there's no tomorrow. To do something fast or energetically as if it were your last opportunity to ever do it. You have to win this race Barry, when it's time to go – just run like there's no tomorrow.

معنی: کاری را سریع و با انرژی انجام دادن.

Long time no see. This means the speaker has not seen the other person for a very long time. Hello Sarah! Long time no see! How have you been?

معنی: مشتاق دیدار.

Make my day. If something makes your day. it makes you happy or satisfies you. I just heard my favorite song on the radio and it made my day.

معنی: چیزی که آدم رو خوشحال میکند.

A mile a minute. To do something very quickly. I couldn't keep track of everything he was saying. He talks at a mile a minute.

معنی: خیلی سریع انجام دادن کاری.

No time like the present. People who say this belief that it is better to do something now than leave it for later, otherwise it might never get done. You should go travelling now, don't leave it for next year. There's no time like the present.

معنی: انجام کار در زمان حال بهتر از آینده است.

No time to lose. This means you have to get something started right away, otherwise it won't be finished on time.

معنی: زمانی برای از دست دادن نیست.

Beat the clock. This means to do something quickly before you run out of time. I managed to beat the clock and complete my exam just in time.

معنی: کاری را قبل از تمام شدن وقت انجام دادن.

A question of time. This is said before saying what you think will happen in the future. It's only a matter of time before they shut the business down.

معنی: چیزی که احتمالاً انجام شود.

A whale of a time. You say this when you have a great time and thoroughly enjoy yourself. The theme park was so much fun. I had *a* whale of a time.

معنی: زمان استراحت زیاد داشتن.

Day to day. Something that happens as part of a usual routine. The day to day running of this office needs to be more efficient, nothing seems to get done on time.

معنی: به صورت طبیعی انجام گرفتن.

From now on. To begin doing something from now until some unknown time in the future. From now on, you need to promise that you'll behave yourself and help out around the house. From now on, I will be much more careful when I decide to trust someone.

معنی: شروع انجام کاری.

From time to time. To do something occasionally, not very often. I do think about joining a gym, or going for a run from time to time, but I'm always too busy.

معنی: بعضی اوقات.

In the long run. Over a long period of time. I know it seems like buying a house now is a bad idea, but it'll be worth it in the long run. It's a good investment.

معنی: در زمان طولانی.

Now and then. To do something occasionally. I like going out for a meal every now and then, it makes a nice change from having to cook.

معنی: چیزی را به طور منظم انجام دادن.

Kill time. When you do something to amuse yourself while waiting for something or someone. Sarah's not going to be here for another 20 minutes. Shall we walk to the park to kill time?

معنی: سرگرم کردن خود.

High time. You can say this when you think something should've been done already, and is overdue. It's high time you asked your boss for a promotion, you work so hard and deserve to be paid more.

معنی: کاری که باید انجام میشد ولی انجام نشده.

Now or never. This means that something has to be done now or can't be done at all. Ask him about the job now before she leaves for his two-week trip. It's now or never, you won't be able to do this when he returns.

معنی: الان یا هرگز.

The moment of truth. A time when an important decision is made, or the truth about something is revealed. Right everyone, here's the moment of truth. John press the big red button and activate the system please.

معنی: زمان مهم تصمیمگیری.

Time after time. To do something again and again, or repeatedly. Time after time he makes the same mistakes and expects me to forgive him.

معنی: دفعات مکرر انجام دادن کاری.

Year in, Year out. Something that happens every year for many years in a row. Our family holidays are so boring now.

Year in, year out we go to the same holiday resort and stay in the same old hotel.

معنی: رویدادی که هر ساله اتفاق می‌افتد.

Only time will tell. This means you cannot find out the truth, the answer, or the result of something. You have to wait and find out in the future. Only time will tell whether their marriage will survive this or not.

معنی: فقط زمان خواهد گفت.

Time heals all wounds. This means that feelings of hurt will leave as time passes by. This expression usually refers to emotional hurts, not physical ones. I was angry with him for a long time, but time heals all wounds. I am completely indifferent now.

معنی: زمان درمان تمام درد ها است.

Time off. This means to take a holiday or a break from work or other commitments. I would like to book some time off for next week please. I really need a holiday.

معنی: روز تعطیلی داشتن.

A hard time. To do something that is difficult or to suffer hardship. I had a hard time trying to find this place. Your directions were terrible.

معنی: زمان سختی داشتن.

Too much free time on one's hands. This is used when someone has too much free time, and not enough things to do. I have a lot of free time on my hands at the moment. Can I help you with anything around the house? He watches a lot of TV because he has too much time on his hands. I keep urging him to get a job, but he's too lazy.

معنی: زمان زیادی داشتن.

By degrees. When something happens or develops gradually, or little by little as time goes by. By degrees their

business relationship grew into friendship.

معنی: پیشرفت تدریجی.

Clock in. This is when you record the time you arrive or leave your job to show the number of hours that you have worked. I clocked in a little late today, I hope I don't get into trouble for it.

معنی: ساعات کاری.

Turn back the hands of time. This means to go back to the past, usually used in moments of reminiscence or regret. If I could turn back the hands of time, I would promise to be a better person and treat you right.

معنی: پشیمانی از گذشته.

A day late and a dollar short. When something comes or happens a little too late and is no longer good enough to accept. They offered me a contract after I'd already accepted another job offer – *a day late and a dollar short*.

معنی: کاری که دیر انجام بشود ارزش و اعتبار لازم را ندارد.

Donkey's years. To define something that happens over a very long period of time. I haven't seen you for donkey's years! Where have you been living all this time?

معنی: اتفاقی که برای مدت طولانی افتاده باشد.

In one's own time. To do something in your own time and take as long as you want to. It could also mean to do something outside of other commitments. Fine, I will help you. But I'll do it in my own time, don't rush me.

معنی: در زمان خود کاری را انجام دادن.

In the right place at the right time. When something happens by luck, or someone is given an unexpected chance completely by surprise. I can't believe he gave this major contract to me. I must've just been in the right place at the right time.

معنی: اتفاق شانس‌آلود.

In the wrong place at the wrong time. When something unlucky happens, that would not have normally happened. He killed an innocent man who was just in the wrong place at the wrong time.

معنی: اتفاقی یا بد شانسی افتادن.

In due course. This means everything will happen as it is supposed to, at the appropriate time. We will find out the results of your test in due course, you'll just have to be patient.

معنی: طبق روال.

In the interim. Something that takes place during a period of time between two events. I won't be able to move into my new apartment until next month, so could I stay at your house in the interim please?

معنی: چیزی یا کاری که ما بین دو اتفاق باشد.

Once in a blue moon. This refers to something that happens very rarely. My grandparents live in Canada. I only get to see them once in a blue moon, because it's very expensive to fly there.

معنی: به ندرت.

Around the corner. Used to describe something that will happen very soon. New year is just around the corner and I haven't even bought any gifts for my family yet.

معنی: نزدیک بودن.

Never in a million years. This means 'absolutely never' or 'at no time in my life'. 1. I am not moving 100 miles away from my family. Not in a million years. 2. Never in a million years will I understand why she decided to marry him that was strange.

معنی: هرگز و هیچ وقت.

The time of one's life. Used when someone enjoys themselves very much. The kids had the time of their lives at Disneyland.

معنی: از زندگی لذت بردن.

Once upon a time. Used to describe something that happened in the past, a long time ago. It is usually used to describe something that you wish still happened now. It is also used to begin children's stories. I used to look like a model once upon a time.

معنی: توضیح درباره ی اتفاقی که افتاده است.

Stand the test of time. Used to describe something that lasts or continues to work well for a long time. 1.This could also be used for something that remains respected or popular for a long time. This old piano has really stood the test of time, it's been in our family for generations. 2.Darren and Sue celebrated their fiftieth wedding anniversary. Their marriage had stood the test of time.

معنی: چیزی که برای مدت طولانی قابل استفاده است.

Pressed for time. Used when someone has hardly enough time to do something, and they need to be quick. I would love to stay and talk for a bit longer, but I'm really pressed for time.

معنی: وقت و زمان کافی نداشتن.

Shelf life. When something needs to be used or sold before a certain date. Mainly used for food, drink or medicine. Tinned food generally has quite a long shelf life.

معنی: چیزی که قبل از خراب شدن باید استفاده شود.

Have time on one's side. When you can afford to wait before doing or achieving something. He failed this time, but he's still young enough to try again. He has got time on his side.

معنی: کمی قبل از انجام کاری یا بدست آوردن موفقیتی صبر کردن.

The ship has sailed. This expression means that a particular opportunity has passed by, and now it is too late. He waited too long to apply for that job, and now the ship has sailed.

معنی: فرصت را از دست دادن.

Until hell freezes over. When someone says this to you they mean you can do whatever you like for as long as you want to, but you will never obtain what you are trying to. You can keep asking me until hell freezes over, but I will not allow you to visit that boy.

معنی: هر کاری هم انجام شود در زمینه ای موفقیت حاصل نمیشود.

Catch someone at a bad time. Used when someone is being interrupted at an inconvenient time. I'm sorry Jeff, have I caught you at a bad time? I wanted to talk about tomorrow's meeting.

معنی: در زمان بدی وقت کسی را گرفتن.

The time is ripe. This is used when it is the right moment to do something. We managed to sell our house when the time was ripe, and made a great profit.

معنی: زمانی مناسب برای انجام کاری.

In this day and age. An expression to define these modern times. She was appalled to see that so much injustice could exist in this day and age.

معنی: برای توصیف دوران جدید استفاده میشود.

Stuck in a time warp. Something that has not changed from a very long time in the past, when everything else around it has. This town seems to be stuck in a time warp. It looks exactly like it used to back in the 1960s.

معنی: تغییر چندانی نداشتن.

Time is of the essence. This expression can be used in a situation where timing and meeting any deadlines are

essential and required. We must get to work right away. Time is of the essence.

معنی: زمان برای انجام کار بسیار مهم است.

Take each day as it comes. To deal with things as they happen, and not to make plans or worry about what will happen in the future. I've been through a lot of changes in my life recently, and have learnt to take each day as it comes.

معنی: کار امروز را انجام دادن و نگران آینده نبودن.

Sooner or later. This is used when one is certain that something will happen, but is unsure exactly when. She will have to speak to me sooner or later. She can't ignore me forever.

معنی: دیر یا زود.

Chapter 3

English Idioms

Monkey business. silly, mischievous or deceitful behavior; stupid or time-wasting activity. 1.Our accountant has been fired as there was some monkey business with the books. 2.Are you still fiddling about with those old tools? Stop the monkey business and get some new ones.

معنی: کاری که وقت هدر دادن باشد.

Rat race. an exhausting and repetitive routine, a hectic struggle for success. 1.I'm so tired of the rat race. I'd love to retire and move to the country. 2.She started to work from home as she couldn't stand the rat race at the office for years.

معنی: شرایط و فضای رقابتی.

Cat burglar. a stealthy burglar who climbs into buildings, usually through upper windows, skylights, etc. Examples: 1. Grandfather's old telescope has disappeared from the loft. It must have been a cat burglar that took it. 2.The inspector was surprised by the exploits of a cat burglar who only stole from upper floors and attics.

معنی: کسی که برای دزدیدن وسایل مردم از دیواری بالا رود.

Top dog. the most important person in a group, somebody with the dominant position or highest authority. 1.I don't want to be the top dog at our company, I just do my job as well as I can. 2.Peter is the top dog at English in our class he speaks English very well.

معنی: مهم ترین شخص در یک گروهی.

Cash cow. a dependable source of income; a product or service that makes money. 1.Our company's cash cow is the sales department, which makes enough income to finance the developers. 2.The publisher saw the new bestseller as a cash cow.

معنی: منبع درآمد.

Eager beaver. an enthusiastic hard worker; someone very excited to start a task. 1.The new secretary is an eager beaver. Although she comes to work at seven every day, she's the last to leave in the evening. 2.Don't be an eager beaver, we have plenty of time to do this job so we can rest now.

معنی: سخت کوشی.

Road hog. a dangerous or inconsiderate driver, someone who drives carelessly and selfishly. Sorry that we're so slow, but there is no way to overtake that road hog in front of us. A road hog nearly ran me over at the crossing as he failed to stop at the sign.

معنی: راننده ی بی دقت.

Black sheep. an undesirable member of a group, a disliked person, somebody who causes shame or embarrassment due to deviation. 1.Don't be surprised that he doesn't want to take over father's business, he's always been the black sheep of the family. 2.They called me the black sheep as I didn't want to go to the pub and play billiards with them I hate them.

معنی: فردی که لیاقت بودن در گروهی را نداشته باشد.

A foot in the door. to manage to enter an organization, a field of business, etc. that could bring you success. I always wanted to work for that company but it took me two years to get a foot in the door.

معنی: ملحق شدن به شرکتی.

Cash cow. the part of a business that always makes a profit and that provides money for the rest of the business. The new product became the company's cash cow.

معنی: بخشی از تولید که سود زیاد داشته باشد.

Too many chiefs, not enough Indians. used to describe a situation in which there are too many people telling other

people what to do, and not enough people to do the work. There are too many chiefs and not enough Indians in that company.

معنی: جایی که همه حرف میزنند و از دست کسی کاری بر نمی آید.

A slice of the pie. a share of something such as money, profits, etc. The company made big profits and the workers want a slice of the pie.

معنی: پول یا سودی را تقسیم کردن.

Go belly up. to fail completely. Last year the business went belly up after sales continued to fall.

معنی: کاملاً شکست خوردن.

Golden handshake. a large sum of money that is given to somebody when they leave their job, or to persuade them to leave their job. When Tom left the company he was given a golden handshake.

معنی: مقداری پول که پایان دوره ی کاری شرکت پرداخت میکند.

Grease someone's palm. to give somebody money in order to persuade them to do something dishonest. There are rumors that the company had to grease someone's palms to get that contract.

معنی: رشوه دادن به کسی.

Hold the fort. to have the responsibility for something or care of somebody while other people are away or out. While the boss is out of the office, I'll have to hold the fort until he comes back.

معنی: مراقبت از جایی یا کسی.

Keep your head above water. to deal with a difficult situation, especially one in which you have financial problems, and just manage to survive. Business is bad. I'm not sure how much longer we'll be able to keep our heads above water.

معنی: با شرایطی سخت سازگاری کردن.

Red tape. Official rules that seems more complicated than necessary and prevent things from being done quickly. You have to go through endless red tape to start up a business.

معنی: قوانین پیچیده در کار.

Sell ice to Eskimos. to persuade people to go against their best interests or to accept something unnecessary or preposterous. That salesman is such a smooth talker. he could sell ice to Eskimos.

معنی: کسی را از انجام کار مورد علاقه ی خود منصرف کردن.

Sleeping partner. a person who has put money into a business company but who is not actually involved in running it. Tom found a sleeping partner to invest money in his business.

معنی: شریک کاری و تجاری.

A dead duck. a plan, an event, etc. that has failed or is certain to fail and that is therefore not worth discussing. The project was a dead duck from the start due to a lack of funding.

معنی: برنامه ای که شکست خواهد خورد.

Pull out all stops. Used when someone does everything they can possibly do to achieve the result they want. I'm determined to pull out all the stops this time. I want my wedding day to be absolutely perfect.

معنی: تمام تلاش خود را کردن.

On the ball. To know what is happening. To be fully aware and in control of a situation. Fred is the best person to take control of this project. He is always on the ball, and works really well under pressure.

معنی: آگاهی از شرایط و وضعیت.

Keep one's eye on ball. To remain alert and keep one's attention focused on the task or matter at hand. Stop thinking

about what he wants, this is an important stage in your career and you need to keep your eye on the ball.

معنی: در کارمان تمرکز داشتن.

Drop the ball. Make a mistake, disappoint everyone. I thought she'd be able to cope, but when the time came to present the results, she just dropped the ball.

معنی: اشتباه کردن.

Jump for joy. To jump up because one is happy. I'm so excited about my promotion, I could jump for joy.

معنی: بخاطر خوش حالی پریدن.

All hands on deck. Used to indicate that the involvement of all the members of a team is required. We had all hands on deck to get everything prepared for Jenny's surprise party.

معنی: برای موفقیت نیاز به تمام اعضای تیم داشتن.

The ball is in one's court. Used to express when it is someone else's decision to do something. You know how he feels about it; the ball is in your court now. You have to decide what you want to do.

معنی: برای بیان اینکه تصمیم گیرنده فرد دیگری است.

Call the shots. Make all the important decisions. John will be calling the shots while our boss is on holiday.

معنی: تصمیمات مهم را گرفتن.

Front runner. The person expected to win or succeed. Barbara is definitely the front runner for the Assistant Manager position.

معنی: کسی که انتظار میرود موفق شود.

Get a head start/ Have a head start/ Give a head start. To start or allow someone else to start before everyone else. 1.I'll give you a head start because I know I can do my chores really quickly, and I'll probably still finish before you anyway. 2.He only finished first because he had a head start,

otherwise I would've definitely won I don't regret for the result.

معنی: شروع کردن قبل از کسی برای کاری.

Get into the full swing. Get comfortable after doing something for a while. It took me at least a month to get into the full swing of how things work in this company, now it's all really easy and straightforward for me.

معنی: عادت کردن به محیطی.

In full swing. At the peak of an activity, moving fast and efficiently. We got to Sarah's house a bit late and the party was already in full swing.

معنی: در اوج بودن.

Get off the hook. Escape, have responsibility removed. I thought I might have to stay in and babysit this weekend but luckily, Angela's plans changed, so I got off the hook.

معنی: فرار کردن. از وظایف شانه خالی کردن.

Jump off the page. Something that is visually pleasing or someone who is intellectually sharp, and stands out above the rest. 1. That was such an eye-catching newspaper advertisement. It really did jump off the page. 2. The second interviewee was incredibly talented. She really jumps off the page for me.

معنی: چیزی که باعث خوشحالی فرد باهوش شود.

Get a second wind. Have a sudden burst of energy after being tired. I was exhausted after the 10th mile of running, but I got a second wind after I saw the sign for the final lap.

معنی: انرژی گرفتن ناگهانی.

Give (something) one's best shot. To try your absolute hardest to succeed. Don't think about whether you will win or lose, just give it your best shot.

معنی: نهایت تلاش خود را کردن.

Plain sailing. A straightforward or simple task that has no problems, and is very easy to complete. I don't ever want to change my job. It's just plain sailing and I get paid a lot for it.

معنی: وظیفه ای راحت و کاری آسان.

In a league of one's own. Someone who is much better than the rest. Most of the applicants were quite strong; they all seemed to have some good qualities, but Charlie Brown was in a league of his own.

معنی: کسی که بهتر از بقیه باشد.

Jump off the deep end. To take immediate and drastic action. I've decided to jump off the deep end and quit my job. I want to completely change my life and travel the world.

معنی: کاری را سریع انجام دادن.

Jump through hoops. To go to extreme lengths to get something done, or to please someone. Hazel jumped through hoops for her friend, but she didn't appreciate her efforts enough.

معنی: کسی را خوشحال کردن.

To jump out of one's skin. To be badly frightened. I nearly jumped out of my skin when I saw a man standing by the window.

معنی: خیلی ترسیدن.

Jump at something (A chance or opportunity). To seize the opportunity to do something. 1.I jumped at the chance to do an internship placement with Google. 2.I would jump at any opportunity to work within that law firm, even if it was a low-paid position, but it's really hard to get any work with them.

معنی: از فرصت ها استفاده کردن.

Jump to conclusions. To make an assumption without considering all the facts. No, that's not the reason why I was there. You're just jumping to conclusions because you saw me with Helen.

معنی: گمانه زنی هایی که بر اساس تمام واقعیت نباشد.

Hit it out of the park. To have enormous success. Rob has really hit it out of the park with his new entrepreneurial idea.

معنی: خیلی موفق شدن.

Stay ahead of the game. To be leaders in a particular field/business environment. You have to stay ahead of the game if you want to be successful in the media business.

معنی: سر گروه در کاری بودن.

A two horse race. A close contest between two groups/companies. It was a two horse race between the enterprises for quite some time. It was neck and neck between the two enterprises for quite some time.

معنی: رقابت نزدیک بین دو گروه.

Approaching the finish line. Getting quite close to the end. We've almost done it. we're approaching the finish line now. You can't give up at this stage. We've almost done it. this is the home stretch now. You can't give up at this stage!

معنی: به پایان رساندن.

Jump off the shelves. To sell really well, a popular product. Those homemade pies are jumping off the shelves; we'll have to make some more.

معنی: خوب فروختن محصولات.

Jump on the bandwagon. To join a cause, follow or copy a popular trend or activity. I've noticed that most people in this office seem to have jumped on the bandwagon and started wearing those skinny jeans.

معنی: در یک فعالیت همکاری و همراهی کردن.

Give someone a run for their money. To make it really hard for someone else to succeed over one's self. You really gave that Property Developer a run for his money! Well done.

معنی: برای دیگران مشکل ایجاد کردن.

Across the board. Equal for everyone. Applying to everybody or everything. Bonuses were given across the board for such a successful year.

معنی: برابر برای همه.

At this stage in the game. At the present moment or time during an activity. It's hard to predict what the outcome will be at this stage in the game.

معنی: در زمان حال.

Hit below the belt. Do or say something that is very unfair or cruel. 1. Martha had hit below the belt when she brought up his personal issues. 2. That was below the belt Andy. there was no need to get my family involved.

معنی: کار ظالمانه ای انجام دادن.

Go overboard. Do or say too much, more than is necessary. My mum always goes overboard when it comes to preparing for new year time.

معنی: بیش از اندازه صحبت کردن.

Jump down someone's throat. To criticize or become angry with someone. 1. My boss jumped down my throat as soon as I mentioned booking another holiday. 2. Don't jump down my throat mother.

معنی: از دست کسی عصبانی شدن.

Hot shot. Used to describe someone who thinks they are the best. This could also be used in a positive way to compliment someone who is very skillful.

That new hot shot in the Marketing team just talks about himself all the time.

معنی: فرد خود بزرگ بین.

Jump at one's own shadow. When someone is afraid of everything around them. Sally jumps at her own shadow; I don't think she'll want to watch that new horror movie.

معنی: کسی که از همه چیز میترسد.

Meet one's match. To encounter one's equal. John had definitely met his match when a new player joined the tennis club.

معنی: دیدن کسی.

Off and running. Start something with a good, smooth beginning and progressing well. She was off to a flying start when her course began, I don't understand why she was nervous at all before.

معنی: چیزی را به خوبی آغاز کرد.

Keep one's head above water. Trying not to fall behind in work, other duties or financially. These last few weeks have been tough at home; I've only just about managed to keep my head above water! Hopefully things will begin to get better now that I have money to pay the bills.

معنی: تلاش برای شکست نخوردن در کاری.

Learn the ropes. Trying to understand new things. I'll help you with everything for the first few weeks, while you're learning the ropes.

معنی: مطالب جدیدی یاد گرفتن.

Long shot. Something that may be difficult to accomplish, but is attempted anyway. That's a bit of a long shot, I don't think the boss will agree, but ask him anyway. You can only try.

معنی: چیزی که بدست آوردنش سخت باشد.

No sweat. Another way of saying ‘Not a problem’. “Thanks for helping with explaining everything to the Director!” “No sweat.”

معنی: کاری که سخت نباشد.

Make the cut. Be chosen to be part of a group or team. Unfortunately, Jane didn’t make the cut. But you did! Congratulations.

معنی: قبول شدن برای فعالیت در تیمی.

Out of one’s league. Not as good as another. I really want to date Sarah even though I know she’s out of my league, and probably doesn’t even know I exist.

معنی: بندازه ی یکی دیگر خوب نبودن.

Jump the shark. A term used to describe a moment when something that was once great has reached a point where it will now decline in quality and popularity. I think that TV Series has jumped the shark now. They’re running out of ideas and it’s not even funny anymore.

معنی: چیزی که محبوبیت خود را از دست داده باشد.

Race against time. When there is almost no time left to accomplish something. I had to race against time to finish decorating the house. Jean decided to come home early and I wanted it all completed before she got back.

معنی: زمان برای انجام کاری تمام شدن.

Take the bull by the horns. Accept a challenge and do your best to succeed, or deal with a problem directly. Bill has a very strong character. He always takes the bull by the horns and never accepts defeat.

معنی: کاری را قبول کردن و در آن کار موفق شدن.

Skating on thin ice. To do something that is very risky. To put one’s self in a situation that could become quite problematic or dangerous. 1. Jeremy is skating on thin ice, he

had his licence taken away from him last week, but he is still driving his car. 2.No, I can't ask for more holiday, I'm already walking on thin ice after all the days off I had last month.

معنی: ریسک کردن در انجام کار.

Get the ball rolling. To begin something. I know I have some time before the end of my contract, but I want to get the ball rolling so I don't have to rush to find a job in the last few weeks.

معنی: شروع به انجام کاری.

Keep the ball rolling. To maintain the momentum of an activity. We had previously planned to end the book club early, but as there was a sudden rise in interest from the local community, we decided to keep the ball rolling throughout the summer.

معنی: ادامه دادن به کاری.

Win hands down/ beat someone hands down. An easy victory. 1.I don't think you need to worry about the new team, you have a better squad and will definitely beat them hands down! 2.There was no competition between them at all. You should have seen her play, she won hands down.

معنی: به آسانی پیروز شدن.

Throw in the towel. To give up on something. I've decided to just throw in the towel and start looking for work elsewhere. It's too competitive to get a decent job here.

معنی: تسلیم شدن در برابر چیزی.

Bat a thousand. To be successful in everything that you do. Gareth seems to be batting a thousand with his online business this year.

معنی: در هر چیزی موفق شدن.

Jump ship. To leave or abandon something that is not doing well. The football manager did not jump ship, instead he decided to stay and support his struggling team this was a great plan.

معنی: ترک کردن چیزی که خوب کار نکند.

Bounce something off someone. To test someone's reaction to an idea, in order to get their opinion about it. Do you mind if I just bounce a couple of ideas off you about next quarter's marketing strategy?

معنی: واکنش کسی را آزمودن.

Clear a hurdle. To overcome an obstacle. We've cleared a big hurdle by getting all the legal paperwork completed for our new business.

معنی: از پس مشکلی یا مانعی بر آمدن.

Dive in headfirst. To do something impulsively, without thinking about the consequences. I just decided to dive in headfirst, and it was one of the best decisions ever.

معنی: بدون فکر کردن کاری را انجام دادن.

A fighting chance. A good possibility of succeeding if you try hard. You have a fighting chance of getting that job, I know you can do it.

معنی: موفق شدن در صورت تلاش بی وقفه.

Dive right into something. To begin to do something without hesitating, getting started immediately. Some of the students decided to dive right into their studies when they started university.

معنی: سریعاً شروع به کار کردن.

Kick off something or kick someone off. To begin something, to start something. 1. We kicked off the summer by being the first ones to have a party in our neighborhood.

I decided to kick him off the pitch, because he wasn't helping his team and kept starting fights with the other players.

معنی: شروع به کاری کردن.

Set the pace. To establish the pace or speed of something. The fastest runner set the pace for the other runners during the marathon.

معنی: سرعت چیزی.

Sink or swim. To fail or succeed by one's own efforts. This industry is very competitive, you either sink or swim – you cannot be average.

معنی: شکست خوردن یا پیروز شدن.

Jump the gun. To be impatient and not wait for the right time. To do something too soon, especially without thinking about it carefully. 1. Don't jump the gun Chris, let's just wait for them to tell us when it's our turn. 2. Don't you think they're jumping the gun a bit? They've only just met and they're thinking about getting married already. Don't bother them.

معنی: صبر نکردن.

A whole new/ different ball game. A new set of circumstances, a completely new situation. 1. I'm usually quite good with computers, but this software you've installed is a whole new ball game. 2. Mr. Grove is very strict. When he starts teaching this class next year, it will be a completely different ball game for us to be in his class.

معنی: شرایط را کاملاً تغییر دادن.

Wild card. Something or someone that adds an unexpected twist to an activity or situation. They added our team as a wild card at the very last minute, to make the game a bit more interesting.

معنی: کسی که تغییر غیر منتظره ای ایجاد کند.

Tackle a problem. To attack a problem with a lot of effort, in order to resolve it. Don't worry Janice, we can tackle this problem if we work together.

معنی: مشکلی را حل کردن.

Team player. Someone who works well with others to achieve a common goal. I see myself as an excellent team player; someone who can be relied upon.

معنی: کسی که خوب بازی کند.

To throw in a curveball. To surprise someone by doing something unexpected. They threw in a curveball halfway through my interview and said I had to take part in a role-play situation. I think they wanted to test how well I could work under pressure.

معنی: شگفت زده کردن کسی.

Touch base with someone. To briefly meet or make contact with someone, usually to update them or be updated on a matter. I stopped off in LA to touch base with Sally before coming home.

معنی: کسی را به مدت کوتاهی دیدن.

Chapter 4

English Idioms

Put/ Get your thinking cap on. To engage your mind in a serious manner. Right, we need to figure out how we're going to solve this problem before mum and dad get back, so let's put our thinking caps on.

معنی: متوجه موضوع مهمی شدن.

Draw a blank. To get no response from someone when they are asked a question. I asked him about his plans for party, but I just drew a blank. He didn't seem to understand what I was asking him.

معنی: جوابی نگرفتن از کسی.

Back to basics. An approach that uses traditional ideas and methods which have been successful in the past. They seem to prefer having everything back to basics in their office. They have minimal use of advanced technology, but apparently find everything simpler and easier to manage.

معنی: استفاده از روش های قدیمی.

As easy as ABC. Something that is very simple or easy. That jigsaw puzzle is as easy as ABC, I don't understand why you've been struggling with it for so long.

معنی: خیلی راحت.

Copycat. Used to describe someone who copies another person's work. I don't like talking to her about my wedding plans because she's such a copycat! I know she'll steal my ideas and use them for her own wedding.

معنی: کپی کردن از کار دیگری.

Cover a lot of ground. When a lot of work needs to be completed. If there is a lot of research to be done, or material to get through. 1.Our team have done so well over the past two weeks. we've managed to cover so much ground that I feel this program may be ready by the end of this month. 2.We have to complete our research within the next month.

We still have a lot of ground to cover, and I fear we may not get everything done in time.

معنی: کار های زیادی باید کامل شوند.

Count noses. To count the number of people around you (generally used on a school trip, to check for missing students). My grandmother was constantly counting noses at the birthday party. I think she felt responsible for all the children there.

معنی: روی اطرافیان حساب کردن.

Eager beaver. Someone who works hard and is very enthusiastic. Mary is such an eager beaver, she always the first one to do whatever the boss asks. I think she's hoping for a promotion.

معنی: کسی که سخت کار کند.

Drop out of school. To stop attending school completely (leave without graduating). 1.She dropped out of school at the age of 14 to help her sick grandmother at home, but now she runs her own successful nursing home for the elderly. 2.He's a dropout, I can't see him being anything successful with his current reputation.

معنی: ترک تحصیل.

Show of hands. Raising hands to vote about something. With a show of hands, who would prefer to have longer working days but a shorter working week? I don't want it.

معنی: بالا بردن دست برای رای دادن.

Learn something by heart/ off by heart. To memorize something so well, that it can be written or recited without thinking. 1.I can't believe you learnt the whole Macbeth play by heart! Well done. 2.She learnt all the compositions by Beethoven off by heart.

معنی: چیزی را خیلی خوب یاد گرفتن.

Bookworm. This is used to describe someone who reads a lot, all the time. You won't be able to convince her to come out with us, she's a real bookworm and will probably stay in to read.

معنی: کسی که فقط مطالعه میکند.

From the old school/ of the old school. Holding attitudes or ideas that were popular and important in the past, but which are no longer considered relevant or in-line with modern trends. 1.She was a teacher of the old school and believed in strict discipline. 2.My grandmother is from the old school, she made her children make their own lunches and walk to school.

معنی: ایده ای که قبلاً مهم بوده ولی دیگر نیست.

The school of hard knocks. Learning through difficult experiences in life, as opposed to a formal, classroom education. I wasn't able to go to college, but I learnt a lot in the school of hard knocks, it taught me a lot about life.

معنی: یادگیری با تجربه کردن.

A for effort. Giving someone recognition for trying hard to do something even though they may not be successful. Jenny definitely deserves an A for effort, she put so much work into her entry for the competition.

معنی: کسی را برای تلاش بیشتر تشویق کردن.

School someone in something. To train, discipline or coach someone in something. She schooled her brother in patience.

معنی: به کسی نظم دادن در کاری.

Cut class/ play hooky/ skip class. When someone plays truant and does not go to their lessons. 1.David has been cutting class again; I haven't seen him in any of our French lessons for the past week. 2.They played hooky at college so they could be first in line for the concert tickets. 3.The

teacher told his parents that he'd been skipping classes! He's not allowed to go out with us now.

معنی: در کلاس ها شرکت نکردن.

School of thought. A particular philosophy, or a way of thinking about something. One school of thought holds that cats cause allergic reactions.

معنی: روش فکر کردن.

Tell tales out of school. To gossip or spread rumors. I wish Gina wouldn't tell tales out of school so much, people find it hard to believe anything she says now, even if she is telling the truth.

معنی: پخش کردن شایعه.

You can't teach an old dog new tricks. This means it is difficult to make someone change the way they do something when they have been doing it the same way for a very long time. Jeremy tries so hard to show me how the computer works, but he doesn't understand that you can't teach an old dog new tricks.

معنی: ترک کردن عادت خیلی سخت است.

The old school tie/ Oldboy network. The way in which men who have been to the same expensive private school, help each other to find good jobs. 1.The old school tie still has enormous power in most City companies. 2.They don't make any effort to find a job for themselves, the oldboy network does it all for them.

معنی: کمک به یکدیگر در پیدا کردن شغل.

Brainstorm. To try to develop an idea or think of new ideas. Let's all separate into groups and try to brainstorm as many suggestions as possible for the next school play.

معنی: فکر جدیدی داشتن.

An old head on young shoulders. A child or young person who thinks and talks like an older person who has more life

experience. Emily doesn't fit in with the children at her school, she's definitely an old head on young shoulders. She talks to them like a parent or teacher would.

معنی: کسی که مثل بزرگ سال ها رفتار کند.

Call the roll/ take the roll. To call the names of a group of people (or students) and expect them to respond to show they are present. Jamie called the roll on the coach before we left to make sure that everyone had arrived.

معنی: خواندن نام شاگردان برای یافتن غایب ها.

Crack a book. To open a book to study (usually used in a negative sense). 1.I kept telling my mum I didn't need to study too hard for this exam because it's easy, she wouldn't listen to me though. 2.She insisted I crack a book every evening.

معنی: باز کردن کتاب و مطالعه ی آن.

Crank out a paper. To write a paper or essay in a mechanical way. I had to crank out a new paper every week to pass this course. It was really hard work but I could handle it.

معنی: نوشتن کاغذی.

Fill in the blanks. To supply missing words or information (this can be used in conversation or writing). I wasn't here when the argument happened, so John filled in the blanks for me.

معنی: مطالب حذف شده را اضافه کردن.

Learn by rote. To learn something by memorizing it without giving any thought to what is being learnt. They had to learn the lyrics to two new songs by rote just before the show.

معنی: یادگیری با حفظ کردن.

Learn the ropes. To learn how to do a job properly, or how things work. It took me a while to learn the ropes in this law

firm, some of their procedures are so complicated and I should try to do my best.

معنی: یاد گرفتن انجام کاری.

Learn one's lesson. To suffer a bad experience and know not to do it again. I thought I was being funny by mocking Peter in front of everyone, but the way he reacted was so horrible. I've definitely learnt my lesson to not make a joke at someone else's expense.

معنی: از یک اتفاقی ناراحت بودن.

Teach someone a lesson. To do something to someone in order to punish them for something they've done. The boys next door wouldn't stop playing pranks on the poor elderly couple across the road, so I played a prank on them to teach them a lesson.

معنی: برای مجازات کسی کاری انجام دادن.

Pass with flying colors. To pass (a test) easily with a high score. I have some exciting news: I passed my driving test with flying colors.

معنی: در یک امتحان قبول شدن.

Schoolboy error. A very basic or foolish mistake. 1.He made a schoolboy error when he passed some of the responsibilities to Jonah, who took all the credit for everything they'd done.

معنی: اشتباه ساده و ابتدایی.

A quick learner. Someone who is able to learn a new skill or task very quickly. Kelly is a very quick learner; she has only been here for a week so far and has already taken on most of the previous secretary's roles it was amazing for us.

معنی: کسی که خیلی زود یاد میگیرد.

University of life. The daily life and work where you learn more than you would by going to university. My grandfather began to work on the family farm when he was fourteen and

learnt everything from the university of life and we learned how to learn from life.

معنی: یادگیری از طریق تجربه و کار.

Single file. A line of people with one person standing behind another. We didn't have any issues with crowd control at all. Everyone was eager to get an autograph from the band, but they waited patiently in single-file.

معنی: ردیفی از مردم که پشت سر هم منتظر هستند.

Meet the requirements for/of something. To fulfil the requirements for/of something. Unfortunately, I didn't meet all their requirements for that job, so I didn't get it.

معنی: فرم ثبت نامی را پر کردن.

Make the grade. To be satisfactory and of an expected level. I didn't make the grade for the final assignment, so I have to do it all over again.

معنی: آماده بودن برای سطحی.

Hit the books. To begin to study hard. I hit the books as soon as I knew the date of the exam.

معنی: شروع کردن به مطالعه سخت.

Have one's nose in a book. To be reading a book. He always has his nose in a book, I wish he'd be a bit more sociable sometimes.

معنی: خواندن کتابی.

Good off/ Good around. To waste time, procrastinate. He spent all of last week goofing around, and now he's panicking the day before the test.

معنی: زمان هدر دادن.

Teacher's pet. A teacher's favorite student. She always gets really good marks, I bet it's because she's teacher's pet.

معنی: دانش آموز مورد علاقه ی معلم.

All ears. awaiting an explanation, listening eagerly and carefully. 1. Tell me how you managed to pass the exam, I'm all ears. 2. She was all ears to find out where her husband had been the night before.

معنی: با دقت گوش دادن.

Cold shoulder. (give somebody the cold shoulder, get the cold shoulder) – paying no attention to something, a deliberate act of disrespect, an attitude of rejection. 1. I hoped she would come to the cinema with me, but I just got the cold shoulder. 2. The manager has given the cold shoulder to our proposal to buy a new company car.

معنی: بی توجهی کردن یا رد کردن پیشنهادی.

Itchy feet. a strong impulse to travel, restlessness, desire to leave. 1. Seeing a boat always gives me itchy feet. 2. No wonder she's got itchy feet. She's been working in the same office with the same people for more than twelve years it's time to change.

معنی: تمایل زیاد برای سفر. خسته نشدن از مسافرت.

Long arm of law. the far-reaching power of the authorities; the police, the law. 1. Stop this dirty business, the long arm of the law will reach you some day. 2. He tried to live on shoplifting, but long arm of the law caught him in a week.

معنی: پلیس و قانون.

Old hand. a person with a lot of experience in something. 1. Our boss is an old hand in the car business, you can't cheat him with this broken engine. 2. The new chef was an old hand at making Italian dishes.

معنی: فردی که در زمینه ای بسیار باتجربه باشد.

Sweet tooth. a great liking for sweet-tasting food, a weakness for sweets; someone with a liking for sweets. 1. She has a sweet tooth, but as she's rather fat, she must resist eating chocolate too often. 2. I'm a sweet tooth, I

couldn't help eating all the remains of my birthday cake after the party.

معنی: کسی که غذا های شیرین دوست داشته باشد.

Elbow room. enough space to move or work in; freedom to do what you like. 1. There's so little elbow room in our office that you must stand up from your desk if somebody wants to go out. 2. The agents were given as much elbow room as they needed to increase the sales.

معنی: فضای کافی برای کار کردن داشتن.

Eye-catching. tending to attract attention, visually attractive, striking. 1. There were lots of eye-catching posters at the entrance of the cinema. 2. Her dress was so eye-catching that we couldn't do anything but stare at her for minutes in the meeting.

معنی: جلب توجه کردن.

Egghead. a very studious person, intellectually gifted in the field of academics, a very intelligent person. I think Jane will do well in her finals. She has always been a kind of egghead from elementary school all the way through college.

معنی: خیلی مطالعه کردن و باهوش بودن.

Big cheese. an important and influential person. 1. Do you know Peter? He's a big cheese at the company, he may help you to get a good job there. 2. Ever since Tom got his promotion he thinks he is the big cheese of the company. All he does is order us around all day. I don't think so. He is too influential now. He could fire me if I do something he doesn't like.

معنی: فرد مهمی در کار.

Couch potato. a very lazy person who watches too much TV. 1. My uncle is a couch potato. you never see him without the remote control in his hand. 2. He's a couch potato, he needs to go outside and enjoy life. You're right, he's

spending too much time on that couch watching television I agree with you.

معنی: کسی که خیلی تلویزیون تماشا کند.

Tough cookie. a very determined person, durable and robust person, a person who is difficult to deal with. 1. There is a tough cookie on the phone, he insists to talk to the manager, shall I put him through? 2. She really is a tough cookie! She has a plan and she's working as hard as she can to reach her goal.

معنی: کسی که بسیار قدرتمند و سالم باشد.

Top banana. leader, boss, the chief person in a group, the head of a project. 1. I don't know when we'll finish, ask Jack, he's the top banana here. 2. We have no order, no aims and no direction. We need a leader, a top banana that can motivate the team and drive us to the finish line but now we don't have.

معنی: رییس یا سرپرست گروه.

Bad apple. troublemaker, criminal. 1. He's a bad apple. If I were you, I wouldn't let my son go out with him. 2. He was always the bad apple of the family. They were never able to discipline him whereas his sister was always so good.

معنی: فرد در دسر ساز یا مجرم.

Sour grapes. pretending to dislike something that you can't have. 1. The losers say they don't mind that they couldn't win the cup, but I'm sure this is only sour grapes. 2. She's pretending that doesn't care that she was fired but it's just a bunch of sour grapes.

معنی: وانمود کردن به دوست نداشتن چیزی که نتوانستیم کسب کنیم.

Lemon law. A law that protects those who buy defective cars or other consumer goods. 1. Unfortunately, his new car had an engine defect, but he received a complete refund in accordance with the lemon law. 2. In accordance with the lemon

law you must be given a complete refund if you were sold a faulty product.

معنی: قانون بیمه برای تعمیر ماشین های خراب.

A bun in the oven. this expression is used when somebody is pregnant. 1.I have a bun the oven, the baby is due in 7 months. 2.Congratulations! You've got a bun in the oven! That's fantastic news.

معنی: کسی که بچه بدنیا خواهد آورد.

Bring home the bacon. this idiom describes a person who earns a living or provides financial support to the home.1. I work hard so I can support my family, I bring home the bacon. 2.You need to find a good job and bring home the bacon.

معنی: کسی که نان آور خانه ای باشد.

Cheesy. describes something that is tacky, silly, inauthentic or cheap. 1.The novel received terrible reviews and was even said to be cheesy as many critics thought it was too predictable. 2. I just thought it was really predictable and cheesy. I knew what the characters were going to say before they said it and it just seemed very forced and fake.

معنی: چیز ارزن و بی کیفیت.

Full of beans. this describes somebody that is excited about something or very energetic and lively. 1.The kids were full of beans after the birthday party. 2.The supporters were full of beans at the match, they chanted, sang and even danced when their team scored the winning goal.

معنی: کسی که بسیار خوش حال و پر از انرژی باشد.

Piece of cake. this describes something that is really easy to do or takes very little effort. 1.The exam was a piece of cake. I knew all the answers. I was finished within half an hour. 2.Let's cook this chicken dish for dinner. The recipe is so easy it will be a piece of cake and it will taste delicious. 3.I'm

positive, it will be a piece of cake if the two of us do it together. We'll have everything packed and moved by the end of the week.

معنی: انجام کاری که بسیار راحت باشد.

Spill the beans. this idiom is used when somebody tells a secret that they shouldn't have. 1.Spill the beans, how did you know the answer to the mathematics question? 2.They spilled the beans last night to their family and friends. They are quitting their jobs and travelling around the world for a year. They kept it a secret for months. 3.You wouldn't spill the beans to your closest friend, would you? I promise I'll keep the recipe a secret.

معنی: کسی که راز های دیگران را بازگو کند.

Take with a pinch of salt. this idiom is used when somebody is skeptical about something or someone. Detectives have to be skeptical and suspicious when interviewing suspects. 1.They have to take everything being said with a pinch of salt. 2.The statistics in the report need to be interpreted with a pinch of salt as they don't include all the factors. 3.I don't believe her though, I always take what she says with a pinch of salt and I can't trust her in any case.

معنی: به کسی یا چیزی مشکوک بودن.

Butter up. this idiom is used when somebody flatters somebody else, usually because they want something from them. 1.The students wanted to go outside and play in the yard so they tried to butter up their teacher by saying what a great teacher she is and how much they appreciate her. 2.The employer buttered up to the manager as he wanted to be promoted to the new position in work.

معنی: چرب زبانی کردن برای کسی.

Black of the net. To score a goal. You should've seen it. It was such a great goal. Back of the net.

معنی: گل زدن.

Man on. this is usually shouted out during a match to warn someone that a player of the other team is right behind them. Often a call to pass the ball. Quick! Man on! Pass the ball to Jones.

معنی: فریاد برای هشدار به بازیکنان.

We were robbed. a phrase used to express that a defeat was unjust, possibly due to an injustice committed by somebody else. The referee didn't see that foul. If he'd given that player a yellow card, he wouldn't have scored that goal. We were robbed.

معنی: شکست خوردن در بازی در حالی که حق تیم برد بوده است.

He's got a sweet left foot. referring to a player who is very skillful at kicking the ball with his left foot (most players use the right foot). He's one of the best players on the team, and he's got a sweet left foot.

معنی: کسی که به خوبی توپ میزند.

Hit the woodwork. when a player intends to shoot into the goal but hits the crossbar or the post of the goal instead, and was very unlucky not to have scored. He almost had it, but unfortunately it hit the woodwork.

معنی: وقتی توپی با بد شانس گل نشود.

They got stuck in. referring to a team whose players showed a lot of determination to succeed. They got stuck in right from kick-off and truly deserved to win.

معنی: تیمی که سزاوار موفقیت است.

He got a lot of pace. A very fast player. Jones is definitely a great player. He's got a lot of pace.

معنی: کسی که سرعت زیادی دارد.

The goalkeeper made a howler. used when the goalkeeper makes a very basic mistake (and probably lets the other team score a goal). They were in the lead, but then the goalkeeper made a howler and the other team scored.

معنی: بخاطر اشتباه ابتدایی دروازه بان گل خوردن.

It's a game of two halves. an expression referring to the fact that a football match can change unexpectedly throughout the 90 minutes. Especially between the first half and second half of the match. Well, they may be losing now, but it's a game of two halves.

معنی: فوتبال نود دقیقه است.

Get the ball rolling. to get something started. Begin a process. We need to have everything ready for the party by next week, so if you could please get the ball rolling by inviting everyone, that would be really helpful.

معنی: شروع کردن چیزی.

Get a kick out of something. to enjoy watching or doing something. If you get a kick out of horror movies, then you'll love the new Quentin Tarantino film.

معنی: از تماشای فیلم یا برنامه ای لذت بردن.

To kick something off. to begin or cause something to begin. We're going to kick-start the summer with a lovely weekend trip to the countryside.

معنی: شروع کردن یا باعث شروع چیزی شدن.

To keep one's eye on the ball. to keep (or fail to keep) your attention focused on the matter at hand. If you want to be a successful businessman, you need to keep your eye on the ball all the time. He took his eye off the ball when he shouldn't have done.

معنی: درباره ی موضوعی تمرکز کردن.

To watch from the sidelines. a position where someone is observing a situation rather than being directly involved in it. You never supported me when I needed you. You just watched from the sidelines.

معنی: کسی که فقط نگاه میکند و کاری انجام نمیدهد.

Move the goalposts. to unfairly change the rules or conditions of a procedure during its course. Jessica quit her job because her boss kept moving the goalposts about her promotion prospects.

معنی: عوض کردن قوانین و شرایط.

To be on the ball. someone who is very quick to respond and very aware of new ideas and methods. What's wrong with you? You used to be on the ball with your work all the time.

معنی: کسی که خیلی سریع باشد.

At this late stage in the game. this simply means 'at this point'. There's nothing we can do at this stage in the game. You should've told me earlier.

معنی: در این زمان.

Don't know whether to wind a watch or bark at the moon. Used when someone just doesn't know what to do. He has asked me to marry him and is still waiting for an answer, but I don't know whether to wind a watch or bark at the moon.

معنی: در دو راهه قرار داشتن.

Full of the joys of spring. Used to describe someone who is very happy and full of energy.

معنی: پر از انرژی.

Make time. This means to find the time to do something that should take priority. Having to clear some time in your schedule to do something. You should make more time for

your children. They're growing up so fast, and you're missing all of it.

معنی: زمان کافی برای انجام کاری که مهم تر است.

Have one's moments. Someone who generally exhibits a positive behavior pattern on an occasional basis, but not generally. Random bursts of positivity. He seemed in ever such a good mood earlier today, and offered to cook dinner! I guess he does have his moments.

معنی: اخلاق خوبی از خود نشان دادن.

Time heals all wounds. This means that feelings of hurt will leave as time passes by. This expression usually refers to emotional hurts, not physical ones. I was angry with him for a long time, but time heals all wounds. I am completely indifferent now.

معنی: زمان درمان تمام درد ها است.

Now or never. This means that something has to be done now or can't be done at all. Ask him about the job now before she leaves for his two-week trip. It's now or never, you won't be able to do this when he returns.

معنی: الان یا هرگز.

Black sheep. an undesirable member of a group, a disliked person, somebody who causes shame or embarrassment due to deviation. 1. Don't be surprised that he doesn't want to take over father's business, he's always been the black sheep of the family. 2. They called me the black sheep as I didn't want to go to the pub and play billiards with them I really don't like them.

معنی: فردی که لیاقت بودن در گروهی را نداشته باشد.

Jump off the page. Something that is visually pleasing or someone who is intellectually sharp, and stands out above the rest. 1. That was such an eye-catching newspaper advertisement. It really did jump off the page. 2. The second

interviewee was incredibly talented. She really jumps off the page for me.

معنی: چیزی که باعث خوشحالی فرد باهوش شود.

Jump at something (A chance or opportunity). To seize the opportunity to do something. 1. I jumped at the chance to do an internship placement with Google. 1.I would jump at any opportunity to work within that law firm, even if it was a low-paid position, but it's really hard to get any work with them.

معنی: از فرصت ها استفاده کردن.

Back to basics. An approach that uses traditional ideas and methods which have been successful in the past. They seem to prefer having everything back to basics in their office. They have minimal use of advanced technology, but apparently find everything simpler and easier to manage.

معنی: استفاده از روش های قدیمی.

Keep the ball rolling. To maintain the momentum of an activity. We had previously planned to end the book club early, but as there was a sudden rise in interest from the local community, we decided to keep the ball rolling throughout the summer.

معنی: ادامه دادن به کاری.

Cat burglar. a stealthy burglar who climbs into buildings, usually through upper windows, skylights, etc. Examples: 1. Grandfather's old telescope has disappeared from the loft. It must have been a cat burglar that took it. 2.The inspector was surprised by the exploits of a cat burglar who only stole from upper floors and attics.

معنی: کسی که برای دزدیدن وسایل مردم از دیواری بالا رود.

The old school tie/ Oldboy network. The way in which men who have been to the same expensive private school, help each other to find good jobs. 1.The old school tie still

has enormous power in most City companies. 2. They don't make any effort to find a job for themselves, the oldboy network does it all for them.

معنی: کمک به یکدیگر در پیدا کردن شغل.

To kick someone around. to treat someone roughly or disrespectfully. don't think it's fair the way you kick him around all the time. He deserves some respect.

معنی: بی احترامی کردن.

Chapter 5

English Idioms

To score an own goal. an act that unintentionally harms one's own interests. Unfortunately, Sarah scored an own goal by quitting her job before signing her new contract.

معنی: کاری که ناخودآگاه باعث زیان شود.

To take sides. to support one person, or stand against another, in a dispute or contest. I'm not taking sides. I think you're both wrong, so I'm not getting involved.

معنی: طرفداری کردن از کسی در برابر دیگری.

League. a class or category of quality or excellence. When it comes to achieving perfection, John is in a league of his own.

معنی: مجموعه ای از بهترین ها.

To blow the whistle on someone. to bring an illicit activity to an end by informing on the person responsible. he was offered a lot of money as a bribe, because she threatened to blow the whistle on the company's illegal activities.

معنی: باعث تعطیلی کاری شدن.

A game plan. a strategy worked out in advance. We need to come up with a better game plan; this idea will never work.

معنی: ایده ای که در سطح پیشرفته کارایی داشته باشد.

Know the score. to be aware of the essential facts about a situation. I don't need to explain anything else to my boss, he knows the score.

معنی: از وضعیت آگاهی داشتن.

A game changer. an idea, procedure or event that significantly changes the current way of doing or thinking about something. The new software had become known as the new 'game-changing' entertainment experience.

معنی: یک ایده یا روش که باعث تغییر شود.

Pull out all the stops. Used when someone does everything they can possibly do to achieve the result they want. I'm

determined to pull out all the stops this time. I want my wedding day to be absolutely perfect.

معنی: کسی که هر کاری برای موفقیت انجام دهد.

Put a sock in it. impolitely telling someone to stop talking or making a noise. 1. Couldn't you put a sock in it? I'd love to do some work, but I can't in this noise. 2. Put a sock in it, there are people who are trying to sleep around here.

معنی: از کسی تقاضا کردن برای رعایت سکوت.

Cork it/ put a cork in it. telling someone to be quiet. 1. It's too late and we're fed up with your stories – cork it and go to sleep. 2. Don't you want to work instead of talking all the time? Cork it and take your tools.

معنی: گفتن به کسی که ساکت شود.

Button it. telling someone rudely to be quiet. 1. Button it, can't you? I'm trying to concentrate. 2. If you don't button it, I'll get up and go away.

معنی: بی ادبانه از کسی خواستن که ساکت شود.

Shut up. a rude way to tell someone to be quiet. Shut your pie hole and mind what you're doing.

معنی: به کسی بی ادبانه گفتن ساکت شو.

Zip up your lips. an informal way to tell someone to be quiet. 1. Zip your lips, boys, and listen to me. 2. We told her to be quiet, but she just couldn't zip it up and bothered us.

معنی: به صورت غیر رسمی از کسی خواستن که سکوت کند.

Wind your neck in. a rude way to tell someone to be quiet and/or calm down. 1. Cool down, buddy, wind your neck in, you've made enough troubles already. 2. Wind your neck in and sit quiet, we've taken the wrong road due to your talking nonsense.

معنی: از کسی خواستن که ساکت شود و آرام باشد.

Simmer down. calm down after anger or excitement; an informal way to tell someone to cool down. 1. Please don't shout, simmer down, there's no point in rejoicing yet. 2. Simmer down, guys, we'd better work first and make a party later.

معنی: بعد از عصبانیت آرام شدن.

Pipe down. an informal way to tell someone to stop talking and/or to make less noise. 1. The teacher shouted at the kids to pipe down but all in vain, none of them stopped talking. 2. Will you tell your mates to pipe down? I can't work in this noise.

معنی: از کسی به طور غیر رسمی خواستن که سکوت را رعایت کند.

Crunch time. the period of time just before a project has to be completed and everyone has to work hard. I'm not getting enough sleep these days. It's crunch time at work.

معنی: نزدیکی زمان پایان پروژه ای که همه به شدت کار میکنند.

Let your freak flag fly. to let others, see your uniqueness. My colleagues were surprised at the new year party- I let my freak flag fly and showed them a break dance routine.

معنی: به دیگران منحصر به فرد بودن خود را نشان دادن.

Get out of hand. when you lose control of things, they get out of hand. The party got out of hand and the guests started to throw bottles at each other and started to fight.

معنی: کنترل خود را از دست دادن.

Get your head around it. to understand something. I just can't get my head around the fact that Joe is leaving us.

معنی: فهمیدن موضوعی.

Dig in your heels/ Stick to your guns. to refuse to compromise or change your mind. 1. My parents wanted me to give up writing, but I dug in my heels and went on to become a famous writer. 2. My parents wanted me to give

up writing, but I stuck to my guns and went on to become a famous writer.

معنی: عوض نکردن نظر و عقیده ای.

Pound the pavement. to walk the streets looking for a job. I'd been pounding the pavement for months before I found a job in a fast food restaurant.

معنی: در خیابان ها دنبال شغل بودن.

Pull a rabbit out of a hat. to do something unexpected that may have seemed impossible. I thought we were going bankrupt, but my partner pulled a rabbit out of his hat and we landed a major contract.

معنی: کار غیر منتظره ای انجام دادن.

Leave no stone unturned. to do everything you can to achieve your goal. I'll leave no stone unturned until I find out who did this.

معنی: هر کاری برای رسیدن به هدف انجام دادن.

Get it out of your system. to do something you've wanted to do for a long time and don't want to postpone any longer. I wasn't sure how she was going to react, but I had to get it out of my system, so I told her I used her car.

معنی: کاری که برای مدت زیادی کسی میخواست انجام دهند ولی نداده.

Step up your game. to start performing better. If you want to win this competition, you'll have to step up your game.

معنی: بهتر انجام دادن کار ها.

Pull yourself together. to calm down and behave normally. I understand you've had a bad day, but pull yourself together and get on with your job, will you?

معنی: آرام بودن و نرمال رفتار کردن.

Shape up or ship out. either start performing better or leave. This is the last time I'm telling you to arrive on time. Shape

up or ship out. we can't wait for you every day please be on time.

معنی: انجام دادن بهتر کار یا ترک کردن آن کار.

Cut somebody some slack. to give somebody a break/ not to judge somebody severely. I was extremely busy last week. Cut me some slack and I'll finish the report by tomorrow morning.

معنی: زمان استراحت دادن.

By the skin of your teeth. when you do something by the skin of your teeth, you only just succeed/ nearly fail. I hadn't studied much, but passed the test by the skin of my teeth.

معنی: موفق شدن ولی نزدیک بود شکست بخوریم.

Once in a blue moon. when something rarely ever happens. We used to see him all the time, but now he just visits us once in a blue moon.

معنی: کاری که به ندرت انجام شود.

Go down in flames. to end or fail suddenly and spectacularly. She'd wanted to become Managing Director, but her career went down in flames when they found out she'd been leaking information to our competitors.

معنی: به طور ناگهانی شکست خوردن.

Tar someone with the same brush. to believe that someone has the same bad qualities as others in a group. I don't think much of that band, but the singer shouldn't be tarred with the same brush. She's got a fantastic voice.

معنی: باور اینکه یک نفر نیز مانند بقیه ی گروهی در کارش بد باشد.

Come out swinging. to be confrontational and strongly defend yourself at the beginning of a debate. Our local MP came out swinging against the current leadership and demanded that the government resign.

معنی: در گفت گویی با دیگران از خود دفاع کردن.

Hang in there. wait and be patient. I know you'd really like to call him, but I don't think that's the right thing to do now. Just hang in there and he will call you.

معنی: صبر کردن و منتظر ماندن.

Shoot from the hip. to speak directly. If you want to get on well with your boss, try not to shoot from the hip next time. You don't want to offend him, do you?

معنی: مستقیماً حرف زدن با کسی.

Go the extra mile. to make a special effort/try very hard to achieve your goal. 1.If you want to become proficient in English, you'll have to go the extra mile and start learning idioms. 2. My English class was great, we learnt so much because our teacher was the best, she always went the extra mile for us.

معنی: به سختی کار کردن برای رسیدن به هدف.

Running on fumes. to continue to stay awake when feeling exhausted. I'm sorry, but I've got to go home now. I haven't slept for twenty hours and I'm running on fumes.

معنی: انرژی خود را از دست دادن.

Sold me out. to snitch on someone, or let their secret out. I asked you to keep it to yourself! I can't believe you sold me out, I trusted you.

معنی: کار بد کسی را به بقیه گفتن.

You sold me on something. you convinced me of something, because you were persuasive. OK, you've sold me. I'll go to the match with you.

معنی: متقاعد کردن کسی.

Blew me away. when something blows you away, you're extremely impressed by it. The exhibition just blew me away. I'd never seen so many beautiful paintings before.

معنی: چیزی که باعث شگفت زدگی شود.

Blow smoke. to exaggerate or say things that aren't true to make you seem better/ more knowledgeable than in reality. I'm not blowing smoke. I have honestly read War and Peace by Tolstoy.

معنی: مبالغه کردن.

Cry wolf. to call for help when you don't need it. Do you think Peter is in trouble or is he just crying wolf?

معنی: کمک خواستن از دیگران در حالی که نیازی به کمک نباشد.

Couldn't care less. used to express total lack of interest in something. That man stole a bottle of wine from the shop. Oh, really? I couldn't care less.

معنی: علاقمند نبودن به چیزی.

Be chuffed to bits. to be pleased and happy. Hey, thanks for the present. I'm chuffed to bits.

معنی: خوش حال و راضی بودن.

Feeling under the weather. to be ill or unable to do regular activities. I think I'm going to have to take the day off work. I feel quite under the weather today.

معنی: مریض بودن و توانایی انجام کارهای روزمره را نداشتن.

Be tickled pink. to be excited and happy. She was tickled pink by all the compliments she'd received.

معنی: خوش حال شدن.

A baker's dozen. Thirteen. Check out our baker's dozen language learning tips.

معنی: سیزده.

Comfort food. food that makes you feel better, because it reminds you of your childhood. After a tiring day, it's so nice to make some comfort food and settle down with a good book.

معنی: غذایی که یاد آور خاطرات کودکی شما باشد.

Skeleton crew. the minimum number of people needed to keep a service/office operating. Can you come back after the holidays? We're operating with a skeleton crew at the moment.

معنی: کم ترین تعداد کارگر را داشتن.

Let the chips fall where they may. to let something happen, no matter what happens next. I must tell John how I feel about him, let the chips fall where they may.

معنی: اجازه دادن به انجام کاری و توجه نکردن به آینده ی آن.

No-brainer. an easy decision. Do you think I should propose to Judy for this class? Come on, it's a no-brainer. She's such a fantastic woman and will accept to teach English.

معنی: تصمیم راحت.

A stone's throw. very near. The hotel was a stone's throw from the beach. I loved it.

معنی: خیلی نزدیک به چیزی.

Sit on the fence. to stay neutral and not take sides. Well don't you think I'm right, he's been acting differently hasn't he? I'm sitting on the fence with this one, you're both my good friends.

معنی: بی طرف بودن نسبت به موضوعی.

Take what someone says with a pinch of salt. regard something as exaggerated, or only believe a part of something. Did you hear what Tina said happened in the office yesterday? Oh, I would take anything she says with a pinch of salt.

معنی: چیزی که درباره ی آن مبالغه شده.

Freak out. to become very angry, scared or excited. Mum, don't freak out. I couldn't pass my exam.

معنی: عصبانی شدن از دست کسی.

Piece of cake. when something is extremely easy to do. Do you think you could beat him in a race? Yeah, piece of cake. I'm definitely a lot faster than him.

معنی: چیزی که خیلی راحت باشد.

Hit the nail on the head. used if something someone says, is precisely correct. My doctor hit the nail on the head. He knew exactly what was wrong with me.

معنی: چیزی که گفته میشود کاملاً صحیح باشد.

Costs an arm and a leg. when something is very expensive. My son wants that mountain bike for his birthday, but it'll cost an arm and a leg.

معنی: وقتی چیزی خیلی گران باشد استفاده میشود.

Hit the books. to study very hard. Do you want to go for lunch somewhere nice? No thanks, I'm going to hit the books. I have an exam coming up soon.

معنی: به شدت مطالعه کردن.

Bite off more than you can chew. to take on something that is too much for you to handle. He recently got promoted and took on some new responsibilities, but he's just too busy. He bit off more than he could chew, and I don't think he can handle it anymore.

معنی: قبول کاری که نتوان از پس آن کار بر آمد.

When pigs fly. this means that something will never happen. Aren't you going to buy that dream house you told me about? Ugh, I will when pigs fly. It's just so expensive, I don't think it'll happen.

معنی: چیزی که امکان ندارد اتفاق افتد.

Don't judge a book by its cover. this means. Don't make a decision based on a brief impression or outward appearance. I don't like our new neighbors very much, they're quite strange. Hey, you shouldn't judge a book by its cover. Give

them a chance, I think they're just a bit quirky but really nice.

معنی: زود قضاوت نکردن درباره ی چیزی.

You rock. you are great. Thanks for the tickets, Rob. You rock.

معنی: شما خیلی مهربان هستید.

Miss the boat. when someone has missed their opportunity to do something. Have you applied for that job yet? No, I think I may have missed the boat. I should've done it last week.

معنی: از دست دادن فرصت و شانس انجام کاری.

Cat burglar. a stealthy burglar who climbs into buildings, usually through upper windows, skylights, etc. Examples: 1. Grandfather's old telescope has disappeared from the loft. It must have been a cat burglar that took it. 2. The inspector was surprised by the exploits of a cat burglar who only stole from upper floors and attics.

معنی: کسی که برای دزدیدن وسایل مردم از دیواری بالا رود.

Cover a lot of ground. When a lot of work needs to be completed. If there is a lot of research to be done, or material to get through. 1. Our team have done so well over the past two weeks. we've managed to cover so much ground that I feel this program may be ready by the end of this month. 2. We have to complete our research within the next month. We still have a lot of ground to cover, and I fear we may not get everything done in time.

معنی: کار های زیادی باید کامل شوند.

Jump off the page. Something that is visually pleasing or someone who is intellectually sharp, and stands out above the rest. 1. That was such an eye-catching newspaper advertisement. It really did jump off the page. 2. The second

interviewee was incredibly talented. She really jumps off the page for me.

معنی: چیزی که باعث خوشحالی فرد باهوش شود.

Take each day as it comes. To deal with things as they happen, and not to make plans or worry about what will happen in the future. I've been through a lot of changes in my life recently, and have learnt to take each day as it comes.

معنی: کار امروز را انجام دادن و نگران آینده نبودن.

Approaching the finish line. Getting quite close to the end. We've almost done it. we're approaching the finish line now. You can't give up at this stage. We've almost done it. this is the home stretch now. You can't give up at this stage.

معنی: به پایان رساندن.

Stand the test of time. Used to describe something that lasts or continues to work well for a long time. 1.This could also be used for something that remains respected or popular for a long time. This old piano has really stood the test of time, it's been in our family for generations. 2.Darren and Sue celebrated their fiftieth wedding anniversary. Their marriage had stood the test of time.

معنی: چیزی که برای مدت طولانی قابل استفاده است.

Back to basics. An approach that uses traditional ideas and methods which have been successful in the past. They seem to prefer having everything back to basics in their office. They have minimal use of advanced technology, but apparently find everything simpler and easier to manage.

معنی: استفاده از روش های قدیمی.

Hit below the belt. Do or say something that is very unfair or cruel. 1.Martha had hit below the belt when she brought up his personal issues. 2.That was below the belt Andy. there

was no need to get my family involved you didn't do a good job.

معنی: کار ظالمانه ای انجام دادن.

Be my guest Said to someone who wants one to do him or her a small favor such as giving him or her a seat on the bus. "Can I borrow that red tie?" Joe asked his roommate Tim. "But of course. Be my guest." Tim answered.

معنی: مهمون من باش.

Black and white. To take everything into consideration and oversimplify something. To judge everything as either one way or the other, good or bad. Our boss always thinks that everything is straightforward, but he doesn't realize that this whole situation is not as black and white as he thinks.

معنی: قضاوت کردن درباره ی چیزی به هر صورتی.

Put something down in black and white. To write or have something written down on paper for confirmation or evidence. I don't understand why you don't believe me! Look, it's written here in black and white.

معنی: نوشتن چیزی در زیر صفحه.

Black as night. Somewhere very dark, when it is hard to see anything. We had another power cut last night; it was as black as night in our house. We didn't even have any candles.

معنی: جایی که خیلی تاریک باشد.

Black and blue. Used to describe something that is badly bruised. John's face was black and blue after the boxing match.

معنی: به شدت کبود شدن.

Black eye. A bruise near one's eye. Fred came home with a horrible black eye today, but he won't tell us what happened.

معنی: کبودی چشم.

Black out. This means to, either darken by putting out or dimming the lights, or to lose consciousness. 1. We had a huge black out here last night, the whole town was out of power for about 7 hours. 2. I don't know what happened to him, he just blacked out! Maybe he banged his head.

معنی: از دست دادن هوشیاری.

Black as a skillet. Used to describe something that is very dirty, black with dirt. My hands and clothes were as black as a skillet, and I was only halfway through cleaning your garage.

معنی: چیزی که کثیف باشد.

Black market. A term used for places where goods are illegally bought and sold for a profit. Jerry used to sell cars from South America on the black market.

معنی: بازار سیاه.

Blackball someone. To exclude or ostracize someone socially, reject them. Their company has been blackballed ever since that scandal was all over the newspapers. No one wants to do business with them anymore.

معنی: رد کردن کسی یا چیزی.

Blacklist someone. To write someone's name on a list if they break any rules, and ban them from having the opportunity to take part again. "I was in a lot of debt a while ago, and was unable to pay it all back, so I've been blacklisted. I'm not allowed to get a mortgage in my own name.

معنی: منع کردن کسی از گرفتن چیزی (مثل وام از بانک).

Pot calling the kettle black (shorten version: pot kettle black). This is used when the person who hypocritically criticizes or accuses someone else is as guilty as the person he or she criticizes or accuses. She kept telling me that I

shouldn't do that, but that's like the pot calling the kettle black, as she does it herself too.

معنی: انتقاد کردن از کسی برای انجام کاری.

Blackmail someone. To extort or take money from someone by using their secrets against them and threatening to reveal it to others. He has been blackmailing me for months with some photos that I didn't know he had. I need someone to help me stop him.

معنی: پول گرفتن از کسی با تهدید.

In someone's black books. To be in disgrace or in disfavor with someone. After that argument yesterday, I assure you he will be in a lot of people's black books for quite some time.

معنی: مورد تحقیر و بد رفتاری قرار گرفتن.

Black tie event/ affair. A formal event where male guests wear black bow ties with tuxedos or dinner jackets. The award's ceremony will be a black tie event, so I'll have to buy a smart suit. My wife is going to wear her purple ball gown.

معنی: لباس رسمی برای مراسم و اداره.

Black sheep. Used to describe a person who is the 'odd one out' of a group, and doesn't fit in with others around them. This could also be used to talk about someone who is a disgrace or embarrassment to their group. I have always been the black sheep in my family, I have a completely different personality to all of them, and we don't even look the same.

معنی: کسی که با بقیه ی اعضای گروهی یکی نباشد و باعث خجالت بقیه شود.

In the black. Meaning successful or profitable. Their company has been in the black ever since the new CEO took over, and changed it all around.

معنی: موفق و سود آور.

Pitch black. Another term for somewhere that is very dark, and you are unable to see anything. I was afraid to go downstairs, the whole house was pitch black, and very quiet.
معنی: جایی که خیلی تاریک باشد.

Out of the blue. To appear out of nowhere without any warning, to happen quite suddenly or randomly by surprise.
1. You won't believe it but Sarah called me out of the blue yesterday, and told me she's coming to visit! How unexpected.
2. Greg has decided to quit his job out of the blue, and go travelling for a year to shanghai and other cities in china.
معنی: اتفاقی که ناگهان و تصادفی باشد.

Blue pencil. To censor something, or limit the information that is shared. The reports about how soldiers were being treated abroad had been blue-pencilled by the authorities.
معنی: حساس بودن به چیزی.

A blue-eyed boy. A critical description of a boy or young man who is always picked for special favors by someone in a position of higher authority. He is such a blue-eyed boy! I don't like that the manager always treats him as if he is special, it is not fair on the rest of us.
معنی: نامیدن کسی به همراه انتقاد که از امتیازات بیشتری برخوردار است.

A bolt from the blue. When some unexpected bad news is received. It was a complete bolt from the blue for us, we had no idea that they were having problems, let alone getting divorced.
معنی: خبرهای بدی شنیدن به طور ناگهانی.

Blue blood. Used to describe someone from a noble, aristocratic or wealthy family. Many of the blue bloods in our town were invited to the royal wedding.
معنی: افرادی که خانواده ی ثروتمند دارند.

Blue ribbon. To be of superior quality or distinction, the best of a group. A blue ribbon panel of experts were invited to investigate the extraordinary remains.

معنی: بهترین گروهی.

Talk a blue streak. When someone talks very much and very rapidly. The woman in the hospital bed next to me talked a blue streak all day. I don't where she got the energy from.

معنی: کسی که خیلی صحبت کند.

Feel blue. When someone looks or feels depressed or discontented. What's that the matter with you today? You seem really blue. Is there something you'd like to talk about?

معنی: وقتی کسی که ناراحت باشد.

Blue in the face. To try really hard to win someone's agreement, but usually end unsuccessfully. I kept trying to convince him that it was a good idea until I was blue in the face, but he's so stubborn, he just kept disagreeing with me.

معنی: برای متقاعد کردن کسی تلاش کردن (ولی بی نتیجه ماندن).

Once in a blue moon. To occur extremely rarely, or only once in a lifetime. My sister is working in Africa. she hardly ever has the time to call us. My parents only hear from her once in a blue moon.

معنی: به ندرت.

Men/boys in blue. Used to describe the police, because of the color of their uniforms. I saw the boys in blue outside our neighbor's house last night. I hope everything is okay.

معنی: برای توصیف رنگ لباس پلیس.

Blue collar. Used to describe men used as laborers, or factory workers. The got rid of a lot of the blue-collar workers during the recession. I would say they definitely suffered the most.

معنی: کارگر که در کارگاه ها و کارخانه ها کار کند.

Browned off. To be bored or annoyed with someone or something. I'm always browned off when he comes to visit. He doesn't like doing anything, and he hardly ever talks to anyone.

معنی: کسل شدن از چیزی.

To be colorless. Used to describe someone who lacks personality, and is really boring. It's really hard to make conversation with her. She's just really dull and colorless.

معنی: برای توصیف کسی که شخصیت خوبی ندارد.

Off color. When someone is not feeling their best, quite ill or uneasy. He's been really off color for the past few days, I think I might have to take him to the doctor.

معنی: کسی که حال خوبی نداشته باشد.

To give/ lend color to. To help make a story or an explanation more credible and easier to believe, or accompany something. 1.The broken window and missing items lent color to her story that someone had robbed her house. 2.The music in the play helped to lend color to the performance of the actors.

معنی: چیزی را قابل باور کردن برای دیگران.

Sail under false colors. To pretend to be something that one is not. Our team leader seems to be sailing under false colors, I don't think he really understands what he's supposed to be doing.

معنی: وانمود کردن به چیزی.

Local color. Used to describe the traditional features of a place that give it its own character. The weekend vegetable market added much local color to the small town.

معنی: توصیفی برای ویژگی های سنتی جایی.

A highly colored report. Refers to a report that is exaggerated or has a biased view. The highly colored

burglary report had to be rewritten when they found out that the police officer who wrote it was a relative of the family.

معنی: گزارشی که با مبالغه همراه باشد.

See someone's true colors. To understand someone's actual character, often for the first time. I thought I knew her so well, but it was only until I asked her for the money she owed me that I saw her true colors.

معنی: فهمیدن درباره ی شخصیت کسی.

See the color of someone's money. To prove that someone has enough money for something. The antiques dealer wouldn't let me touch the items I'd agreed to purchase, until he saw the color of my money.

معنی: اثبات اینکه کسی پول کافی برای خرید چیزی را دارد.

Chase rainbows. When someone tries to get or achieve something that is difficult or impossible. My brother doesn't think realistically. He'll never get a decent job if he just chases rainbows all the time.

معنی: کسی که برای بدست آوردن چیز های غیرممکن تلاش میکند.

To show one's true colors. To reveal one's true nature. When he got so angry at her in front of everybody, he showed his true colors.

معنی: چهره ی واقعی خود را نشان دادن.

With flying colors. To complete something with great distinction, and excellent results. I didn't think she would do so well in the final exam, but she passed it with flying colors.

معنی: نتیجه ی عالی گرفتن از چیزی یا کاری.

Dyed-in-the-wool. Used to describe someone or something that is permanent (like wool that is dyed a certain color). My father has always been a dyed-in-the-wool conservative, and I know he will never change.

معنی: کسی یا چیزی که غیر قابل تغییر باشد.

To paint in bright/dark colors. To describe something in a flattering (bright) or unflattering (dark) way. 1. John was struggling financially after moving home, but he painted everything in the brightest colors, and made it look like he was absolutely fine. 2. She only painted the venue in dark colors, because she wanted to use it for her wedding, and didn't want me to book it for my wedding.

معنی: برای توصیف چیزی که درخشان باشد یا تاریک.

To be kept in the dark. Keeping a secret from someone, shielding the truth. He kept everyone in the dark about the true extent of his illness.

معنی: راز کسی را نگه داشتن.

To be green. Used to describe someone who is immature, or inexperienced. He can be rather green sometimes. I don't think he's ready to be promoted to a higher position yet.

معنی: جوان و بی تجربه بودن.

Green with envy. Used to describe someone who is extremely jealous, full of envy. When we were children, my older brother always used to get green with envy if my dad bought something for me and not for him.

معنی: برای توصیف کسی که حسود باشد.

Give someone the green light/get the green light. When someone receives, or is given, permission to go ahead with something. We have been given the green the light by the Marketing Executive to go ahead with the new advertising campaign.

معنی: اجازه دادن به کسی برای انجام کاری.

Grass is always greener on the other side. Used to describe a place that is far away, and better than, where you are now, or another person's situation that is very different from your own. He realized that the grass is always greener on the other

side when he saw that his new job wasn't perfect, and had its own problems too.

معنی: برای توصیف جایی که بهتر باشد.

Chapter 6

English Idioms

Green belt. An area of fields and trees around a town. Our city has a policy of increasing the green belt around it.

معنی: فضای سبز در شهر ها.

Green thumb/green finger. Used to describe someone with a talent for gardening, having the ability to make plants grow. This garden used to look so beautiful when my mum lived here. She definitely had a green thumb. I wish I did too.

معنی: کسی که استعداد باغبانی داشته باشد.

A grey area. Something that is not clearly defined, and there is still debate as to whether it is 'black or white', neither one way or another. Some of the current rules surrounding bedroom tax in the UK seem to be in a grey area, as many residents disagree with its determining factors.

معنی: چیزی که قابل قبول نباشد.

A golden opportunity. An opportunity that may never present itself again. Think carefully about what you're going to do, this is a golden opportunity, and you don't want to mess it up.

معنی: فرصتی که دوباره به دست نمی آید.

A golden handshake. A large sum of money that is paid to a retiring manager or director, or to a redundant worker. The company Chairman received a huge golden handshake when he retired.

معنی: پولی که زمان بازنشستگی به کارکنان پرداخت میشود.

Golden boy. The term given to a young man idolized for a great skill, usually in sport. By many of his fans, Wayne Rooney is seen as the golden boy of his football team.

معنی: کسی که استعداد زیادی در کاری داشته باشد و بین مردم محبوب باشد.

Tickled pink. To be very pleased, thrilled or delighted about something. Anna was tickled pink that her mother had made such an effort for her birthday.

معنی: خیلی خوش حال بودن.

See pink elephants. When someone sees things that are not really there, because they are in their imagination. Anyone who hears his story thinks he sees pink elephants. It's just such a far-fetched story, and very hard to believe.

معنی: دیدن چیزی به صورت خیالی.

Pink slip. A termination notice received from a job. They gave me my pink slip last week, so I've got to find a new job now.

معنی: برگه ی اخراج کسی از کار.

In the pink of something. Meaning in very good health. My grandmother looked ever so well when I saw her, she was in the pink of condition.

معنی: سالم و سر حال بودن کسی.

To be shown the red card. This derives from football terminology, and means to be dismissed from your job. The company Accountant was shown the red card, after they found out he was using company money for personal gain.

معنی: اخراج شدن از کار خود.

To be in the red. To have an overdraft, be in debt to your bank, or owe an institution some money. I've got three credit card bills to pay off at the moment. I hate being in the red.

معنی: قرض داشتن به بانک یا موسسه ای.

To be out of the red. To be out of debt. Our company is finally out of the red now. We've managed to pay back our loan, and now we're making profit.

معنی: پرداختن تمام بدهی ها.

A red flag. A signal that something is not working properly or correctly. The fallen trees along the road raised a red flag for the safety inspectors.

معنی: نشانی برای خوب کار نکردن چیزی.

Beet red. Also used to describe dark red, usually the color of a face (derives from beetroot). I could see my son up on the stage, his little face was beet red.

معنی: قرمز پر رنگ.

Red hot. Something new and exciting, creating much demand. The new video game is red-hot. Some fans have been waiting outside stores for days, to get a hold of them.

معنی: چیز جدید و خوش حال کننده.

Red herring. An unimportant matter that misleads everyone and draws attention away from the main subject. Unfortunately, that witness was just a red herring. She had no justification to her story, and it was a waste of valuable time.

معنی: موضوع غیر ضروری که باعث از دست رفتن زمان شود.

Catch someone red-handed. To catch someone in the act of committing a crime, or doing something wrong that they shouldn't be doing. He kept lying to me about where he was going in the evenings, so yesterday I followed him and caught him red-handed.

معنی: کسی را در انجام کاری اشتباه گرفتن.

Red in the face. To become embarrassed. I went red in the face when the teacher told me off in front of everyone for arriving late.

معنی: خجالتی شدن.

Red-eye. A journey that leaves late at night and arrives early in the morning. We had to catch the red-eye flight last night, and I'm completely exhausted now.

معنی: سفری که شب راهی شویم و صبح به مقصد برسیم.

Red-letter day. A day that is memorable because of some important event. The day I graduated was a red-letter day for my mum, she still talks about it today.

معنی: روز به یاد ماندنی.

To look through rose-colored/tinted spectacles/glasses. When someone sees things in an overly flattering or over-optimistic light. Sarah doesn't understand what it's like for us. She has always seen everything through rose-tinted glasses because her parents spoilt her so much when she was young.

معنی: کسی که همه چیز را زیبا ببیند. فرد خوشبین.

To see red. To react with uncontrollable rage against someone or something. John saw red when he heard someone shouting at his mother.

معنی: کنترل خود را از دست دادن.

Red tape. The term used for bureaucratic delay, or excessive formalities, and attention to rules and regulations, often resulting in injustice to the ordinary citizen. I just want to start my own business, but the amount of red tape involved is so frustrating, that it almost makes me want to give up.

معنی: توجه به مقررات شغلی.

To see the red light. To recognize approaching danger. The red light is referred to as a danger signal. The doctor warned me for so many years that I should stop smoking, but I didn't listen. When I had a minor heart attack last year, I saw the red light and realized that I had to quit smoking, and improve my health.

معنی: متوجه خطری شدن.

Paint the town red. To go out and have a really good time at a party. I've managed to get a babysitter for this weekend. Let's go and paint the town red.

معنی: به مهمانی رفتن.

Roll out the red carpet. To greet a person with great respect, and give them a big, warm welcome. When he came to visit our school, we rolled out the red carpet for him and he was happy.

معنی: به گرمی از کسی استقبال کردن.

Red-carpet treatment. (Similar to the one above) To receive special or royal treatment, and be received with a big, warm welcome. My aunt always gives us the red-carpet treatment when we go to visit her in Tehran city we were all happy.

معنی: خوش آمد گویی گرم از کسی داشتن.

The silver screen. A term for the cinema. Do you fancy going to watch that movie on the silver screen tonight?

معنی: سینما.

Born with a silver spoon in one's mouth. Meaning born into a rich family. I don't think Kelly has ever had a job. She was born with a silver spoon in her mouth.

معنی: در خانواده ای ثروتمند به دنیا آمدن.

To be given something on a silver plate/platter. When something is offered to someone whole-heartedly (in a metaphorical sense). I offered my heart to him on a silver platter, and he turned it down.

معنی: از کسی چیزی خواستن.

As white as a sheet. When someone is in a state of great fear or anxiety. Harold are you alright? You're as white as a sheet, what's the matter?

معنی: ترسیدن از چیزی.

Raise a white flag. This indicates that one has accepted defeat and surrenders to the other party. There was such a heated debate going on in the conference room, they wouldn't back down! I just raised my white flag in the end.

معنی: تسلیم شدن و قبول کردن شکست.

Whitewash something. To cover up or gloss over faults or wrongdoings. The government was accused of trying to whitewash the scandal over charity pay-outs.

معنی: حمایت از چیزی.

White elephant. A term used for a useless possession, something that is of no use. My mum bought a new CD player for me, but it's a white elephant. I don't need it. I don't even have any CDs.

معنی: چیزی که کارایی نداشته باشد.

White as a ghost. Used to describe someone who is very pale because of pain, fear, shock or illness. I didn't think the movie was that scary, but my sister was as white as a ghost.

معنی: رنگ پریده شدن بخاطر ترس یا بیماری.

A white lie. A 'little' or 'harmless' lie told in order to be polite and avoid hurting someone's feelings, or do something that is not seriously wrong. I just wanted to get out of work so I told my boss a little white lie, and said I had a doctor's appointment.

معنی: دروغی که به کسی آسیب نرساند.

White collar. A term used for office workers that traditionally wear white shirts with a collar. We have a lot of vacancies for white-collar workers at the moment, but hardly anyone is applying for them.

معنی: کارمندان بی دردرس که کار سختی انجام نمیدهند.

Yellow-bellied. Someone who is seen as a coward or extremely timid. There is no point in asking him what to do. He is a yellow-bellied coward, and won't stand up for what is right.

معنی: کسی که سرش شلوغ باشد.

A yellow streak. Someone who has cowardice in their character. He has always had a big yellow streak running

down his back, don't expect him to change now. He won't change at all.

معنی: فرد ترسو.

Hit the right note/ strike the right note. If you hit the right note, you speak or act in a way that has a positive effect on people. I don't know how he managed to do it, but he just struck the right note and the meeting ended really positively, even the boss looked pleased.

معنی: سخنرانی جذاب که باعث تشویق مردم شود.

Blow your own trumpet/ blow your own horn/ toot your own horn. When someone boasts about their own talents, abilities and achievements. Well, you're very good at blowing your own trumpet, you just never seem to prove it.

معنی: درباره ی استعداد های خود مبالغه کردن.

It takes two to tango. This is used to suggest that when things go wrong, both sides are involved and neither party is completely innocent. I know you saw what he did, but it takes two to tango, they are both equally to blame.

معنی: وقتی اتفاقی میوفتد هر دو طرف مقصر هستند.

Fit as a fiddle. This is used to describe someone who is in perfect health. It's unbelievable. He must be at least 80 but he's as fit as a fiddle.

معنی: توصیف کسی که کاملاً سالم است.

With bells on. This means to arrive somewhere happy and delighted to attend. Yes, I'm going to the party too, I'll be there with bells on.

معنی: با خوشحالی به جایی رفتن.

Like a broken record. Used to describe someone who keeps talking about the same story over and over again. Would you please stop going on about her family, you sound like a

broken record try not to talk about other people. we can talk about other things.

معنی: توصیف کسی که همیشه داستان های تکراری را میگوید.

And all that jazz. This means that everything related to or similar is included. Celebrities definitely seem to be starting all the latest trends with fashion, hair and all that jazz.

معنی: چیز های مربوط به موضوعی.

Music to my ears. When you hear exactly what you wanted to hear. When they read out the results and everyone heard that I got top marks, it was like music to my ears.

معنی: چیزی که دوست داریم بشنویم.

You can't unring a bell. This means that once something has been done, it cannot be changed and you have to live with the consequences. I'm afraid you can't unring the bell now, everyone heard what you said.

معنی: تغییر ناپذیر بودن اتفاقی که افتاده.

March to the beat of your own drum. When someone does things the way they want to, without taking anybody else or anything else into consideration. I've tried talking to him but he won't listen. All he knows is how to march to the beat of his own drum! Why don't you try?

معنی: بدون توجه به دیگران کاری را انجام دادن.

Swan song. This expression is used to describe a final act before dying or ending something. I am going to resign tomorrow. This project was my swan song and now that it has been completed, I will leave.

معنی: اقدامات نهایی برای تمام کردن کاری.

Ring a bell. If something rings a bell, it sounds familiar, but you can't remember the exact details. Harry Bertram? That name rings a bell, but I'm not sure if it was definitely him.

معنی: چیز آشنایی که نتوان به خاطر آورد.

Strike a chord. Used to describe something that is familiar to you, reminds you of something or is connected to you somehow. That poem really struck a chord in me, it reminded me of my youth so much.

معنی: چیزی که خاطره ای را بیدار آورد.

Change your tune/ sing a different tune. When someone changes their opinion or their idea of something particular. You've definitely changed your tune since the last time I saw you! You used to hate this town.

معنی: تغییر داده نظر خود درباره ی چیزی.

Face the music. You say this when someone has to accept the negative consequences of something that has happened. I'm not ready to face the music. I need to figure it out for myself before I speak to them.

معنی: پذیرفتن نتایج بد اتفاقات.

For a song. If you buy or sell something for a song, it means it is very cheap. I can't believe I managed to buy all of this for a song, maybe the shopkeeper didn't know what they're really worth.

معنی: چیزی که ارزان باشد.

Play by ear. This means to deal with something in an impromptu manner, without guidelines or rules. It refers to playing music without using written connotation. I don't know what I'm going to say when she gets here, I'll just play it by ear.

معنی: انجام کاری بدون آمادگی قبلی.

See you on the big drum. A goodnight phrase used for children. Okay, get some sleep now. See you on the big drum.

معنی: شب بخیر برای کودکان.

As clean as a whistle. Used to describe something that is extremely clean. He may come across as someone who could've been involved in that robbery, but I have checked his records and they're as clean as a whistle.

معنی: پاک و تمیز بودن چیزی.

Blow the whistle/ Whistle blower. If you report an illegal or harmful activity to the authorities and give information about those responsible, then you are blowing the whistle and would be referred to as a whistle blower. John refused to make a statement for the police. He was afraid of losing his job if he blew the whistle on his boss.

معنی: به پلیس درباره ی موضوعی گزارش دادن.

Call the tune. This is used to describe the person who makes the important decisions about something. I'm afraid I can't help you. Barbara calls the tune around here, so you'd have to speak to her.

معنی: توصیف کسی که تصمیمات مهم را میگیرد.

Play second fiddle. This is used to describe the person who takes a subordinate role behind someone more important. You're much more experienced than he is, I don't understand why you continue to play second fiddle. You deserve a higher position in the company.

معنی: کسی که مقام ضعیف تری نسبت به مدیران دارد.

Whistle for it. If someone says this to you, it means they are determined to ensure that you don't get what you are after. You can whistle for it as much as you like, this is an heirloom of our family and will stay with us.

معنی: اطمینان دادن به اینکه کسی به چیزی نخواهد رسید.

Clear as a bell. If something is as clear as a bell, it is very clear or easy to understand. His instructions were as clear as a bell, everyone knew exactly what they were supposed to

do. All of us knew about their goals for a long time and they couldn't achieve them.

معنی: چیزی که به راحتی قابل فهم باشد.

Fiddle while Rome burns. This is used when people are procrastinating or wasting their time on unimportant matters while there are more serious problems to be dealt with. The management committee seems to be fiddling while Rome burns, they haven't shown any signs of taking immediate action.

معنی: پرداختن به موضوعات بی اهمیت به جای موارد مهم.

Jazz something up. Used when someone is trying to improve something or add more style to it. This dress looks so dull on its own, maybe I should jazz it up a bit with this scarf.

معنی: وقتی که کسی میخواهد چیزی را بهبود بخشد.

Chime in. Used when someone interrupts or joins in a conversation, especially to repeat or agree with something. I was telling the police officer what had happened, but everyone chimed in and started giving their versions of the story, and he couldn't hear what I was saying.

معنی: وقتی کسی به موضوع بحثی ملحق میشود.

Drum into one's head. When you teach someone how to do something through constant repetition. Our teacher drummed into our heads how important it is to understand the history of our own country.

معنی: یاد دادن چیزی به کسی.

Tickle the ivory. This is a humorous way of talking about playing the piano. My mother used to love playing the piano. She'd tickle the ivory whenever she had a chance.

معنی: پیانو زدن.

Jam session/Jamming. Playing music with various instruments in an improvised and informal setting. 1.A few of my friends came over to my house yesterday, and we had the most amazing jam session. 2.We were jamming last night, and I came up with a brilliant idea for a new song.

معنی: استفاده از ابزار های موسیقی.

Fine tuning. Used to describe small adjustments made to improve something or to make it work better. My motorbike is almost ready. My dad is quite happy with it, but I think it needs a little fine tuning.

معنی: تنظیم های سطحی.

Whistle-stop tour. When someone visits a number of places quickly, only stopping at each for a short period of time. We're going to visit my family up North for the weekend, but it's only going to be a whistle-stop tour, as we have so many relatives to visit there.

معنی: رفتن به جایی ولی برای مدت کوتاه.

Whistling in the dark. When someone believes in a positive result, even though everybody else is sure it will not happen. He seems pretty determined that he's going to win the race, but judging from who he is up against, I think he's only whistling in the dark.

معنی: مثبت اندیشی درباره ی موضوعی.

Whistling Dixie. If someone is whistling Dixie, they talk about things in a more positive way than the reality. Mainly used in the US. He heard what the doctor had to say, but he still seems to be whistling Dixie.

معنی: واقع بین نبودن درباره ی چیزی.

Make a song and dance about something. When someone makes a big deal out of, or a fuss over, something that isn't that important. I wish she'd stop making such a song and

dance about me moving out, it's not a big deal. I really don't want to talk about it.

معنی: موضوع مهمی نبودن.

Elevator music. Pleasant but boring pre-recorded music that is usually played in public places. I usually like his songs, but his new album just sounds like elevator music.

معنی: آهنگی که باعث خوشحالی شود.

Drum up support/ business/ interest. Try to get extra support/business/interest by various means. 1. I've been trying to drum up support for the local Women's Rights campaign by speaking to people in the neighborhood. 2. We need to try and drum up some interest from the local residents, otherwise we'll never be able to go ahead with our building plans.

معنی: تلاش برای به دست آوردن حمایت بیشتر.

Trumpet something. To deliberately broadcast some news so everyone can hear, with the intent to boast about something. He hasn't stopped trumpeting his promotion ever since he got it last month! It's very annoying. I think he should stop that.

معنی: خبرهایی را برای مبالغه‌ی درباره‌ی چیزی پخش کردن.

March to the same tune/ sing from the same songsheet. When everyone follows the same plan, or says the same thing (can be used in the negative form too). 1. I would say the reason why our business is failing is because everyone is not marching to the same tune. 2. He is always singing from the same songsheet as others. I've never heard him come up with his own original idea.

معنی: وقتی همه یک حرف را میزنند یا همه یک روش را استفاده میکنند.

Hold your horses now. meaning wait or hold on. Typically used when someone is rushing into something.

معنی: صبر کردن.

Reach for the stars. meaning aspire to something and set your goals high.

معنی: اهداف مهمی داشتن.

Always on time. meaning never late. I just want you to be always on time.

معنی: دیر نکردن در رسیدن به جایی.

Don't get me wrong. meaning don't misunderstand me. Don't get me wrong but now I don't have money to pay you.

معنی: اشتباه برداشت نکردن درباره ی چیزی.

Like the back of my hand. meaning to know something really well. I knew the pathway like the back of my hand please don't try to teach me which way I have to follow.

معنی: به خوبی دانستن موضوعی.

I knew my place. meaning to be aware of your position in society, family or a relationship and comfortable with it.

معنی: جایگاه خود را دانستن.

Knocking on heaven's door. meaning to be waiting to die or being very close to death.

معنی: مرگ خود را نزدیک احساس کردن.

Just bear it. meaning leave immediately (usually used as an order).

معنی: ترک کردن چیزی یا کاری.

Cat got your tongue. meaning to be speechless or unable to speak. (In other words: 'Why won't you say anything?'). 'Has the cat got your tongue?'

معنی: جواب ندادن به سوالی.

Monkey business. silly, mischievous or deceitful behavior; stupid or time-wasting activity. 1. Our accountant has been fired as there was some monkey business with the books.

2.Are you still fiddling about with those old tools? Stop the monkey business and get some new ones.

معنی: کاری که وقت هدر دادن باشد.

Jump off the page. Something that is visually pleasing or someone who is intellectually sharp, and stands out above the rest. 1.That was such an eye-catching newspaper advertisement. It really did jump off the page. 2.The second interviewee was incredibly talented. She really jumps off the page for me.

معنی: چیزی که باعث خوشحالی فرد باهوش شود.

Keep the ball rolling. To maintain the momentum of an activity. We had previously planned to end the book club early, but as there was a sudden rise in interest from the local community, we decided to keep the ball rolling throughout the summer.

معنی: ادامه دادن به کاری.

Win hands down/ beat someone hands down. An easy victory. 1.I don't think you need to worry about the new team, you have a better squad and will definitely beat them hands down! 2.There was no competition between them at all. You should have seen her play, she won hands down.

معنی: به آسانی پیروز شدن.

See the color of someone's money. To prove that someone has enough money for something. The antiques dealer wouldn't let me touch the items I'd agreed to purchase, until he saw the color of my money.

معنی: اثبات اینکه کسی پول کافی برای خرید چیزی را دارد.

In the wrong place at the wrong time. meaning when something bad happens by chance or something unlucky that would not have normally happened. 'I was in the wrong

place at the wrong time and I have to spend time with my friend in park.

معنی: با بد شانسی اتفاق بدی افتادن.

Other fish to fry. meaning we have other/more important things to do. We have other fish to fry.

معنی: کار های مهم تری داشتن.

Actions speak louder than words. Refers to the idea that it's better to do something than just talk about it. "He always tells his mother that he loves her, but he never actually does anything nice for her. Someone should teach him that actions speak louder than words."

معنی: عمل کردن بهتر از سخن گفتن است.

Add fuel to the fire. Something that worsens an already bad situation. I wanted to intervene when they were yelling at each other, but that would have just added fuel to the fire.

معنی: چیزی که شرایطی را بد تر کند.

All bark and no bite. Being verbally threatening, but unwilling to do anything significant. He keeps threatening to shut down our paper after we ran that article about him, but I don't think he will. In my opinion, he's all bark and no bite.

معنی: کسی که داد و فریاد زیاد کن ولی از دست کاری برنیاید.

At the drop of a hat. A willingness to do something right away. Our boss expects us to show up in her office at the drop of a hat, even when we're in a meeting with clients.

معنی: اشتیاق برای چیزی.

Beating around the bush. Avoiding the main issue. I kept trying to steer the conversation back to his alibi, but he wouldn't stop beating around the bush, bringing up things totally off-topic.

معنی: اجتناب از موضوع اصلی.

A bird in the hand is worth two in the bush. It's better to have a small, secured advantage than the possibility of a bigger one. It's better to stick with what you have than risk it for something greater. Someone offered me \$100 to buy my old TV. I was hoping to sell it for \$200, but I have a feeling this is the best offer I'll get for a while, and I need that money now. A bird in the hand is worth two in the bush, right?

معنی: بهتر است سود کمی کرد ولی سود زیاد با ریسک بالا فایده ای ندارد.

Blessing in disguise. Something good and beneficial that did not initially seem that way. It was raining so hard that our cab was late, and we were late to our reservation at the restaurant. Turns out everyone who ate there that night got food poisoning. I guess the bad weather was a blessing in disguise.

معنی: چیزی که ظاهراً بد باشد ولی در اصل مفید باشد.

Break a leg. Something you say to someone you want to wish luck on. Is tonight your big performance? Break a leg.

معنی: آرزوی موفقیت برای کسی کردن.

Chip on your shoulder. When someone is upset about something that happened a while ago. He has a chip on his shoulder from years of being bullied as a kid.

معنی: ناراحتی برای گذشته.

Come hell or high water. Possible obstacles in your path. I promise you, come hell or high water, we are going to make a great deal.

معنی: مشکلات احتمالی پیش رو.

Cry over spilt milk. Complaining about a loss or failure from the past. She was mad that he broke her vase, but it was an accident, and there's no use crying over spilt milk anyway, so she forgave him.

معنی: ناراحت بودن برای اتفاقی که افتاده.

Cut to the chase. Skip the irrelevant parts, and go straight to the main point. Why don't you just cut to the chase, and tell me where you hid my phone.

معنی: اصل مطلب را گفتن.

Hit the nail on the head. Do or say exactly the correct thing. I really hit the nail on the head when I guessed they were getting married.

معنی: گفتن حرف راست یا انجام کار درست.

Piece of cake. Something that is easy to understand or accomplish. My math homework last night was a piece of cake! I finished it ten minutes.

معنی: چیزی که فهمیدن آن راحت باشد.

Spill the beans. Tell a secret. My three-year-old spilled the beans about the surprise birthday party we were planning.

معنی: گفتن رازی به کسی.

Taste your own medicine. When someone receives the same treatment, usually negative, that they gave someone else. That kid is always beating up other kids on the playground. I wish someone would give him a taste of his own medicine.

معنی: رفتار مشابهی با فرد بد اخلاق داشتن.

A blessing in disguise. seems bad, but is actually good. Accidentally registering for the wrong class was actually a blessing in disguise.

معنی: چیزی که بد به نظر برسد ولی در اصل خوب باشد.

Big task on your hand. having something important to finish. My teacher gave me a new assignment, so I have a big task on my hands.

معنی: وظیفه ی مهمی در دست داشتن.

Chapter 7

English Idioms

Can't stand (something). to dislike something. I can't stand having to do homework on a Sunday I have to finish them tonight.

معنی: چیزی یا کاری را دوست نداشتن.

Check out that. give that a look. Check out that very cool looking car.

معنی: بررسی چیزی به طور سطحی.

Don't sweat it. don't worry about it. You accidentally scratched my car but I don't care. Don't sweat it.

معنی: نگران نبود درباره ی چیزی.

Driving me bananas. making me feel crazy. My very loud neighbors are driving me bananas.

معنی: گیج کردن کسی.

Easier said than done. easy to say, but hard to actually do. Changing the world is easier said than done.

معنی: گفتن حرفی راحت باشد ولی عمل به آن سخت.

Get out of town. I don't believe you. You got an A in your Finance class? Get out of town.

معنی: باور نکردن کسی.

Get over it. forget about the past. He broke up with his friend but he needs to get over it.

معنی: فراموش کردن درباره ی کسی.

Gone off track. forgot about your future goal. My friend really got off track because he failed three classes this semester.

معنی: فراموش کردن درباره ی هدف.

Go the extra mile. to make a special effort/try very hard to achieve your goal. 1.If you want to become proficient in English, you'll have to go the extra mile and start learning idioms. 2. My English class was great, we learnt so much

because our teacher was the best, she always went the extra mile for us.

معنی: به سختی کار کردن برای رسیدن به هدف.

Hands down. for certain the right answer. This country is hands down the best place to study abroad.

معنی: قبول موضوعی.

Hang on a second. wait for a moment. Hang on a second... I am waiting for my laundry to finish.

معنی: صبر کردن برای مدت کمی.

Hang out. spend time with a friend. Joe and I hang out after class every week.

معنی: زمان سپری کردن.

Have stumbled upon. to accidentally discover something. I stumbled upon a new restaurant while walking around downtown.

معنی: ناگهانی چیزی را کشف کردن.

Hold your horses. wait/calm down. Hold your horses. I am still eating my lunch.

معنی: آرامش خود را حفظ کردن.

How's it going? How are you? How's it going today Bobby?

معنی: حال شما چطور است؟

I made a key decision. make an important decision. I made a key decision to finish college.

معنی: تصمیم مهمی گرفتن.

A golden opportunity. An opportunity that may never present itself again. Think carefully about what you're going to do, this is a golden opportunity, and you don't want to mess it up.

معنی: فرصتی که دوباره به دست نمی آید.

Inside scoop. the details. Hey give me the inside scoop on how you met John.

معنی: ریزه کاری ها.

In the bag. will definitely happen. My baseball team will win the game. It is in the bag.

معنی: اتفاقی که حتما خواهد افتاد.

I was knocked on my heels. I was surprised. I was knocked on my heels when I realized I got the job.

معنی: من متعجب شدم.

I'll toss it around. To casually suggest an idea to people. I am tossing around the idea of having a party this weekend for my birthday.

معنی: پیشنهاد ایده ای برای دیگران.

I'm feeling blue. to feel sad. I failed my test today, I'm really feeling blue.

معنی: احساس ناراحتی داشتن.

I'm out. I'm leaving. I have to go to a meeting, I'm out.

معنی: من میروم.

In the nick of time. When something happens at the last possible moment. The firefighter saved the baby from the burning building in the nick of time.

معنی: در آخرین لحظات کاری انجام دادن.

It's all flooding back to me. Beginning to remember something you once forget. When I saw my childhood bicycle memories all came flooding back to me.

معنی: به یاد آوردن چیزی که فراموش کرده بودیم.

Kick the bucket. to die/no longer work. Yesterday my phone kicked the bucket.

معنی: کارایی خود را از دست دادن.

Kill two birds with one stone. accomplish two things at once. You can kill two birds with one stone by checking because I did it and it worked email and study at the library for me.

معنی: با یک تیر دو نشان زدن.

Wind your neck in. a rude way to tell someone to be quiet and/or calm down. 1. Cool down, buddy, wind your neck in, you've made enough troubles already. 2. Wind your neck in and sit quiet, we've taken the wrong road due to your talking nonsense.

معنی: از کسی خواستن که ساکت شود و آرام باشد.

Blacklist someone. To write someone's name on a list if they break any rules, and ban them from having the opportunity to take part again. "I was in a lot of debt a while ago, and was unable to pay it all back, so I've been blacklisted. I'm not allowed to get a mortgage in my own name.

معنی: منع کردن کسی از گرفتن چیزی (مثل وام از بانک).

Laid back. Relaxed. Jason is not very excited. he is laid back.

معنی: آرامش خود را حفظ کردن.

Leading someone on. having someone believe something that isn't true. Why do you keep telling Amy you like her, you are just leading her on.

معنی: متقاعد کردن کسی.

Lend a hand. help someone out. I see those grocery bags are very heavy, can I lend you a hand?

معنی: کمک کردن به کسی.

Let it ride. to allow something to remain as it is. I don't like my schedule for next semester, but I'm going to let it ride.

معنی: چیزی را به حال خود رها کردن.

Let's boogie on out. let's all leave together. The restaurant is closing, let's boogie on out.

معنی: همگی جایی را ترک کردن.

Let's bounce. to leave. The football game is over, let's bounce.

معنی: ترک کردن جایی.

Low down. to receive the full story. Hey give me the low down on what happened last Saturday night.

معنی: کامل موضوعی را شنیدن.

Take a chill pill. a way of telling someone to calm down. I don't think the test will be too hard, take a chill pill.

معنی: از کسی خواستن که آرامشش را حفظ کند.

Hit the books. to study. I can't go to the party tonight. I have to hit the books.

معنی: مطالعه کردن.

Locked in. to give full concentration too. I'm really locked in to this new television series.

معنی: تمرکز کردن درباره ی موضوعی.

No big deal. no need to worry. If you can't make it to my birthday dinner, it's no big deal.

معنی: موضوع مهمی نبودن.

Out of nowhere/ Out of the blue. Unexpected. 1. That surprise quiz came out of nowhere. 2. We were walking to the store when Mike appeared out of the blue.

معنی: غیر منتظره.

Pull the plug. to end something. After Bob quit, we may just have to pull the plug on the whole operation.

معنی: پایان دادن به چیزی.

March to the same tune/ sing from the same songsheet.

When everyone follows the same plan, or says the same thing (can be used in the negative form too). 1. I would say the reason why our business is failing is because everyone is not marching to the same tune. 2. He is always singing from the same songsheet as others. I've never heard him come up with his own original idea.

معنی: وقتی همه یک حرف را میزنند یا همه یک روش را استفاده میکنند.

Rally the troops. to gather friends together. We're going to rally the troops then head to the basketball game.

معنی: دوستان را دور هم جمع کردن.

Since day one. for a long time. I've been playing basketball since day one.

معنی: برای مدت طولانی.

Something's fishy. something's strange. All the lights are off in the house and door is open, something's fishy we should be more careful.

معنی: چیزی عجیب بودن.

Spur of the moment. to make a random decision. I decided to drive to Colorado on the spur of the moment.

معنی: شانسی و تصادفی تصمیم گرفتن.

Take him out of the picture. remove him from the situation. Mike isn't the best group partner. we should take him out of the picture.

معنی: کسی را از کاری کنار گذاشتن.

Throw an idea around. casually suggest an idea. I want to throw an idea around for tomorrow's event.

معنی: پیشنهاد خود را به بقیه گفتن.

On the same page. having similar thoughts. I'm glad we are on the same page with our ideas for this project.

معنی: افکار مشابهی با کسی داشتن.

Chime in. Used when someone interrupts or joins in a conversation, especially to repeat or agree with something. I was telling the police officer what had happened, but everyone chimed in and started giving their versions of the story, and he couldn't hear what I was saying.

معنی: وقتی کسی به موضوع بحثی ملحق میشود.

To be given something on a silver plate/platter. When something is offered to someone whole-heartedly (in a metaphorical sense). I offered my heart to him on a silver platter, and he turned it down.

معنی: از کسی چیزی خواستن.

Abandon. desert; leave without planning to come back; quit. 1. When Roy abandoned his family, the police went looking for him. 2. The soldier could not abandon his friends who were hurt in battle. 3. Because Rose was poor, she had to abandon her idea of going to college.

معنی: ترک کردن چیزی یا کسی.

Tact. ability to say the right thing. 1. My aunt never hurts anyone's feelings because she always uses tact. 2. By the use of tact, Janet was able to calm her jealous husband. 3. Your friends will admire you if you use tact and thoughtfulness.

معنی: قادر به گفتن سخن راست و صحیح.

Oath. a promise that something is true; a curse. 1. The president will take the oath of office tomorrow. 2. In court, the witness took an oath that he would tell the whole truth. 3. When Terry discovered that he had been abandoned, he let out an angry oath.

معنی: سوگند خوردن. قول دادن برای گفتن حرف حق.

Hardship. something that is hard to bear; difficulty. The fighter had to face many hardships before he became champion.

معنی: تنگ دستی و سختی های کار.

Conceal. Hide. 1. Tris could not conceal his love for Gloria. 2. Count Dracula concealed the corpse in his castle. 3. The money was so cleverly concealed that we were forced to abandon our search for it.

معنی: پنهان کردن.

Numb. without the power of feeling; deadened. 1. My fingers quickly became numb in the frigid room. 2. A numb feeling came over Mr. Massey as he read the telegram. 3. When the nurse stuck a pin in my numb leg, I felt nothing.

معنی: احساس بی حسی کردن.

Shriek. Scream. 1. The maid shrieked when she discovered the corpse. 2. With a loud shriek, Ronald fled from the room. 3. Facing the peril of the waterfall, the boatman let out a terrible shriek.

معنی: ترس و وحشت.

Scarce. hard to get; rare. 1. Chairs that are older than one hundred years are scarce. 2. Because there is little moisture in the desert, trees are scarce. 3. How scarce are good cooks?

معنی: چیزی که به سختی یافت شود.

Persuade. win over to do or believe; make willing. 1. Can you persuade him to give up his bachelor days and get married? 2. No one could persuade the captain to leave the sinking ship. 3. Beth's shriek persuaded jesse that she was in real danger.

معنی: متقاعد کردن کسی.

Essential. Necessary. 1. The essential items in the cake are flour, sugar, and shortening. 2. It is essential that we follow the road map. 3. Several layers of thin clothing are essential to keeping warm in frigid climates.

معنی: ضروری و مهم.

Devise. think out; plan; invent. 1. The burglars devised a scheme for entering the bank at night. 2. I would like to devise a method for keeping my toes from becoming numb while I am ice skating. 3. If we could devise a plan for using the abandoned building, we could save thousands of dollars.

معنی: ابداع کردن چیزی.

Predict. Tell beforehand. 1. Weathermen can predict the weather correctly most of the time. 2. Who can predict the winner of the Super Bowl this year? 3. Laura thought she could predict what I would do, but she was wrong.

معنی: پیش بینی کردن.

Vanish. disappear; disappear suddenly. 1. Even in California the sun will sometimes vanish behind a cloud. 2. Not even a powerful witch can make a jealous lover vanish. 3. Give him a week without a job and all his money will vanish.

معنی: ناپدید شدن یا ناپدید کردن چیزی.

Taste your own medicine. When someone receives the same treatment, usually negative, that they gave someone else. That kid is always beating up other kids on the playground. I wish someone would give him a taste of his own medicine.

معنی: رفتار مشابهی با فرد بد اخلاق داشتن.

Assemble. gather together; bring together. 1. The rioters assembled outside the White House. 2. I am going to assemble a model of a spacecraft. 3. All the people who had assembled for the picnic vanished when the rain began to fall.

معنی: دور هم جمع شدن.

Probe. search into; examine thoroughly; investigate. 1. The lawyer probed the man's mind to see if he was innocent. 2. After probing the scientist's theory, we proved it was correct. 3. King Henry's actions were carefully probed by the noblemen.

معنی: امتحان کردن چیزی یا کسی.

Idioms and Phrases for saying thank you

اصطلاحات و عبارات برای تشکر کردن در شرایط مختلف

Thanks.

Thanks a lot.

Thank you very much.

Thank you. That's very kind of you.

Thank you. You're so helpful.

Thanks for your kind words.

Thank you for coming here today.

Thank you I really appreciate your help.

I am eternally grateful for everything you've taught me.

Thank you for sharing your wisdom with me.

I cannot thank you enough for helping me.

I am very thankful that you are my teacher.

How can I ever thank you enough.

Teachers like you are not easy to find.

I really appreciate all the hard work you've done to help me.

I am grateful for the positive learning environment you provided me with.

I have learnt so much, thanks to you.

Thank you for your guidance and support.

Thank you for helping me improve.

I want you to know how much I value your support.

Your lessons have been very insightful and fun!
I have had so much fun learning with you!
Your approach to teaching inspires me.
Thank you for being patient and helping me improve.
I wholeheartedly appreciate everything you've done for me.
You're the best teacher ever!
Thank you for coming.
Thank you for joining us today.
We appreciate you sharing our celebrations with us.
Thank you for sharing this special day with us.
We really appreciate your presence here.
Thank you for the gift, we're very grateful.
We will remember this day and your contribution forever.
What would we have done without your help? Thank you so much. (Rhetorical question)
Thank you ever so much for your generous gift.
Words cannot describe how grateful we are.
It was a pleasure to be a part of your special day.
Thank you for inviting me to share your special day.
I'm very happy to be a part of your celebrations.
Thank you for extending compassion and flexibility when I needed it.

As a supervisor, you are truly inspirational to your staff.

Your strong leadership skills along with your support has earned you much deserved respect.

Your support and dedication to your team has earned you much deserved admiration.

I am thankful to be a part of your team.

The workers have seen your dedication, and we would like to express our appreciation.

We are grateful for your kindness, loyalty and commitment to all of us.

If there ever was a boss who deserves praise and adulation, that person is you!

Thank you for providing us with such a great working environment.

I want to thank you for the expression of faith in my abilities.

I would like to sincerely thank you for this gesture.

Allow me to express my sincerest gratitude for this opportunity you have given me.

I value the trust you have put into me and will work hard to maintain it.

Thank you very much for putting your trust in me and agreeing to my extended holiday request.

I am eternally grateful for your trust, and appreciate you allowing me to have this time off work.

Thank you for your support, guidance and encouragement.

Thank you for the opportunities you provided, and for

having faith in me.

I would like to express my heartfelt thanks for giving me this opportunity.

Thank you very much; your support is greatly appreciated.

We would like to express our gratitude.

I am most grateful for your support.

Thank you for providing the requested information.

Thank you for all your assistance.

Thank you for raising your concerns.

Thank you for your kind co-operation.

Thank you for your attention to this matter.

Thank you for your consideration.

Thank you once again for everything you've done.

How kind you are to help me. Thank you very much.

Thank you for spending time with me.

Thank you for taking the trouble to help me. I do appreciate it.

Many thanks for your assistance in our project.

Many thanks for your letter/email.

I was so pleased to hear from you.

I greatly appreciate your kind words.

I am very thankful that you are considering my problem.

Reference List

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Oxford Advanced Learner's Dictionary.

1000 Common Idioms for English.

Idiom Meaning in the Cambridge English Dictionary.

You must pay particular attention to Idioms. you will find this book very useful as you enrich your English Idioms. English language has a lot of Idioms and you have to learn them. If you want to speak English as well as your mother tongue.

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