

# **CAREERS 360**

**PREPARATION** **Series**

**CAT 2025**

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**500+**

**Most Important  
Idioms & Phrases**

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# IDIOMS AND PHRASES FOR MANAGEMENT ENTRANCE EXAMINATIONS

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## What are Idioms and Phrases?

Idioms and phrases are expressions that carry a figurative meaning that is different from the literal interpretation of the individual words. They are a significant part of language and are often used to convey complex ideas or emotions in a concise and vivid manner. Idioms and phrases are deeply rooted in the cultural and linguistic context of a language, and understanding them is essential for effective communication, especially in casual or creative settings.

Here's a breakdown of the two terms:

**Idioms:** Idioms are groups of words whose meaning is not directly deducible from the meanings of the individual words. They have a unique, fixed structure that has developed over time, and their figurative meaning is often tied to cultural, historical, or social contexts. Idioms are used to add colour, depth, and nuance to language. For example, the idiom "break a leg" means to wish someone good luck, especially before a performance, even though the literal interpretation doesn't make sense.

**Phrases:** Phrases are combinations of words that form a grammatical unit but do not contain a subject and a predicate (unlike sentences). Phrases can be idiomatic or not. While idioms are a subset of phrases, not all phrases are idiomatic. Phrases can be categorised into various types, such as noun phrases, verb phrases, prepositional phrases, and more. They play a crucial role in constructing sentences and conveying specific meanings.

## Importance of Idioms and Phrases from Management Exams Perspective

Understanding idioms and phrases is of significant importance, even from a management exams perspective. While management exams typically focus on analytical and practical skills, proficiency in idioms and phrases can enhance a candidate's overall communication and comprehension abilities, which are essential skills in the business world. Here's why idioms and phrases matter in the context of management exams:

**Effective Communication:** Business and management professionals need to communicate complex ideas, strategies, and decisions clearly and succinctly. Idioms and phrases help convey nuanced meanings and emotions in a concise manner. Mastering idiomatic expressions can enhance a candidate's ability to communicate effectively in various business scenarios, from presentations and negotiations to written reports and emails.

**Cultural Sensitivity:** Many idioms and phrases are deeply rooted in cultural and societal contexts. Management often involves dealing with diverse teams, clients, and stakeholders from different backgrounds. Understanding idiomatic language helps professionals navigate cultural differences and avoid potential misunderstandings, thereby fostering better relationships and collaborations.

**Impression Management:** Job interviews, case studies, and group discussions are common components of management exams. Using idiomatic expressions appropriately demonstrates a high level of language proficiency and cultural awareness. This can create a positive impression on interviewers and examiners, showcasing a candidate's readiness to function effectively in a global business environment.

**Critical Reading and Comprehension:** Management exams often include reading comprehension passages related to business scenarios. Idioms and phrases are frequently used in written materials, and understanding them is crucial for accurately grasping the intended meanings and nuances. This skill is vital for analysing case studies, understanding business reports, and making informed decisions based on textual information.

**Leadership and Motivation:** In the realm of management, leadership and motivation play pivotal roles. Many idiomatic expressions carry motivational and inspirational undertones. Familiarity with such phrases can help aspiring managers deliver impactful speeches, boost team morale, and provide guidance in ways that resonate with team members.

**Negotiation and Persuasion:** Successful negotiation and persuasion involve more than just conveying information. They require building rapport, establishing common ground, and creating a positive atmosphere. Idioms and phrases can add warmth and familiarity to discussions, making negotiations more engaging and persuasive.

**Business Etiquette:** In professional settings, the appropriate use of idioms and phrases is considered a sign of refined communication skills and business etiquette. Acquiring this skill demonstrates a candidate's preparedness to function in formal business environments.

In conclusion, idioms and phrases contribute significantly to a management candidate's linguistic versatility, cultural sensitivity, and communication effectiveness. While these aspects might not be the central focus of management exams, they undoubtedly play a valuable role in shaping well-rounded and competent business professionals who can navigate diverse situations with confidence and clarity.

## How to tackle such questions in exams?

Tackling idiom and phrase-related questions in exams, especially in a management context, requires a combination of language skills, critical thinking, and context comprehension. Here are some strategies to help you effectively address such questions:

**Build a Strong Foundation:** Before the exam, ensure you have a good grasp of common idioms and phrases. Make a list of commonly used expressions and their meanings. Familiarise yourself with their usage in different contexts.

**Read the Context:** When you encounter an idiom or phrase question, carefully read the sentence or passage in which it appears. Context often provides clues about the intended meaning of the expression.

**Consider Literal vs. Figurative Meanings:** Determine whether the idiom or phrase is being used literally or figuratively. Many idiomatic expressions have both literal and figurative meanings.

**Analyse Options:** If the question provides multiple choices, compare the given options with the context of the sentence. Eliminate choices that don't fit the context or don't make sense in relation to the surrounding words.

**Look for Clues:** Sometimes, the context might contain clues that help you understand the meaning of the idiom. Look for keywords or phrases that hint at the overall topic or emotion being discussed.

**Use Logic:** Apply logic to the sentence. Ask yourself if the literal meaning of the idiom makes sense in the given situation. If not, consider the figurative meaning that aligns better with the context.

**Think Analogously:** If you're unsure of the exact meaning, try to think of similar expressions or phrases that you've encountered before. Often, related expressions can help you infer the meaning of the unfamiliar one.

**Eliminate Extreme Options:** In multiple-choice questions, eliminate options that seem overly exaggerated or too vague. Often, the correct answer is the one that best fits the context without being overly extreme.

**Consider the Tone:** Pay attention to the tone of the passage or sentence. Some idioms and phrases carry specific emotional connotations. Choosing an option that matches the tone can help you arrive at the correct answer.

**Practice Regularly:** Regular practice with idiom and phrase questions will improve your familiarity with different expressions and their uses. Practice questions from previous exams or study guides to enhance your skills.

**Use Process of Elimination:** If you're stuck between a few options, use the process of elimination to narrow down your choices. Cross out the ones that don't seem plausible and focus on the remaining options.

**Don't Overthink:** Sometimes, the correct answer might be the simplest and most straightforward one. Avoid overthinking or trying to find hidden meanings where none exist.

Remember that tackling idiom and phrase questions is a skill that can be developed over time. Regular exposure to different idioms, along with practice and critical thinking, will help you become more confident in deciphering the intended meanings and choosing the right options in exams.

## Top 500+ IDIOMS AND PHRASES

| <b>Old as the hills</b>   |  |
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| Meaning                   | Extremely old  |
| Examples                  | <ol style="list-style-type: none"> <li>1. The building they visited was old as the hills.</li> <li>2. He's as old as the hills, but still full of energy.</li> <li>3. Her stories are old as the hills, but she loves sharing them.</li> </ol>   |
| Etymology                 | This idiom likens the age of something or someone to the ancient hills. It dates back to at least the 19th century.  |
| <b>Young at heart</b>     |  |
| Meaning                   | Having a youthful spirit   |
| Examples                  | <ol style="list-style-type: none"> <li>1. Despite her age, she's young at heart and loves adventure.</li> <li>2. He may be in his 60s, but he's young at heart and enjoys parties.</li> <li>3. She's young at heart, always open to new experiences.</li> </ol>                                      |
| Etymology                 | This phrase refers to maintaining a youthful attitude or spirit regardless of one's actual age.  |
| <b>In one's prime</b>     |  |
| Meaning                   | At the peak of one's abilities   |
| Examples                  | <ol style="list-style-type: none"> <li>1. She's in her prime and excelling in her career.</li> <li>2. The athlete was in his prime during the last Olympics.</li> <li>3. He's still in his prime, producing groundbreaking research.</li> </ol>  |
| Etymology                 | This phrase originates from the idea of being at the most active, capable, or successful stage of life or career.  |
| <b>Age before beauty</b>  |  |
| Meaning                   | Allowing someone to go first   |
| Examples                  | <ol style="list-style-type: none"> <li>1. "You can enter the room first, age before beauty," he said with a smile.</li> <li>2. He held the door open, gesturing for her to go ahead. "Age before beauty," he joked.</li> <li>3. "Ladies first, age before beauty," she quipped playfully.</li> </ol> |
| Etymology                 | This phrase is a light-hearted way of letting someone, usually a woman, go ahead based on age rather than appearance.  |
| <b>Beyond one's years</b> |  |
| Meaning                   | Displaying maturity beyond age   |
| Examples                  | <ol style="list-style-type: none"> <li>1. Her insights are beyond her years; she must have a lot of life experience.</li> </ol>  |

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|                             | <p>2. His wisdom is beyond his years, impressing everyone around him.</p> <p>3. The author's writing reflects a depth beyond his years.</p>  |
| Etymology                   | This phrase suggests that someone possesses a level of maturity, knowledge, or skill that surpasses their chronological age.   |
| <b>Old as Methuselah</b>    |  |
| Meaning                     | Extremely old  |
| Examples                    | <p>1. The antique shop had items that seemed old as Methuselah.</p> <p>2. He's been working here since before I was born; he's as old as Methuselah.</p> <p>3. The castle's history is as old as Methuselah.</p>                                   |
| Etymology                   | Refers to the biblical figure Methuselah, who was said to have lived to be exceptionally old.  |
| <b>Age is just a number</b> |  |
| Meaning                     | Age shouldn't limit one's abilities or opportunities   |
| Examples                    | <p>1. Don't worry about your age; remember, age is just a number.</p> <p>2. She started a new career in her 50s, proving that age is just a number.</p> <p>3. They fell in love despite the age difference, showing that age is just a number.</p> |
| Etymology                   | This phrase emphasizes that age should not be a significant factor in determining one's potential or actions.  |
| <b>Grow up</b>              |  |
| Meaning                     | Act more maturely or responsibly   |
| Examples                    | <p>1. It's time to grow up and start taking your responsibilities seriously.</p> <p>2. He needs to grow up and stop acting like a child.</p> <p>3. Their behavior at the meeting was quite immature; they need to grow up.</p>                     |
| Etymology                   | This phrase reflects the idea of transitioning from childish behavior to more mature and responsible conduct.  |
| <b>Time flies</b>           |  |
| Meaning                     | Time passes quickly  |
| Examples                    | <p>1. It feels like yesterday that we started school, but time flies.</p> <p>2. As we get older, we realize how time flies.</p> <p>3. They've been married for 20 years already; time flies when you're happy.</p>                                 |
| Etymology                   | This phrase reflects the perception that time seems to pass quickly, especially in retrospect.   |
| <b>Over the hill</b>        |  |
| Meaning                     | Past the prime of one's life   |

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| Examples                    | <ol style="list-style-type: none"> <li>1. He jokes that he's over the hill now that he's turned 40.</li> <li>2. Don't worry about being over the hill; life still has a lot to offer.</li> <li>3. The athlete's performance declined as he got over the hill.</li> </ol>   |
| Etymology                   | This idiom refers to the idea that once a person reaches the top of a hill, it's all downhill from there, implying a decline in vitality or achievement.   |
| <b>Long in the tooth</b>    |  |
| Meaning                     | Getting old; advancing in age  |
| Examples                    | <ol style="list-style-type: none"> <li>1. He's still trying to keep up with the youngsters, but he's getting a bit long in the tooth.</li> <li>2. She's long in the tooth for an athlete, but her determination is admirable.</li> <li>3. The company's founder is long in the tooth, but his insights remain valuable.</li> </ol> |
| Etymology                   | This phrase originally referred to horses whose gums recede with age, revealing longer teeth. It's now used to describe aging people.  |
| <b>Age-old</b>              |  |
| Meaning                     | Very old; existing for a long time   |
| Examples                    | <ol style="list-style-type: none"> <li>1. The tradition of celebrating festivals is age-old in our culture.</li> <li>2. The town has an age-old charm that attracts tourists.</li> <li>3. This problem has been an age-old challenge for our society.</li> </ol>   |
| Etymology                   | The term combines "age," meaning old, with "old," forming a compound adjective to describe something that has been around for a long time.   |
| <b>Put years on someone</b> |  |
| Meaning                     | To make someone appear older than they are   |
| Examples                    | <ol style="list-style-type: none"> <li>1. The stress of his job has put years on him; he looks much older now.</li> <li>2. The illness and its effects put years on her appearance.</li> <li>3. Lack of sleep can put years on someone's face.</li> </ol>  |
| Etymology                   | This idiom uses "put" to suggest the addition of age or the physical toll of experiences on someone's appearance.  |
| <b>Second childhood</b>     |  |
| Meaning                     | A period in later life when a person behaves childishly or enjoys simple pleasures, similar to childhood   |
| Examples                    | <ol style="list-style-type: none"> <li>1. Since retiring, he's been enjoying his second childhood, spending time on hobbies and playing with his grandchildren.</li> <li>2. Traveling in retirement felt like a second childhood for them.</li> <li>3. She's in her second childhood, relishing every moment.</li> </ol>           |
| Etymology                   | This phrase metaphorically refers to a return to the carefree and innocent joys of childhood during later stages of life.  |

| <b>Ripe old age</b>                |   |
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| Meaning                            | A very advanced or mature age   |
| Examples                           | <ol style="list-style-type: none"> <li>1. She lived to a ripe old age of 95.</li> <li>2. The actor's career spanned a ripe old age, showcasing his versatility.</li> <li>3. They celebrated their grandmother's birthday, reaching a ripe old age of 100.</li> </ol>  |
| Etymology                          | This phrase uses "ripe" to indicate full development or maturity and pairs it with "old age" to describe a long life filled with experiences.   |
| <b>Catch someone's second wind</b> |   |
| Meaning                            | Regain energy or enthusiasm after a period of exhaustion or decline   |
| Examples                           | <ol style="list-style-type: none"> <li>1. After struggling for hours, he finally caught his second wind and finished the project.</li> <li>2. The team seemed defeated, but they caught their second wind and made an impressive comeback.</li> <li>3. She caught her second wind and aced the exam.</li> </ol> |
| Etymology                          | This phrase draws an analogy between regaining energy and the idea of a renewed burst of wind helping a sailboat or a runner in a race.   |
| <b>Back in the day</b>             |   |
| Meaning                            | In the past; at some point in the distant past  |
| Examples                           | <ol style="list-style-type: none"> <li>1. Back in the day, we used to walk to school every morning.</li> <li>2. Back in the day, there were no smartphones, and we still managed to have fun.</li> <li>3. She often reminisces about her adventures back in the day.</li> </ol>                                 |
| Etymology                          | This phrase suggests looking back to a time that has passed, reflecting on how things were different in earlier periods.  |
| <b>Silver-haired</b>               |   |
| Meaning                            | Having gray or white hair, often associated with old age  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The silver-haired gentleman was known for his wise advice.</li> <li>2. The actress portrayed a silver-haired grandmother in the movie.</li> <li>3. She's earned her silver-haired wisdom through years of experience.</li> </ol>                                      |
| Etymology                          | This phrase refers to the color of hair associated with aging and the idea that gray or white hair is a sign of accumulated wisdom.   |
| <b>Old as Adam</b>                 |   |
| Meaning                            | Extremely old; ancient  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The ruins they discovered were old as Adam.</li> <li>2. The legend has been around since old as Adam.</li> <li>3. The tradition dates back to old as Adam.</li> </ol>   |

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| Etymology   | This phrase alludes to Adam, the biblical figure considered the first man, implying something is so ancient that it dates back to the beginning of time.  |
| <b>Bite the bullet</b>                                  |   |
| Meaning   | To bravely face a difficult or unpleasant situation   |
| Examples  | <ol style="list-style-type: none"> <li>1. He had to bite the bullet and confront his fear of public speaking.</li> <li>2. We have no choice but to bite the bullet and address the financial issues.</li> <li>3. She decided to bite the bullet and apologize for her mistake.</li> </ol>   |
| Etymology   | Originally referred to the practice of having soldiers bite on a bullet during surgery to endure the pain. Now used metaphorically for facing challenges with courage.  |
| <b>Don't count your chickens before they're hatched</b> |   |
| Meaning   | Don't make plans based on something that may not happen   |
| Examples  | <ol style="list-style-type: none"> <li>1. He was already planning how to spend his winnings, but his horse lost the race. Don't count your chickens before they're hatched.</li> <li>2. She assumed she would win the competition, but her confidence was premature. Don't count your chickens before they're hatched.</li> </ol> |
| Etymology   | This idiom dates back to Aesop's fable about a farmer who counted his chickens before they hatched and ended up disappointed.   |
| <b>Hold your horses</b>                                 |   |
| Meaning   | Wait; be patient  |
| Examples  | <ol style="list-style-type: none"> <li>1. Hold your horses! We're not ready to start the meeting yet.</li> <li>2. She wanted to open the gift right away, but her friend said, "Hold your horses; let's wait for everyone."</li> </ol>  |
| Etymology   | This phrase likely originates from the practice of holding the reins of a horse to stop it from moving forward, symbolizing the need to pause and be patient.   |
| <b>Barking up the wrong tree</b>                        |   |
| Meaning   | Pursuing the wrong course of action; having a mistaken or misguided belief  |
| Examples  | <ol style="list-style-type: none"> <li>1. If you think I stole your pen, you're barking up the wrong tree. I haven't even been near your desk.</li> <li>2. Accusing him of being the culprit is barking up the wrong tree; he was out of town that day.</li> </ol>  |
| Etymology   | This idiom comes from hunting dogs barking at the base of a tree where they believe the prey is located, even if the prey is in a different tree.   |
| <b>Let the cat out of the bag</b>                       |   |
| Meaning   | Reveal a secret unintentionally   |

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| Examples                             | <ol style="list-style-type: none"> <li>1. She let the cat out of the bag about the surprise party, and now everyone knows.</li> <li>2. Don't let the cat out of the bag; the gift is meant to be a surprise.</li> </ol>   |
| Etymology                            | One theory suggests this idiom comes from medieval markets, where traders would substitute a cat for a piglet in a bag, deceiving buyers. When revealed, the secret was out.  |
| <b>Horse of a different color</b>    |   |
| Meaning                              | A different matter altogether; something distinct or separate from the current topic  |
| Examples                             | <ol style="list-style-type: none"> <li>1. We were discussing economics, and now you bring up art history? That's a horse of a different color.</li> <li>2. One thing is dealing with a computer issue; public speaking is a horse of a different color.</li> </ol>          |
| Etymology                            | This phrase likely originates from the variations in horse colors and the difficulty in predicting their appearance. It's used metaphorically to signify differences.   |
| <b>Kill two birds with one stone</b> |   |
| Meaning                              | Achieve two goals with a single action  |
| Examples                             | <ol style="list-style-type: none"> <li>1. By combining the meeting with a team-building activity, we can kill two birds with one stone.</li> <li>2. She managed to exercise and catch up on audiobooks during her morning jog, killing two birds with one stone.</li> </ol> |
| Etymology                            | This idiom likely derives from the practice of using stones to kill birds for food or sport, thus completing two tasks in a single action.  |
| <b>Let sleeping dogs lie</b>         |   |
| Meaning                              | Avoid stirring up trouble or causing problems by not addressing a sensitive or potentially contentious issue  |
| Examples                             | <ol style="list-style-type: none"> <li>1. We had a disagreement, but I'd rather let sleeping dogs lie than bring up old arguments.</li> <li>2. The topic of her previous job termination is touchy; it's best to let sleeping dogs lie.</li> </ol>                          |
| Etymology                            | This phrase likely alludes to the idea that waking up a sleeping dog can result in aggression or conflict, similarly to raising a dormant issue.  |
| <b>Curiosity killed the cat</b>      |   |
| Meaning                              | Being too curious or prying can lead to trouble or unpleasant consequences  |
| Examples                             | <ol style="list-style-type: none"> <li>1. She couldn't resist opening the mysterious package, even though she knew curiosity killed the cat.</li> <li>2. Don't dig into his personal matters; remember, curiosity killed the cat.</li> </ol>                                |

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| Etymology  | The origin of this phrase is unclear, but it's often used to caution against being too inquisitive and the potential negative outcomes of nosiness.  |
| <b>The lion's share</b>                            |  |
| Meaning  | The largest or greatest portion of something   |
| Examples   | 1. He claimed the lion's share of the credit for the project's success, even though it was a team effort.<br>2. The company's CEO receives the lion's share of the profits.  |
| Etymology  | This idiom comes from Aesop's fable "The Lion's Share," where lions claim the majority of a kill, leaving the other animals with little.   |
| <b>Fish out of water</b>                           |  |
| Meaning  | Someone in an unfamiliar or uncomfortable situation  |
| Examples   | 1. At the fancy gala, he felt like a fish out of water, not used to such formal events.<br>2. She's a city girl, and being in the countryside made her feel like a fish out of water.  |
| Etymology  | This idiom metaphorically compares a person in an unfamiliar environment to a fish removed from its natural habitat, struggling to adapt.  |
| <b>A bird in the hand is worth two in the bush</b> |  |
| Meaning  | It's better to have a small, certain advantage than to risk losing it by pursuing a larger but uncertain gain  |
| Examples   | 1. He turned down a stable job offer for a chance at a higher-paying job, but a bird in the hand is worth two in the bush.<br>2. She chose the scholarship over a potential higher-paying job, understanding the proverb's wisdom. |
| Etymology  | This proverb has been used since ancient times and emphasizes the value of guaranteed benefits over speculative possibilities.   |
| <b>Like a fish takes to water</b>                  |  |
| Meaning  | To be naturally skilled or comfortable in a particular environment or activity   |
| Examples   | 1. As soon as she joined the team, she took charge and led like a fish takes to water.<br>2. He's a born chef; he handles the kitchen like a fish takes to water.  |
| Etymology  | This idiom uses the analogy of a fish, which naturally thrives and moves effortlessly in water, to describe someone's ease in a situation.   |
| <b>Crocodile tears</b>                             |  |
| Meaning  | Fake or insincere displays of emotion or sympathy  |

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| Examples                               | <ol style="list-style-type: none"> <li>1. She shed crocodile tears during the sad movie, but we all knew she wasn't actually emotional.</li> <li>2. His apology seemed genuine, but it was just crocodile tears.</li> </ol>                         |
| Etymology                              | The phrase refers to the notion that crocodiles were believed to shed tears while consuming their prey, which is now understood as a myth.  |
| <b>The early bird catches the worm</b> |   |
| Meaning                                | Being prompt or proactive leads to success or advantage   |
| Examples                               | <ol style="list-style-type: none"> <li>1. He always arrives at work before everyone else; he believes the early bird catches the worm.</li> <li>2. She's the first to submit her assignments; she knows the early bird catches the worm.</li> </ol> |
| Etymology                              | This proverb has ancient origins and suggests that taking early action can lead to favorable outcomes, similar to birds that hunt for worms in the morning.   |
| <b>A little bird told me</b>           |   |
| Meaning                                | To indicate that the speaker heard a piece of information from an unnamed source or through gossip  |
| Examples                               | <ol style="list-style-type: none"> <li>1. "How did you know about my promotion?" "Oh, a little bird told me."</li> <li>2. "I heard you have a surprise planned." "Well, a little bird told me."</li> </ol>  |
| Etymology                              | This phrase uses the imagery of information being passed along like a message from a small bird, often referring to informal sources.   |
| <b>Rat race</b>                        |   |
| Meaning                                | A competitive and relentless pursuit of wealth, success, or societal advancement  |
| Examples                               | <ol style="list-style-type: none"> <li>1. He left the city to escape the rat race and lead a simpler life in the countryside.</li> <li>2. Many people get caught up in the rat race, constantly striving for more.</li> </ol>                       |
| Etymology                              | The phrase likens the constant hustle and competition of modern life to rats running in a maze or race, always seeking a reward.  |
| <b>Butterflies in the stomach</b>      |   |
| Meaning                                | Feeling nervous or anxious, usually before a significant event  |
| Examples                               | <ol style="list-style-type: none"> <li>1. Before her big presentation, she had butterflies in her stomach.</li> <li>2. He had butterflies in his stomach before the job interview.</li> </ol>   |
| Etymology                              | This phrase metaphorically describes the sensation of fluttering or nervousness in the stomach as being similar to the movement of butterflies.   |
| <b>Horseplay</b>                       |   |

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| Meaning                            | Rough or rowdy play that can lead to accidents or injuries  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The teacher warned the students to avoid horseplay during recess.</li> <li>2. The kids got carried away with their horseplay and knocked over a chair.</li> </ol>                                   |
| Etymology                          | This term likely originates from the behavior of horses that play or interact in a boisterous and sometimes dangerous manner.   |
| <b>Like a bull in a china shop</b> |   |
| Meaning                            | Someone who is clumsy or lacks finesse in delicate situations   |
| Examples                           | <ol style="list-style-type: none"> <li>1. He barged into the meeting and disrupted everything; he's like a bull in a china shop.</li> <li>2. Be careful; you're handling fragile items like a bull in a china shop.</li> </ol>                |
| Etymology                          | This idiom humorously depicts someone who acts with little consideration or care in situations that require delicacy, similar to a bull in a shop filled with fragile items.  |
| <b>To go the whole hog</b>         |   |
| Meaning                            | To do something fully or completely; to not hold back or spare any effort   |
| Examples                           | <ol style="list-style-type: none"> <li>1. Since it's her birthday, let's go the whole hog and plan a surprise party with decorations, games, and a cake.</li> <li>2. He decided to go the whole hog and renovate the entire house.</li> </ol> |
| Etymology                          | The origin of this phrase is uncertain, but it likely alludes to eating an entire pig (going "whole hog") instead of just parts of it.  |
| <b>Eager beaver</b>                |   |
| Meaning                            | Someone who is excessively enthusiastic, eager, or ambitious  |
| Examples                           | <ol style="list-style-type: none"> <li>1. She's always the first to volunteer for tasks; a real eager beaver.</li> <li>2. The new intern is such an eager beaver; she finishes assignments ahead of time.</li> </ol>                          |
| Etymology                          | This phrase likely combines "eager," meaning enthusiastic, with "beaver," a diligent and hardworking animal, to describe someone who is keen and industrious.   |
| <b>To have a whale of a time</b>   |   |
| Meaning                            | To have a very enjoyable and exciting experience  |
| Examples                           | <ol style="list-style-type: none"> <li>1. We went to the theme park and had a whale of a time on all the rides.</li> <li>2. The vacation was incredible; we had a whale of a time exploring new places.</li> </ol>                            |

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| Etymology                       | This idiom uses the metaphor of a large and playful whale to represent the immense enjoyment one has during an event or activity.                                       |
| <b>In the doghouse</b>          |   |
| Meaning                         | In trouble or disfavor due to one's actions or behavior   |
| Examples                        | 1. He forgot their anniversary, so he's in the doghouse right now.<br>2. She's been in the doghouse at work after missing a crucial deadline.                           |
| Etymology                       | This phrase uses the idea of a dog being confined to a doghouse when in trouble, likening it to someone facing repercussions for their actions.                         |
| <b>Tall as a giraffe</b>        |   |
| Meaning                         | Extremely tall  |
| Examples                        | 1. The basketball player is as tall as a giraffe; he's over seven feet tall.<br>2. The skyscraper is so tall; it's like a giraffe among buildings.                      |
| Etymology                       | This phrase humorously compares the height of someone or something to the notable height of a giraffe, one of the tallest land animals.                                 |
| <b>Scapegoat</b>                |   |
| Meaning                         | Someone who is unfairly blamed for the mistakes or wrongdoing of others   |
| Examples                        | 1. She became the scapegoat for the team's failure, even though the issues were beyond her control.<br>2. He's always the scapegoat when things go wrong at the office. |
| Etymology                       | The term comes from ancient rituals in which a goat would symbolically bear the sins of a community and be driven away, carrying the blame.                             |
| <b>Like a cat on hot bricks</b> |   |
| Meaning                         | Restless or anxious; unable to stay still or calm   |
| Examples                        | 1. She's waiting for the exam results, so she's pacing like a cat on hot bricks.<br>2. He was fidgeting and checking his watch; he looked like a cat on hot bricks.     |
| Etymology                       | This phrase vividly describes the nervous and fidgety behavior of a cat that might jump suddenly when walking on a hot surface.   |
| <b>Horse sense</b>              |   |
| Meaning                         | Practical and common-sense understanding or knowledge   |
| Examples                        | 1. He may not have formal education, but he has a lot of horse sense when it comes to solving problems.   |

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|                                       | 2. Her horse sense often guides her decisions in tough situations.   |
| Etymology                             | This phrase likens practical wisdom to the kind of intelligence attributed to horses, known for their alertness and ability to navigate terrain.                 |
| <b>Wear your heart on your sleeve</b> |  |
| Meaning                               | To show your emotions openly and honestly  |
| Examples                              | 1. She wears her heart on her sleeve; you always know how she's feeling.<br>2. He's not afraid to show his vulnerability and wear his heart on his sleeve.       |
| Etymology                             | This phrase refers to openly displaying one's emotions, just like a badge or emblem on the sleeve of clothing.   |
| <b>Dressed to the nines</b>           |  |
| Meaning                               | To be dressed elegantly or stylishly   |
| Examples                              | 1. She was dressed to the nines for the formal event.<br>2. Despite the casual setting, he came dressed to the nines in a suit and tie.                          |
| Etymology                             | The origin of this phrase is uncertain, but "dressed to the nines" emphasizes dressing in a fashionable and impressive manner.                                   |
| <b>Clothes make the man</b>           |  |
| Meaning                               | One's appearance, including clothing, influences how they are perceived  |
| Examples                              | 1. He believes that clothes make the man, so he always dresses impeccably for important meetings.<br>2. Dressing professionally shows that clothes make the man. |
| Etymology                             | This phrase emphasizes the impact of clothing on one's image, suggesting that attire contributes to how others perceive a person.                                |
| <b>Off the cuff</b>                   |  |
| Meaning                               | Spoken or done without preparation; impromptu  |
| Examples                              | 1. He gave an off-the-cuff speech at the event.<br>2. Her off-the-cuff remarks were surprisingly insightful.   |
| Etymology                             | This idiom likens the casual nature of spontaneous remarks to the idea of someone speaking without using notes written on their cuff.                            |
| <b>A feather in one's cap</b>         |  |
| Meaning                               | An accomplishment or achievement to be proud of  |
| Examples                              | 1. Winning that award was a feather in her cap after years of hard work.<br>2. The successful launch of the product was a feather in their cap.                  |

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| Etymology                          | This phrase metaphorically likens an achievement to a feather worn in one's cap as a symbol of honor or distinction.  |
| <b>In someone's shoes</b>          |   |
| Meaning                            | To be in another person's situation or perspective  |
| Examples                           | 1. If you were in his shoes, you'd understand his decision better.<br>2. Put yourself in her shoes and think about how you would feel.                            |
| Etymology                          | This idiom suggests imagining oneself in someone else's circumstances, as if one were wearing their shoes and experiencing their life.                            |
| <b>Not fit to hold a candle to</b> |   |
| Meaning                            | Not as skilled or capable as someone else   |
| Examples                           | 1. His work is good, but it's not fit to hold a candle to hers.<br>2. The new employee's performance doesn't hold a candle to the experienced team member's work. |
| Etymology                          | This phrase dates back to a time when an assistant would hold a candle for someone performing a task, highlighting the assistant's lesser skill.                  |
| <b>In stitches</b>                 |   |
| Meaning                            | Laughing very hard  |
| Examples                           | 1. The comedian's jokes had the whole audience in stitches.<br>2. We were in stitches listening to the funny stories he was telling.                              |
| Etymology                          | This idiom likens the intense laughter that causes physical discomfort to being stitched together from laughing so much.  |
| <b>Button your lip</b>             |   |
| Meaning                            | To be quiet or stop talking   |
| Examples                           | 1. If you can't say anything nice, it's best to just button your lip.<br>2. He wouldn't stop complaining, so I finally told him to button his lip.                |
| Etymology                          | This phrase uses "button" to suggest closing one's lips, like fastening a button, as a way to signal the need to stop talking.                                    |
| <b>A wolf in sheep's clothing</b>  |   |
| Meaning                            | Someone who appears harmless but is actually deceitful or dangerous   |
| Examples                           | 1. He seemed friendly, but he turned out to be a wolf in sheep's clothing, tricking everyone.<br>2. Be cautious; that offer might be a wolf in sheep's clothing.  |
| Etymology                          | This idiom draws an analogy between a wolf disguising itself as a sheep to deceive and someone pretending to be harmless while harboring ill intentions.          |

| <b>To let one's hair down</b>            |   |
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| Meaning                                  | To relax and behave informally, especially after a period of formality or work  |
| Examples                                 | 1. After the formal conference, they all went out to let their hair down and have some fun.<br>2. It's been a stressful week; I can't wait to let my hair down this weekend.    |
| Etymology                                | This phrase likely comes from the idea of removing one's hairpins or ties, allowing the hair to fall freely and symbolizing relaxation and informality.                         |
| <b>To have a skeleton in the closet</b>  |   |
| Meaning                                  | To have a hidden or shameful secret from one's past   |
| Examples                                 | 1. She's successful now, but she used to have a skeleton in the closet that she's kept hidden.<br>2. Everyone has their secrets, but not everyone has a skeleton in the closet. |
| Etymology                                | This idiom figuratively compares a secret to a skeleton hidden away in a closet, emphasizing its concealed and potentially troubling nature.                                    |
| <b>To have something up one's sleeve</b> |   |
| Meaning                                  | To have a hidden plan or resource that can be used when needed  |
| Examples                                 | 1. He always has something up his sleeve, ready to surprise us with his creativity.<br>2. She's clever and always has a backup plan up her sleeve.                              |
| Etymology                                | This phrase likely refers to the idea of a magician hiding tricks or objects in their sleeve, ready to reveal them at the right moment.   |
| <b>To be in someone's pocket</b>         |   |
| Meaning                                  | To be under the control or influence of someone   |
| Examples                                 | 1. The manager favors her; she's practically in his pocket.<br>2. It's clear that the politician has the media in his pocket.   |
| Etymology                                | This phrase metaphorically suggests being so obedient or easily controlled that one is like an object kept in someone's pocket.   |
| <b>To tighten one's belt</b>             |   |
| Meaning                                  | To cut down on spending or reduce one's expenses  |
| Examples                                 | 1. Due to financial difficulties, we'll have to tighten our belts for a while.<br>2. During the economic downturn, many families had to tighten their belts.                    |
| Etymology                                | This idiom uses the imagery of tightening a belt to signify the need to limit expenditures in response to financial challenges.   |

| <b>To have ants in one's pants</b>        |   |
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| Meaning                                   | To be restless or unable to sit still   |
| Examples                                  | 1. He's been moving around the room all day; he has ants in his pants.<br>2. The kids have ants in their pants on long car trips; they can't stay still.            |
| Etymology                                 | This phrase humorously compares someone's restlessness to the sensation of ants crawling under their clothes, making them uncomfortable.                            |
| <b>To keep something under one's hat</b>  |   |
| Meaning                                   | To keep something secret or not reveal it   |
| Examples                                  | 1. She knows about the surprise party, but she's good at keeping things under her hat.<br>2. Don't worry; I'll keep your secret under my hat.                       |
| Etymology                                 | This phrase alludes to the practice of keeping a secret by wearing a hat to conceal one's thoughts, as if they were hidden beneath the hat.                         |
| <b>To be caught with one's pants down</b> |   |
| Meaning                                   | To be unprepared for a situation or caught off guard  |
| Examples                                  | 1. He was caught with his pants down during the surprise quiz; he didn't study.<br>2. The sudden rainstorm caught us with our pants down; we didn't have umbrellas. |
| Etymology                                 | This phrase uses the image of being caught in a state of vulnerability, like someone without pants, to describe being unprepared.                                   |
| <b>To put on airs</b>                     |   |
| Meaning                                   | To act pretentiously or show off; to behave in a haughty or superior manner   |
| Examples                                  | 1. Don't put on airs just because you got a promotion; stay humble.<br>2. She's always putting on airs and acting like she's better than everyone else.             |
| Etymology                                 | This phrase likens someone's exaggerated behavior to a display of arrogance, as if they are trying to elevate themselves in the eyes of others.                     |
| <b>To take the shirt off one's back</b>   |   |
| Meaning                                   | To be exceedingly generous, even to the point of giving away one's personal belongings  |
| Examples                                  | 1. He's the kind of person who would take the shirt off his back to help others.<br>2. She's so giving; she would take the shirt off her back for a friend.         |

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| Etymology                                    | This phrase emphasizes the extreme level of selflessness, suggesting someone would go as far as giving away their own clothing.                                 |
| <b>To have one's heart in one's mouth</b>    |   |
| Meaning                                      | To feel anxious, nervous, or frightened about something   |
| Examples                                     | 1. As he walked on stage for the speech, he had his heart in his mouth.<br>2. She had her heart in her mouth as she waited for the exam results.                |
| Etymology                                    | This phrase uses the image of one's heart being in the mouth, suggesting the feeling of anxiety or tension experienced in worrisome situations.                 |
| <b>To have a chip on one's shoulder</b>      |   |
| Meaning                                      | To be easily provoked or inclined to be defensive due to a perceived grievance or resentment  |
| Examples                                     | 1. He always seems ready for an argument; he has a chip on his shoulder.<br>2. She's been acting irritable lately; maybe she's carrying a chip on her shoulder. |
| Etymology                                    | This phrase may refer to placing a literal chip of wood on one's shoulder as a challenge for someone to knock it off, symbolizing a readiness for conflict.     |
| <b>To wear the pants</b>                     |   |
| Meaning                                      | To be the dominant or controlling person in a relationship or situation   |
| Examples                                     | 1. In their partnership, she definitely wears the pants.<br>2. He may be quiet, but he wears the pants when it comes to making decisions at home.               |
| Etymology                                    | This phrase reflects traditional gender roles in which the husband was seen as the authority figure, wearing pants as a symbol of control and leadership.       |
| <b>To have a stitch in time (saves nine)</b> |   |
| Meaning                                      | To address a problem or fix a small issue promptly, to prevent it from becoming a larger problem later  |
| Examples                                     | 1. He repaired the leaking pipe immediately, knowing that a stitch in time saves nine.<br>2. Don't delay; a stitch in time can prevent major repairs.           |
| Etymology                                    | This idiom likens early intervention to stitching a small tear before it worsens, highlighting the importance of addressing problems promptly.                  |
| <b>To have egg on one's face</b>             |   |
| Meaning                                      | To be embarrassed or humiliated due to a mistake or failure   |
| Examples                                     | 1. After his presentation flopped, he had egg on his face.  |

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|   | 2. She had egg on her face when her calculations turned out to be completely wrong.   |
| Etymology                                     | The phrase likely alludes to the visual and comedic effect of having egg on one's face, symbolizing the feeling of embarrassment after a mishap.                |
| <b>To have a hard time finding one's feet</b> |   |
| Meaning                                       | To struggle with getting accustomed to a new situation or environment   |
| Examples                                      | 1. In the first week of college, she had a hard time finding her feet.<br>2. After moving to a new city, he had a hard time finding his feet in the job market. |
| Etymology                                     | This phrase likens the process of adjusting to a new situation to the challenge of trying to find one's footing on unstable ground.                             |
| <b>To see red</b>                             |   |
| Meaning                                       | To become very angry or enraged   |
| Examples                                      | 1. When he found out about the mistake, he saw red and started yelling.<br>2. Her face turned red with anger when she heard the news.                           |
| Etymology                                     | This phrase uses the color red to symbolize intense anger, much like a bull becomes agitated and aggressive when it sees the color red.                         |
| <b>To be green with envy</b>                  |   |
| Meaning                                       | To be extremely jealous of someone's success or possessions   |
| Examples                                      | 1. She was green with envy when she saw her friend's new car.<br>2. Seeing his coworker's promotion, he turned green with envy.                                 |
| Etymology                                     | This phrase uses the color green to represent jealousy, drawing on the idea of green being associated with sickness or a sickly complexion.                     |
| <b>To be in a blue funk</b>                   |   |
| Meaning                                       | To be in a state of deep sadness or depression  |
| Examples                                      | 1. Ever since the breakup, she's been in a blue funk.<br>2. He's been in a blue funk since he lost his job.   |
| Etymology                                     | This phrase likens being in a state of depression to being in a blue funk, using "blue" to symbolize a feeling of sadness or melancholy.                        |
| <b>To paint the town red</b>                  |   |
| Meaning                                       | To go out and enjoy oneself in a lively and extravagant manner  |

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| Examples                           | <ol style="list-style-type: none"> <li>1. After their exams, they decided to paint the town red and celebrate.</li> <li>2. They rented a limousine and painted the town red for her birthday.</li> </ol>             |
| Etymology                          | This phrase metaphorically uses "painting the town red" to suggest an enthusiastic and memorable night out, likening it to vibrant and lively colors.  |
| <b>Black and white</b>             |  |
| Meaning                            | Clear and straightforward; without any ambiguity or gray areas   |
| Examples                           | <ol style="list-style-type: none"> <li>1. The rules of the game are black and white; there's no room for interpretation.</li> <li>2. The contract outlines everything in black and white.</li> </ol>                 |
| Etymology                          | This phrase uses the colors black and white to symbolize clear contrast, denoting that something is easily understandable and without ambiguity.   |
| <b>To feel blue</b>                |  |
| Meaning                            | To feel sad or downhearted   |
| Examples                           | <ol style="list-style-type: none"> <li>1. She's been feeling blue ever since her pet passed away.</li> <li>2. He was feeling blue after hearing the disappointing news.</li> </ol>                                   |
| Etymology                          | This phrase associates the color blue with sadness, possibly due to its connection to "blue devils," old slang for melancholy or depression.   |
| <b>To be a white lie</b>           |  |
| Meaning                            | A harmless or small lie told to avoid hurting someone's feelings or causing trouble  |
| Examples                           | <ol style="list-style-type: none"> <li>1. When she asked if I liked her dress, I told a white lie and said it looked nice.</li> <li>2. Sometimes, a white lie can help maintain harmony in relationships.</li> </ol> |
| Etymology                          | This phrase uses the color white to symbolize innocence and purity, implying that the lie is minor and well-intentioned.   |
| <b>To catch someone red-handed</b> |  |
| Meaning                            | To catch someone in the act of doing something wrong or illegal  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The security camera caught the thief red-handed.</li> <li>2. They found him with the stolen goods; he was caught red-handed.</li> </ol>                                    |
| Etymology                          | This phrase likely uses "red-handed" to describe someone caught with their hands stained by evidence of their wrongdoing.  |
| <b>To be a gray area</b>           |  |
| Meaning                            | To be a situation or topic that is unclear or not well-defined   |

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| Examples                          | <ol style="list-style-type: none"> <li>1. The legality of the situation is a gray area; it's not explicitly illegal, but it's not entirely ethical either.</li> <li>2. The rules are a bit of a gray area.</li> </ol> |
| Etymology                         | This phrase likens uncertain or unclear situations to a gray area, suggesting that they are neither completely black nor white in nature.   |
| <b>To roll out the red carpet</b> |   |
| Meaning                           | To give someone a grand welcome or special treatment  |
| Examples                          | <ol style="list-style-type: none"> <li>1. The company rolled out the red carpet for the visiting dignitaries.</li> <li>2. The hotel staff rolled out the red carpet for the celebrity guests.</li> </ol>              |
| Etymology                         | This phrase uses the imagery of a red carpet, often used for VIP events, to symbolize the lavish treatment and warm welcome given to important individuals.   |
| <b>To be as white as a sheet</b>  |   |
| Meaning                           | To be extremely pale, often due to shock or fear  |
| Examples                          | <ol style="list-style-type: none"> <li>1. After hearing the news, he turned as white as a sheet.</li> <li>2. She was as white as a sheet when she saw the accident happen.</li> </ol>                                 |
| Etymology                         | This phrase compares extreme paleness to a white sheet, often used to emphasize the stark contrast and the effect of shock or distress.   |
| <b>To show one's true colors</b>  |   |
| Meaning                           | To reveal one's real character, especially when it differs from the outward appearance  |
| Examples                          | <ol style="list-style-type: none"> <li>1. When the pressure was on, he showed his true colors and abandoned the team.</li> <li>2. Her actions during the crisis revealed her true colors.</li> </ol>                  |
| Etymology                         | This phrase uses "true colors" to refer to one's genuine nature or personality, suggesting that it becomes apparent when faced with challenges.   |
| <b>To have a yellow streak</b>    |   |
| Meaning                           | To be cowardly or lacking courage   |
| Examples                          | <ol style="list-style-type: none"> <li>1. He talks big, but when it comes to action, he has a yellow streak.</li> <li>2. Don't count on him in a dangerous situation; he's got a yellow streak.</li> </ol>            |
| Etymology                         | This phrase uses the color yellow to symbolize cowardice, possibly due to its association with fear or caution.   |
| <b>To be in the pink</b>          |   |
| Meaning                           | To be in excellent health or in a good physical condition   |

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| Examples                          | 1. After recovering from the flu, she's finally back in the pink.<br>2. He exercises regularly and eats well, so he's always in the pink.                                |
| Etymology                         | This phrase uses the color pink to suggest a healthy and vibrant appearance, similar to the healthy glow of someone in good health.                                      |
| <b>To feel like a black sheep</b> |  |
| Meaning                           | To feel like an outsider or different from the rest of a group   |
| Examples                          | 1. Growing up in a family of doctors, he felt like a black sheep pursuing a career in art.<br>2. At the formal event, she felt like a black sheep in casual attire.      |
| Etymology                         | This phrase likens someone who feels different or out of place to a black sheep in a flock, which stands out due to its contrasting color.                               |
| <b>To be tickled pink</b>         |  |
| Meaning                           | To be delighted or extremely pleased   |
| Examples                          | 1. When she received the surprise gift, she was tickled pink.<br>2. He was tickled pink by the positive feedback on his presentation.                                    |
| Etymology                         | This phrase uses the color pink to symbolize the happiness and joy one feels when delighted or pleasantly surprised.   |
| <b>To be a dark horse</b>         |  |
| Meaning                           | To be an unexpected or little-known competitor who wins against all odds   |
| Examples                          | 1. She wasn't a favorite, but she turned out to be a dark horse and won the race.<br>2. The underdog team played remarkably and became the dark horse of the tournament. |
| Etymology                         | This phrase possibly refers to the idea of a horse race, where a dark horse's abilities and potential are hidden until it unexpectedly wins the race.                    |
| <b>To have green fingers</b>      |  |
| Meaning                           | To have a natural talent for gardening or growing plants   |
| Examples                          | 1. Her garden is always lush and blooming; she definitely has green fingers.<br>2. With his skill in gardening, he's proven to have green fingers.                       |
| Etymology                         | This phrase uses the color green to symbolize the growth and vitality associated with gardening and cultivating plants.  |
| <b>To get away with murder</b>    |  |
| Meaning                           | To avoid punishment or consequences for a serious wrongdoing   |

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| Examples                            | <ol style="list-style-type: none"> <li>1. He cheated on the test and got away with murder; no one suspected a thing.</li> <li>2. The wealthy businessman seemed to get away with murder in the court case.</li> </ol>     |
| Etymology                           | This phrase humorously exaggerates a person's ability to avoid consequences by comparing it to escaping punishment for the most serious crime.  |
| <b>To be caught red-handed</b>      |   |
| Meaning                             | To be apprehended or discovered while in the act of committing a crime or wrongdoing  |
| Examples                            | <ol style="list-style-type: none"> <li>1. The security camera caught the shoplifter red-handed.</li> <li>2. The police caught the burglars red-handed as they were breaking into the house.</li> </ol>                    |
| Etymology                           | This phrase uses the color red to symbolize guilt or evidence of wrongdoing, as if the hands of the perpetrator are stained with the act itself.  |
| <b>To be in someone's bad books</b> |   |
| Meaning                             | To be in disfavor or out of someone's good graces   |
| Examples                            | <ol style="list-style-type: none"> <li>1. Ever since the argument, he's been in his boss's bad books.</li> <li>2. She's in her parents' bad books for missing curfew.</li> </ol>  |
| Etymology                           | This phrase suggests that someone who is disliked or disapproved of is figuratively written in the "bad book" of the person holding the grudge.   |
| <b>To have a rap sheet</b>          |   |
| Meaning                             | To have a record of past arrests and criminal activities  |
| Examples                            | <ol style="list-style-type: none"> <li>1. The detective knew the suspect well; he had a long rap sheet.</li> <li>2. With his history of crimes, it's no surprise he has a rap sheet.</li> </ol>                           |
| Etymology                           | This phrase likely alludes to the list of criminal charges, often in tabular form resembling a sheet, compiled by law enforcement agencies.   |
| <b>To let someone off the hook</b>  |   |
| Meaning                             | To not hold someone accountable or responsible for their actions or wrongdoing  |
| Examples                            | <ol style="list-style-type: none"> <li>1. The teacher let the student off the hook with a warning.</li> <li>2. He promised to complete the task, but his manager let him off the hook due to time constraints.</li> </ol> |
| Etymology                           | This phrase uses the imagery of releasing someone from a hook or trap, implying that the person is freed from a potential consequence.  |
| <b>To be a black mark</b>           |   |
| Meaning                             | To be a negative mark or stain on one's reputation  |

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| Examples                             | <ol style="list-style-type: none"> <li>1. The scandal was a black mark on the company's otherwise clean record.</li> <li>2. His arrest was a black mark on his previously respectable reputation.</li> </ol> |
| Etymology                            | This phrase uses the color black to symbolize something negative or harmful, likening it to a mark that tarnishes one's reputation.  |
| <b>To be a closed book</b>           |  |
| Meaning                              | To be difficult or impossible to understand or figure out  |
| Examples                             | <ol style="list-style-type: none"> <li>1. Calculus is a closed book to me; I just can't grasp it.</li> <li>2. His motivations are a closed book; no one really knows why he acts that way.</li> </ol>        |
| Etymology                            | This phrase likens something that is hard to comprehend to a book that is closed and cannot be read or understood.   |
| <b>To be dead in the water</b>       |  |
| Meaning                              | To be stuck or unable to make progress, often due to an obstacle or problem  |
| Examples                             | <ol style="list-style-type: none"> <li>1. Without the necessary funding, the project is dead in the water.</li> <li>2. The negotiations came to a standstill, leaving the deal dead in the water.</li> </ol> |
| Etymology                            | This phrase uses the metaphor of a ship or boat being unable to move when it is "dead in the water," emphasizing the lack of forward movement.   |
| <b>To have a run-in with the law</b> |  |
| Meaning                              | To have an encounter or interaction with law enforcement, often in a negative context  |
| Examples                             | <ol style="list-style-type: none"> <li>1. He had a few run-ins with the law during his youth, but he's changed since then.</li> <li>2. After the incident, he had a run-in with the law.</li> </ol>          |
| Etymology                            | This phrase suggests a collision or conflict with the law, using "run-in" to describe a confrontational meeting or encounter.  |
| <b>To be a tough nut to crack</b>    |  |
| Meaning                              | To be a challenging problem or person to understand or deal with   |
| Examples                             | <ol style="list-style-type: none"> <li>1. Solving that complex puzzle is a tough nut to crack.</li> <li>2. He's reserved and doesn't open up easily; he's a tough nut to crack.</li> </ol>                   |
| Etymology                            | This phrase likens a challenging situation or person to a hard shell or nut that is difficult to break open, suggesting a need for effort and persistence.   |
| <b>To be up to no good</b>           |  |
| Meaning                              | To be engaging in mischief, wrongdoing, or secretive activities  |

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| Examples                                | <ol style="list-style-type: none"> <li>1. They were whispering and looking around; I knew they were up to no good.</li> <li>2. Whenever he's quiet, it usually means he's up to no good.</li> </ol>   |
| Etymology                               | This phrase uses "up to no good" to indicate that someone is involved in suspicious or potentially harmful activities.  |
| <b>To have a squeaky clean record</b>   |   |
| Meaning                                 | To have a completely clean and free-of-criminal-activity record   |
| Examples                                | <ol style="list-style-type: none"> <li>1. She's applying for a sensitive job, and her squeaky clean record is a big advantage.</li> <li>2. The candidate's squeaky clean record impressed the hiring manager.</li> </ol>  |
| Etymology                               | This phrase uses "squeaky clean" to describe something perfectly clean and pure, often implying a lack of any wrongdoing.   |
| <b>To be in the hot seat</b>            |   |
| Meaning                                 | To be in a position of being questioned, scrutinized, or facing intense pressure  |
| Examples                                | <ol style="list-style-type: none"> <li>1. During the investigation, he was in the hot seat, answering tough questions.</li> <li>2. The CEO was in the hot seat during the shareholders' meeting.</li> </ol>   |
| Etymology                               | This phrase likens being under pressure or facing scrutiny to sitting in a seat that is physically hot and uncomfortable.   |
| <b>To cry wolf</b>                      |   |
| Meaning                                 | To give a false alarm or make a fake claim, often resulting in people not believing genuine warnings in the future  |
| Examples                                | <ol style="list-style-type: none"> <li>1. He cried wolf so many times that when he was actually in danger, nobody took him seriously.</li> <li>2. The prankster's fake emergency calls caused everyone to ignore him, like crying wolf.</li> <li>3. She claimed to be sick to avoid going to school, but now nobody believes her; she's cried wolf too many times.</li> </ol> |
| Etymology                               | This phrase originates from the fable of "The Boy Who Cried Wolf," where a shepherd boy lies about a wolf attacking the sheep, causing villagers to ignore his genuine calls for help later.  |
| <b>To give someone the third degree</b> |   |
| Meaning                                 | To question someone thoroughly and persistently, often in an intimidating manner, to obtain information or the truth  |
| Examples                                | <ol style="list-style-type: none"> <li>1. The detective gave the suspect the third degree to get more information about the crime.</li> <li>2. She gave her son's friend the third degree before allowing him to stay over.</li> <li>3. The journalist gave the politician the third degree during the interview to uncover any hidden motives.</li> </ol>                    |

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| Etymology                            | This phrase refers to an intense and prolonged form of questioning, likening it to a third-degree interrogation, which is considered the most severe level of questioning by police.   |
| <b>To be under the gun</b>           |  |
| Meaning                              | To be under extreme pressure, facing a tight deadline, or in a high-stakes situation   |
| Examples                             | <ol style="list-style-type: none"> <li>1. The team is under the gun to finish the project by tomorrow.</li> <li>2. He's always under the gun when preparing for exams.</li> <li>3. With the client presentation coming up, the marketing team is really under the gun.</li> </ol>  |
| Etymology                            | This phrase uses "under the gun" to evoke the image of someone being targeted by a firearm, symbolizing the pressure and urgency associated with the phrase.   |
| <b>To be in cold blood</b>           |  |
| Meaning                              | To commit a crime or act with complete and deliberate intention, without any emotional or moral restraint  |
| Examples                             | <ol style="list-style-type: none"> <li>1. The murder was committed in cold blood; there was no provocation or emotion involved.</li> <li>2. The robbery was planned and executed in cold blood.</li> <li>3. The scam artist conned the elderly couple out of their savings in cold blood.</li> </ol>   |
| Etymology                            | This phrase likely alludes to the idea that the blood of someone who commits a crime without passion or empathy is cold, signifying a lack of emotional connection.  |
| <b>To be in someone's crosshairs</b> |  |
| Meaning                              | To be the target of someone's scrutiny, criticism, or negative attention   |
| Examples                             | <ol style="list-style-type: none"> <li>1. Ever since the incident, she's been in the manager's crosshairs for any mistake.</li> <li>2. The journalist's controversial article put him in the government's crosshairs.</li> <li>3. The whistleblower found herself in the company's crosshairs after exposing unethical practices.</li> </ol> |
| Etymology                            | This phrase uses the imagery of crosshairs in aiming to symbolize being directly targeted or aimed at by someone's negative focus.   |
| <b>To throw the book at someone</b>  |  |
| Meaning                              | To impose the maximum possible punishment or charges on someone  |
| Examples                             | <ol style="list-style-type: none"> <li>1. The judge was determined to throw the book at the repeat offender.</li> <li>2. The prosecutor plans to throw the book at the white-collar criminal.</li> <li>3. The school had a strict policy, and they were ready to throw the book at students caught cheating.</li> </ol>                      |

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| Etymology                        | This phrase conveys the idea of using every possible rule or regulation against someone, as if "throwing the book" of laws and regulations at them.   |
| <b>To be on the lam</b>          |   |
| Meaning                          | To be a fugitive or to be hiding to avoid capture by law enforcement  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The criminal was on the lam for weeks before finally being apprehended.</li> <li>2. After escaping from prison, he was on the lam, constantly moving to avoid capture.</li> <li>3. The suspect was on the lam, and a nationwide manhunt was launched to find them.</li> </ol>                               |
| Etymology                        | This phrase originates from the term "lamister," which means to run off or flee in a hurry, indicating someone fleeing or hiding from authorities.  |
| <b>To be a crime of passion</b>  |   |
| Meaning                          | To be a criminal act committed impulsively and emotionally, often driven by strong feelings such as anger or jealousy   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The murder was a crime of passion; it happened in the heat of an argument.</li> <li>2. The vandalizing of the property seemed to be a crime of passion, as there was no apparent motive.</li> <li>3. The sudden attack on the victim was clearly a crime of passion, fueled by intense emotions.</li> </ol> |
| Etymology                        | This phrase describes crimes committed due to intense emotions or personal conflicts that "passionately" drive the perpetrator to act.  |
| <b>To break and enter</b>        |   |
| Meaning                          | To unlawfully enter a building or property with the intent of committing a crime, usually theft or burglary   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The suspect was caught breaking and entering into multiple homes in the neighborhood.</li> <li>2. The security system prevented a break-and-enter attempt at the store.</li> <li>3. The burglars were charged with breaking and entering after they were caught stealing valuables.</li> </ol>              |
| Etymology                        | This phrase literally describes the two-step process of a crime: breaking into a location (usually by force) and then entering with the intent to commit a crime.   |
| <b>To go to meet one's Maker</b> |   |
| Meaning                          | To die and face judgment or an afterlife, often used in a religious context   |
| Examples                         | <ol style="list-style-type: none"> <li>1. After a long and fulfilling life, she went to meet her Maker.</li> <li>2. He believed that when he died, he would go to meet his Maker.</li> </ol>  |

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|   | 3. As he lay on his deathbed, he was ready to go and meet his Maker.   |
| Etymology                               | Similar to "To meet one's maker," this phrase emphasizes the idea of encountering a higher power or deity after death.   |
| <b>To be the death of someone</b>       |  |
| Meaning                                 | To be the cause of someone's frustration, annoyance, or exhaustion   |
| Examples                                | 1. His constant lateness was the death of his boss's patience.<br>2. Her picky eating habits were the death of her parents.<br>3. The never-ending paperwork was the death of him; he was always stressed.                     |
| Etymology                               | This phrase conveys the idea that something is so bothersome or challenging that it could lead to someone's metaphorical "death" from frustration.   |
| <b>To be as dead as a doornail</b>      |  |
| Meaning                                 | To be completely lifeless or devoid of any vitality  |
| Examples                                | 1. The old car's engine was as dead as a doornail; it wouldn't start no matter what.<br>2. After years of neglect, the garden was as dead as a doornail.<br>3. The battery was drained; the phone was as dead as a doornail.   |
| Etymology                               | This phrase may have originated from the use of doornails that were hammered flat, making them unusable and resembling something lifeless.   |
| <b>To be a dead end</b>                 |  |
| Meaning                                 | To be a situation with no further progress or potential, often leading to disappointment or failure  |
| Examples                                | 1. The investigation hit a dead end; there were no more leads to follow.<br>2. His job had no growth opportunities; it was a dead-end position.<br>3. The research proved to be a dead end; no significant findings were made. |
| Etymology                               | This phrase likens a situation to a road that reaches a point where it can no longer continue, symbolizing a lack of further options.  |
| <b>To be a matter of life and death</b> |  |
| Meaning                                 | To be an extremely serious or crucial situation, often involving the potential loss of life  |
| Examples                                | 1. The doctor emphasized that taking the medication on time was a matter of life and death.<br>2. The search for the missing child became a matter of life and death for the entire community.                                 |

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|  | 3. During the emergency, every second counted; it was a matter of life and death.   |
| Etymology                              | This phrase underscores the extreme urgency and importance of a situation by using the juxtaposition of life and death.   |
| <b>To escape the clutches of death</b> |   |
| Meaning                                | To narrowly avoid death or to survive a dangerous situation   |
| Examples                               | <ol style="list-style-type: none"> <li>1. The hiker managed to escape the clutches of death by finding shelter during the storm.</li> <li>2. The accident was horrific, but miraculously, all passengers escaped the clutches of death.</li> <li>3. He was diagnosed with a severe illness, but with timely treatment, he escaped the clutches of death.</li> </ol> |
| Etymology                              | This phrase uses "clutches" to depict the idea of death as a menacing figure or predator from which one is able to break free.  |
| <b>To meet death head-on</b>           |   |
| Meaning                                | To face death or a dangerous situation with courage and resolve   |
| Examples                               | <ol style="list-style-type: none"> <li>1. In the face of danger, he met death head-on, never flinching.</li> <li>2. The soldier met death head-on on the battlefield, showing incredible bravery.</li> <li>3. She had a terminal illness, but she met death head-on, living her remaining days to the fullest.</li> </ol>   |
| Etymology                              | This phrase suggests confronting death or adversity directly and bravely, as if facing it head-on without hesitation.   |
| <b>To put to death</b>                 |   |
| Meaning                                | To cause someone's death intentionally, often through execution or as a form of punishment  |
| Examples                               | <ol style="list-style-type: none"> <li>1. In some countries, certain crimes are punished by putting the offenders to death.</li> <li>2. The king ordered to put to death the traitors who plotted against him.</li> <li>3. The convicted murderer was put to death by lethal injection.</li> </ol>  |
| Etymology                              | This phrase straightforwardly refers to the act of intentionally causing someone's death, often in a formal or legal context.   |
| <b>To die a natural death</b>          |   |
| Meaning                                | To die from natural causes, without any external intervention or foul play  |
| Examples                               | <ol style="list-style-type: none"> <li>1. The elderly man was fortunate to die a natural death in his sleep.</li> <li>2. Despite his illness, he preferred to die a natural death at home, surrounded by family.</li> </ol>   |

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|  | 3. The medical examiner confirmed that the cause of death was a heart attack; it was a natural death.  |
| Etymology                                | This phrase indicates death resulting from the body's natural processes, without any external factors influencing the demise.  |
| <b>To dance with death</b>               |  |
| Meaning                                  | To engage in activities that are extremely risky or dangerous, often risking one's life  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The thrill-seeker loved to dance with death by skydiving and bungee jumping.</li> <li>2. Some extreme sports enthusiasts live to dance with death.</li> <li>3. He had a reckless attitude and constantly danced with death through his risky behaviors.</li> </ol>                 |
| Etymology                                | This phrase uses "dance" to metaphorically depict someone's interaction with death as an exciting and daring endeavour.  |
| <b>To be a matter of death and taxes</b> |  |
| Meaning                                  | To refer to something inevitable and unavoidable, often humorously comparing it to the certainty of death and the necessity of paying taxes  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. They say that change is the only thing that's a matter of death and taxes.</li> <li>2. In life, only two things are certain: death and taxes.</li> <li>3. He joked that his daily cup of coffee was a matter of death and taxes; he couldn't go without it.</li> </ol>             |
| Etymology                                | This phrase plays on the saying "In this world, nothing is certain except death and taxes," attributed to Benjamin Franklin, underscoring the inevitability of certain things.   |
| <b>To be in death's door</b>             |  |
| Meaning                                  | To be in a critical condition, often referring to a seriously ill or dying person  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. After the accident, he was in death's door for several days before finally recovering.</li> <li>2. The patient was in death's door, but the doctors managed to stabilize her condition.</li> <li>3. The elderly woman's weak health had her frequently in death's door.</li> </ol> |
| Etymology                                | This phrase uses "death's door" to symbolize the brink between life and death, suggesting a critical state of being.   |
| <b>To die down</b>                       |  |
| Meaning                                  | To gradually become less intense or active, often used to describe the calming of a situation or emotions  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The storm finally died down after hours of heavy rain and wind.</li> <li>2. The heated argument between coworkers eventually died down.</li> </ol>   |

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|                                  | 3. The initial excitement about the new policy died down as employees saw its implementation.  |
| Etymology                        | This phrase uses "die down" to depict the diminishing of something, similar to how a fire or storm subsides over time.   |
| <b>To cheat death</b>            |  |
| Meaning                          | To narrowly escape death or to survive a dangerous situation against the odds  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The climber cheated death when his safety rope saved him from falling off the cliff.</li> <li>2. The accident was horrifying, but she managed to cheat death with only minor injuries.</li> <li>3. After a severe illness, he managed to cheat death and make a full recovery.</li> </ol>      |
| Etymology                        | This phrase suggests that someone has managed to outwit or outmaneuver death, surviving a situation that could have resulted in their demise.  |
| <b>To go the way of the dodo</b> |  |
| Meaning                          | To become extinct or obsolete  |
| Examples                         | <ol style="list-style-type: none"> <li>1. Traditional bookstores have gone the way of the dodo due to online retailers.</li> <li>2. With the advent of digital photography, film cameras have gone the way of the dodo.</li> <li>3. The company refused to adapt to new technologies and eventually went the way of the dodo.</li> </ol> |
| Etymology                        | This phrase references the dodo, a flightless bird that became extinct in the late 17th century, symbolizing something that has vanished from existence.   |
| <b>To die on the vine</b>        |  |
| Meaning                          | To fail to develop or succeed, often used to describe a project, idea, or plan that doesn't progress or reach its potential  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The new software project died on the vine due to lack of funding.</li> <li>2. The startup's innovative concept died on the vine because of market changes.</li> <li>3. The promising initiative died on the vine when key team members left the company.</li> </ol>                            |
| Etymology                        | This phrase uses "dying on the vine" as a metaphor for something withering away before reaching its full growth or fruition.   |
| <b>To be dead and buried</b>     |  |
| Meaning                          | To be completely finished or concluded, often used to describe a topic or issue that is no longer relevant or active   |

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| Examples                         | <ol style="list-style-type: none"> <li>1. The debate over the policy is dead and buried; there's no use discussing it further.</li> <li>2. The old feud between the families is finally dead and buried.</li> <li>3. The once-controversial idea is now dead and buried; no one even remembers it.</li> </ol>      |
| Etymology                        | This phrase uses "dead and buried" to describe something as definitively concluded or resolved, similar to a concept no longer existing.   |
| <b>To chase a dream</b>          |  |
| Meaning                          | To pursue or work towards a personal goal, often an ambitious or idealistic one  |
| Examples                         | <ol style="list-style-type: none"> <li>1. She left her stable job to chase her dream of becoming an artist.</li> <li>2. Despite the challenges, he's determined to chase his dream of starting a successful business.</li> <li>3. They moved to the city to chase their dreams of fame and fortune.</li> </ol>     |
| Etymology                        | This phrase uses "chasing" to represent the active pursuit of a goal, much like chasing after something that is always a little out of reach.  |
| <b>To live the dream</b>         |  |
| Meaning                          | To be living a life that is ideal, fulfilling, or desirable; often used in a sarcastic or humorous tone  |
| Examples                         | <ol style="list-style-type: none"> <li>1. After years of hard work, he's finally living the dream with his dream job and a loving family.</li> <li>2. Sitting on the beach and relaxing—this is living the dream!</li> <li>3. "Just another day at the office," she said with a grin, living the dream.</li> </ol> |
| Etymology                        | This phrase sarcastically refers to a life that seems too perfect or too good to be true, as if living in a dreamlike state.   |
| <b>To be a pipe dream</b>        |  |
| Meaning                          | To be an unrealistic or impractical goal, often one that is unlikely to ever be achieved   |
| Examples                         | <ol style="list-style-type: none"> <li>1. Building a mansion by the age of 30 is a pipe dream for most people.</li> <li>2. The idea of ending poverty completely is often seen as a pipe dream.</li> <li>3. His plans for a world without conflict are considered a pipe dream by many.</li> </ol>                 |
| Etymology                        | This phrase uses "pipe dream" to evoke the image of someone in a euphoric state induced by smoking an opium pipe, suggesting that the goal is as unrealistic as such a state.  |
| <b>To have a dream come true</b> |  |

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| Meaning                              | To experience something desired or envisioned, often after a long period of anticipation or effort   |
| Examples                             | <ol style="list-style-type: none"> <li>1. After years of preparation, his dream of traveling around the world finally came true.</li> <li>2. Winning the championship was a dream come true for the team.</li> <li>3. She couldn't believe her luck when her dream of meeting her favorite celebrity came true.</li> </ol>               |
| Etymology                            | This phrase refers to the fulfillment of a long-held wish or desire, as if the dream has become a reality.   |
| <b>To be in a world of one's own</b> |  |
| Meaning                              | To be lost in one's thoughts or imagination, often appearing distant or uninterested in the surroundings   |
| Examples                             | <ol style="list-style-type: none"> <li>1. During the meeting, he seemed to be in a world of his own, not paying attention to what was being discussed.</li> <li>2. The artist was in a world of her own, absorbed in her creative process.</li> <li>3. Sometimes, I just need to be in a world of my own to relax and unwind.</li> </ol> |
| Etymology                            | This phrase suggests being so immersed in one's thoughts or imagination that one is in a separate mental realm, as if in their own world.  |
| <b>To be a dreamer</b>               |  |
| Meaning                              | To be someone who has big, imaginative, or ambitious ideas, often without much practicality or action  |
| Examples                             | <ol style="list-style-type: none"> <li>1. He's always been a dreamer, coming up with grand plans but rarely putting them into action.</li> <li>2. The dreamer in the group is full of creative ideas, even if they're not always realistic.</li> <li>3. She's a dreamer at heart, always imagining new possibilities.</li> </ol>         |
| Etymology                            | This phrase refers to someone who is characterized by their habit of having dreams, visions, or ideas that may not always align with reality.  |
| <b>To be like a dream</b>            |  |
| Meaning                              | To be wonderful, almost unbelievable, or surreal; often used to describe a positive or surprising experience   |
| Examples                             | <ol style="list-style-type: none"> <li>1. The view from the mountaintop was like a dream, with the sun setting over the horizon.</li> <li>2. Winning the lottery was like a dream; I couldn't believe it.</li> <li>3. The party was so much fun that it felt like a dream.</li> </ol>  |
| Etymology                            | This phrase likens a positive experience to the surreal and delightful quality of a dream.   |
| <b>To burst someone's bubble</b>     |  |

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| Meaning                       | To shatter someone's illusions, fantasies, or overly optimistic ideas  |
| Examples                      | <ol style="list-style-type: none"> <li>1. He thought he was about to get a promotion, but I had to burst his bubble and tell him the truth.</li> <li>2. Her belief that everything would be perfect was burst when reality set in.</li> <li>3. I didn't want to burst their bubble, but they needed to know the reality of the situation.</li> </ol> |
| Etymology                     | This phrase uses "burst" to indicate the abrupt end of someone's positive or unrealistic perspective, as if it were a fragile bubble.  |
| <b>To follow one's dreams</b> |  |
| Meaning                       | To pursue the goals, aspirations, or desires one has for their life  |
| Examples                      | <ol style="list-style-type: none"> <li>1. She left her secure job to follow her dreams of becoming a professional chef.</li> <li>2. He's been working hard to follow his dreams of becoming a successful musician.</li> <li>3. Following your dreams takes determination and hard work.</li> </ol>   |
| Etymology                     | This phrase suggests actively pursuing one's personal goals or ambitions, as if one is taking a path that leads to the realization of their dreams.  |
| <b>To be living the dream</b> |  |
| Meaning                       | To be living a life that is ideal, fulfilling, or desirable; often used humorously or sarcastically  |
| Examples                      | <ol style="list-style-type: none"> <li>1. After years of hard work, he's finally living the dream with his dream job and a loving family.</li> <li>2. Sitting on the beach and relaxing—this is living the dream!</li> <li>3. "Just another day at the office," she said with a grin, living the dream.</li> </ol>                                   |
| Etymology                     | This phrase humorously refers to a life that seems too perfect or too good to be true, as if living in a dreamlike state.  |
| <b>To be a daydreamer</b>     |  |
| Meaning                       | To be someone who frequently and indulgently fantasizes or daydreams, often losing touch with reality  |
| Examples                      | <ol style="list-style-type: none"> <li>1. He's a chronic daydreamer; his mind is always wandering off to distant thoughts.</li> <li>2. The daydreamer often gets lost in her own imagination during class.</li> <li>3. Being a daydreamer can be a source of creativity and inspiration.</li> </ol>  |
| Etymology                     | This phrase characterizes someone who habitually engages in daydreaming, letting their mind drift away like a dream.   |
| <b>To be in a dream world</b> |  |

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| Meaning  | To be lost in unrealistic ideas or beliefs; to have an inaccurate or overly idealized view of a situation   |
| Examples                                       | <ol style="list-style-type: none"> <li>1. She's in a dream world if she thinks everything will work out perfectly without effort.</li> <li>2. The politician seems to be in a dream world, ignoring the challenges facing the country.</li> <li>3. His perception of the project's success is based on being in a dream world; the reality is quite different.</li> </ol> |
| Etymology                                      | This phrase suggests being in a mental state where one's perceptions are skewed by wishful thinking or fantasy.   |
| <b>To be in the land of Nod</b>                |   |
| Meaning  | To be asleep or in a state of slumber   |
| Examples                                       | <ol style="list-style-type: none"> <li>1. After a long day, all she wanted to do was get into bed and be in the land of Nod.</li> <li>2. The children were in the land of Nod within minutes of lying down.</li> <li>3. He had trouble falling into the land of Nod because his mind was racing with thoughts.</li> </ol>   |
| Etymology                                      | This phrase references the "land of Nod," mentioned in the Bible as the place where Cain went after he was banished from Eden, symbolizing the realm of sleep.  |
| <b>To be a dreamboat</b>                       |   |
| Meaning  | To be an attractive or charming person, often used humorously or playfully  |
| Examples                                       | <ol style="list-style-type: none"> <li>1. She always thought he was a dreamboat, with his good looks and charismatic personality.</li> <li>2. The actor was a total dreamboat, making hearts flutter wherever he went.</li> <li>3. Despite his grumpy exterior, he could be a real dreamboat when he wanted to be.</li> </ol>   |
| Etymology                                      | This phrase humorously likens an attractive person to a boat that can take someone on a dreamy, romantic journey.   |
| <b>To be beyond someone's wildest dreams</b>   |   |
| Meaning  | To be even more amazing, impressive, or unexpected than one could have ever imagined  |
| Examples                                       | <ol style="list-style-type: none"> <li>1. The success of the project was beyond our wildest dreams; we never expected such positive feedback.</li> <li>2. Her new job's benefits were beyond her wildest dreams.</li> <li>3. The surprise party they threw for her was beyond her wildest dreams.</li> </ol>  |
| Etymology                                      | This phrase highlights the remarkable and often unexpected nature of a situation, implying that it surpasses even the most extravagant expectations.  |
| <b>To pinch oneself to see if it's a dream</b> |   |

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| Meaning                                    | To express disbelief or astonishment, as if one is checking whether a seemingly unbelievable situation is real   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. When he was offered the job, he had to pinch himself to see if it was a dream.</li> <li>2. Standing in front of her favorite celebrity, she felt the need to pinch herself to make sure she wasn't dreaming.</li> <li>3. The news was so good that he had to pinch himself to be sure it was real.</li> </ol>                                  |
| Etymology                                  | This phrase uses "pinching oneself" as a metaphorical way of verifying the reality of something that seems too good to be true.  |
| <b>To live in a dream world</b>            |  |
| Meaning                                    | To be lost in unrealistic ideas or beliefs; to have an inaccurate or overly idealized view of a situation  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. She's living in a dream world if she thinks everything will work out perfectly without effort.</li> <li>2. The politician seems to be living in a dream world, ignoring the challenges facing the country.</li> <li>3. His perception of the project's success is based on living in a dream world; the reality is quite different.</li> </ol> |
| Etymology                                  | This phrase suggests being in a mental state where one's perceptions are skewed by wishful thinking or fantasy.  |
| <b>To be just a dream</b>                  |  |
| Meaning                                    | To be a thought or idea that is not likely to come true or be realized   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. The idea of traveling around the world was just a dream until he won the lottery.</li> <li>2. For many, owning a mansion is just a dream due to financial constraints.</li> <li>3. Becoming a professional athlete was a dream, but he eventually pursued a different career path.</li> </ol>  |
| Etymology                                  | This phrase conveys the idea that a thought or aspiration may remain unrealized, staying within the realm of dreams.   |
| <b>To be in a dream world of one's own</b> |  |
| Meaning                                    | To be absorbed in one's thoughts or imagination, often appearing distant or uninterested in the surroundings   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. During the lecture, he seemed to be in a dream world of his own, not paying attention to the professor.</li> <li>2. The artist was in a dream world of her own, absorbed in her creative process.</li> <li>3. Sometimes, I just need to be in a dream world of my own to relax and unwind.</li> </ol>  |
| Etymology                                  | This phrase uses "dream world" to emphasize being lost in one's thoughts, suggesting a state of detachment from the immediate environment.   |
| <b>To bring home the bacon</b>             |  |

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| Meaning                                  | To earn a livelihood or provide financial support for one's family or household   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. Despite the challenges, he works hard to bring home the bacon for his family.</li> <li>2. She's the breadwinner of the family, bringing home the bacon with her successful career.</li> <li>3. After years of struggling, his startup finally brought home the bacon.</li> </ol>  |
| Etymology                                | This phrase likely originated from the idea that bringing home bacon was a tangible contribution to the household's sustenance.   |
| <b>To have one's cake and eat it too</b> |   |
| Meaning                                  | To want both sides of an option or situation, often seeking to enjoy the benefits of opposing choices without sacrificing anything  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. He wants to retire early and travel the world, but also have a stable job; he wants to have his cake and eat it too.</li> <li>2. She wants a flexible work schedule and a high-paying job; she's trying to have her cake and eat it too.</li> <li>3. The company wants to cut costs while maintaining high-quality products, trying to have its cake and eat it too.</li> </ol> |
| Etymology                                | This phrase implies that having a cake and consuming it are contradictory actions, symbolizing the challenge of achieving conflicting desires.  |
| <b>To spill the beans</b>                |   |
| Meaning                                  | To reveal a secret or disclose confidential information   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. He accidentally spilled the beans about the surprise party, ruining the secret.</li> <li>2. She couldn't keep it to herself any longer and spilled the beans about their plans.</li> <li>3. The journalist managed to get someone to spill the beans about the company's unethical practices.</li> </ol>  |
| Etymology                                | The origin of this phrase is uncertain, but it might be related to revealing the contents of a container of beans, which were once used as ballots in ancient Greece.   |
| <b>To butter someone up</b>              |   |
| Meaning                                  | To flatter or praise someone excessively, often with the intention of gaining a favor or advantage  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. He tried to butter up the boss by praising her ideas before asking for a raise.</li> <li>2. She's always buttering up her teachers to get better grades.</li> <li>3. The politician spent the evening buttering up potential voters at the fundraiser.</li> </ol>   |

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| Etymology                          | This phrase uses "butter" as a metaphor for smoothing the way for positive interactions, much like spreading butter makes things more pleasant.   |
| <b>To be a piece of cake</b>       |   |
| Meaning                            | To be very easy or simple   |
| Examples                           | <ol style="list-style-type: none"> <li>1. The math problem was a piece of cake for her; she solved it in no time.</li> <li>2. Running the marathon was tough, but for him, it was a piece of cake.</li> <li>3. Cooking dinner for twenty guests was challenging, but with the right recipe, it became a piece of cake.</li> </ol>                                       |
| Etymology                          | This phrase likens a task to eating a piece of cake, suggesting that it's so easy that it can be done effortlessly.   |
| <b>To be in a pickle</b>           |   |
| Meaning                            | To be in a difficult or awkward situation   |
| Examples                           | <ol style="list-style-type: none"> <li>1. After missing the train, he was in a pickle; he had an important meeting to attend.</li> <li>2. The company was in a pickle after their major supplier went out of business.</li> <li>3. She found herself in a pickle when she forgot her wallet at the restaurant.</li> </ol>   |
| Etymology                          | The exact origin is unclear, but it might come from the Dutch word "pekel," which refers to a spicy sauce or brine, and later evolved to describe a difficult situation.  |
| <b>To be the salt of the earth</b> |   |
| Meaning                            | To be a good, honest, and reliable person; someone with strong moral qualities  |
| Examples                           | <ol style="list-style-type: none"> <li>1. He's the salt of the earth; he's always willing to help others without expecting anything in return.</li> <li>2. The volunteers who dedicate their time to the community are the salt of the earth.</li> <li>3. Her kindness and generosity make her the salt of the earth.</li> </ol>  |
| Etymology                          | This phrase likely stems from the historical value of salt, which was once a valuable commodity associated with purity and preservation.  |
| <b>To cry over spilled milk</b>    |   |
| Meaning                            | To worry or complain about something that has already happened and cannot be changed  |
| Examples                           | <ol style="list-style-type: none"> <li>1. There's no use crying over spilled milk; we need to find a solution to the problem now.</li> <li>2. She regretted not investing earlier, but she knew crying over spilled milk wouldn't change anything.</li> <li>3. He spilled the paint, but instead of crying over spilled milk, he cleaned it up and moved on.</li> </ol> |

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| Etymology                               | This phrase uses the metaphor of crying over something that's already done and cannot be undone, much like spilled milk.   |
| <b>To go bananas</b>                    |  |
| Meaning                                 | To become extremely excited, agitated, or crazy  |
| Examples                                | <ol style="list-style-type: none"> <li>1. The crowd went bananas when their favorite band took the stage.</li> <li>2. She went bananas with joy when she received the good news.</li> <li>3. The kids went bananas when they saw the giant ice cream sundae.</li> </ol>  |
| Etymology                               | The exact origin is unclear, but it might be related to the energetic and seemingly chaotic behavior of monkeys, often associated with going "bananas."  |
| <b>To be the apple of someone's eye</b> |  |
| Meaning                                 | To be someone's favorite person; to be cherished and loved deeply  |
| Examples                                | <ol style="list-style-type: none"> <li>1. His granddaughter is the apple of his eye; he adores her more than anything.</li> <li>2. The youngest child is the apple of their parents' eyes; they spoil him with attention.</li> <li>3. She was the apple of his eye from the moment they met.</li> </ol>                            |
| Etymology                               | This phrase refers to the idea of someone's eye being drawn to something precious, much like the affection felt for a beloved person.  |
| <b>To be as cool as a cucumber</b>      |  |
| Meaning                                 | To remain calm and composed, even in stressful or difficult situations   |
| Examples                                | <ol style="list-style-type: none"> <li>1. Despite the pressure, she remained as cool as a cucumber during the high-stakes presentation.</li> <li>2. He's always cool as a cucumber, no matter what challenges come his way.</li> <li>3. The firefighter was as cool as a cucumber while handling the intense situation.</li> </ol> |
| Etymology                               | This phrase likens the calmness of a person to the cool temperature of a cucumber, suggesting a serene demeanor in the face of adversity.  |
| <b>To be a tough cookie</b>             |  |
| Meaning                                 | To be a strong, resilient, and determined person, often someone who is not easily influenced or discouraged  |
| Examples                                | <ol style="list-style-type: none"> <li>1. Despite facing numerous challenges, she's a tough cookie who never gives up.</li> <li>2. Dealing with difficult customers all day, he's proven himself to be a tough cookie.</li> <li>3. The athlete's determination to overcome obstacles shows he's a tough cookie.</li> </ol>         |

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| Etymology                  | This phrase likens someone's toughness to that of a hard and unyielding cookie, suggesting inner strength and resilience.   |
| <b>To be a hot potato</b>  |   |
| Meaning                    | To be a contentious or sensitive issue that is difficult to handle or discuss   |
| Examples                   | <ol style="list-style-type: none"> <li>1. The topic of politics can be a hot potato during family gatherings.</li> <li>2. The decision about budget cuts became a hot potato in the office.</li> <li>3. The issue of funding became a hot potato as the team couldn't agree on a solution.</li> </ol> |
| Etymology                  | This phrase likens a difficult issue to a hot potato that can cause discomfort when held, urging people to pass it on quickly.  |
| <b>To be full of beans</b> |   |
| Meaning                    | To be lively, energetic, and full of enthusiasm   |
| Examples                   | <ol style="list-style-type: none"> <li>1. Despite the long day, she's still full of beans and ready to go out.</li> <li>2. The children were full of beans after spending the day at the park.</li> <li>3. His positive attitude and energy make him full of beans.</li> </ol>                        |
| Etymology                  | The origin of this phrase is uncertain, but it likely refers to the idea of beans being associated with energy and vitality.  |
| <b>To go nuts</b>          |   |
| Meaning                    | To become crazy, obsessed, or extremely excited about something   |
| Examples                   | <ol style="list-style-type: none"> <li>1. She went nuts when she found out she won the contest.</li> <li>2. The fans went nuts when their favorite band started playing.</li> <li>3. He went nuts researching and collecting information for his new project.</li> </ol>                              |
| Etymology                  | This phrase uses "nuts" as a slang term for crazy or eccentric behavior.  |
| <b>To be in a jam</b>      |   |
| Meaning                    | To be in a difficult or challenging situation, often with limited options   |
| Examples                   | <ol style="list-style-type: none"> <li>1. He's in a jam; he has to finish two projects by tomorrow.</li> <li>2. The company is in a jam after losing a major client.</li> <li>3. Being stranded without a phone in an unfamiliar city, she was definitely in a jam.</li> </ol>                        |
| Etymology                  | This phrase might stem from the idea of being stuck or confined in a tight spot, much like fruit being trapped in a jar.  |
| <b>To be in the soup</b>   |   |

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| Meaning                           | To be in a difficult or challenging situation that is hard to escape from   |
| Examples                          | <ol style="list-style-type: none"> <li>1. After missing the deadline, he was in the soup with his boss.</li> <li>2. The company found itself in the soup when the product launch failed.</li> <li>3. She got into a car accident, and now she's in the soup with medical bills and repairs.</li> </ol>            |
| Etymology                         | The origin of this phrase is unclear, but it might come from the idea of a literal mixture of ingredients that is difficult to reverse, much like a difficult situation.  |
| <b>To be a couch potato</b>       |   |
| Meaning                           | To be someone who spends a lot of time sitting and watching television, often with a sedentary lifestyle  |
| Examples                          | <ol style="list-style-type: none"> <li>1. He used to be active, but now he's turned into a couch potato, spending hours in front of the TV.</li> <li>2. The kids have become couch potatoes during the summer break.</li> <li>3. She's trying to be less of a couch potato and go for walks regularly.</li> </ol> |
| Etymology                         | This phrase humorously likens someone who spends too much time on the couch to a potato, suggesting a lack of activity.   |
| <b>To be a bad egg</b>            |   |
| Meaning                           | To be a person with bad character or behavior; someone who is not trustworthy or reliable   |
| Examples                          | <ol style="list-style-type: none"> <li>1. Watch out for him; he's a bad egg and can't be trusted.</li> <li>2. She used to be a good student, but lately, she's become a bad egg.</li> <li>3. The group knew he was a bad egg when he consistently broke his promises.</li> </ol>                                  |
| Etymology                         | The origin of this phrase is uncertain, but it likely stems from the idea that a rotten or bad egg can spoil a group or situation.  |
| <b>To be a tough nut to crack</b> |   |
| Meaning                           | To be a person or problem that is difficult to understand, influence, or deal with  |
| Examples                          | <ol style="list-style-type: none"> <li>1. She's a tough nut to crack; no one seems to know what she's really thinking.</li> <li>2. The puzzle was a tough nut to crack; it took him hours to solve it.</li> <li>3. Convincing him to change his mind is a tough nut to crack.</li> </ol>                          |
| Etymology                         | This phrase likens a challenging person or problem to a hard-shelled nut that is difficult to open.   |
| <b>To be a gravy train</b>        |   |

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| Meaning                                       | To be a situation or job that provides easy and substantial financial gain, often with little effort required  |
| Examples                                      | <ol style="list-style-type: none"> <li>1. The new project is a gravy train; it requires minimal work but offers high rewards.</li> <li>2. For a while, investing in stocks felt like a gravy train, but it's important to be cautious.</li> <li>3. His side business became a gravy train, bringing in more income than his full-time job.</li> </ol>      |
| Etymology                                     | This phrase likens a situation with abundant financial benefits to a train carrying gravy, suggesting an effortless and bountiful source of income.  |
| <b>To be the cream of the crop</b>            |  |
| Meaning                                       | To be the best or finest among a group or selection  |
| Examples                                      | <ol style="list-style-type: none"> <li>1. The top students in the class are the cream of the crop; they consistently excel in their studies.</li> <li>2. The award-winning chef's restaurant is considered the cream of the crop in the city.</li> <li>3. The athletes selected for the national team are the cream of the crop in their sport.</li> </ol> |
| Etymology                                     | This phrase draws a comparison between the cream, which rises to the top of milk, and the best individuals who stand out from the rest.  |
| <b>To be a cup of tea</b>                     |  |
| Meaning                                       | To be something that one enjoys or prefers; to be compatible with one's interests or tastes  |
| Examples                                      | <ol style="list-style-type: none"> <li>1. Jazz music isn't really my cup of tea; I prefer rock and pop.</li> <li>2. Hiking in the mountains is her cup of tea; she loves being surrounded by nature.</li> <li>3. Watching documentaries is more his cup of tea than watching action movies.</li> </ol>   |
| Etymology                                     | This phrase refers to the idea that someone's preferences are as unique as their choice of tea.  |
| <b>To go pear-shaped</b>                      |  |
| Meaning                                       | To go wrong or become problematic; to deteriorate or turn out badly  |
| Examples                                      | <ol style="list-style-type: none"> <li>1. Everything was going smoothly until it all went pear-shaped and the project failed.</li> <li>2. The party started well, but it went pear-shaped when a fight broke out.</li> <li>3. The vacation plans went pear-shaped due to a sudden change in the weather.</li> </ol>  |
| Etymology                                     | The origin of this phrase is uncertain, but it might be related to the idea of a distorted or misshapen pear, symbolizing things going awry.   |
| <b>To take something with a pinch of salt</b> |  |

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| Meaning                            | To be skeptical or cautious about believing something, often considering it to be exaggerated or not entirely true   |
| Examples                           | <ol style="list-style-type: none"> <li>1. He tends to take politicians' promises with a pinch of salt; he knows they often make grand claims.</li> <li>2. She heard a rumor but took it with a pinch of salt until she had more information.</li> <li>3. The dramatic story seemed unlikely, so she took it with a pinch of salt.</li> </ol> |
| Etymology                          | This phrase has its origins in the belief that adding a pinch of salt to food could enhance its flavor and improve its quality, making it more palatable.  |
| <b>To be a tough act to follow</b> |  |
| Meaning                            | To be a person, performance, or achievement that is exceptionally impressive and sets a high standard for others to match  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The previous CEO was a tough act to follow; his leadership transformed the company.</li> <li>2. The athlete's record-breaking performance was a tough act to follow.</li> <li>3. Her presentation was so captivating that the next speaker had a tough act to follow.</li> </ol>                   |
| Etymology                          | This phrase suggests that someone or something has set a high standard that is challenging for others to achieve or replicate.   |
| <b>To be a big cheese</b>          |  |
| Meaning                            | To be an important or influential person; someone with authority and power   |
| Examples                           | <ol style="list-style-type: none"> <li>1. The manager is the big cheese in the office; everyone respects and follows his decisions.</li> <li>2. The director of the company is a big cheese in the industry.</li> <li>3. The CEO's opinion is highly regarded; he's definitely a big cheese.</li> </ol>                                      |
| Etymology                          | This phrase might have originated from the idea that a wheel of cheese was considered valuable and symbolized status and importance.   |
| <b>To eat humble pie</b>           |  |
| Meaning                            | To admit a mistake or wrongdoing and show humility or contrition   |
| Examples                           | <ol style="list-style-type: none"> <li>1. After realizing he was wrong, he had to eat humble pie and apologize to his colleagues.</li> <li>2. The athlete's doping scandal forced him to eat humble pie in front of his fans.</li> <li>3. The politician had to eat humble pie and retract his false statement.</li> </ol>                   |

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| Etymology                           | This phrase might have originated from the medieval term "umbles," which referred to the less desirable parts of a hunted animal that were given to the lower classes. "Humble pie" could be a pun on "umbles."  |
| <b>To be a rolling stone</b>        |  |
| Meaning                             | To be a person who moves frequently from place to place, often without settling in one location for long   |
| Examples                            | <ol style="list-style-type: none"> <li>1. He's a rolling stone; he's lived in five different cities in the past five years.</li> <li>2. Her job requires constant travel, so she's become a bit of a rolling stone.</li> <li>3. The artist's nomadic lifestyle reflects his identity as a rolling stone.</li> </ol>  |
| Etymology                           | This phrase likely originated from the old saying "A rolling stone gathers no moss," suggesting that someone who keeps moving doesn't accumulate responsibilities or ties.   |
| <b>To be like two peas in a pod</b> |  |
| Meaning                             | To be very similar or alike, often used to describe two people who share a close and harmonious relationship   |
| Examples                            | <ol style="list-style-type: none"> <li>1. The twins are like two peas in a pod; they have the same interests and habits.</li> <li>2. She and her best friend are like two peas in a pod; they can finish each other's sentences.</li> <li>3. The siblings are so alike; they're like two peas in a pod.</li> </ol>   |
| Etymology                           | This phrase draws a comparison between the close similarity of two things to the similarity of two peas in a pod.  |
| <b>To be as easy as pie</b>         |  |
| Meaning                             | To be very easy or simple  |
| Examples                            | <ol style="list-style-type: none"> <li>1. Once you understand the concept, it's as easy as pie to solve these maths problems.</li> <li>2. Building a website is a bit challenging at first, but after some practice, it's as easy as pie.</li> <li>3. Cooking the dish might seem intimidating, but with the right recipe, it's as easy as pie.</li> </ol> |
| Etymology                           | This phrase likens a task to making a pie, which is considered easy and straightforward once one knows the process.  |
| <b>To be on the table</b>           |  |
| Meaning                             | To be under consideration or up for discussion; to be a topic of conversation or negotiation   |
| Examples                            | <ol style="list-style-type: none"> <li>1. The proposal to expand the company's operations is on the table for discussion.</li> <li>2. The possibility of a salary increase is on the table during the annual review.</li> <li>3. The issue of restructuring the department is on the table, and the team needs to provide input.</li> </ol>                |

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| Etymology                                  | This phrase likens a topic of discussion to an object placed on a table for examination and consideration.  |
| <b>To pull up stakes</b>                   |   |
| Meaning                                    | To leave one's current location or situation; to pack up and move elsewhere   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. They decided to pull up stakes and move to a different city for better job opportunities.</li> <li>2. After years of living in the countryside, they pulled up stakes and relocated to the city.</li> <li>3. The company pulled up stakes and shifted its headquarters to a more strategic location.</li> </ol>   |
| Etymology                                  | This phrase might have originated from the idea of pulling up tent stakes when breaking camp and moving to a new location.  |
| <b>To keep a straight face</b>             |   |
| Meaning                                    | To maintain a serious or composed facial expression, especially when faced with something funny, surprising, or absurd  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. Despite the comedian's jokes, he managed to keep a straight face throughout the performance.</li> <li>2. She couldn't help but smile, but she tried to keep a straight face during the serious meeting.</li> <li>3. The actor's ability to keep a straight face during hilarious scenes is impressive.</li> </ol> |
| Etymology                                  | This phrase refers to the act of maintaining a facial expression that doesn't show any emotions or reactions. It emphasizes self-control and composure.   |
| <b>To put all one's eggs in one basket</b> |   |
| Meaning                                    | To risk everything on a single venture, plan, or opportunity, often without having a backup plan  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. Investing all his savings in a single startup is like putting all his eggs in one basket; it's risky.</li> <li>2. She decided to apply to only one college, putting all her eggs in one basket.</li> <li>3. Relying solely on one client for income is putting the business's eggs in one basket.</li> </ol>      |
| Etymology                                  | This phrase likens the risk of investing everything in a single venture to the fragility of carrying all one's eggs in a single basket.   |
| <b>To have a seat at the table</b>         |   |
| Meaning                                    | To have the opportunity to be involved in decision-making or discussions; to be part of a group that has influence or authority   |

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| Examples                          | <ol style="list-style-type: none"> <li>1. As a senior executive, he always has a seat at the table during important meetings.</li> <li>2. Being part of the committee gives her a seat at the table to voice her opinions.</li> <li>3. The union leaders have a seat at the table during negotiations with management.</li> </ol>                            |
| Etymology                         | This phrase draws an analogy between having a physical seat at a table and having a position of influence and involvement in discussions and decisions.  |
| <b>To have a foot in the door</b> |  |
| Meaning                           | To have established an initial connection or opportunity in a certain field or organization, often as a way to gain further access or advancement  |
| Examples                          | <ol style="list-style-type: none"> <li>1. He got a part-time job as an intern to have a foot in the door at the company.</li> <li>2. Joining a professional organization can help you have a foot in the door in your industry.</li> <li>3. Her volunteer work at the museum allowed her to have a foot in the door for future job opportunities.</li> </ol> |
| Etymology                         | This phrase likens gaining an initial opportunity or connection to having one's foot inside a door, symbolizing access and the potential for more.   |
| <b>To leave no stone unturned</b> |  |
| Meaning                           | To make every possible effort; to search or investigate thoroughly in order to achieve a goal or find a solution   |
| Examples                          | <ol style="list-style-type: none"> <li>1. He left no stone unturned in his quest to find his missing dog.</li> <li>2. The team left no stone unturned while preparing for the important presentation.</li> <li>3. The detective left no stone unturned in the search for evidence.</li> </ol>  |
| Etymology                         | This phrase likely comes from the idea of thoroughly searching an area by overturning stones to ensure that nothing is missed.   |
| <b>To throw in the towel</b>      |  |
| Meaning                           | To give up; to surrender or quit, often after experiencing challenges or setbacks  |
| Examples                          | <ol style="list-style-type: none"> <li>1. After trying for years to make the business profitable, he finally threw in the towel.</li> <li>2. She was exhausted from the constant struggle and decided to throw in the towel.</li> <li>3. The athlete's injury forced him to throw in the towel and retire from professional sports.</li> </ol>               |
| Etymology                         | This phrase might originate from boxing, where a boxer's coach would throw a towel into the ring as a signal to stop the fight and concede defeat.   |

| <b>To hit the nail on the head</b> |  |
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| Meaning                            | To express something accurately and precisely; to describe or identify something in a direct and effective manner  |
| Examples                           | <ol style="list-style-type: none"> <li>1. Her analysis of the situation hit the nail on the head; she identified the exact cause of the problem.</li> <li>2. The comedian's joke hit the nail on the head, capturing the essence of the situation.</li> <li>3. His feedback hit the nail on the head and provided valuable insights.</li> </ol>  |
| Etymology                          | This phrase draws an analogy between accurately hitting a nail with a hammer and accurately expressing a thought or idea.  |
| <b>To stick to one's guns</b>      |  |
| Meaning                            | To hold firmly to one's beliefs, decisions, or opinions, even in the face of opposition or criticism   |
| Examples                           | <ol style="list-style-type: none"> <li>1. Despite the pressure to change the project's direction, she stuck to her guns and defended her original plan.</li> <li>2. The CEO stuck to his guns and refused to compromise on the company's values.</li> <li>3. The athlete stuck to his guns and continued training despite doubters.</li> </ol>   |
| Etymology                          | This phrase uses the imagery of someone firmly holding onto their metaphorical "guns," symbolizing their unwavering stance.  |
| <b>To call the shots</b>           |  |
| Meaning                            | To have the authority or control to make important decisions or determine the course of action   |
| Examples                           | <ol style="list-style-type: none"> <li>1. As the team leader, she's the one who calls the shots during project meetings.</li> <li>2. The CEO is the one who calls the shots when it comes to company strategy.</li> <li>3. In their partnership, he calls the shots when it comes to financial matters.</li> </ol>                               |
| Etymology                          | This phrase likely originated from the idea of someone "calling" out instructions or orders, similar to giving directions in a game or sport.  |
| <b>To sweep under the rug</b>      |  |
| Meaning                            | To hide, ignore, or cover up a problem, issue, or wrongdoing rather than addressing it directly  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The company decided to sweep the accounting error under the rug to avoid negative publicity.</li> <li>2. The family chose to sweep their conflicts under the rug instead of addressing them openly.</li> <li>3. Ignoring the problem and sweeping it under the rug won't make it disappear.</li> </ol> |

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| Eymology                             | This phrase uses the imagery of sweeping dirt or mess under a rug to symbolize hiding something unpleasant or troublesome.  |
| <b>To take the bull by the horns</b> |   |
| Meaning                              | To face a difficult situation or problem directly and courageously; to take control and confront challenges head-on   |
| Examples                             | <ol style="list-style-type: none"> <li>1. Instead of avoiding the issue, she decided to take the bull by the horns and address the conflict.</li> <li>2. The entrepreneur took the bull by the horns and launched her startup despite the risks.</li> <li>3. If you want to succeed, you have to take the bull by the horns and tackle your fears.</li> </ol> |
| Eymology                             | This phrase draws imagery from bullfighting, where a matador faces the bull directly by grabbing its horns, symbolizing a proactive and fearless approach.  |
| <b>To grease someone's palm</b>      |   |
| Meaning                              | To bribe or pay someone, often discreetly, in order to gain favor, influence, or an advantage   |
| Examples                             | <ol style="list-style-type: none"> <li>1. He greased the building inspector's palm to ensure a smooth approval process for his construction project.</li> <li>2. The lobbyist greased the politician's palm to push through favorable legislation.</li> <li>3. Corruption is a major issue when people try to grease officials' palms.</li> </ol>             |
| Eymology                             | This phrase likens offering money to the act of applying grease to a mechanism, making it smoother and more functional.   |
| <b>To be a fly on the wall</b>       |   |
| Meaning                              | To secretly observe a situation, conversation, or event without being noticed   |
| Examples                             | <ol style="list-style-type: none"> <li>1. I wish I could be a fly on the wall during their meeting to hear their candid discussions.</li> <li>2. Being a fly on the wall at the party would allow me to see what really happens.</li> <li>3. Imagine being a fly on the wall in a celebrity's daily life.</li> </ol>  |
| Eymology                             | This phrase conjures the image of a tiny fly on the wall, able to witness events without being detected due to its inconspicuous presence.  |
| <b>To be in the pink of health</b>   |   |
| Meaning                              | To be in very good health and physical condition  |
| Examples                             | <ol style="list-style-type: none"> <li>1. Despite his age, he's in the pink of health and can still hike for miles.</li> <li>2. Regular exercise and a balanced diet help her stay in the pink of health.</li> </ol>  |

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|                                  | 3. The athlete's rigorous training routine keeps him in the pink of health.  |
| Etymology                        | This phrase likely originated from the idea that a healthy complexion, especially a rosy or pinkish color, is indicative of good health.   |
| <b>To be a picture of health</b> |  |
| Meaning                          | To appear or exhibit the physical attributes and behaviors associated with good health; to look very healthy and well  |
| Examples                         | <ol style="list-style-type: none"> <li>1. Despite her age, she's a picture of health, always full of energy.</li> <li>2. The doctor noted that the patient's test results showed he was a picture of health.</li> <li>3. After adopting a healthier lifestyle, he transformed into a picture of health.</li> </ol> |
| Etymology                        | This phrase likens a person's appearance to a well-composed and attractive image, emphasizing their healthy condition.   |
| <b>To be fit as a fiddle</b>     |  |
| Meaning                          | To be in excellent physical health and fitness   |
| Examples                         | <ol style="list-style-type: none"> <li>1. He's been working out regularly and eating well, so he's fit as a fiddle.</li> <li>2. Despite his age, he's fit as a fiddle and can run marathons.</li> <li>3. The athlete's training routine keeps him fit as a fiddle throughout the year.</li> </ol>                  |
| Etymology                        | This phrase draws a comparison between being physically fit and the sound quality of a well-tuned and vibrant fiddle (violin).   |
| <b>To be under the weather</b>   |  |
| Meaning                          | To feel unwell, sick, or not in good health  |
| Examples                         | <ol style="list-style-type: none"> <li>1. She won't be able to attend the meeting today; she's feeling under the weather.</li> <li>2. He's been under the weather for the past few days and needs rest.</li> <li>3. The cold weather made everyone feel a bit under the weather.</li> </ol>                        |
| Etymology                        | This phrase might have originated from the idea of being affected by the atmospheric conditions, which could contribute to feeling unwell.   |
| <b>To catch someone's eye</b>    |  |
| Meaning                          | To attract someone's attention or be noticed by them   |
| Examples                         | <ol style="list-style-type: none"> <li>1. Her colorful outfit caught everyone's eye at the party.</li> <li>2. The unique design of the building's architecture caught the eye of many passersby.</li> <li>3. The bold advertisement on the billboard managed to catch drivers' eyes.</li> </ol>                    |

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| Etymology                             | This phrase draws an analogy between capturing someone's attention and the act of physically catching something.   |
| <b>To be a pain in the neck</b>       |  |
| Meaning                               | To be annoying, troublesome, or difficult to deal with   |
| Examples                              | <ol style="list-style-type: none"> <li>1. Dealing with the constant technical issues has been a real pain in the neck.</li> <li>2. Her colleague's habit of interrupting meetings is a pain in the neck.</li> <li>3. The long commute to work every day is a pain in the neck.</li> </ol>                              |
| Etymology                             | This phrase uses the image of someone causing discomfort similar to a persistent pain in the neck.   |
| <b>To be on the mend</b>              |  |
| Meaning                               | To be recovering from an illness, injury, or setback   |
| Examples                              | <ol style="list-style-type: none"> <li>1. After a week of rest, he's finally on the mend and feeling better.</li> <li>2. The patient's condition is improving, and she's on the mend.</li> <li>3. The company faced financial difficulties but is now on the mend after restructuring.</li> </ol>                      |
| Etymology                             | This phrase likely stems from the idea of improving or "mending" health or a situation, akin to repairing something that was broken.   |
| <b>To be in the dark</b>              |  |
| Meaning                               | To be uninformed or unaware of something; to lack knowledge or understanding   |
| Examples                              | <ol style="list-style-type: none"> <li>1. They kept the details of the surprise party from her, so she was in the dark about it.</li> <li>2. The employees were in the dark about the company's restructuring plans.</li> <li>3. Without access to news, he was completely in the dark about recent events.</li> </ol> |
| Etymology                             | This phrase likens ignorance or lack of information to being in a state of darkness, where one can't see or perceive.  |
| <b>To be a bitter pill to swallow</b> |  |
| Meaning                               | To be a difficult or unpleasant truth or situation to accept   |
| Examples                              | <ol style="list-style-type: none"> <li>1. Losing the championship was a bitter pill to swallow for the team.</li> <li>2. Accepting that he had made a mistake was a bitter pill to swallow for him.</li> <li>3. The news of the company's bankruptcy was a bitter pill to swallow for the employees.</li> </ol>        |
| Etymology                             | This phrase uses the metaphor of swallowing a bitter-tasting pill as a way to express the difficulty of accepting something unpleasant.  |

| <b>To get back on track</b>           |  |
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| Meaning                               | To return to the right path or course of action after a period of deviation or difficulty  |
| Examples                              | <ol style="list-style-type: none"> <li>1. After the setback, they worked hard to get back on track with their project.</li> <li>2. She struggled for a while but managed to get back on track with her studies.</li> <li>3. Following a period of distraction, he made efforts to get back on track with his goals.</li> </ol> |
| Etymology                             | This phrase uses the imagery of being on a track or path, emphasizing the idea of returning to the correct route.  |
| <b>To hit the hay</b>                 |  |
| Meaning                               | To go to bed; to go to sleep   |
| Examples                              | <ol style="list-style-type: none"> <li>1. It's getting late; I think I'll hit the hay soon.</li> <li>2. After a long day, he was ready to hit the hay and get some rest.</li> <li>3. She has an early morning tomorrow, so she's planning to hit the hay early tonight.</li> </ol>   |
| Etymology                             | This phrase likely originates from the practice of using hay as bedding in earlier times, symbolizing the act of preparing to sleep.   |
| <b>To have a frog in one's throat</b> |  |
| Meaning                               | To have difficulty speaking due to a hoarse or croaky voice  |
| Examples                              | <ol style="list-style-type: none"> <li>1. She sounded like she had a frog in her throat when she tried to speak.</li> <li>2. After cheering at the game, his voice was hoarse, and it sounded like he had a frog in his throat.</li> <li>3. The singer struggled through the performance with a frog in her throat.</li> </ol> |
| Etymology                             | This phrase humorously likens the raspy or croaky voice caused by hoarseness to the sound of a frog's croak.   |
| <b>To blow off steam</b>              |  |
| Meaning                               | To release pent-up frustration, stress, or anger by engaging in a physical or emotional activity that provides relief  |
| Examples                              | <ol style="list-style-type: none"> <li>1. After a long week at work, he likes to go for a run to blow off steam.</li> <li>2. Playing video games is how he blows off steam after a tough day.</li> <li>3. She went to the gym to blow off steam after the argument.</li> </ol>   |
| Etymology                             | This phrase uses the imagery of steam pressure being released from a container, likening emotional release to the release of steam.  |
| <b>To be fighting fit</b>             |  |
| Meaning                               | To be in excellent physical health and fitness; to be in optimal condition for physical activity   |

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| Examples                             | <ol style="list-style-type: none"> <li>1. Despite his age, he's still fighting fit and can participate in marathons.</li> <li>2. She follows a strict exercise routine to stay fighting fit.</li> <li>3. The athlete's dedication keeps him fighting fit throughout the season.</li> </ol>                  |
| Etymology                            | This phrase emphasizes the idea of being in such good physical condition that one is ready and able to engage in physical challenges or fights.   |
| <b>To hit the sack</b>               |   |
| Meaning                              | To go to bed; to go to sleep  |
| Examples                             | <ol style="list-style-type: none"> <li>1. I'm exhausted; I think I'll hit the sack early tonight.</li> <li>2. After the long trip, everyone was eager to hit the sack.</li> <li>3. She has an early meeting tomorrow, so she's planning to hit the sack soon.</li> </ol>                                    |
| Etymology                            | This phrase likely refers to the practice of using a sack or bag filled with straw or similar material as bedding in earlier times.   |
| <b>To be sick as a dog</b>           |   |
| Meaning                              | To be very ill; to be suffering from a severe illness or discomfort   |
| Examples                             | <ol style="list-style-type: none"> <li>1. After eating the spoiled food, he was sick as a dog for days.</li> <li>2. The flu hit him hard, and he felt sick as a dog.</li> <li>3. She caught a stomach bug and was sick as a dog for a week.</li> </ol>  |
| Etymology                            | This phrase uses the comparison of feeling extremely unwell to the idea of a dog being sick or unwell.  |
| <b>To be on the road to recovery</b> |   |
| Meaning                              | To be gradually improving or getting better after an illness, injury, or setback  |
| Examples                             | <ol style="list-style-type: none"> <li>1. He's been following the doctor's advice and is on the road to recovery.</li> <li>2. The patient's condition is stable, and he's on the road to recovery.</li> <li>3. After the surgery, she's been on the road to recovery and regaining her strength.</li> </ol> |
| Etymology                            | This phrase likens the process of improving health to a journey on a road, with the destination being complete recovery.  |
| <b>To make ends meet</b>             |   |
| Meaning                              | To manage one's income and expenses in a way that allows for basic necessities to be covered; to have enough money to survive   |

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| Examples                                | <ol style="list-style-type: none"> <li>1. With the rising cost of living, it's becoming difficult to make ends meet.</li> <li>2. The part-time job helps her make ends meet while she studies.</li> <li>3. They both work long hours to make ends meet and support their family.</li> </ol>                         |
| Etymology                               | This phrase originated from the idea of making the two ends of one's income and expenses meet, signifying financial stability.  |
| <b>To be rolling in money</b>           |   |
| Meaning                                 | To be extremely wealthy; to have a lot of money   |
| Examples                                | <ol style="list-style-type: none"> <li>1. The successful entrepreneur is rolling in money; he owns multiple companies.</li> <li>2. After winning the lottery, they found themselves rolling in money.</li> <li>3. The movie star is known for being rolling in money.</li> </ol>                                    |
| Etymology                               | This phrase likens having an abundance of money to the idea of rolling in wealth and luxury.  |
| <b>To be worth one's weight in gold</b> |   |
| Meaning                                 | To be extremely valuable, useful, or helpful; to be of great worth or significance  |
| Examples                                | <ol style="list-style-type: none"> <li>1. The reliable employee is worth her weight in gold to the company.</li> <li>2. Her advice during the crisis was worth its weight in gold.</li> <li>3. A true friend is worth their weight in gold; they're always there when you need them.</li> </ol>                     |
| Etymology                               | This phrase draws an analogy between the value of a person or thing and the preciousness and weight of gold.  |
| <b>To make a killing</b>                |   |
| Meaning                                 | To make a large profit, often unexpectedly or through a successful investment or business venture   |
| Examples                                | <ol style="list-style-type: none"> <li>1. They invested in the startup early and made a killing when it became successful.</li> <li>2. The real estate market was hot, and many people made a killing by selling properties.</li> <li>3. He made a killing with his latest book; it became a bestseller.</li> </ol> |
| Etymology                               | This phrase likely comes from the concept of making a big killing in hunting or slaughtering, likening the profit to a successful "hunt."   |
| <b>To pinch pennies</b>                 |   |
| Meaning                                 | To be very frugal; to be careful with spending and save money whenever possible   |

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| Examples                       | <ol style="list-style-type: none"> <li>1. While in college, he had to pinch pennies to cover his expenses.</li> <li>2. They're pinching pennies to afford their dream vacation.</li> <li>3. After the unexpected medical bills, the family had to start pinching pennies.</li> </ol>                |
| Etymology                      | This phrase uses the idea of pinching small-denomination coins (pennies) as a metaphor for being careful with small expenses to save money.   |
| <b>To break the bank</b>       |   |
| Meaning                        | To spend a very large amount of money; to exceed one's budget or financial resources  |
| Examples                       | <ol style="list-style-type: none"> <li>1. Buying a luxury car might break the bank, so consider your budget carefully.</li> <li>2. They spared no expense and nearly broke the bank for their wedding.</li> <li>3. The extravagant vacation could break the bank if they're not careful.</li> </ol> |
| Etymology                      | This phrase uses the image of a bank as a metaphor for one's financial limitations, which can be "broken" by excessive spending.  |
| <b>To have money to burn</b>   |   |
| Meaning                        | To have a lot of money available to spend or waste; to be very wealthy and able to spend money freely   |
| Examples                       | <ol style="list-style-type: none"> <li>1. He just bought another expensive car; it seems like he has money to burn.</li> <li>2. The heiress had money to burn and could afford anything she wanted.</li> <li>3. Winning the lottery meant they suddenly had money to burn.</li> </ol>               |
| Etymology                      | This phrase likens having excess money to the idea of being able to burn money without any significant impact on one's financial well-being.  |
| <b>To be a cash cow</b>        |   |
| Meaning                        | To be a reliable source of steady income or profit; something that consistently generates a lot of money  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The successful business venture became a cash cow for the company.</li> <li>2. The popular video game franchise is a cash cow for the developer.</li> <li>3. The rental property has been a cash cow, providing a consistent monthly income.</li> </ol>   |
| Etymology                      | This phrase likens a consistent source of income or profit to a cow that can be milked regularly.   |
| <b>To pay through the nose</b> |   |
| Meaning                        | To pay a very high price for something; to pay more than necessary or reasonable  |

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| Examples                       | <ol style="list-style-type: none"> <li>1. Because it was the last minute, they had to pay through the nose for the flight tickets.</li> <li>2. He paid through the nose for that rare collector's item.</li> <li>3. The hotel's location was great, but they paid through the nose for it.</li> </ol>   |
| Etymology                      | The origin of this phrase is uncertain, but it might refer to the historical practice of punishing debtors by slitting their noses, leading to high fines or payments.  |
| <b>To be in the red</b>        |   |
| Meaning                        | To have a negative balance in one's finances; to owe more money than what is currently available  |
| Examples                       | <ol style="list-style-type: none"> <li>1. After the unexpected medical bills, their budget was in the red.</li> <li>2. The company's financial statements showed that they were in the red last quarter.</li> <li>3. His credit card bills were piling up, and he was in the red.</li> </ol>            |
| Etymology                      | This phrase might originate from accounting practices, where losses or deficits were recorded in red ink.   |
| <b>To go broke</b>             |   |
| Meaning                        | To become bankrupt; to have no money left or to lose all of one's money due to poor financial decisions or circumstances  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The company went broke after the market crash.</li> <li>2. He went broke after investing all his savings in a failed business.</li> <li>3. Many people go broke by overspending and accumulating debt.</li> </ol>   |
| Etymology                      | This phrase uses the term "broke" to describe someone who is financially destitute or bankrupt.   |
| <b>To have deep pockets</b>    |   |
| Meaning                        | To have a lot of money or financial resources; to be wealthy or financially well-off  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The organization's sponsors have deep pockets, allowing them to fund various projects.</li> <li>2. The investor had deep pockets and was willing to contribute to startups.</li> <li>3. The successful entrepreneur is known to have deep pockets.</li> </ol> |
| Etymology                      | This phrase uses the image of having pockets that are figuratively deep enough to hold a lot of money.  |
| <b>To save for a rainy day</b> |   |
| Meaning                        | To set aside money or resources for future needs or emergencies; to save for times of financial difficulty or uncertainty   |

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| Examples                          | <ol style="list-style-type: none"> <li>1. She always saves part of her income for a rainy day in case of unexpected expenses.</li> <li>2. The wise financial advisor recommends saving for a rainy day.</li> <li>3. It's important to have an emergency fund to save for a rainy day.</li> </ol>                                   |
| Etymology                         | This phrase likely draws on the idea of preparing for difficult times or unforeseen circumstances, much like saving for rainy weather.   |
| <b>To be worth a pretty penny</b> |  |
| Meaning                           | To be worth a significant amount of money; to have a high monetary value   |
| Examples                          | <ol style="list-style-type: none"> <li>1. The vintage car he inherited is worth a pretty penny.</li> <li>2. The antique jewelry collection could be worth a pretty penny at auction.</li> <li>3. The rare painting turned out to be worth a pretty penny after it was appraised.</li> </ol>  |
| Etymology                         | This phrase uses the term "pretty penny" to describe a considerable amount of money, emphasizing its attractiveness or worth.  |
| <b>To make a fast buck</b>        |  |
| Meaning                           | To make money quickly, often through opportunistic or risky means  |
| Examples                          | <ol style="list-style-type: none"> <li>1. Some people are willing to take risks to make a fast buck in the stock market.</li> <li>2. The scam promised people a way to make a fast buck but turned out to be fraudulent.</li> <li>3. He's always looking for ways to make a fast buck.</li> </ol>                                  |
| Etymology                         | This phrase uses the term "buck," which has historically been used to refer to money, to describe making money quickly.  |
| <b>To be a one-way ticket</b>     |  |
| Meaning                           | To be something that uses up or takes a large portion of one's money or resources, often without providing a return on investment  |
| Examples                          | <ol style="list-style-type: none"> <li>1. Buying a luxury car is often considered a one-way ticket to spending a lot of money on maintenance and repairs.</li> <li>2. Timeshares can be a one-way ticket to draining your finances.</li> <li>3. Investing in that business turned out to be a one-way ticket to losses.</li> </ol> |
| Etymology                         | This phrase likens spending money on something to buying a one-way ticket, suggesting a unidirectional flow of resources away from the individual.   |
| <b>To live beyond one's means</b> |  |

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| Meaning                                   | To spend more money than one can afford; to have a lifestyle that exceeds one's income or financial resources   |
| Examples                                  | <ol style="list-style-type: none"> <li>1. They were living beyond their means and accumulating debt.</li> <li>2. Trying to keep up with a lavish lifestyle led her to live beyond her means.</li> <li>3. He realized he had been living beyond his means and decided to budget better.</li> </ol>   |
| Etymology                                 | This phrase emphasizes the idea of exceeding one's financial capabilities or limitations when it comes to spending and lifestyle.   |
| <b>To be a drop in the bucket</b>         |   |
| Meaning                                   | To be a very small or insignificant amount in comparison to a larger whole; to be a minor contribution or impact  |
| Examples                                  | <ol style="list-style-type: none"> <li>1. The amount they donated was a drop in the bucket compared to the total cost.</li> <li>2. The additional staff hired is a drop in the bucket for the company's expansion.</li> <li>3. The funds raised were a drop in the bucket for the charity's needs.</li> </ol>   |
| Etymology                                 | This phrase uses the image of a small drop of liquid in a large bucket to represent something that is minor or inconsequential in the grand scheme of things.   |
| <b>To be penny-wise and pound-foolish</b> |   |
| Meaning                                   | To be careful and frugal with small expenses while being wasteful or imprudent with larger expenses; to prioritize small savings over larger financial decisions  |
| Examples                                  | <ol style="list-style-type: none"> <li>1. He saved money by skipping regular car maintenance, but he ended up with costly repairs later; he was penny-wise and pound-foolish.</li> <li>2. She refused to pay for professional services and made a mess; she's being penny-wise and pound-foolish.</li> <li>3. They saved money by choosing a cheaper construction option, but the building had issues later; it was a penny-wise and pound-foolish decision.</li> </ol> |
| Etymology                                 | This phrase contrasts being wise with small denominations (pennies) but lacking wisdom in larger denominations (pounds), highlighting the paradox of prioritizing small savings over larger costs.  |
| <b>To throw money down the drain</b>      |   |
| Meaning                                   | To waste money, often by spending it on something unnecessary or unproductive   |
| Examples                                  | <ol style="list-style-type: none"> <li>1. Investing in that risky business turned out to be throwing money down the drain.</li> <li>2. Buying the expensive gadget ended up being throwing money down the drain; he hardly uses it.</li> </ol>  |

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|                                 | 3. Spending so much on a short-lived trend was like throwing money down the drain.  |
| Etymology                       | This phrase likens wasteful spending to throwing money away as if it were flowing down a drain.   |
| <b>To pay an arm and a leg</b>  |   |
| Meaning                         | To pay a very high price for something; to pay an exorbitant amount of money  |
| Examples                        | <ol style="list-style-type: none"> <li>1. The designer handbag was so expensive that she had to pay an arm and a leg for it.</li> <li>2. The concert tickets were in high demand, and people were willing to pay an arm and a leg.</li> <li>3. Getting the custom-built furniture cost them an arm and a leg.</li> </ol>  |
| Etymology                       | This phrase uses the imagery of giving up something valuable (an arm and a leg) to represent the high cost or sacrifice involved in paying a large amount of money.   |
| <b>To rob Peter to pay Paul</b> |   |
| Meaning                         | To take from one source or fund to pay another debt or obligation; to use resources from one place to satisfy a different demand  |
| Examples                        | <ol style="list-style-type: none"> <li>1. He had to rob Peter to pay Paul, taking money from his savings to cover his credit card debt.</li> <li>2. The company was struggling financially and had to rob Peter to pay Paul to meet its payroll.</li> <li>3. The government had to rob Peter to pay Paul, diverting funds from one program to another.</li> </ol> |
| Etymology                       | This phrase originated from the early Christian practice of collecting money (Peter's Pence) to support the papal office, and then redirecting it (paying Paul) for other purposes.   |
| <b>To have a fat wallet</b>     |   |
| Meaning                         | To have a lot of money or a thick wad of cash in one's wallet   |
| Examples                        | <ol style="list-style-type: none"> <li>1. After the successful investment, he had a fat wallet and could afford luxury items.</li> <li>2. The casino player left with a fat wallet after a lucky streak.</li> <li>3. She worked hard and managed to have a fat wallet despite the challenges.</li> </ol>  |
| Etymology                       | This phrase uses the term "fat" to metaphorically describe a wallet that is filled with a large amount of money.  |
| <b>To foot the bill</b>         |   |
| Meaning                         | To pay for something, especially a bill or an expense   |
| Examples                        | <ol style="list-style-type: none"> <li>1. He generously offered to foot the bill for the dinner.</li> <li>2. The company agreed to foot the bill for the team-building event.</li> <li>3. As the host, she insisted on footing the bill for the party.</li> </ol>   |

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| Etymology                        | This phrase likely refers to the idea of bearing the financial responsibility by being at the "foot" of the bill, meaning the end where the cost is settled.  |
| <b>To be worth one's salt</b>    |   |
| Meaning                          | To be competent, skillful, and deserving of respect; to be worthy of one's position or role   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The new manager is worth her salt; she's already made positive changes.</li> <li>2. A teacher who engages students and imparts knowledge is definitely worth their salt.</li> <li>3. He's an experienced engineer and definitely worth his salt in the industry.</li> </ol> |
| Etymology                        | This phrase has roots in ancient times when salt was a valuable commodity used as a form of currency or payment.  |
| <b>To be penny-pinching</b>      |   |
| Meaning                          | To be excessively thrifty or frugal; to be overly concerned with small savings and unwilling to spend money   |
| Examples                         | <ol style="list-style-type: none"> <li>1. She's known for her penny-pinching ways, always looking for discounts.</li> <li>2. His penny-pinching habits led him to avoid spending on even basic necessities.</li> <li>3. The company's penny-pinching approach affected employee morale.</li> </ol>                    |
| Etymology                        | This phrase uses "penny" to symbolize small amounts of money and "pinching" to represent the act of being frugal or careful with expenses.  |
| <b>To be in the chips</b>        |   |
| Meaning                          | To be wealthy; to have a lot of money   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The successful entrepreneur is always in the chips and can afford luxury items.</li> <li>2. After winning the lottery, they found themselves in the chips.</li> <li>3. His investment strategy paid off, and he's in the chips now.</li> </ol>                              |
| Etymology                        | This phrase originated from the world of gambling, where "chips" represent money in casinos, symbolizing wealth and success.  |
| <b>To get your money's worth</b> |   |
| Meaning                          | To receive good value or benefit from something in relation to the amount of money paid   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The all-inclusive vacation package ensured that they got their money's worth.</li> <li>2. She always makes sure to get her money's worth at the buffet.</li> <li>3. The premium membership offers extra features to help users get their money's worth.</li> </ol>          |

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| Etymology                                      | This phrase highlights the idea of receiving value equivalent to the amount of money spent, ensuring a satisfactory transaction.  |
| <b>To be in the black</b>                      |   |
| Meaning  | To have a positive balance in one's finances; to have more money than debts or expenses   |
| Examples                                       | <ol style="list-style-type: none"> <li>1. The company's financial statements showed that they were in the black this quarter.</li> <li>2. After paying off the loans, they finally managed to be in the black.</li> <li>3. His new job helped him get back in the black after struggling financially.</li> </ol>  |
| Etymology                                      | This phrase might have originated from bookkeeping practices, where positive numbers were often recorded in black ink.  |
| <b>To be a money-spinner</b>                   |   |
| Meaning  | To be a profitable venture or activity; something that generates a lot of money   |
| Examples                                       | <ol style="list-style-type: none"> <li>1. The restaurant turned out to be a money-spinner due to its popularity.</li> <li>2. The online store became a money-spinner for the entrepreneur.</li> <li>3. The tech startup developed a new app that quickly became a money-spinner.</li> </ol>   |
| Etymology                                      | This phrase likens a venture that generates a lot of money to a machine that spins out profits continuously.  |
| <b>To put one's money where one's mouth is</b> |   |
| Meaning  | To back up one's words with action, especially by investing money or taking concrete steps to support one's claims or beliefs   |
| Examples                                       | <ol style="list-style-type: none"> <li>1. If you believe in the project, it's time to put your money where your mouth is and invest in it.</li> <li>2. The politician promised changes and now needs to put his money where his mouth is.</li> <li>3. She challenged the critics to put their money where their mouths are and join the cause.</li> </ol> |
| Etymology                                      | This phrase highlights the idea of being willing to invest resources (money) in alignment with one's spoken opinions or promises.   |
| <b>Home Sweet Home</b>                         |   |
| Meaning  | Refers to one's own home being a place of comfort, happiness, and familiarity.  |
| Examples                                       | <ol style="list-style-type: none"> <li>1. After a long day at work, there's nothing better than returning to home sweet home.</li> <li>2. The family celebrated the holidays together in their home sweet home.</li> </ol>  |

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|                                   | 3. Moving away for college made her realize the value of home sweet home.  |
| Etymology                         | This phrase dates back to at least the 19th century and emphasizes the idea of one's own home being a cherished place.   |
| <b>Make Oneself at Home</b>       |  |
| Meaning                           | To feel comfortable and relaxed in a new or unfamiliar place.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. When you come over, feel free to make yourself at home and grab a drink from the fridge.</li> <li>2. The host warmly welcomed us, encouraging us to make ourselves at home during the gathering.</li> <li>3. It's always nice when guests can make themselves at home and feel like part of the family.</li> </ol> |
| Etymology                         | This phrase originated in the early 19th century, suggesting the idea of someone feeling welcome and at ease in a new environment.   |
| <b>There's No Place Like Home</b> |  |
| Meaning                           | Expresses the idea that one's own home is special, comforting, and irreplaceable.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. After a long vacation, she realized that there's no place like home for relaxation.</li> <li>2. No matter where he travels for work, he frequently says there's no place like home.</li> <li>3. The saying "There's no place like home" reminds us of the unique comfort that home provides.</li> </ol>            |
| Etymology                         | This phrase originates from the 1822 song "Home! Sweet Home!" and emphasizes the concept of the unique comfort and familiarity of one's home.  |
| <b>Make Oneself at Home</b>       |  |
| Meaning                           | To feel comfortable and relaxed in a new or unfamiliar place.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. When you come over, feel free to make yourself at home and grab a drink from the fridge.</li> <li>2. The host warmly welcomed us, encouraging us to make ourselves at home during the gathering.</li> <li>3. It's always nice when guests can make themselves at home and feel like part of the family.</li> </ol> |
| Etymology                         | This phrase originated in the early 19th century, suggesting the idea of someone feeling welcome and at ease in a new environment.   |
| <b>A House is Not a Home</b>      |  |
| Meaning                           | A physical structure does not become a true home until it is filled with love and warmth.  |

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| Examples                       | <ol style="list-style-type: none"> <li>1. They moved into their new house, but it felt empty and cold - a house is not a home without the people you care about.</li> <li>2. After decorating the apartment and settling in, they realized that a house is not a home until it's shared with loved ones.</li> <li>3. The mansion might be impressive, but for it to be truly welcoming, they understood that a house is not a home without love.</li> </ol> |
| Etymology                      | The exact origin is uncertain, but this phrase has been used in literature and conversation to convey the idea that a home is defined by the people who inhabit it, not just the physical structure.  |
| <b>Home Away from Home</b>     |   |
| Meaning                        | A place where one feels as comfortable and familiar as one does in their own home, even if it's in a different location.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The cozy cabin they rented for the weekend felt like a home away from home.</li> <li>2. The foreign city quickly became a home away from home as she made friends and explored the local culture.</li> <li>3. The college dorm, with its shared experiences and close friendships, became a home away from home for the students.</li> </ol>  |
| Etymology                      | This phrase emphasizes the idea that a location other than one's primary residence can provide a similar sense of comfort and belonging.  |
| <b>Leave No Stone Unturned</b> |   |
| Meaning                        | To make every possible effort and explore every avenue in order to achieve a goal or find a solution.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. In their quest to find the perfect location for their new house, they left no stone unturned, exploring every neighborhood.</li> <li>2. The detective left no stone unturned in the investigation, examining every piece of evidence.</li> <li>3. Before the exam, she reviewed her notes thoroughly, leaving no stone unturned to ensure success.</li> </ol>   |
| Etymology                      | This phrase comes from the idea of searching for something valuable under every stone, leaving nothing undiscovered.  |
| <b>Bring Home the Bacon</b>    |   |
| Meaning                        | To earn a living or provide financial support for one's family.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. After years of hard work, he finally got a job that allowed him to bring home the bacon.</li> <li>2. She's the main breadwinner of the family, bringing home the bacon with her successful career.</li> <li>3. With the new business venture, they hope to bring home the bacon and secure their future.</li> </ol>   |

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| Etymology                | This phrase has its origins in medieval English fairs where a greased pig was awarded as a prize. "Bringing home the bacon" became synonymous with achieving success and providing for one's household.  |
| <b>Home Stretch</b>      |  |
| Meaning                  | The final portion of a journey, task, or project.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. We're almost there - just a few more miles on the home stretch of the road trip.</li> <li>2. The last semester of college felt like the home stretch before graduation.</li> <li>3. The project is nearing completion, and we're on the home stretch to meeting the deadline.</li> </ol>             |
| Etymology                | This phrase draws from the imagery of a racecourse, where the final straight portion before the finish line is often called the "home stretch."  |
| <b>Weather the Storm</b> |  |
| Meaning                  | To endure a difficult or challenging situation; to survive through tough times.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. Despite the financial setbacks, they managed to weather the storm and rebuild their business.</li> <li>2. The team's unity helped them weather the storm of criticism during the project.</li> <li>3. Even in the face of adversity, their strong bond allowed them to weather the storm.</li> </ol> |
| Etymology                | This phrase draws from the idea of a ship enduring harsh weather conditions at sea, symbolizing the ability to withstand challenges.   |
| <b>Take a Rain Check</b> |  |
| Meaning                  | To decline an invitation or offer, but express the intention to accept or participate at a later time.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. I'm really busy tonight, but can I take a rain check on that movie?</li> <li>2. He had to take a rain check on the hiking trip due to a work commitment.</li> <li>3. She appreciated the dinner invitation but had to take a rain check due to a prior engagement.</li> </ol>                        |
| Etymology                | This phrase likely originated from the idea of a baseball game being postponed due to rain, and fans being issued tickets to attend a rescheduled game.  |
| <b>Under the Weather</b> |  |
| Meaning                  | To feel unwell or sick; not in good health.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. She couldn't come to the party because she was feeling under the weather.</li> <li>2. I've been a bit under the weather lately, so I'm taking it easy.</li> </ol>  |

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|                                 | 3. He's been under the weather, but he's determined to get back to work soon.   |
| Etymology                       | The exact origin is uncertain, but this phrase likely refers to a ship's crew feeling unwell when they were sailing "under the weather" side of the ship, which was more exposed to rough conditions.   |
| <b>On Cloud Nine</b>            |   |
| Meaning                         | To be extremely happy or in a state of euphoria.  |
| Examples                        | 1. Winning the championship put him on cloud nine for weeks.<br>2. She was on cloud nine after receiving the job offer she had been hoping for.<br>3. Their engagement news had them both on cloud nine.  |
| Etymology                       | The origin of this phrase is uncertain, but it likely draws from the idea of clouds being high up in the sky, symbolizing a state of elation or happiness above the ordinary.   |
| <b>In Full Bloom</b>            |   |
| Meaning                         | Refers to something being at its peak or fully developed state.   |
| Examples                        | 1. The garden looked stunning with all the flowers in full bloom.<br>2. Her talent as a musician is in full bloom now that she's had years of practice.<br>3. The industry is in full bloom with new technologies and innovations.  |
| Etymology                       | This phrase uses the imagery of flowers reaching their full and vibrant state, symbolizing completeness and vitality.   |
| <b>Like a Fish Out of Water</b> |   |
| Meaning                         | To feel uncomfortable or out of place in a new or unfamiliar situation.   |
| Examples                        | 1. Being at the formal event without any knowledge of etiquette, he felt like a fish out of water.<br>2. The city boy visiting the countryside was like a fish out of water, not used to the rural environment.<br>3. The introverted student felt like a fish out of water in the lively social gathering. |
| Etymology                       | This phrase likens someone who is uncomfortable to a fish that is removed from its natural environment of water, struggling to adapt.   |
| <b>Turn Over a New Leaf</b>     |   |
| Meaning                         | To make a fresh start or change one's behavior for the better.  |
| Examples                        | 1. After a difficult phase, he decided to turn over a new leaf and prioritize his health.<br>2. She resolved to turn over a new leaf and be more organized in her work.<br>3. The company's new CEO aimed to turn over a new leaf by fostering a more inclusive work culture.                               |

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| Etymology                                | This phrase alludes to the idea of turning a page in a book, symbolizing a new chapter or beginning.  |
| <b>Birds of a Feather Flock Together</b> |   |
| Meaning                                  | People with similar interests, behaviors, or characteristics tend to associate with each other.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The group of artists formed a close bond because birds of a feather flock together.</li> <li>2. It's no surprise they get along so well; birds of a feather flock together.</li> <li>3. The book club members found each other easily as birds of a feather.</li> </ol>       |
| Etymology                                | This phrase likens people with similar qualities to birds that flock together based on their species.   |
| <b>Shake Like a Leaf</b>                 |   |
| Meaning                                  | To tremble or shake uncontrollably due to fear, nervousness, or cold.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. He was so anxious before the presentation that he started to shake like a leaf.</li> <li>2. Standing on the stage, she felt her knees shake like a leaf.</li> <li>3. The chilly wind made him shake like a leaf during the outdoor event.</li> </ol>                          |
| Etymology                                | This phrase vividly describes the trembling of leaves in the wind, comparing it to someone's uncontrollable shaking.  |
| <b>It's a Jungle Out There</b>           |   |
| Meaning                                  | Refers to a competitive and challenging environment with many obstacles and difficulties.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. Starting a new business in this market is tough - it's a jungle out there.</li> <li>2. The dating scene can be overwhelming; it's a jungle out there.</li> <li>3. Surviving in the entertainment industry is no easy task; it's a jungle out there.</li> </ol>                |
| Etymology                                | This phrase draws from the idea of a dense, unpredictable, and potentially dangerous jungle, symbolizing the complexity of certain situations.  |
| <b>Go Against the Grain</b>              |   |
| Meaning                                  | To act in a way that is contrary to conventional wisdom or the usual course of action.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. His decision to pursue an unconventional career path was going against the grain.</li> <li>2. She always liked to go against the grain and challenge traditional norms.</li> <li>3. The artist's unique style went against the grain of the established art scene.</li> </ol> |

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| Etymology                 | This phrase alludes to woodworking, where working "against the grain" is more challenging and less typical.  |
| <b>In the Same Boat</b>   |  |
| Meaning                   | Facing similar challenges or circumstances; being in a similar situation.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. We're all struggling with remote work; we're in the same boat.</li> <li>2. Despite different backgrounds, they were in the same boat when it came to handling stress.</li> <li>3. The entire team faced setbacks, so they were all in the same boat.</li> </ol>                    |
| Etymology                 | This phrase likens individuals facing similar challenges to passengers on the same boat, sharing a common journey.   |
| <b>Go with the Flow</b>   |  |
| Meaning                   | To adapt to circumstances and accept events as they come, without resistance.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. Instead of stressing over every detail, he decided to go with the flow.</li> <li>2. She was open to new experiences and preferred to go with the flow.</li> <li>3. The key to their happy relationship was their ability to go with the flow.</li> </ol>                           |
| Etymology                 | This phrase suggests the idea of allowing oneself to be carried by the current of life, without trying to control every aspect.  |
| <b>Bite the Bullet</b>    |  |
| Meaning                   | To face a difficult or unpleasant situation with courage and determination.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. Despite his fear of heights, he decided to bite the bullet and climb the mountain.</li> <li>2. She knew she had to bite the bullet and apologize for her mistake.</li> <li>3. The team had to bite the bullet and work overtime to meet the tight deadline.</li> </ol>             |
| Etymology                 | This phrase originates from the practice of having soldiers bite on a bullet during surgery to endure pain without crying out.   |
| <b>Tip of the Iceberg</b> |  |
| Meaning                   | A small, visible part of a larger problem or issue.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. The financial losses were just the tip of the iceberg; the real problem went deeper.</li> <li>2. The initial complaints were only the tip of the iceberg in revealing workplace issues.</li> <li>3. The scandal uncovered so far is likely just the tip of the iceberg.</li> </ol> |

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| Etymology                     | This phrase draws from the idea that only a small portion of an iceberg is visible above the water, while the majority remains hidden beneath the surface.  |
| <b>Let the Dust Settle</b>    |   |
| Meaning                       | To wait for a situation to calm down or for emotions to subside before taking further action.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. After the argument, they decided to let the dust settle before discussing the issue.</li> <li>2. The best course of action was to let the dust settle after the unexpected announcement.</li> <li>3. Letting the dust settle allowed everyone to think more rationally about the situation.</li> </ol>    |
| Etymology                     | This phrase uses the imagery of dust particles settling after they are disturbed, symbolizing the calming of a situation.   |
| <b>Lost in the Wilderness</b> |   |
| Meaning                       | To feel confused, disoriented, or without direction in a challenging or unfamiliar situation.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. Without a map, they felt lost in the wilderness during the hiking trip.</li> <li>2. The new employee was lost in the wilderness of company procedures on their first day.</li> <li>3. During the exam, she felt like she was lost in the wilderness of complex equations.</li> </ol>                      |
| Etymology                     | This phrase draws from the experience of being physically lost in a vast and unfamiliar wilderness, which can lead to confusion and uncertainty.  |
| <b>Plant the Seed</b>         |   |
| Meaning                       | To initiate an idea, project, or process with the intention of future growth or development.  |
| Examples                      | <ol style="list-style-type: none"> <li>1. The workshop aimed to plant the seed of environmental awareness among the students.</li> <li>2. She wanted to plant the seed of entrepreneurship in her children by encouraging their creativity.</li> <li>3. The speaker's goal was to plant the seed of change in the minds of the audience.</li> </ol> |
| Etymology                     | This phrase uses the metaphor of planting a seed as the beginning of a larger process of growth and transformation.   |
| <b>Cast in Stone</b>          |   |
| Meaning                       | Something that is fixed, unchangeable, or firmly established.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. The decision to close the factory was cast in stone and couldn't be reversed.</li> <li>2. The rules of the game were cast in stone to ensure fair play.</li> <li>3. Despite their initial plans, circumstances forced them to cast their travel plans in stone.</li> </ol>                                |

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| Etymology                  | This phrase alludes to something being carved into stone, symbolizing its permanence and unalterable nature.   |
| <b>Smooth Sailing</b>      |  |
| Meaning                    | A situation or process that is progressing easily and without obstacles.   |
| Examples                   | <ol style="list-style-type: none"> <li>1. The project had its challenges, but after resolving them, it was smooth sailing.</li> <li>2. The road trip started with traffic, but once on the highway, it was smooth sailing.</li> <li>3. They anticipated smooth sailing after all the preparations they had made.</li> </ol>  |
| Etymology                  | This phrase draws from the imagery of a ship or boat moving smoothly over calm waters, symbolising easy progress.  |
| <b>Reach for the Stars</b> |  |
| Meaning                    | To set ambitious goals or aspire to achieve great success.   |
| Examples                   | <ol style="list-style-type: none"> <li>1. He encouraged his students to reach for the stars and aim high in their careers.</li> <li>2. Her determination to reach for the stars led her to become a renowned scientist.</li> <li>3. The motivational speaker emphasized the importance of reaching for the stars.</li> </ol> |
| Etymology                  | This phrase uses the idea of reaching for distant stars as a metaphor for striving for ambitious and lofty goals.  |
| <b>Walk on Air</b>         |  |
| Meaning                    | To feel extremely happy, light-hearted, or euphoric.   |
| Examples                   | <ol style="list-style-type: none"> <li>1. After receiving the good news, she felt like she was walking on air.</li> <li>2. Winning the championship had the entire team walking on air.</li> <li>3. The successful launch of the product had the company's employees walking on air.</li> </ol>                              |
| Etymology                  | This phrase uses the image of walking above the ground, symbolizing the elevated emotional state of happiness.   |
| <b>Chase Rainbows</b>      |  |
| Meaning                    | To pursue unrealistic dreams or desires that are unlikely to be fulfilled.   |
| Examples                   | <ol style="list-style-type: none"> <li>1. Instead of focusing on practical goals, he tends to chase rainbows.</li> <li>2. The artist decided to chase rainbows by pursuing a career in Hollywood.</li> <li>3. While it's good to have aspirations, be careful not to chase rainbows.</li> </ol>                              |
| Etymology                  | This phrase alludes to the impossibility of catching a rainbow, as it is a fleeting and unattainable phenomenon.   |
| <b>Break the Ice</b>       |  |

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| Meaning                          | To initiate or start a conversation or interaction in a social setting.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. He told a joke to break the ice at the beginning of the party.</li> <li>2. She introduced herself to break the ice with her new colleagues.</li> <li>3. Sharing a common interest helped them break the ice during the networking event.</li> </ol>   |
| Etymology                        | This phrase uses the imagery of breaking through a metaphorical barrier of coldness or shyness to create a more comfortable atmosphere.   |
| <b>Save for a Rainy Day</b>      |   |
| Meaning                          | To set aside money or resources for future needs or emergencies.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. They wisely saved for a rainy day, which allowed them to cover unexpected medical expenses.</li> <li>2. Financial advisors recommend saving for a rainy day to ensure financial security.</li> <li>3. She always puts aside a portion of her income to save for a rainy day.</li> </ol>   |
| Etymology                        | This phrase uses the imagery of preparing for unexpected challenges, much like saving resources for a rainy day.  |
| <b>Speak of the Devil</b>        |   |
| Meaning                          | When the person being discussed suddenly appears.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. "Speak of the devil, there he is!" she exclaimed when her friend walked in.</li> <li>2. I was just talking about her, and then she showed up—speak of the devil.</li> <li>3. "Hey, speak of the devil, we were just mentioning your name," he greeted his colleague.</li> </ol>   |
| Etymology                        | This phrase suggests that speaking about a person who is not present can cause them to appear, almost as if they were conjured by mentioning their name.  |
| <b>Lost in Translation</b>       |   |
| Meaning                          | When something is not fully understandable or accurately conveyed when translated to another language.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The humor in the movie was lost in translation when subtitles couldn't capture the jokes.</li> <li>2. Some idioms are difficult to translate, as their meaning might be lost in translation.</li> <li>3. His speech was so culturally nuanced that parts of it were lost in translation during the international conference.</li> </ol> |
| Etymology                        | This phrase expresses the idea that some elements or nuances of language and culture may not transfer accurately during translation.  |
| <b>Barking Up the Wrong Tree</b> |   |

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| Meaning                                    | Pursuing a mistaken or misguided approach, usually in regard to finding a solution or answer.  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. He thought the issue was with the software, but he was barking up the wrong tree.</li> <li>2. They were barking up the wrong tree trying to fix the problem by replacing the hardware.</li> <li>3. If you're looking for the lost keys in the living room, you're barking up the wrong tree—they're in the kitchen.</li> </ol> |
| Etymology                                  | This phrase uses the image of a dog barking at the base of a tree where the target is not located, symbolizing a fruitless effort.   |
| <b>Straight from the Horse's Mouth</b>     |  |
| Meaning                                    | Information or news that comes directly from a reliable or authoritative source.   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. I heard the news straight from the horse's mouth—our manager confirmed it.</li> <li>2. To get accurate updates, it's best to hear things straight from the horse's mouth.</li> <li>3. The journalist wanted to ensure the accuracy of the story by getting the details straight from the horse's mouth.</li> </ol>             |
| Etymology                                  | This phrase originates from horse racing, where valuable information about a horse's condition or performance would come directly from the trainer or jockey, the most reliable sources.   |
| <b>A Picture Is Worth a Thousand Words</b> |  |
| Meaning                                    | Visual information conveys meanings more effectively and efficiently than words alone.   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. Instead of describing the scenery, he showed a photo—a picture is worth a thousand words.</li> <li>2. The graphic chart presented the data better than paragraphs of text; a picture is worth a thousand words.</li> <li>3. The logo represented the brand's essence—a picture is worth a thousand words.</li> </ol>           |
| Etymology                                  | This phrase highlights the idea that a complex idea or emotion can be conveyed more simply and vividly through a single image.   |
| <b>In a Nutshell</b>                       |  |
| Meaning                                    | To present something in a concise or summarized manner.  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. In a nutshell, the project is behind schedule and needs more resources.</li> <li>2. To put it in a nutshell, the main issue is lack of communication.</li> <li>3. In a nutshell, the book is about a young detective solving a mysterious case.</li> </ol>   |

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| Etymology                     | This phrase suggests the idea of fitting something complex into a small space, as a nutshell is small compared to the content it encapsulates.  |
| <b>Read Between the Lines</b> |   |
| Meaning                       | To understand or deduce a deeper or hidden meaning in written or spoken words.  |
| Examples                      | <ol style="list-style-type: none"> <li>1. The email sounded positive, but I could read between the lines and sense her disappointment.</li> <li>2. When analyzing the poem, it's important to read between the lines to grasp the poet's intended message.</li> <li>3. His response was vague, so I had to read between the lines to figure out his true thoughts.</li> </ol> |
| Etymology                     | This phrase suggests that the true meaning or message can be found in the subtext or implied context of the communication.  |
| <b>Beat Around the Bush</b>   |   |
| Meaning                       | To avoid addressing a topic directly; to use evasive or unclear language.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. Stop beating around the bush and tell me what you really think.</li> <li>2. Instead of getting to the point, he tends to beat around the bush.</li> <li>3. She didn't want to reveal her true intentions, so she beat around the bush during the conversation.</li> </ol>   |
| Etymology                     | The origin of this phrase is uncertain, but it may refer to beating the bushes to flush out game during hunting, symbolizing avoiding direct confrontation.   |
| <b>Play It by Ear</b>         |   |
| Meaning                       | To approach a situation without a fixed plan, adapting to circumstances as they unfold.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. We don't have a set agenda; let's play it by ear and see how the meeting goes.</li> <li>2. They decided to play it by ear during the road trip and explore different places.</li> <li>3. Since the weather is unpredictable, we'll play it by ear for the outdoor event.</li> </ol>   |
| Etymology                     | This phrase suggests the idea of playing music by ear, improvising as you go, which parallels adapting plans based on real-time situations.   |
| <b>Get the Ball Rolling</b>   |   |
| Meaning                       | To initiate or start a process; to begin an activity or project.  |
| Examples                      | <ol style="list-style-type: none"> <li>1. Let's get the ball rolling on the new project by assigning tasks.</li> <li>2. They needed someone to get the ball rolling on organizing the charity event.</li> </ol>   |

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|  | 3. The team leader's enthusiasm helped get the ball rolling on the brainstorming session.   |
| Etymology                                    | This phrase uses the imagery of starting a ball rolling, symbolizing the commencement of a process.   |
| <b>Cross That Bridge When You Come to It</b> |   |
| Meaning                                      | Deal with a problem or situation only when it arises; don't worry about future problems now.  |
| Examples                                     | <ol style="list-style-type: none"> <li>1. I'm not sure what to do if I fail the exam, but I'll cross that bridge when I come to it.</li> <li>2. We don't know if the project will face obstacles; let's cross that bridge when we come to it.</li> <li>3. He decided to focus on the current task and cross that bridge when he came to a decision about his future plans.</li> </ol> |
| Etymology                                    | This phrase advises addressing problems in the order they arise, without unnecessary worry about potential future issues.   |
| <b>Speak with a Forked Tongue</b>            |   |
| Meaning                                      | To be deceitful or dishonest in speech; to say one thing while intending another.   |
| Examples                                     | <ol style="list-style-type: none"> <li>1. He claimed he was innocent, but his actions showed he was speaking with a forked tongue.</li> <li>2. Politicians who promise one thing and do another are often accused of speaking with a forked tongue.</li> <li>3. Her ability to speak with a forked tongue made it difficult to trust her intentions.</li> </ol>                       |
| Etymology                                    | This phrase likens deceptive speech to a serpent's forked tongue, which is associated with deceitfulness in many cultures.  |
| <b>Read the Riot Act</b>                     |   |
| Meaning                                      | To give a severe reprimand or warning, often in response to unruly or unacceptable behaviour.   |
| Examples                                     | <ol style="list-style-type: none"> <li>1. The teacher had to read the riot act to the disruptive students in the classroom.</li> <li>2. The manager read the riot act to the employees who consistently arrived late.</li> <li>3. After the team's poor performance, the coach read the riot act to motivate them to improve.</li> </ol>  |
| Etymology                                    | This phrase originates from a British law that allowed authorities to disperse a crowd by reading a proclamation, giving a last chance to disperse before taking action.  |
| <b>Turn a Blind Eye</b>                      |   |
| Meaning                                      | To ignore or deliberately not acknowledge something, usually out of convenience or indifference.  |

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| Examples                              | <ol style="list-style-type: none"> <li>1. The manager decided to turn a blind eye to minor rule violations this time.</li> <li>2. Despite knowing about the problem, he chose to turn a blind eye and avoid confrontation.</li> <li>3. The teacher couldn't turn a blind eye to cheating during the exam and had to address it.</li> </ol>                         |
| Etymology                             | This phrase likely refers to intentionally not looking at something in order to avoid taking action or responsibility.   |
| <b>Give Someone the Cold Shoulder</b> |  |
| Meaning                               | To deliberately ignore or treat someone with aloofness and indifference.   |
| Examples                              | <ol style="list-style-type: none"> <li>1. After their argument, she gave him the cold shoulder for days.</li> <li>2. He felt hurt when his friends gave him the cold shoulder at the party.</li> <li>3. She decided to give her colleague the cold shoulder after he betrayed her trust.</li> </ol>  |
| Etymology                             | The origin of this phrase is unclear, but it may allude to serving a cold meal to an unwelcome guest, symbolizing the chilly reception.  |
| <b>Have a Way with Words</b>          |  |
| Meaning                               | To possess a talent for speaking or writing in a compelling, effective, or eloquent manner.  |
| Examples                              | <ol style="list-style-type: none"> <li>1. She has a way with words that captivates her audience during her speeches.</li> <li>2. His ability to connect with readers through his writing shows he has a way with words.</li> <li>3. The poet's verses reflect his deep emotions and his gift for having a way with words.</li> </ol>                               |
| Etymology                             | This phrase emphasizes the skill of using language in a unique and persuasive way.   |
| <b>Bite Your Tongue</b>               |  |
| Meaning                               | To refrain from speaking or expressing an opinion, often to avoid conflict or causing offense.   |
| Examples                              | <ol style="list-style-type: none"> <li>1. He wanted to voice his disagreement but decided to bite his tongue and avoid an argument.</li> <li>2. When tempted to criticize, she chose to bite her tongue and maintain a peaceful atmosphere.</li> <li>3. It was difficult for him to bite his tongue when his colleague was spreading false information.</li> </ol> |
| Etymology                             | This phrase suggests holding back words as if physically biting the tongue to prevent speaking out.  |
| <b>All Ears</b>                       |  |
| Meaning                               | To be fully attentive and eager to listen.   |

| <b>Break the Law</b>                     |   |
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| Meaning                                  | To violate or disobey established laws or regulations.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. If you break the law, you'll have to face the consequences.</li> <li>2. He was arrested for breaking the law by speeding excessively.</li> <li>3. Breaking the law can lead to fines, imprisonment, or other penalties.</li> </ol>  |
| Etymology                                | This phrase uses "break" in the sense of "violate" or "transgress" and refers to the act of disobeying legal regulations.   |
| <b>Throw the Book at Someone</b>         |   |
| Meaning                                  | To charge someone with as many offenses as possible and seek the maximum punishment.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The prosecutor intends to throw the book at the accused for their multiple crimes.</li> <li>2. They're considering throwing the book at the company for violating various environmental regulations.</li> <li>3. The judge warned that he would throw the book at the defendant if found guilty.</li> </ol>   |
| Etymology                                | This phrase implies using every possible rule or law (represented by "the book") to ensure a severe penalty.  |
| <b>Get Off Scot-Free</b>                 |   |
| Meaning                                  | To escape punishment or consequences for an action without any negative consequences.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. He was caught shoplifting, but he somehow managed to get off scot-free.</li> <li>2. The company's unethical practices allowed them to get off scot-free due to legal loopholes.</li> <li>3. The influential politician often got off scot-free, even when accused of wrongdoing.</li> </ol>   |
| Etymology                                | The origin of "scot-free" is unclear, but it may relate to the Old English word "sceot," meaning "exempt," indicating escaping without penalty.   |
| <b>Ignorance of the Law Is No Excuse</b> |   |
| Meaning                                  | Not knowing a law does not exempt someone from being held accountable for breaking it.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. She argued that she didn't know the law, but the judge reminded her that ignorance of the law is no excuse.</li> <li>2. The officer explained that even tourists are expected to follow local laws—ignorance of the law is no excuse.</li> <li>3. The court emphasized that everyone is expected to be aware of laws; ignorance of the law is no excuse.</li> </ol> |
| Etymology                                | This phrase reflects the principle that individuals are responsible for knowing and obeying the laws of their jurisdiction.   |

| <b>Up in Arms</b>                        |  |
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| Meaning                                  | To be angry, outraged, or upset about a situation or issue.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The community was up in arms about the proposed construction project.</li> <li>2. The employees were up in arms due to the sudden change in company policies.</li> <li>3. The citizens were up in arms when the local park was slated for closure.</li> </ol>  |
| Etymology                                | This phrase uses "up in arms" metaphorically to describe people being emotionally charged and ready for action, often like soldiers preparing for battle.  |
| <b>Under the Table</b>                   |  |
| Meaning                                  | Dealing with something secretly, often involving illegal or unethical activities.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. They were paying their employees under the table to avoid taxes.</li> <li>2. The bribes were being paid under the table to secure the contract.</li> <li>3. The company was accused of making under-the-table deals with government officials.</li> </ol>  |
| Etymology                                | This phrase refers to activities that are hidden from official scrutiny, often implying dishonesty or secrecy.   |
| <b>In the Clear</b>                      |  |
| Meaning                                  | To be free from suspicion, guilt, or legal jeopardy.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. After the investigation, he was found in the clear of any wrongdoing.</li> <li>2. The evidence proved her innocence, and she was finally in the clear.</li> <li>3. With the new alibi, the suspect was in the clear of the crime.</li> </ol>   |
| Etymology                                | This phrase uses "clear" to signify being free from obstacles, suspicions, or potential consequences.  |
| <b>Take the Law into One's Own Hands</b> |  |
| Meaning                                  | To seek revenge or justice without legal authority or intervention.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. Instead of waiting for the police, he decided to take the law into his own hands.</li> <li>2. Vigilante groups sometimes form when people feel the need to take the law into their own hands.</li> <li>3. The character in the movie takes the law into his own hands to avenge his family.</li> </ol> |
| Etymology                                | This phrase suggests acting independently to enforce justice, even without proper legal procedures.  |
| <b>Go to Court</b>                       |  |

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| Meaning                | To bring a legal dispute or case before a court of law for resolution.  |
| Examples               | <ol style="list-style-type: none"> <li>1. If they can't settle the issue, they may have to go to court.</li> <li>2. The company decided to go to court to defend their intellectual property rights.</li> <li>3. The divorced couple had to go to court to determine custody arrangements.</li> </ol>                           |
| Etymology              | This phrase refers to the legal process of presenting a case to a judge or jury for judgment.   |
| <b>Call to the Bar</b> |   |
| Meaning                | The formal admission of a person as a barrister or attorney, allowing them to practice law.   |
| Examples               | <ol style="list-style-type: none"> <li>1. After years of study and training, she was finally called to the bar.</li> <li>2. The ceremony for his call to the bar was a significant moment in his legal career.</li> <li>3. Passing the bar exam is a prerequisite for being called to the bar in most jurisdictions.</li> </ol> |
| Etymology              | This phrase refers to the bar of a court, symbolizing the legal profession.   |
| <b>Make a Case</b>     |   |
| Meaning                | To present arguments and evidence to support a particular point of view or argument.  |
| Examples               | <ol style="list-style-type: none"> <li>1. He made a strong case for his client's innocence during the trial.</li> <li>2. The lawyer attempted to make a case for reducing the sentence.</li> <li>3. She was skilled at making a case in favor of her proposed policy changes.</li> </ol>  |
| Etymology              | This phrase uses "make" in the sense of "construct" and alludes to constructing a logical argument.   |
| <b>Behind Bars</b>     |   |
| Meaning                | In prison; serving a sentence for a crime.  |
| Examples               | <ol style="list-style-type: none"> <li>1. After the trial, he was found guilty and sentenced to behind bars.</li> <li>2. The notorious criminal spent years behind bars for his crimes.</li> <li>3. The documentary explores the lives of individuals behind bars.</li> </ol>   |
| Etymology              | This phrase uses "bars" metaphorically to represent prison cell doors.  |
| <b>Above the Law</b>   |   |
| Meaning                | Exempt from following or being subject to the laws that apply to others.  |

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| Examples                      | <ol style="list-style-type: none"> <li>1. No one should be considered above the law, regardless of their status.</li> <li>2. The investigation revealed that some individuals thought they were above the law.</li> <li>3. The corrupt official believed he was above the law and acted with impunity.</li> </ol> |
| Etymology                     | This phrase highlights the concept of individuals being immune to legal consequences due to their position or influence.  |
| <b>In Hot Water</b>           |   |
| Meaning                       | In trouble or facing difficulties, often due to breaking rules or laws.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. He found himself in hot water after violating company policies.</li> <li>2. The politician was in hot water due to allegations of corruption.</li> <li>3. If you don't submit your report on time, you'll be in hot water with your supervisor.</li> </ol>              |
| Etymology                     | This phrase uses "hot water" to symbolize a challenging or uncomfortable situation.   |
| <b>Lay Down the Law</b>       |   |
| Meaning                       | To assert one's authority and establish strict rules or expectations.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. The new manager decided to lay down the law regarding punctuality.</li> <li>2. The teacher laid down the law on classroom behavior during the first week.</li> <li>3. The judge laid down the law to maintain order in the courtroom.</li> </ol>                        |
| Etymology                     | This phrase alludes to a judge or authority figure setting clear and authoritative rules.   |
| <b>Out of Order</b>           |   |
| Meaning                       | Not functioning properly; in violation of rules or regulations.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. The elevator is out of order; please use the stairs.</li> <li>2. The court declared the evidence inadmissible, as it was obtained out of order.</li> <li>3. The behavior was deemed out of order and resulted in a reprimand.</li> </ol>                                |
| Etymology                     | This phrase refers to something being in a state of dysfunction or noncompliance.   |
| <b>Short End of the Stick</b> |   |
| Meaning                       | To be at a disadvantage or receive unfair treatment in a situation.   |

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| Examples                | <ol style="list-style-type: none"> <li>1. The employees got the short end of the stick when the company downsized.</li> <li>2. In the negotiation, she felt like she got the short end of the stick.</li> <li>3. The team worked hard, but they received the short end of the stick in terms of recognition.</li> </ol> |
| Etymology               | The origin of this phrase is uncertain, but it likely refers to receiving the less desirable part of something, such as a stick.  |
| <b>Squeaky Clean</b>    |   |
| Meaning                 | Completely free from any wrongdoing, blemishes, or suspicions.  |
| Examples                | <ol style="list-style-type: none"> <li>1. His record is squeaky clean; he has never been involved in any legal trouble.</li> <li>2. The candidate's reputation remained squeaky clean throughout the campaign.</li> <li>3. The company wanted to maintain a squeaky-clean image to attract investors.</li> </ol>        |
| Etymology               | This phrase uses "squeaky clean" to emphasize purity and absence of flaws.  |
| <b>Put on Trial</b>     |   |
| Meaning                 | To bring someone before a court to face charges and undergo legal proceedings.  |
| Examples                | <ol style="list-style-type: none"> <li>1. The suspect was put on trial for the alleged robbery.</li> <li>2. The case was complex, and several witnesses were called to testify when the defendant was put on trial.</li> <li>3. The accused person was put on trial to determine their guilt or innocence.</li> </ol>   |
| Etymology               | This phrase refers to the process of formally presenting a case in a court of law.  |
| <b>Law of the Land</b>  |   |
| Meaning                 | The established legal principles and regulations that apply to a particular jurisdiction.   |
| Examples                | <ol style="list-style-type: none"> <li>1. Everyone is expected to follow the law of the land, regardless of their status.</li> <li>2. The constitution serves as the supreme law of the land in many countries.</li> <li>3. The judiciary interprets and upholds the law of the land.</li> </ol>                        |
| Etymology               | This phrase refers to the legal framework that governs a specific region or country.  |
| <b>Hang by a Thread</b> |   |
| Meaning                 | In a precarious or vulnerable situation, often with uncertain outcomes.   |

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| Examples               | <ol style="list-style-type: none"> <li>1. The company's financial stability hangs by a thread after a series of losses.</li> <li>2. The patient's condition is critical, and their life hangs by a thread.</li> <li>3. The peace agreement hangs by a thread due to escalating tensions.</li> </ol>                |
| Etymology              | This phrase uses "hang by a thread" metaphorically to depict a fragile or tenuous situation.   |
| <b>Pass the Bar</b>    |  |
| Meaning                | To successfully pass the bar examination, becoming qualified to practice law.  |
| Examples               | <ol style="list-style-type: none"> <li>1. She dedicated months to studying in order to pass the bar.</li> <li>2. Passing the bar is a significant accomplishment for aspiring lawyers.</li> <li>3. He was relieved when he finally passed the bar exam on his third attempt.</li> </ol>                            |
| Etymology              | This phrase refers to successfully meeting the requirements to become a licensed attorney.   |
| <b>Pay the Piper</b>   |  |
| Meaning                | To face the consequences of one's actions or decisions, often involving payment or penalties.  |
| Examples               | <ol style="list-style-type: none"> <li>1. They enjoyed spending beyond their means, but now they have to pay the piper.</li> <li>2. The company neglected safety protocols, and now they're paying the piper with fines.</li> <li>3. If you make poor choices, eventually you'll have to pay the piper.</li> </ol> |
| Etymology              | This phrase alludes to the folk tale of the Pied Piper, where townspeople faced consequences for not paying the piper for his service.   |
| <b>In the Dock</b>     |  |
| Meaning                | Facing trial or legal proceedings in a court of law.   |
| Examples               | <ol style="list-style-type: none"> <li>1. The defendant stood in the dock, awaiting the judge's verdict.</li> <li>2. The accused individuals were in the dock as the trial began.</li> <li>3. The witnesses were nervous as they testified against the person in the dock.</li> </ol>                              |
| Etymology              | This phrase refers to the area where the defendant stands during a trial in a court of law.  |
| <b>Trial and Error</b> |  |
| Meaning                | A process of experimentation and learning through repeated attempts and failures.  |

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| Examples                | <ol style="list-style-type: none"> <li>1. They solved the problem through trial and error, testing various solutions.</li> <li>2. Building the prototype involved a lot of trial and error to refine the design.</li> <li>3. Learning a new skill often requires a period of trial and error.</li> </ol>                  |
| Etymology               | This phrase emphasizes the iterative process of trying different methods until finding a successful one.  |
| <b>Sworn Testimony</b>  |   |
| Meaning                 | Testimony given under oath, often in a court of law, with legal consequences for dishonesty.  |
| Examples                | <ol style="list-style-type: none"> <li>1. The witness provided sworn testimony about the events leading up to the accident.</li> <li>2. His sworn testimony played a crucial role in the jury's decision.</li> <li>3. The credibility of sworn testimony is essential in determining the truth in legal cases.</li> </ol> |
| Etymology               | This phrase emphasizes the formal commitment to honesty made when giving testimony under oath.  |
| <b>Drop the Charges</b> |   |
| Meaning                 | To withdraw or dismiss criminal charges against someone.  |
| Examples                | <ol style="list-style-type: none"> <li>1. The victim decided to drop the charges against the offender.</li> <li>2. The lack of evidence led the prosecutor to drop the charges.</li> <li>3. After further investigation, the authorities chose to drop the charges due to insufficient proof.</li> </ol>                  |
| Etymology               | This phrase refers to the legal action of discontinuing the prosecution of a case.  |
| <b>By the Book</b>      |   |
| Meaning                 | In accordance with established rules, procedures, or regulations.   |
| Examples                | <ol style="list-style-type: none"> <li>1. He followed the company policy by the book when dealing with the incident.</li> <li>2. The project manager ensured that the project was executed by the book.</li> <li>3. The judge emphasized the importance of conducting the trial strictly by the book.</li> </ol>          |
| Etymology               | This phrase underscores the adherence to prescribed guidelines and standards.   |
| <b>Law and Order</b>    |   |
| Meaning                 | The maintenance of societal norms through the enforcement of laws and regulations.  |

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| Examples                 | <ol style="list-style-type: none"> <li>1. The government's main focus is on maintaining law and order.</li> <li>2. The police play a crucial role in upholding law and order in the community.</li> <li>3. Citizens rely on law enforcement agencies to ensure peace and lawfulness—law and order.</li> </ol>         |
| Etymology                | This phrase refers to the harmony achieved through the application of legal standards.  |
| <b>Tighten the Reins</b> |   |
| Meaning                  | To exert more control or impose stricter regulations.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. The company decided to tighten the reins on employee spending.</li> <li>2. In response to the security breach, the organization chose to tighten the reins on data access.</li> <li>3. The coach had to tighten the reins on the team's practice schedule.</li> </ol>       |
| Etymology                | This phrase uses "tighten the reins" as a metaphor for increasing supervision and control.  |
| <b>In the Red</b>        |   |
| Meaning                  | Having financial deficits or owing money; being in debt.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. The company's accounts indicated that they were in the red for the quarter.</li> <li>2. After extensive spending, his personal finances were deep in the red.</li> <li>3. The business struggled to recover after consistently being in the red.</li> </ol>                 |
| Etymology                | This phrase uses "red" to symbolize financial losses or negative numbers in accounting.   |
| <b>Spice of Life</b>     |   |
| Meaning                  | Variety and excitement make life more interesting and enjoyable.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. Trying new activities adds spice to life and keeps things fresh.</li> <li>2. Traveling to different places is the spice of life for many adventurous people.</li> <li>3. Exploring diverse cultures and cuisines can add the spice of life to one's experiences.</li> </ol> |
| Etymology                | This phrase suggests that just as spices enhance flavors, variety enhances life's richness.   |
| <b>Walk of Life</b>      |   |
| Meaning                  | One's chosen career, profession, or life path.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. After exploring different options, he found his true walk of life in teaching.</li> <li>2. It took her a while to discover her ideal walk of life as a professional musician.</li> </ol>  |

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|                              | 3. Finding the right walk of life can lead to fulfillment and success.  |
| Etymology                    | This phrase uses "walk" metaphorically to represent one's journey through life.   |
| <b>Circle of Life</b>        |   |
| Meaning                      | The natural cycle of birth, growth, death, and rebirth that characterizes all living organisms.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. The concept of the circle of life is often depicted in various cultures' mythology.</li> <li>2. Observing the changes in seasons is a reminder of the continuous circle of life.</li> <li>3. The birth of a new generation marks the continuation of the circle of life.</li> </ol> |
| Etymology                    | This phrase captures the cyclical nature of existence and the interconnectedness of all life forms.   |
| <b>The Game of Life</b>      |   |
| Meaning                      | Life's experiences, challenges, and achievements, often compared to a game or journey.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. Embrace every twist and turn in the game of life, just like in a board game.</li> <li>2. She tackled every obstacle in the game of life with determination.</li> <li>3. The ups and downs are all part of the unpredictable game of life.</li> </ol>                                |
| Etymology                    | This phrase likens life's unpredictability and opportunities to a game's dynamics.  |
| <b>Breathe New Life into</b> |   |
| Meaning                      | To revitalize, rejuvenate, or renew something, giving it a fresh start.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. The new management team aims to breathe new life into the struggling company.</li> <li>2. She hopes her innovative ideas will breathe new life into the project.</li> <li>3. The renovation plans will breathe new life into the old building.</li> </ol>                           |
| Etymology                    | This phrase uses "breathe" metaphorically to signify bringing energy and vitality.  |
| <b>Fact of Life</b>          |   |
| Meaning                      | An undeniable truth or reality that is a fundamental aspect of existence.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. Dealing with loss is a fact of life that everyone eventually faces.</li> <li>2. Change is a fact of life; nothing stays the same forever.</li> <li>3. Learning to cope with disappointments is a fact of life.</li> </ol>   |

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| Etymology                | This phrase emphasizes the inescapable truths that are universally experienced.  |
| <b>Game of Chance</b>    |  |
| Meaning                  | An activity or situation in which the outcome is uncertain and influenced by luck.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. Investing in the stock market can be a game of chance with unpredictable results.</li> <li>2. Some people enjoy the excitement of playing games of chance like roulette.</li> <li>3. Starting a new business involves risks and is often considered a game of chance.</li> </ol> |
| Etymology                | This phrase highlights the unpredictable nature of activities that rely on luck.   |
| <b>Spark of Life</b>     |  |
| Meaning                  | The vital energy or essence that gives life to living organisms.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. The scientist studied the origins of the spark of life in various organisms.</li> <li>2. The birth of a baby is often seen as the beginning of a new spark of life.</li> <li>3. The spark of life is a mystery that scientists continue to explore.</li> </ol>                   |
| Etymology                | This phrase uses "spark" metaphorically to signify the essence of vitality.  |
| <b>Salt of the Earth</b> |  |
| Meaning                  | People who are honest, reliable, and down-to-earth; individuals of great character.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. The volunteers who tirelessly help others are the salt of the earth.</li> <li>2. She's the salt of the earth, always there to lend a hand when needed.</li> <li>3. The community relies on the salt of the earth to maintain its sense of unity.</li> </ol>                      |
| Etymology                | This phrase uses "salt" to symbolize something essential and fundamental.  |
| <b>Bump in the Road</b>  |  |
| Meaning                  | A minor setback or obstacle in the course of one's journey or plans.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. Don't let a small bump in the road discourage you from pursuing your goals.</li> <li>2. The project faced a few bumps in the road, but they were overcome.</li> <li>3. Facing a bump in the road is a common part of any worthwhile endeavor.</li> </ol>                         |
| Etymology                | This phrase likens challenges to minor disturbances along a path.  |

| <b>Land of the Living</b> |  |
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| Meaning                   | The world of the living, in contrast to the realm of the deceased.   |
| Examples                  | <ol style="list-style-type: none"> <li>1. Cherish every moment in the land of the living.</li> <li>2. After surviving a near-death experience, he felt grateful to be back in the land of the living.</li> <li>3. The protagonist navigates between the land of the living and the world of spirits in the story.</li> </ol> |
| Etymology                 | This phrase draws a distinction between the living and the deceased.   |
| <b>Life of the Party</b>  |  |
| Meaning                   | The most lively, entertaining, and enthusiastic person at a social gathering.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. She's always the life of the party, making everyone laugh and have a good time.</li> <li>2. With his energetic dance moves, he became the life of the party.</li> <li>3. Having the life of the party around can uplift the atmosphere.</li> </ol>                                 |
| Etymology                 | This phrase describes someone who brings vibrancy and enjoyment to gatherings.   |
| <b>A Taste of Life</b>    |  |
| Meaning                   | A sample or experience of various aspects of life.   |
| Examples                  | <ol style="list-style-type: none"> <li>1. Traveling allows you to have a taste of life in different cultures.</li> <li>2. Trying new hobbies gives you a taste of life's diverse opportunities.</li> <li>3. Exploring new cuisines offers a taste of life's flavors from around the world.</li> </ol>                        |
| Etymology                 | This phrase uses "taste" metaphorically to convey experiencing different aspects of existence.   |
| <b>Live and Learn</b>     |  |
| Meaning                   | To gain wisdom and knowledge through life experiences, often involving mistakes or failures.   |
| Examples                  | <ol style="list-style-type: none"> <li>1. Even if you make mistakes, remember to live and learn from them.</li> <li>2. Each challenge presents an opportunity to live and learn.</li> <li>3. She realized that every experience, good or bad, helps her live and learn.</li> </ol>   |
| Etymology                 | This phrase encapsulates the process of acquiring insights through life's journey.   |
| <b>Life's Too Short</b>   |  |
| Meaning                   | An expression emphasizing the brevity of life and the importance of enjoying it.   |

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| Examples                              | <ol style="list-style-type: none"> <li>1. Stop worrying about minor issues; life's too short to be stressed.</li> <li>2. He quit his tedious job because he realized life's too short to be unhappy.</li> <li>3. Traveling and experiencing new things are priorities because life's too short.</li> </ol>                |
| Etymology                             | This phrase underscores the finite nature of life and the need to make the most of it.  |
| <b>Love of My Life</b>                |   |
| Meaning                               | A person deeply cherished and beloved, often a romantic partner.  |
| Examples                              | <ol style="list-style-type: none"> <li>1. She's the love of my life; I can't imagine my days without her.</li> <li>2. He met the love of his life while traveling abroad.</li> <li>3. The song's lyrics express deep affection for the love of someone's life.</li> </ol>   |
| Etymology                             | This phrase conveys profound emotional attachment and admiration.   |
| <b>Reap What You Sow</b>              |   |
| Meaning                               | The consequences one faces are a direct result of their actions or choices.   |
| Examples                              | <ol style="list-style-type: none"> <li>1. If you invest time in your studies, you'll reap what you sow in terms of grades.</li> <li>2. He realized he was reaping what he had sown after years of neglecting his health.</li> <li>3. Reaping what you sow reminds us that actions have consequences.</li> </ol>           |
| Etymology                             | This phrase uses agricultural imagery to convey the idea of cause and effect.   |
| <b>Light at the End of the Tunnel</b> |   |
| Meaning                               | Hope or relief after enduring difficulties, symbolized by a metaphorical light in the distance.   |
| Examples                              | <ol style="list-style-type: none"> <li>1. Even during challenging times, there's always a light at the end of the tunnel.</li> <li>2. The project's successful completion was the light at the end of a long journey.</li> <li>3. The phrase reminds us that tough situations eventually lead to better times.</li> </ol> |
| Etymology                             | This phrase symbolizes optimism in the face of adversity.   |
| <b>A New Lease on Life</b>            |   |
| Meaning                               | An opportunity for a fresh start or rejuvenation.   |
| Examples                              | <ol style="list-style-type: none"> <li>1. Changing careers gave her a new lease on life and renewed enthusiasm.</li> <li>2. After recovering from an illness, he felt like he had a new lease on life.</li> </ol>   |

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|                              | 3. The move to a new city provided them with a new lease on life.   |
| Etymology                    | This phrase uses "lease" to signify a renewal of vitality and perspective.  |
| <b>Breath of Life</b>        |   |
| Meaning                      | Essential vitality or energy that sustains living beings.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. The discovery of water was a breath of life for the drought-stricken region.</li> <li>2. Art and creativity can infuse a breath of life into our daily routines.</li> <li>3. The medical treatment provided a much-needed breath of life to the patient.</li> </ol>       |
| Etymology                    | This phrase uses "breath" metaphorically to represent the essence of existence.   |
| <b>Catch Your Breath</b>     |   |
| Meaning                      | Take a moment to rest and recover after exertion or a busy period.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. After the intense workout, she needed to catch her breath.</li> <li>2. Let's pause and catch our breath before moving on to the next task.</li> <li>3. Taking a vacation allows you to catch your breath and recharge.</li> </ol>   |
| Etymology                    | This phrase refers to regaining composure and energy after physical or mental effort.   |
| <b>The Spice of Life</b>     |   |
| Meaning                      | Variety and diversity make life more enjoyable and interesting.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. Trying different cuisines is the spice of life for food enthusiasts.</li> <li>2. Embracing various hobbies adds the spice of life to one's routine.</li> <li>3. Traveling to new places contributes to the spice of life.</li> </ol>                                      |
| Etymology                    | This phrase likens variety to the way spices enhance flavors.   |
| <b>Crossroads of Life</b>    |   |
| Meaning                      | A pivotal moment or decision that determines the course of one's life.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. Graduating from college was a crossroads of life for her, shaping her career path.</li> <li>2. Choosing between two job offers marked a significant crossroads of life.</li> <li>3. Moving to a new country became a crossroads of life for the entire family.</li> </ol> |
| Etymology                    | This phrase alludes to a metaphorical intersection where different paths diverge.   |
| <b>Time Waits for No Man</b> |   |

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| Meaning                          | Time continues to pass without regard for anyone's circumstances or desires.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. Make the most of your opportunities because time waits for no man.</li> <li>2. He realized he needed to pursue his dreams since time waits for no man.</li> <li>3. The phrase reminds us of the urgency to act before time slips away.</li> </ol>                                   |
| Etymology                        | This phrase underscores the inevitable passage of time.   |
| <b>Way of Life</b>               |   |
| Meaning                          | The habits, customs, and behaviors that characterize one's lifestyle.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. Embracing sustainable practices became a way of life for the environmentally conscious.</li> <li>2. The nomadic tribe's way of life was intricately connected to nature.</li> <li>3. Adopting healthy eating habits can positively impact one's way of life.</li> </ol>             |
| Etymology                        | This phrase refers to the patterns and routines that define how people live.  |
| <b>A Slice of Life</b>           |   |
| Meaning                          | A depiction or portrayal of everyday life, often in literature or art.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The novel offers a genuine slice of life in a small town.</li> <li>2. The painting captures a vibrant slice of life in the bustling city.</li> <li>3. The documentary provides a candid slice of life in a remote village.</li> </ol>   |
| Etymology                        | This phrase refers to a portion of existence showcased through creative mediums.  |
| <b>The School of Hard Knocks</b> |   |
| Meaning                          | The process of learning through difficult experiences and challenges.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. Growing up in a rough neighborhood, he attended the school of hard knocks.</li> <li>2. The entrepreneur's journey involved valuable lessons from the school of hard knocks.</li> <li>3. Overcoming setbacks taught her important lessons from the school of hard knocks.</li> </ol> |
| Etymology                        | This phrase symbolizes the tough lessons learned from life's trials.  |
| <b>Breath of Fresh Air</b>       |   |
| Meaning                          | Something new and invigorating that provides relief or revitalization.  |

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| Examples                     | <ol style="list-style-type: none"> <li>1. His innovative approach to problem-solving was a breath of fresh air.</li> <li>2. The change in leadership brought a breath of fresh air to the organization.</li> <li>3. After a stressful day, a walk in the park can be a breath of fresh air.</li> </ol>               |
| Etymology                    | This phrase uses "breath of fresh air" metaphorically to represent renewal.  |
| <b>The Sweetness of Life</b> |  |
| Meaning                      | The enjoyable and pleasant experiences that life has to offer.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. Embracing simple pleasures enhances the sweetness of life.</li> <li>2. Traveling to new destinations adds to the sweetness of life's journey.</li> <li>3. The phrase emphasizes savoring the joyful moments that life presents.</li> </ol>                                 |
| Etymology                    | This phrase conveys the delightful aspects of existence.   |
| <b>Carpe Diem</b>            |  |
| Meaning                      | Seize the day; make the most of the present moment.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. His motto in life is "carpe diem," encouraging others to embrace opportunities.</li> <li>2. They decided to take a spontaneous trip, living by the carpe diem philosophy.</li> <li>3. Carpe diem reminds us to enjoy life now rather than postponing happiness.</li> </ol> |
| Etymology                    | This Latin phrase translates to "seize the day" and emphasizes living fully.   |
| <b>The Story of My Life</b>  |  |
| Meaning                      | An expression used to highlight personal experiences, often emphasizing struggles or challenges.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. "Constantly facing unexpected twists is the story of my life," he remarked.</li> <li>2. She often shared anecdotes that were truly the story of her life.</li> <li>3. The phrase signifies the unique narrative each individual lives.</li> </ol>                          |
| Etymology                    | This phrase refers to the journey and experiences that shape one's existence.  |
| <b>Hard Facts of Life</b>    |  |
| Meaning                      | Undeniable truths or realities, often challenging to accept.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. Facing the hard facts of life is essential for personal growth.</li> <li>2. The hard facts of life remind us of the impermanence of everything.</li> <li>3. Sometimes, the hard facts of life teach us the most valuable lessons.</li> </ol>                               |

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| Etymology                         | This phrase conveys the harsh but honest realities of existence.   |
| <b>The Highs and Lows of Life</b> |  |
| Meaning                           | The experiences of joy and sorrow that one encounters throughout life.   |
| Examples                          | <ol style="list-style-type: none"> <li>1. Embracing the highs and lows of life is a key to emotional resilience.</li> <li>2. The song's lyrics reflect on the highs and lows of life's journey.</li> <li>3. Sharing stories of the highs and lows of life can foster connections.</li> </ol>   |
| Etymology                         | This phrase acknowledges the diverse range of emotional experiences.   |
| <b>A Part of Life</b>             |  |
| Meaning                           | Something common or typical in the course of living.   |
| Examples                          | <ol style="list-style-type: none"> <li>1. Experiencing setbacks is a part of life; it's how we learn and grow.</li> <li>2. Dealing with change is a part of life's constant evolution.</li> <li>3. The challenges we face are a part of life's journey toward self-discovery.</li> </ol>       |
| Etymology                         | This phrase emphasizes the inevitability of various experiences.   |
| <b>The Rhythm of Life</b>         |  |
| Meaning                           | The natural flow and patterns that characterize life's cycles and routines.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. Embracing the rhythm of life means finding balance between work and leisure.</li> <li>2. Nature's seasons reflect the rhythmic changes in the rhythm of life.</li> <li>3. The phrase encourages us to harmonize with life's ebb and flow.</li> </ol> |
| Etymology                         | This phrase uses "rhythm" to symbolize the cyclical nature of existence.   |
| <b>From Cradle to Grave</b>       |  |
| Meaning                           | Throughout one's entire life, from birth to death.   |
| Examples                          | <ol style="list-style-type: none"> <li>1. The documentary explores the journey from cradle to grave.</li> <li>2. The phrase "from cradle to grave" encompasses all stages of life.</li> <li>3. Reflecting on life's milestones from cradle to grave is a humbling experience.</li> </ol>       |
| Etymology                         | This phrase signifies life's entire span, beginning to end.  |
| <b>A Second Lease on Life</b>     |  |
| Meaning                           | A second chance or opportunity to start anew.  |

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| Examples                      | <ol style="list-style-type: none"> <li>1. Surviving the accident gave him a second lease on life.</li> <li>2. After recovering from addiction, she felt like she had a second lease on life.</li> <li>3. Embracing a healthier lifestyle provided him with a second lease on life.</li> </ol>                              |
| Etymology                     | This phrase uses "lease" metaphorically to represent a fresh beginning.  |
| <b>The Joys of Life</b>       |  |
| Meaning                       | The delightful, pleasurable experiences that life offers.  |
| Examples                      | <ol style="list-style-type: none"> <li>1. Savoring the simple joys of life can lead to contentment.</li> <li>2. The phrase "the joys of life" encapsulates moments of happiness and fulfillment.</li> <li>3. Embracing laughter and love are integral to experiencing the joys of life.</li> </ol>                         |
| Etymology                     | This phrase conveys the positive and gratifying aspects of existence.  |
| <b>A Walk Through Life</b>    |  |
| Meaning                       | The journey and experiences that make up one's life.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. The book provides a poetic walk through life's challenges and triumphs.</li> <li>2. The phrase "a walk through life" symbolizes the steps taken on life's path.</li> <li>3. Reflecting on the past offers a retrospective walk through life's memories.</li> </ol>               |
| Etymology                     | This phrase uses "walk" metaphorically to represent life's journey.  |
| <b>Ride the Waves of Life</b> |  |
| Meaning                       | To navigate life's ups and downs with resilience and adaptability.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. Learning to ride the waves of life is essential for emotional well-being.</li> <li>2. The phrase "ride the waves of life" captures the unpredictable nature of existence.</li> <li>3. Developing coping skills helps individuals ride the waves of life's challenges.</li> </ol> |
| Etymology                     | This phrase uses "waves" to symbolize the fluctuations in life's journey.  |
| <b>Strike a Chord</b>         |  |
| Meaning                       | To resonate or connect emotionally with someone; to evoke a similar feeling or response.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. The singer's powerful performance struck a chord with the audience.</li> <li>2. The movie's theme of friendship struck a chord with viewers of all ages.</li> </ol>  |

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|                                | 3. The artist's lyrics often strike a chord with listeners who have experienced similar situations.  |
| Etymology                      | This phrase uses "chord" metaphorically to represent a harmonious connection.  |
| <b>In Tune with</b>            |  |
| Meaning                        | To be in harmony or agreement with someone or something.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. She is in tune with the latest trends in the fashion industry.</li> <li>2. The company's values are in tune with the needs of its employees.</li> <li>3. Being in tune with nature helps her find tranquility and inspiration.</li> </ol>            |
| Etymology                      | This phrase uses "in tune" to signify alignment or synchronization.  |
| <b>Call the Tune</b>           |  |
| Meaning                        | To be in control or have the authority to make decisions.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. As the manager, he gets to call the tune in the project.</li> <li>2. The team leader has the responsibility to call the tune during meetings.</li> <li>3. When it comes to creative aspects, the director gets to call the tune.</li> </ol>          |
| Etymology                      | This phrase uses "call the tune" metaphorically to convey authority.   |
| <b>Dance to Someone's Tune</b> |  |
| Meaning                        | To follow someone's orders or be under someone's control.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. She's tired of dancing to her boss's tune and wants more independence.</li> <li>2. The employees felt they were constantly dancing to the CEO's tune.</li> <li>3. Being in a controlling relationship means dancing to someone's tune.</li> </ol>    |
| Etymology                      | This phrase uses "dance" metaphorically to represent submission.   |
| <b>Change One's Tune</b>       |  |
| Meaning                        | To alter one's opinion, attitude, or behavior, often suddenly.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. He used to dislike the idea, but he changed his tune after seeing the benefits.</li> <li>2. Her negative attitude changed its tune once she experienced success.</li> <li>3. The politician changed his tune when public opinion shifted.</li> </ol> |
| Etymology                      | This phrase alludes to changing the melody of one's perspective.   |
| <b>Face the Music</b>          |  |

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| Meaning                       | To confront the consequences of one's actions, often in a difficult situation.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. After the mistake was discovered, he had to face the music from his boss.</li> <li>2. It's time to admit your wrongdoing and face the music.</li> <li>3. She's been avoiding her responsibilities; it's time to face the music.</li> </ol>                                   |
| Etymology                     | This phrase refers to addressing challenges or problems head-on.   |
| <b>Play Second Fiddle</b>     |  |
| Meaning                       | To be in a subordinate or less important position.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. He's tired of playing second fiddle in the company; he wants more recognition.</li> <li>2. The assistant felt like she was constantly playing second fiddle to her manager.</li> <li>3. Playing second fiddle can be frustrating when you're capable of more.</li> </ol>     |
| Etymology                     | This phrase refers to the secondary role of the second violin in an orchestra.   |
| <b>Blow One's Own Trumpet</b> |  |
| Meaning                       | To boast about one's accomplishments or abilities.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. He tends to blow his own trumpet whenever he achieves something.</li> <li>2. Instead of bragging, she prefers to let her work speak for itself.</li> <li>3. Blowing one's own trumpet can be off-putting to others.</li> </ol>   |
| Etymology                     | This phrase uses "trumpet" metaphorically to represent self-promotion.   |
| <b>Hit the Right Note</b>     |  |
| Meaning                       | To achieve success or make a favorable impression.   |
| Examples                      | <ol style="list-style-type: none"> <li>1. His speech hit the right note with the audience, receiving a standing ovation.</li> <li>2. The marketing campaign hit the right note by resonating with the target demographic.</li> <li>3. The sincere apology hit the right note and mended their relationship.</li> </ol> |
| Etymology                     | This phrase uses "note" metaphorically to signify a positive outcome.  |
| <b>Off-Key</b>                |  |
| Meaning                       | Out of tune or out of harmony; not in line with expectations.  |
| Examples                      | <ol style="list-style-type: none"> <li>1. Her comments during the meeting were off-key and disrupted the discussion.</li> <li>2. The actor's performance was off-key and didn't match the tone of the scene.</li> </ol>  |

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|  | 3. The jokes in his speech fell flat and felt off-key for the occasion.  |
| Etymology                                  | This phrase uses "off-key" literally from musical terminology.   |
| <b>March to the Beat of One's Own Drum</b> |  |
| Meaning                                    | To act independently, following one's unique ideas or beliefs.   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. She's never influenced by trends; she marches to the beat of her own drum.</li> <li>2. Embracing creativity, he always marches to the beat of his own drum.</li> <li>3. Encouraging children to be confident and authentic helps them march to the beat of their own drums.</li> </ol>                     |
| Etymology                                  | This phrase uses "beat of one's own drum" metaphorically for individuality.  |
| <b>Strike Up the Band</b>                  |  |
| Meaning                                    | To begin a musical performance or celebration.   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. As the clock struck midnight, they struck up the band to welcome the new year.</li> <li>2. The mayor's speech concluded, and they struck up the band for the parade.</li> <li>3. The crowd cheered as the band struck up the national anthem.</li> </ol>   |
| Etymology                                  | This phrase originates from the practice of starting a band performance.   |
| <b>Make a Name for Oneself</b>             |  |
| Meaning                                    | To become well-known or respected for one's achievements.  |
| Examples                                   | <ol style="list-style-type: none"> <li>1. By creating innovative designs, she made a name for herself in the fashion industry.</li> <li>2. The young author's first novel helped him make a name for himself as a talented writer.</li> <li>3. Through dedication and hard work, he made a name for himself as a successful entrepreneur.</li> </ol> |
| Etymology                                  | This phrase refers to establishing one's reputation or identity.   |
| <b>Call by Name</b>                        |  |
| Meaning                                    | To address someone using their given name.   |
| Examples                                   | <ol style="list-style-type: none"> <li>1. It's polite to call others by name when engaging in conversation.</li> <li>2. She smiled when he called her by name from across the room.</li> <li>3. Remembering to call people by name fosters a sense of connection.</li> </ol>   |
| Etymology                                  | This phrase is straightforward, involving the act of using someone's name.   |
| <b>By Any Other Name</b>                   |  |

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| Meaning                            | Essentially, something remains the same regardless of its name.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. Artistic expression, by any other name, still brings joy and creativity.</li> <li>2. He's a caregiver, but by any other name, he's a guardian angel for the elderly.</li> <li>3. Love, by any other name, remains a powerful and cherished emotion.</li> </ol>                        |
| Etymology                          | This phrase reflects that the essence of a thing remains unchanged.   |
| <b>A Name to Remember</b>          |   |
| Meaning                            | Someone or something that is memorable and worth recalling.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. The speaker left a strong impression; he's definitely a name to remember.</li> <li>2. The artist's unique style makes her paintings a name to remember in the art world.</li> <li>3. The breathtaking landscape made that place a name to remember for travelers.</li> </ol>          |
| Etymology                          | This phrase suggests the significance of remembering certain names.   |
| <b>Drop a Name</b>                 |   |
| Meaning                            | To mention the name of someone well-known in order to gain influence or recognition.  |
| Examples                           | <ol style="list-style-type: none"> <li>1. He often drops the name of famous celebrities to impress others.</li> <li>2. She casually dropped a name to secure VIP treatment at the event.</li> <li>3. Trying to drop a name to get ahead is often seen as insincere.</li> </ol>  |
| Etymology                          | This phrase alludes to the idea of name-dropping for personal gain.   |
| <b>Take Someone's Name in Vain</b> |   |
| Meaning                            | To use someone's name, especially a deity's, in a disrespectful or irreverent manner.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. It's important to avoid taking anyone's name in vain, especially in religious contexts.</li> <li>2. Using a revered figure's name for personal gain is considered taking their name in vain.</li> <li>3. The phrase advises against using names carelessly or insincerely.</li> </ol> |
| Etymology                          | This phrase originates from religious contexts involving divine names.  |
| <b>Clear One's Name</b>            |   |

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| Meaning                     | To prove one's innocence and remove doubts about one's reputation.   |
| Examples                    | <ol style="list-style-type: none"> <li>1. The detective worked tirelessly to clear his name after false accusations.</li> <li>2. Despite the controversy, she was determined to clear her name through evidence.</li> <li>3. The athlete fought to clear his name from allegations of cheating.</li> </ol>             |
| Etymology                   | This phrase refers to removing any tarnish on one's reputation.  |
| <b>Name in Lights</b>       |  |
| Meaning                     | A way of saying that someone is famous or has achieved recognition.  |
| Examples                    | <ol style="list-style-type: none"> <li>1. After winning the award, her name was in lights on billboards across the city.</li> <li>2. The actor's exceptional performance put his name in lights on Broadway.</li> <li>3. Achieving her dream of becoming a singer meant seeing her name in lights on stage.</li> </ol> |
| Etymology                   | This phrase alludes to a marquee displaying a performer's name.  |
| <b>Put a Name to a Face</b> |  |
| Meaning                     | To remember or identify someone by recalling their name when seeing their face.  |
| Examples                    | <ol style="list-style-type: none"> <li>1. It's embarrassing when you can't put a name to a face in a social setting.</li> <li>2. Meeting someone again helps put a name to a face that you've encountered before.</li> <li>3. She struggled to put a name to his face despite having met him previously.</li> </ol>    |
| Etymology                   | This phrase refers to associating a name with a visual image.  |
| <b>In Name Only</b>         |  |
| Meaning                     | Something exists nominally but lacks the characteristics associated with its name.   |
| Examples                    | <ol style="list-style-type: none"> <li>1. The organization was active in name only, as it hardly accomplished anything.</li> <li>2. They held a partnership in name only; the collaboration was practically non-existent.</li> <li>3. The title of manager was given, but the authority was in name only.</li> </ol>   |
| Etymology                   | This phrase highlights the disparity between name and reality.   |
| <b>Name the Day</b>         |  |
| Meaning                     | To choose a specific date for an event or celebration.   |

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| Examples                      | <ol style="list-style-type: none"> <li>Let's name the day for the wedding ceremony and send out invitations.</li> <li>We'll name the day for the annual company picnic and start making preparations.</li> <li>Naming the day for the graduation ceremony requires coordinating with the venue.</li> </ol>  |
| Etymology                     | This phrase involves selecting a particular day for an occasion.  |
| <b>A Name to Conjure With</b> |   |
| Meaning                       | Someone with a reputation or influence that commands attention or respect.  |
| Examples                      | <ol style="list-style-type: none"> <li>Her expertise in the field makes her a name to conjure with at international conferences.</li> <li>The inventor's groundbreaking discoveries have made him a name to conjure with in the scientific community.</li> <li>The company's founder is a name to conjure with when discussing innovative business strategies.</li> </ol> |
| Etymology                     | This phrase signifies the power of a name that evokes respect.  |
| <b>No Name</b>                |   |
| Meaning                       | Unimportant, unknown, or lacking distinction.   |
| Examples                      | <ol style="list-style-type: none"> <li>The remote village was practically a no-name town on the map.</li> <li>The film was produced by a no-name studio and received limited attention.</li> <li>The no-name brand lacked the reputation of established companies.</li> </ol>   |
| Etymology                     | This phrase refers to something having no noteworthy name.  |
| <b>Name Your Price</b>        |   |
| Meaning                       | To ask someone to state the price they are willing to pay or accept.  |
| Examples                      | <ol style="list-style-type: none"> <li>The seller allowed the buyer to name their price for the antique furniture.</li> <li>Negotiating a deal requires both parties to name their price.</li> <li>The phrase is often used in bargaining situations.</li> </ol>  |
| Etymology                     | This phrase involves stating the preferred price in a transaction.  |
| <b>A Household Name</b>       |   |
| Meaning                       | Someone or something widely known by people in a household or community.  |
| Examples                      | <ol style="list-style-type: none"> <li>The singer's hits made him a household name across the country.</li> <li>The brand became a household name due to its popular products.</li> <li>The local restaurant is a household name among residents.</li> </ol>  |

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| Etymology  | This phrase implies familiarity and recognition within a community.   |
| <b>Name the Tune</b>                                 |   |
| Meaning  | To correctly identify a musical composition by its title.   |
| Examples   | <ol style="list-style-type: none"> <li>1. The radio show challenged listeners to name the tune being played.</li> <li>2. With just a few notes, she could instantly name the tune.</li> <li>3. Can you name the tune that's playing in the background?</li> </ol>   |
| Etymology  | This phrase refers to recognizing and identifying a song's title.   |
| <b>Name of the Game</b>                              |   |
| Meaning  | The essential or most important aspect of a situation or activity.  |
| Examples   | <ol style="list-style-type: none"> <li>1. In the business world, innovation is often the name of the game.</li> <li>2. For a successful marriage, communication is the name of the game.</li> <li>3. In sports, strategy and teamwork are the names of the game.</li> </ol>   |
| Etymology  | This phrase signifies the central focus or objective of a situation.  |
| <b>Famous Last Words</b>                             |   |
| Meaning  | A phrase used humorously to predict that someone's statement will be proven wrong.  |
| Examples   | <ol style="list-style-type: none"> <li>1. "I can finish this project in an hour," were his famous last words before working through the night.</li> <li>2. Her famous last words were, "I'll start my diet tomorrow," as she reached for another slice of cake.</li> <li>3. "It won't rain, I'm sure," she said, and her famous last words were proven wrong by a sudden downpour.</li> </ol> |
| Etymology  | This phrase often accompanies statements that become ironic in hindsight.   |
| <b>In a Name</b>                                     |   |
| Meaning  | An expression suggesting that a name holds significance or can convey a lot.  |
| Examples   | <ol style="list-style-type: none"> <li>1. The company's reputation is in a name; choosing the right name is crucial.</li> <li>2. Shakespeare famously wrote, "What's in a name? That which we call a rose by any other name would smell as sweet."</li> <li>3. She believes in the power of a name and chose one that symbolizes strength.</li> </ol>   |
| Etymology  | This phrase ponders the significance and impact of names.   |
| <b>Behind Every Great Man, There's a Great Woman</b> |   |

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| Meaning                          | An assertion that successful men often owe their success to the support of capable women.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The saying "behind every great man, there's a great woman" emphasizes the role of supportive partners.</li> <li>2. The team's success was credited to the coach, but behind every great man, there's a great woman—the dedicated assistant coach.</li> <li>3. This idiom acknowledges the often unnoticed contributions of women in influential roles.</li> </ol> |
| Etymology                        | This phrase highlights the role of women as unsung pillars of support.  |
| <b>To each, his own</b>          |   |
| Meaning                          | Everyone has their preferences or opinions, and that should be respected.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. When it comes to music, to each his own; different people enjoy different genres.</li> <li>2. Some prefer spicy food, others prefer mild—well, to each his own.</li> <li>3. In matters of style, to each his own; what matters is personal comfort and expression.</li> </ol>   |
| Etymology                        | This phrase emphasizes individuality and personal choices.  |
| <b>What's in a Name?</b>         |   |
| Meaning                          | A rhetorical question suggesting that a name itself doesn't carry inherent significance.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. Juliet asks Romeo, "What's in a name?" to emphasize the idea that names are not essential to love.</li> <li>2. The debate over changing the company's name led to the question, "What's in a name, after all?"</li> <li>3. Sometimes people ponder, "What's in a name?" when considering the impact of titles.</li> </ol>   |
| Etymology                        | This phrase is famously used by Juliet in Shakespeare's play "Romeo and Juliet."  |
| <b>Baptism by Fire</b>           |   |
| Meaning                          | A challenging experience that tests someone's abilities and skills right from the start.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. His first project as a manager was a baptism by fire, requiring him to handle a crisis.</li> <li>2. The new employee faced a baptism by fire during her first week, handling several urgent tasks.</li> <li>3. Starting a business during a recession was a baptism by fire for the entrepreneur.</li> </ol>  |
| Etymology                        | This phrase refers to the idea of being tested and refined through adversity.   |
| <b>Not a Penny to One's Name</b> |   |
| Meaning                          | Completely broke or having no money at all.   |

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| Examples                                    | <ol style="list-style-type: none"> <li>1. After losing his job, he had not a penny to his name and struggled to make ends meet.</li> <li>2. The artist pursued her passion despite having not a penny to her name.</li> <li>3. The gambler risked everything and ended up with not a penny to his name.</li> </ol>  |
| Etymology                                   | This phrase underscores financial destitution.  |
| <b>Don't Look a Gift Horse in the Mouth</b> |   |
| Meaning                                     | Don't be critical of something received as a gift or favor.   |
| Examples                                    | <ol style="list-style-type: none"> <li>1. She offered you a free concert ticket; don't look a gift horse in the mouth and complain about the seat.</li> <li>2. They're lending you their vacation home; don't be picky—don't look a gift horse in the mouth.</li> <li>3. When given something without cost, it's best to appreciate it without scrutiny.</li> </ol> |
| Etymology                                   | This phrase originates from assessing a horse's age by its teeth.   |
| <b>To the Letter</b>                        |   |
| Meaning                                     | Following instructions or rules exactly as they are given.  |
| Examples                                    | <ol style="list-style-type: none"> <li>1. He followed the recipe to the letter, resulting in a perfect dish.</li> <li>2. The contract must be adhered to the letter to avoid any legal issues.</li> <li>3. When giving directions, it's crucial to communicate them to the letter for accuracy.</li> </ol>  |
| Etymology                                   | This phrase emphasizes precise adherence to details.  |
| <b>Dead in the Water</b>                    |   |
| Meaning                                     | A plan or idea that has failed or is not making progress.   |
| Examples                                    | <ol style="list-style-type: none"> <li>1. The project was ambitious, but due to funding issues, it's now dead in the water.</li> <li>2. Despite initial enthusiasm, the proposal is dead in the water because of logistical challenges.</li> <li>3. The business venture seemed promising, but unexpected regulations left it dead in the water.</li> </ol>         |
| Etymology                                   | This phrase draws on the image of a stalled ship on water.  |
| <b>Not Call the Tune</b>                    |   |
| Meaning                                     | Not having control or authority over a situation.   |
| Examples                                    | <ol style="list-style-type: none"> <li>1. As an intern, she doesn't call the tune in the decision-making process.</li> <li>2. Being a junior team member, he can't call the tune on major projects.</li> <li>3. Without influence, one cannot call the tune in important matters.</li> </ol>  |
| Etymology                                   | This phrase refers to directing or controlling a situation.   |
| <b>Sing a Different Tune</b>                |   |

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| Meaning                      | To change one's opinion or attitude, especially in a way that is more agreeable.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. After realizing the impact, he sang a different tune about environmental conservation.</li> <li>2. Once the facts were presented, she sang a different tune regarding the proposed policy.</li> <li>3. Facing backlash, the company CEO sang a different tune and promised better practices.</li> </ol>       |
| Etymology                    | This phrase uses "sing" metaphorically for expressing a change.   |
| <b>A Name for Himself</b>    |   |
| Meaning                      | To establish a reputation and identity through accomplishments.   |
| Examples                     | <ol style="list-style-type: none"> <li>1. Starting as an intern, he worked hard to make a name for himself in the competitive industry.</li> <li>2. Despite challenges, she persevered and earned a name for herself as a leading researcher.</li> <li>3. The athlete's dedication helped him create a name for himself in the sports world.</li> </ol> |
| Etymology                    | This phrase signifies gaining recognition and standing out.   |
| <b>For Name's Sake</b>       |   |
| Meaning                      | Only in name or appearance, not in reality or substance.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. The title of manager was given for name's sake; he lacked authority.</li> <li>2. The organisation retained its original structure for name's sake, but the function had changed.</li> <li>3. Honoring traditions for name's sake doesn't necessarily preserve their original purpose.</li> </ol>              |
| Etymology                    | This phrase signifies a superficial connection to a name.   |
| <b>On a First-Name Basis</b> |   |
| Meaning                      | Familiar enough with someone to address them using their first name.  |
| Examples                     | <ol style="list-style-type: none"> <li>1. After working together for years, they were on a first-name basis.</li> <li>2. The friendly receptionist put everyone at ease, making them feel like they were on a first-name basis.</li> <li>3. Being on a first-name basis promotes a comfortable and informal atmosphere.</li> </ol>                      |
| Etymology                    | This phrase relates to using first names instead of titles.   |
| <b>Call the Shots</b>        |   |
| Meaning                      | To make important decisions and have control over a situation.  |

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| Examples                                 | <ol style="list-style-type: none"> <li>1. The project manager is the one who calls the shots and sets the direction.</li> <li>2. As the team leader, she has the authority to call the shots on project changes.</li> <li>3. In a democracy, the citizens have the power to call the shots through their votes.</li> </ol>                                  |
| Etymology                                | This phrase refers to directing or influencing outcomes.  |
| <b>Make a Mountain Out of a Molehill</b> |   |
| Meaning                                  | To exaggerate a minor issue or problem, making it seem much larger or more important.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. She tends to make a mountain out of a molehill whenever something goes slightly wrong.</li> <li>2. Instead of stressing over a small mistake, don't make a mountain out of a molehill.</li> <li>3. His reaction to the typo was excessive; he made a mountain out of a molehill.</li> </ol>                       |
| Etymology                                | This phrase uses contrasting images to highlight overreaction.  |
| <b>Put a Face to a Name</b>              |   |
| Meaning                                  | To meet someone personally after knowing their name.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. After corresponding online for months, they finally put a face to a name at the conference.</li> <li>2. Putting a face to a name can be exciting, especially when you've been communicating digitally.</li> <li>3. She had heard about him, but only after the party did she put a face to the name.</li> </ol>   |
| Etymology                                | This phrase refers to visualizing someone after knowing their name.   |
| <b>Give Credit Where Credit Is Due</b>   |   |
| Meaning                                  | Acknowledge someone's contributions or accomplishments.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. It's important to give credit where credit is due; don't take someone's idea as your own.</li> <li>2. The team's success was a result of collaboration, and each member deserved credit where credit was due.</li> <li>3. She gave credit where credit was due, praising her team for their hard work.</li> </ol> |
| Etymology                                | This phrase promotes recognizing and appreciating effort.   |
| <b>Keep an Eye On</b>                    |   |
| Meaning                                  | To watch or monitor something closely.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The security guard was told to keep an eye on the entrance for any unauthorized visitors.</li> <li>2. Parents need to keep an eye on their children while they're playing in the park.</li> <li>3. The supervisor instructed the team to keep an eye on the progress of the project.</li> </ol>                   |

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| Etymology                  | This phrase suggests being vigilant and observant.  |
| <b>Pull Someone's Leg</b>  |   |
| Meaning                    | To tease or joke with someone in a playful manner.  |
| Examples                   | <ol style="list-style-type: none"> <li>1. When he said he won a million dollars, we thought he was pulling our leg.</li> <li>2. She claimed she could fly, but we knew she was just pulling our leg.</li> <li>3. Don't take him seriously; he's always pulling people's legs with his tall tales.</li> </ol>                |
| Etymology                  | The origin of this phrase is uncertain, but it likely refers to a playful tug as a joke.  |
| <b>Head Over Heels</b>     |   |
| Meaning                    | Completely in love or infatuated with someone.  |
| Examples                   | <ol style="list-style-type: none"> <li>1. They had just met, but she was already head over heels for him.</li> <li>2. He was head over heels in love and couldn't stop thinking about her.</li> <li>3. Falling head over heels can be both exciting and overwhelming.</li> </ol>  |
| Etymology                  | This phrase is derived from the idea of tumbling in love.   |
| <b>Twist Someone's Arm</b> |   |
| Meaning                    | To persuade or convince someone to do something they might not want to do.  |
| Examples                   | <ol style="list-style-type: none"> <li>1. He didn't want to join the team at first, but they managed to twist his arm.</li> <li>2. They twisted her arm to attend the party, and she ended up having a great time.</li> <li>3. Sometimes a little persuasion is needed to twist someone's arm for a good cause.</li> </ol>  |
| Etymology                  | This phrase suggests exerting pressure to change someone's mind.  |
| <b>Keep Your Chin Up</b>   |   |
| Meaning                    | To remain optimistic and maintain a positive attitude.  |
| Examples                   | <ol style="list-style-type: none"> <li>1. Even in tough times, it's important to keep your chin up and stay hopeful.</li> <li>2. She faced setbacks with determination and always managed to keep her chin up.</li> <li>3. The coach's advice to the team was to keep their chins up and give their best effort.</li> </ol> |
| Etymology                  | This phrase alludes to maintaining an upright posture despite difficulties.   |
| <b>Put Your Foot Down</b>  |   |
| Meaning                    | To assert one's authority or make a firm decision.  |

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| Examples                            | <ol style="list-style-type: none"> <li>1. When safety is at risk, the supervisor has to put their foot down and enforce the rules.</li> <li>2. The parents decided to put their foot down and limit screen time for their children.</li> <li>3. Sometimes, you have to put your foot down to ensure things are done properly.</li> </ol> |
| Etymology                           | This phrase conveys taking a firm stance on a matter.  |
| <b>Under Someone's Thumb</b>        |  |
| Meaning                             | Being controlled or dominated by someone's influence.  |
| Examples                            | <ol style="list-style-type: none"> <li>1. He felt trapped and realized he was under his boss's thumb.</li> <li>2. She was tired of being under her partner's thumb and wanted more independence.</li> <li>3. When someone is under another's thumb, it can be difficult to make decisions.</li> </ol>                                    |
| Etymology                           | This phrase suggests being submissive or subordinate.  |
| <b>Heart and Soul</b>               |  |
| Meaning                             | With great enthusiasm and dedication.  |
| Examples                            | <ol style="list-style-type: none"> <li>1. She poured her heart and soul into the project, resulting in a masterpiece.</li> <li>2. They played their music with heart and soul, captivating the audience.</li> <li>3. To succeed, you have to give a task your heart and soul.</li> </ol>   |
| Etymology                           | This phrase conveys putting forth maximum effort.  |
| <b>Off the Top of Your Head</b>     |  |
| Meaning                             | Speaking without preparation; spontaneously.   |
| Examples                            | <ol style="list-style-type: none"> <li>1. Can you name some famous painters off the top of your head?</li> <li>2. He answered the question off the top of his head, without consulting his notes.</li> <li>3. I can't recall the exact details off the top of my head, but I can look them up for you.</li> </ol>                        |
| Etymology                           | This phrase likens spontaneous thought to something at the forefront.  |
| <b>Give Someone a Hand</b>          |  |
| Meaning                             | To offer help or assistance to someone.  |
| Examples                            | <ol style="list-style-type: none"> <li>1. He was struggling with the heavy box, so I gave him a hand.</li> <li>2. When a coworker is overloaded, it's nice to give them a hand.</li> <li>3. We should always be willing to give someone a hand when they need it.</li> </ol>   |
| Etymology                           | This phrase involves the gesture of extending help.  |
| <b>Get Something Off Your Chest</b> |  |

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| Meaning                          | To express something that has been bothering you.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. He needed to get his frustrations off his chest by talking to a friend.</li> <li>2. She felt relieved after getting her concerns off her chest during the meeting.</li> <li>3. Sometimes, it's therapeutic to get things off your chest and share your feelings.</li> </ol>          |
| Etymology                        | This phrase suggests unburdening oneself of emotions.  |
| <b>Keep Your Fingers Crossed</b> |  |
| Meaning                          | To hope for a positive outcome or success.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. She kept her fingers crossed during the interview, hoping to get the job.</li> <li>2. Let's keep our fingers crossed that the weather will be good for the outdoor event.</li> <li>3. When taking a test, students often keep their fingers crossed for good grades.</li> </ol>      |
| Etymology                        | This phrase comes from the gesture of crossing one's fingers for luck.   |
| <b>Jumping Out of One's Skin</b> |  |
| Meaning                          | Feeling extremely startled or surprised.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The loud noise made him jump out of his skin.</li> <li>2. When the unexpected news was announced, everyone seemed to be jumping out of their skin.</li> <li>3. The sudden appearance of the magician's rabbit had the children jumping out of their skin with excitement.</li> </ol> |
| Etymology                        | This phrase vividly describes a startled reaction.   |
| <b>Not Lift a Finger</b>         |  |
| Meaning                          | To not make any effort or take action.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. Despite the mess, he didn't lift a finger to help clean up.</li> <li>2. She's always quick to delegate tasks and never lifts a finger herself.</li> <li>3. If you want something done, you can't expect others to not lift a finger.</li> </ol>                                      |
| Etymology                        | This phrase underscores inaction or laziness.  |
| <b>Nose to the Grindstone</b>    |  |
| Meaning                          | Working diligently and persistently on a task.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. He had his nose to the grindstone, completing the project ahead of schedule.</li> <li>2. The team kept their noses to the grindstone to meet the tight deadline.</li> <li>3. Success comes to those who keep their noses to the grindstone and stay focused.</li> </ol>              |
| Etymology                        | This phrase likely originates from grinding tools against a stone to sharpen them.   |

| <b>Stick Out Like a Sore Thumb</b>        |   |
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| Meaning                                   | To be very noticeable because of being different or out of place.   |
| Examples                                  | <ol style="list-style-type: none"> <li>1. In a sea of black suits, his bright orange shirt stuck out like a sore thumb.</li> <li>2. The modern building stuck out like a sore thumb in the historical district.</li> <li>3. Her lack of knowledge on the topic made her stick out like a sore thumb during the debate.</li> </ol> |
| Etymology                                 | This phrase conveys the idea of something obviously different.  |
| <b>Hit the Nail on the Head</b>           |   |
| Meaning                                   | To accurately state or identify the main point or truth.  |
| Examples                                  | <ol style="list-style-type: none"> <li>1. Her analysis hit the nail on the head, addressing the core issue.</li> <li>2. He didn't beat around the bush; he hit the nail on the head with his explanation.</li> <li>3. Sometimes, a simple statement can hit the nail on the head and capture the essence.</li> </ol>              |
| Etymology                                 | This phrase likens a precise statement to accurately striking a nail.   |
| <b>Cost an Arm and a Leg</b>              |   |
| Meaning                                   | To be very expensive or cost a lot of money.  |
| Examples                                  | <ol style="list-style-type: none"> <li>1. The medical treatment cost them an arm and a leg, but it was necessary.</li> <li>2. Buying a new car can often cost an arm and a leg due to high prices.</li> <li>3. Despite loving the house, they had to pass because it would have cost them an arm and a leg.</li> </ol>            |
| Etymology                                 | This phrase uses the imagery of giving up something valuable (an arm and a leg) to represent a high cost.   |
| <b>Have a Change of Heart</b>             |   |
| Meaning                                   | To change one's opinion, attitude, or decision about something.   |
| Examples                                  | <ol style="list-style-type: none"> <li>1. He originally opposed the project, but after hearing more, he had a change of heart.</li> <li>2. She had a change of heart about the job offer and decided to accept it.</li> <li>3. Sometimes, a personal experience can lead to having a change of heart.</li> </ol>                  |
| Etymology                                 | This phrase signifies a shift in emotional perspective.   |
| <b>Put Your Money Where Your Mouth Is</b> |   |
| Meaning                                   | To take action to support or back up one's statements.  |

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| Examples                           | <ol style="list-style-type: none"> <li>1. If you believe in your idea, put your money where your mouth is and invest in it.</li> <li>2. Instead of just talking about charity, he decided to put his money where his mouth is and donated generously.</li> <li>3. Actions speak louder than words; it's time to put your money where your mouth is.</li> </ol>                        |
| Etymology                          | This phrase implies backing up words with tangible commitment.  |
| <b>Go Under the Knife</b>          |   |
| Meaning                            | To have surgery or a medical procedure.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. After years of pain, she decided to go under the knife to get relief.</li> <li>2. The athlete's injury was severe, requiring him to go under the knife for rehabilitation.</li> <li>3. Modern medicine has made going under the knife safer and more effective.</li> </ol>  |
| Etymology                          | This phrase alludes to surgical instruments.  |
| <b>Be All Thumbs</b>               |   |
| Meaning                            | To be clumsy or awkward in using one's hands.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. She was all thumbs when trying to fix the broken vase.</li> <li>2. I can't sew; I'm all thumbs when it comes to using a needle.</li> <li>3. Being all thumbs with tools, he struggled to assemble the furniture.</li> </ol>   |
| Etymology                          | This phrase humorously suggests having thumbs instead of fingers.   |
| <b>Get Cold Feet</b>               |   |
| Meaning                            | To become nervous or apprehensive, especially before a significant event.   |
| Examples                           | <ol style="list-style-type: none"> <li>1. He was excited about the performance, but as the time approached, he got cold feet.</li> <li>2. She had been planning to propose, but at the last moment, she got cold feet.</li> <li>3. The thought of speaking in front of a large audience made her get cold feet.</li> </ol>  |
| Etymology                          | This phrase likens nervousness to coldness creeping in.   |
| <b>Breathe Down Someone's Neck</b> |   |
| Meaning                            | To closely monitor or pressure someone to complete a task.  |
| Examples                           | <ol style="list-style-type: none"> <li>1. The deadline was approaching, and the manager was breathing down their necks to finish the project.</li> <li>2. The coach always breathes down the players' necks during practice to ensure they give their best effort.</li> <li>3. Under constant scrutiny, employees often feel their supervisors breathing down their necks.</li> </ol> |
| Etymology                          | This phrase conveys the sensation of someone being very close.  |

| <b>Keep Your Nose Clean</b>      |  |
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| Meaning                          | To stay out of trouble or avoid any wrongdoing.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. He promised his parents that he would keep his nose clean during his summer vacation.</li> <li>2. To maintain a good reputation, it's important to keep your nose clean in the workplace.</li> <li>3. Staying away from questionable activities helps you keep your nose clean.</li> </ol>               |
| Etymology                        | This phrase emphasizes staying clear of potential problems.  |
| <b>By the Skin of Your Teeth</b> |  |
| Meaning                          | Barely managing to succeed or escape from a difficult situation.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. He passed the exam by the skin of his teeth, just one point above the passing score.</li> <li>2. The team won the game by the skin of their teeth with a last-minute goal.</li> <li>3. Surviving the accident was a miracle; she made it out by the skin of her teeth.</li> </ol>                        |
| Etymology                        | This phrase highlights a narrow margin of success.   |
| <b>Keep an Eye Out</b>           |  |
| Meaning                          | To watch for or be vigilant about something.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. While shopping, keep an eye out for discounts and deals.</li> <li>2. Residents were advised to keep an eye out for any suspicious activity in the neighborhood.</li> <li>3. When hiking, it's important to keep an eye out for trail markers to avoid getting lost.</li> </ol>                           |
| Etymology                        | This phrase signifies being watchful and attentive.  |
| <b>Give Your Right Arm</b>       |  |
| Meaning                          | To be willing to give up something valuable or make a great sacrifice.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. He would give his right arm to be able to travel the world.</li> <li>2. She said she would give her right arm for a chance to meet her favorite author.</li> <li>3. Expressing extreme desire, this phrase refers to offering something significant.</li> </ol>  |
| Etymology                        | This phrase suggests offering a valuable part of oneself.  |
| <b>Rub Elbows With</b>           |  |
| Meaning                          | To socialize or associate with someone, especially influential or important people.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. Attending the gala allowed her to rub elbows with prominent figures in the industry.</li> <li>2. Networking events offer opportunities to rub elbows with professionals from various fields.</li> <li>3. To expand your horizons, try to rub elbows with people from different walks of life.</li> </ol> |

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| Etymology   | This phrase alludes to mingling in a social setting.  |
| <b>Keep Your Hair On</b>                          |   |
| Meaning   | Calm down and don't get upset.  |
| Examples  | <ol style="list-style-type: none"> <li>1. When he heard the news, he panicked, but his friend told him to keep his hair on.</li> <li>2. Don't get worked up over a small mistake; just keep your hair on.</li> <li>3. Keeping your hair on in stressful situations is important for clear thinking.</li> </ol>  |
| Etymology   | This phrase humorously advises maintaining composure.   |
| <b>Neck and Neck</b>                              |   |
| Meaning   | In a competition or race, when two competitors are very close and evenly matched.   |
| Examples  | <ol style="list-style-type: none"> <li>1. The runners were neck and neck as they approached the finish line.</li> <li>2. The election results were so close that the candidates remained neck and neck throughout the count.</li> <li>3. Being neck and neck can make a competition even more exciting.</li> </ol>  |
| Etymology   | This phrase likens the situation to two necks side by side.   |
| <b>Get Off Someone's Back</b>                     |   |
| Meaning   | To stop criticizing, bothering, or pressuring someone.  |
| Examples  | <ol style="list-style-type: none"> <li>1. He was tired of his boss always being on his back about every detail.</li> <li>2. Parents should sometimes get off their children's backs and allow them some independence.</li> <li>3. To maintain a healthy relationship, it's important to get off each other's backs occasionally.</li> </ol>   |
| Etymology   | This phrase suggests removing a figurative weight or burden.  |
| <b>Speak the Same Language</b>                    |   |
| Meaning   | To have a shared understanding or viewpoint.  |
| Examples  | <ol style="list-style-type: none"> <li>1. They may come from different backgrounds, but they speak the same language when it comes to their passion for music.</li> <li>2. Effective communication is essential for people to speak the same language in business partnerships.</li> <li>3. When it comes to discussing their dreams, they both speak the same language of ambition.</li> </ol> |
| Etymology   | This phrase uses "language" metaphorically to denote understanding.   |
| <b>Know Which Side One's Bread Is Buttered On</b> |   |
| Meaning   | To understand where one's best interests lie and act accordingly.   |

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| Examples                            | <ol style="list-style-type: none"> <li>1. She always supports the boss's ideas; she knows which side her bread is buttered on.</li> <li>2. In politics, knowing which side your bread is buttered on can determine your success.</li> <li>3. By aligning with the influential, he showed he knew which side his bread was buttered on.</li> </ol>                          |
| Etymology                           | This phrase likens benefiting to having buttered bread.  |
| <b>Not Born Yesterday</b>           |  |
| Meaning                             | Not naive or easily fooled; having experience and awareness.   |
| Examples                            | <ol style="list-style-type: none"> <li>1. Don't try to deceive him; he's not born yesterday and can see through tricks.</li> <li>2. Being in the industry for years, she's not born yesterday and knows the ins and outs.</li> <li>3. You can't fool her easily; she's not born yesterday when it comes to business deals.</li> </ol>                                      |
| Etymology                           | This phrase suggests not being recently born or inexperienced.   |
| <b>Put Someone on the Map</b>       |  |
| Meaning                             | To make someone or something famous or well-known.   |
| Examples                            | <ol style="list-style-type: none"> <li>1. His breakthrough role put him on the map in Hollywood.</li> <li>2. The invention of the smartphone really put that company on the map.</li> <li>3. A single viral video can put a small business on the map overnight.</li> </ol>  |
| Etymology                           | This phrase conveys elevating someone or something's recognition.  |
| <b>A Square Peg in a Round Hole</b> |  |
| Meaning                             | Someone or something that doesn't fit well in a particular situation.  |
| Examples                            | <ol style="list-style-type: none"> <li>1. Being an introvert at a lively party, he felt like a square peg in a round hole.</li> <li>2. Her classical music taste in a hip-hop concert made her seem like a square peg in a round hole.</li> <li>3. The traditional methods of teaching didn't suit the innovative teacher; he was a square peg in a round hole.</li> </ol> |
| Etymology                           | This phrase metaphorically likens a misfit to a mismatched object.   |
| <b>Cast in the Same Mold</b>        |  |
| Meaning                             | To be very similar in nature or characteristics.   |
| Examples                            | <ol style="list-style-type: none"> <li>1. Despite being from different cultures, they were cast in the same mold when it came to their values.</li> <li>2. The two siblings were cast in the same mold; they both had a talent for music.</li> <li>3. Finding someone cast in the same mold can create an instant connection.</li> </ol>                                   |

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| Etymology                       | This phrase likens similarities to being formed from the same mold.   |
| <b>Carry Coals to Newcastle</b> |   |
| Meaning                         | To do something unnecessary or redundant; to bring something to a place where it is already abundant.   |
| Examples                        | <ol style="list-style-type: none"> <li>1. Selling umbrellas in a rainy city is like carrying coals to Newcastle.</li> <li>2. Offering ice cream in an ice cream parlor is like carrying coals to Newcastle.</li> <li>3. Trying to teach math to a math prodigy is like carrying coals to Newcastle.</li> </ol>                              |
| Etymology                       | This phrase refers to the historically abundant coal in Newcastle, England.   |
| <b>Land of Milk and Honey</b>   |   |
| Meaning                         | A place of abundance, opportunity, or prosperity.   |
| Examples                        | <ol style="list-style-type: none"> <li>1. For many immigrants, the new country was seen as a land of milk and honey.</li> <li>2. They moved to the city, hoping to find a land of milk and honey with better job prospects.</li> <li>3. People were drawn to the gold rush, thinking it would be a land of milk and honey.</li> </ol>       |
| Etymology                       | This phrase conjures an image of a bountiful and prosperous place.  |
| <b>Fight Fire with Fire</b>     |   |
| Meaning                         | To counter a harmful or negative action with a similar action.  |
| Examples                        | <ol style="list-style-type: none"> <li>1. They decided to fight fire with fire by launching a competitive product.</li> <li>2. The team believed that they could fight fire with fire by responding in the same aggressive manner.</li> <li>3. Sometimes, fighting fire with fire escalates conflicts instead of resolving them.</li> </ol> |
| Etymology                       | This phrase likens using similar tactics to combat a situation.   |
| <b>Take French Leave</b>        |   |
| Meaning                         | To leave a gathering or event without informing or saying goodbye to others.  |
| Examples                        | <ol style="list-style-type: none"> <li>1. He decided to take French leave from the party after a disagreement.</li> <li>2. She often takes French leave from work, leaving early without notice.</li> <li>3. Leaving without proper farewells can sometimes be seen as taking French leave.</li> </ol>                                      |
| Etymology                       | The exact origin is unclear, but it refers to leaving discreetly.   |
| <b>Dutch Courage</b>            |   |
| Meaning                         | False bravery or confidence induced by alcohol.   |

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| Examples                                 | <ol style="list-style-type: none"> <li>1. He needed a shot of whiskey to gather some Dutch courage before his speech.</li> <li>2. Some people rely on Dutch courage to approach social situations they find intimidating.</li> <li>3. Depending on alcohol for Dutch courage can have negative consequences.</li> </ol>  |
| Etymology                                | This phrase reflects a stereotype about alcohol consumption in the Netherlands.  |
| <b>All Roads Lead to Rome</b>            |  |
| Meaning                                  | There are various ways to reach the same goal or destination.  |
| Examples                                 | <ol style="list-style-type: none"> <li>1. They had different approaches, but all roads led to Rome—they all achieved success.</li> <li>2. In problem-solving, you'll find that all roads lead to Rome; there's more than one solution.</li> <li>3. Different study methods can yield good results; all roads lead to Rome.</li> </ol>  |
| Etymology                                | This phrase refers to the ancient road network leading to Rome.  |
| <b>When in Rome, Do as the Romans Do</b> |  |
| Meaning                                  | When in a foreign place or situation, adapt to the local customs or practices.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. While traveling, she decided to dress conservatively, following the principle of when in Rome, do as the Romans do.</li> <li>2. Attending the traditional ceremony, he decided to join in; after all, when in Rome, do as the Romans do.</li> <li>3. It's wise to embrace local customs when you're in a new environment—when in Rome, do as the Romans do.</li> </ol> |
| Etymology                                | This phrase refers to conforming to the cultural norms of a place.   |
| <b>Not a Roman Holiday</b>               |  |
| Meaning                                  | Not an enjoyable or carefree experience.   |
| Examples                                 | <ol style="list-style-type: none"> <li>1. The team's project was challenging; it was definitely not a Roman holiday.</li> <li>2. Dealing with a difficult customer was not a Roman holiday for the salesperson.</li> <li>3. Despite their high expectations, the vacation turned out to be not a Roman holiday due to bad weather.</li> </ol>  |
| Etymology                                | This phrase contrasts the concept of a holiday in Rome with a challenging situation.   |
| <b>From Rags to Riches</b>               |  |
| Meaning                                  | Referring to a remarkable journey of moving from poverty to wealth or success.   |

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| Examples                  | <ol style="list-style-type: none"> <li>1. His life story is truly inspirational; he went from rags to riches through hard work and determination.</li> <li>2. The entrepreneur's journey from rags to riches serves as a motivational example.</li> <li>3. Many successful individuals have stories of moving from rags to riches.</li> </ol>                                   |
| Etymology                 | This phrase illustrates a dramatic transformation in circumstances.   |
| <b>British Invasion</b>   |   |
| Meaning                   | A period in the 1960s when British music groups gained significant popularity in the United States.   |
| Examples                  | <ol style="list-style-type: none"> <li>1. The Beatles were at the forefront of the British invasion, capturing the hearts of American fans.</li> <li>2. The British invasion marked a pivotal moment in music history, influencing the development of rock and pop.</li> <li>3. The British invasion introduced a new sound that resonated with audiences worldwide.</li> </ol> |
| Etymology                 | This phrase refers to the surge of British music acts entering the U.S. market.   |
| <b>All Greek to Me</b>    |   |
| Meaning                   | Something is incomprehensible or difficult to understand.   |
| Examples                  | <ol style="list-style-type: none"> <li>1. When he explained the technical details, it was all Greek to me.</li> <li>2. Reading the legal document was like deciphering a code; it was all Greek to me.</li> <li>3. If you're not familiar with the subject, it can be all Greek to you.</li> </ol>  |
| Etymology                 | This phrase emphasizes the perception of unfamiliarity.   |
| <b>Dutch Treat</b>        |   |
| Meaning                   | An outing or meal where each person pays for themselves.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. Instead of a formal dinner, we decided on a Dutch treat to keep it casual.</li> <li>2. Going out for ice cream was a fun Dutch treat among friends.</li> <li>3. When meeting friends, a Dutch treat can be an easy and fair way to handle expenses.</li> </ol>  |
| Etymology                 | The origin of this phrase is uncertain but refers to shared expenses.   |
| <b>Polish Up Your Act</b> |   |
| Meaning                   | To improve one's behavior, performance, or appearance.  |
| Examples                  | <ol style="list-style-type: none"> <li>1. If you want to impress the clients, you need to polish up your act during the presentation.</li> <li>2. After receiving feedback, she decided to polish up her act for the next audition.</li> </ol>  |

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|                                   | 3. A little effort can go a long way in polishing up your act for job interviews.   |
| Etymology                         | This phrase suggests refining one's actions or presentation.  |
| <b>Germane to the Matter</b>      |   |
| Meaning                           | Relevant or pertinent to the subject or issue at hand.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. Let's focus on information that is germane to the matter and avoid tangents.</li> <li>2. In discussions, it's important to bring up points that are germane to the topic.</li> <li>3. To stay productive, stick to points that are germane to the task.</li> </ol>                        |
| Etymology                         | This phrase underscores the importance of relevance.  |
| <b>Out of the Woods</b>           |   |
| Meaning                           | Out of danger or difficulty; no longer facing problems.   |
| Examples                          | <ol style="list-style-type: none"> <li>1. After a successful surgery, she was finally out of the woods.</li> <li>2. The project faced many challenges, but now it's out of the woods.</li> <li>3. Overcoming the financial crisis, they are now out of the woods.</li> </ol>  |
| Etymology                         | This phrase refers to emerging from a dense, dangerous area.  |
| <b>All's fair in love and war</b> |   |
| Meaning                           | In certain situations, any type of behavior is acceptable, even if it is normally considered unfair or unethical.   |
| Examples                          | <ol style="list-style-type: none"> <li>1. He used some unconventional tactics to win the debate. All's fair in love and war, after all.</li> <li>2. She played a little dirty during the card game, but all's fair in love and war.</li> <li>3. In competitive sports, people often say that all's fair in love and war.</li> </ol> |
| Etymology                         | This phrase originated from a book titled "Euphues and His England" by John Lyly, published in 1578. The full phrase is "The rules of fair play do not apply in love and war." It reflects the idea that extreme circumstances justify extreme actions.   |
| <b>Beat a hasty retreat</b>       |   |
| Meaning                           | To quickly withdraw from a difficult or dangerous situation.  |
| Examples                          | <ol style="list-style-type: none"> <li>1. When they saw the approaching storm, they beat a hasty retreat from the beach.</li> <li>2. The army had to beat a hasty retreat when they realized they were outnumbered.</li> <li>3. After his joke fell flat, he beat a hasty retreat from the stage.</li> </ol>                        |

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| Etymology                      | This phrase has military origins and comes from the idea of soldiers retreating quickly and hastily from a battle or confrontation to avoid further danger or loss.   |
| <b>In the line of fire</b>     |   |
| Meaning                        | In a situation where one is exposed to danger, criticism, or risk.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. Journalists often find themselves in the line of fire while reporting from conflict zones.</li> <li>2. The CEO had to address tough questions from investors and was in the line of fire.</li> <li>3. Politicians are always in the line of fire when it comes to public scrutiny.</li> </ol> |
| Etymology                      | This idiom is borrowed from military terminology, where soldiers who are positioned in the line of fire are at risk of being hit by enemy weapons. It has been adapted to refer to any situation involving risk or vulnerability.   |
| <b>Call to arms</b>            |   |
| Meaning                        | A summons to prepare for battle or action. It can also refer to a call for people to unite or take action in a time of crisis.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The leader's speech was a call to arms for the citizens to stand up against injustice.</li> <li>2. The nation's response to the natural disaster was a true call to arms, with people volunteering to help in any way they could.</li> </ol>  |
| Etymology                      | This phrase directly refers to the act of calling upon individuals to take up arms or weapons in preparation for war. Over time, it has been used metaphorically to signify a rallying of support or action in various contexts.  |
| <b>Draw a line in the sand</b> |   |
| Meaning                        | To establish a clear boundary or limit beyond which one will not tolerate or allow certain actions or behavior.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. The manager drew a line in the sand regarding punctuality; anyone consistently late would face consequences.</li> <li>2. The diplomats were careful to avoid drawing a line in the sand during negotiations.</li> </ol>   |
| Etymology                      | This idiom likely originates from the practice of drawing a literal line in the sand to mark a boundary or demarcation, often seen in historical disputes or confrontations. The figurative use relates to setting non-negotiable limits.   |
| <b>In the trenches</b>         |   |
| Meaning                        | Engaged in the most challenging, difficult, or labor-intensive part of a task or job; often used to describe the most intense aspects of a situation.   |

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| Examples                         | <ol style="list-style-type: none"> <li>1. During the project, the team was in the trenches, working long hours to meet the tight deadline.</li> <li>2. As a teacher, she's in the trenches every day, dealing with the challenges of her students.</li> </ol> |
| Etymology                        | This phrase originally referred to the physical trenches dug during warfare for protection and strategic purposes. It has been adapted to represent any demanding and hands-on work.  |
| <b>Knock-down, drag-out</b>      |   |
| Meaning                          | A fierce and intense fight or argument that is marked by extreme aggression and often physical violence.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The siblings had a knock-down, drag-out argument over who would get the last piece of cake.</li> <li>2. The political debate turned into a knock-down, drag-out exchange of accusations and insults.</li> </ol>     |
| Etymology                        | This idiom uses vivid language to describe a confrontational situation that is forceful and unrelenting, similar to a physical brawl.   |
| <b>In the heat of the battle</b> |   |
| Meaning                          | In the midst of a intense and crucial situation or conflict, often causing emotions and decisions to be impulsive or reactive.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. He said some things in the heat of the battle that he later regretted.</li> <li>2. The team made a few mistakes in the heat of the battle, but they managed to secure the victory.</li> </ol>                       |
| Etymology                        | This phrase directly relates to the intense moments of battle where emotions and tensions run high, potentially leading to rash decisions or actions. It has been adapted to depict any situation marked by intensity and urgency.                            |
| <b>Throw in the towel</b>        |   |
| Meaning                          | To give up or surrender; to admit defeat. Often used when someone stops trying due to challenges or difficulties.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. After numerous failed attempts, he finally threw in the towel and decided to pursue a different career.</li> <li>2. The team didn't want to throw in the towel, so they continued to fight for the win.</li> </ol>  |
| Etymology                        | This phrase is rooted in the world of boxing, where a trainer would literally throw a towel into the ring to signal their boxer's surrender and end the match. It has since been applied metaphorically to various situations of giving up.                   |
| <b>Battle of wits</b>            |   |
| Meaning                          | A contest or competition that involves using intelligence, cleverness, and mental acuity to outsmart one's opponent.  |

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| Examples                 | <ol style="list-style-type: none"> <li>1. The debate turned into a battle of wits as both candidates tried to present their arguments more persuasively.</li> <li>2. The chess match was a thrilling battle of wits between two grandmasters.</li> </ol>  |
| Etymology                | This idiom emphasizes the intellectual aspect of competition, likening it to a strategic conflict where individuals attempt to outthink each other.   |
| <b>Bury the hatchet</b>  |   |
| Meaning                  | To put an end to a conflict or dispute and make peace with someone; to reconcile and move past disagreements.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. After years of rivalry, they finally decided to bury the hatchet and work together on a new project.</li> <li>2. The two families decided to bury the hatchet and mend their strained relationship.</li> </ol>  |
| Etymology                | This phrase is believed to originate from a Native American custom where warring tribes would literally bury their weapons to symbolize their intention to stop fighting. It now symbolizes making amends and resolving conflicts.  |
| <b>Take no prisoners</b> |   |
| Meaning                  | To be ruthless, unyielding, or uncompromising, especially in the pursuit of a goal or victory; to show no mercy.  |
| Examples                 | <ol style="list-style-type: none"> <li>1. The manager's approach was to take no prisoners when it came to achieving the company's targets.</li> <li>2. The athlete's intense training regimen showed that she was taking no prisoners in her quest for excellence.</li> </ol>                                 |
| Etymology                | This phrase is inspired by the harsh attitude often adopted by military forces during wartime, where they would show no leniency to enemies and take them captive without mercy. In a broader sense, it signifies an unwavering commitment to one's objectives.   |
| <b>The fog of war</b>    |   |
| Meaning                  | The confusion, uncertainty, and lack of clear information that can occur during military operations or any complex situation.   |
| Examples                 | <ol style="list-style-type: none"> <li>1. In the midst of battle, commanders often struggle with the fog of war, making real-time decisions based on limited information.</li> <li>2. The political landscape can sometimes be obscured by the fog of war, where accurate analysis is challenging.</li> </ol> |
| Etymology                | This phrase stems from the literal fog that can envelop a battlefield, obstructing vision and complicating strategies. In a broader context, it refers to the challenges of making informed decisions when information is incomplete or ambiguous.  |
| <b>Win the day</b>       |   |
| Meaning                  | To achieve success or victory in a particular situation or task; to accomplish one's goals for the day.   |

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| Examples                       | <ol style="list-style-type: none"> <li>1. Despite the challenges, the team's dedication and hard work helped them win the day and complete the project.</li> <li>2. She had a series of small victories that helped her win the day, despite the setbacks.</li> </ol>            |
| Etymology                      | This phrase comes from the concept of emerging triumphant at the end of a specific period, whether it's a single day or a defined task. It emphasizes achieving success within a given context.  |
| <b>Throw down the gauntlet</b> |  |
| Meaning                        | To issue a challenge or provocation, often in a bold or defiant manner, with the expectation of a response.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. The entrepreneur threw down the gauntlet by challenging his competitors to a contest of innovation.</li> <li>2. The artist's bold performance at the gallery opening threw down the gauntlet to traditional artistic norms.</li> </ol> |
| Etymology                      | This phrase refers to the medieval practice of a knight throwing down his metal glove (gauntlet) to challenge another to a duel. It has since been applied metaphorically to issuing any kind of challenge.  |
| <b>At the drop of a hat</b>    |  |
| Meaning                        | Without any hesitation or delay; immediately and on the spot.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. He's always ready to help at the drop of a hat, no matter what time it is.</li> <li>2. She can change her plans at the drop of a hat if something interesting comes up.</li> </ol>   |
| Etymology                      | This phrase is believed to originate from the act of dropping a hat as a signal or starting point for an event or action, such as a race. It now signifies acting quickly and without prior notice.  |
| <b>Join the ranks</b>          |  |
| Meaning                        | To become part of a group or organization, often involving shared goals, responsibilities, or activities.  |
| Examples                       | <ol style="list-style-type: none"> <li>1. After completing his training, he was excited to finally join the ranks of the professional firefighters.</li> <li>2. The new recruits were eager to join the ranks of the company and contribute to its success.</li> </ol>           |
| Etymology                      | This phrase draws from the imagery of a military formation, where individuals fall into line or ranks to work together toward a common objective.  |
| <b>Up in arms</b>              |  |
| Meaning                        | To be extremely angry, upset, or outraged about something; to react strongly against a situation or issue.   |
| Examples                       | <ol style="list-style-type: none"> <li>1. The community was up in arms over the proposed construction project that would affect their neighborhood.</li> <li>2. The employees were up in arms when the company announced sudden layoffs.</li> </ol>                              |

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| Etymology                              | This phrase refers to the idea of people taking up weapons (arms) in response to a threat or cause. It has been extended to describe strong emotional reactions to non-physical issues.   |
| <b>Cross swords</b>                    |   |
| Meaning                                | To engage in a confrontation or argument, often with a focus on intellectual or verbal challenges.  |
| Examples                               | 1. The two scholars crossed swords during the debate, each presenting their own perspective on the issue.<br>2. The journalists crossed swords over differing interpretations of the event.   |
| Etymology                              | This phrase originally referred to the physical act of sword fighting but has been adapted to describe clashes of opinions, ideas, or words. It emphasizes the competitive nature of the interaction.   |
| <b>Turn the tide</b>                   |   |
| Meaning                                | To change the course or outcome of a situation, often from a position of disadvantage to one of advantage.  |
| Examples                               | 1. With their determined efforts, the team managed to turn the tide of the game in the final quarter.<br>2. The new policies helped turn the tide of public opinion in favor of the government.   |
| Etymology                              | This phrase uses the imagery of the changing flow of a tide, suggesting a shift from a less favorable state to a more favorable one. It emphasizes the impact of transformative actions.  |
| <b>Win the battle but lose the war</b> |   |
| Meaning                                | To achieve a small victory but ultimately suffer a larger defeat or setback in the long term.   |
| Examples                               | 1. The company focused on cutting costs to increase short-term profits but lost employee morale in the process; they won the battle but lost the war.<br>2. The political candidate's smear campaign won him the primary but damaged his reputation for the general election. |
| Etymology                              | This phrase draws a parallel between military victories in individual battles and the broader context of achieving strategic goals or ultimate success. It underscores the importance of considering long-term consequences.  |
| <b>Wage war</b>                        |   |
| Meaning                                | To engage in a conflict, whether it's physical, metaphorical, or ideological; to actively pursue a goal or objective with determination.  |
| Examples                               | 1. The organization decided to wage war against poverty by launching a nationwide campaign.<br>2. The team waged war against their competition by introducing innovative products and services.   |

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| Etymology               | This phrase directly refers to the act of participating in a war or conflict. It has been extended to represent any determined effort to achieve a desired outcome.   |
| <b>Play both sides</b>  |   |
| Meaning                 | To support or engage with conflicting parties or viewpoints for personal gain or advantage.   |
| Examples                | <ol style="list-style-type: none"> <li>1. He tried to play both sides in the argument, agreeing with each person to avoid conflict.</li> <li>2. The politician's strategy of playing both sides backfired when voters saw through the opportunism.</li> </ol>   |
| Etymology               | This phrase captures the idea of simultaneously participating in opposing positions, as if one is involved in multiple sides of a conflict. It often carries a negative connotation of manipulation or dishonesty.  |
| <b>Rattle sabers</b>    |   |
| Meaning                 | To make aggressive or threatening gestures or statements, often to intimidate or provoke a response.  |
| Examples                | <ol style="list-style-type: none"> <li>1. The two nations were ratcheting up tensions by rattling sabers and issuing provocative statements.</li> <li>2. The company's aggressive marketing campaign was seen as an attempt to rattle sabers in the industry.</li> </ol>                                  |
| Etymology               | This phrase draws from the visual and auditory imagery of saber-rattling, which was historically used to signify military readiness or threat. It has been extended to describe provocative behavior in other contexts.   |
| <b>Break the ranks</b>  |   |
| Meaning                 | To deviate from a unified group or collective action; to step out of line or go against the norm.   |
| Examples                | <ol style="list-style-type: none"> <li>1. The dissident broke the ranks of the political party and advocated for a different approach.</li> <li>2. The employee chose to break the ranks and voice his disagreement during the meeting.</li> </ol>  |
| Etymology               | This phrase is rooted in military formations where soldiers stand in organized rows (ranks). "Breaking the ranks" disrupts the cohesion of the group and can have broader implications in other contexts.   |
| <b>Line in the sand</b> |   |
| Meaning                 | A firm boundary or limit that one establishes, indicating a point beyond which they will not tolerate certain actions or behavior.  |
| Examples                | <ol style="list-style-type: none"> <li>1. The CEO drew a line in the sand regarding ethical business practices, emphasizing that any violation would not be tolerated.</li> <li>2. The negotiations reached a critical point where each side had to decide where to draw the line in the sand.</li> </ol> |

|                       |   |
|-----------------------|---|
| Etymology             | This phrase is based on the literal act of drawing a line in the sand to mark a boundary, similar to the "draw a line in the sand" idiom. It symbolizes establishing non-negotiable limits.   |
| <b>Hunker down</b>    |   |
| Meaning               | To take shelter or prepare for a difficult or challenging situation by adopting a defensive or focused stance.  |
| Examples              | <ol style="list-style-type: none"> <li>1. As the storm approached, the residents hunkered down in their homes and waited for it to pass.</li> <li>2. The team decided to hunker down and work around the clock to meet the tight deadline.</li> </ol> |
| Etymology             | The origin of this phrase is uncertain, but it likely comes from the word "hunker," which means to squat or crouch. "Hunkering down" implies assuming a protected posture, whether physically or metaphorically.                                      |
| <b>Battle it out</b>  |   |
| Meaning               | To engage in a contest, argument, or struggle in a determined and intense manner, often with the goal of reaching a resolution.   |
| Examples              | <ol style="list-style-type: none"> <li>1. The two competitors were evenly matched and had to battle it out to determine the winner.</li> <li>2. The siblings decided to battle it out over the inheritance to settle their differences.</li> </ol>    |
| Etymology             | This phrase is derived from the imagery of adversaries participating in a battle, often implying that the conflict will continue until a clear victor emerges. It represents a process of confrontation and resolution.                               |
| <b>Take up arms</b>   |   |
| Meaning               | To prepare for battle or conflict by arming oneself; to join a fight or engage in combat.   |
| Examples              | <ol style="list-style-type: none"> <li>1. The villagers took up arms to defend their land from the invaders.</li> <li>2. In times of war, many young men and women are willing to take up arms to protect their country.</li> </ol>                   |
| Etymology             | This phrase directly refers to the act of arming oneself for battle, whether in a military context or in a broader sense of fighting for a cause.   |
| <b>On the warpath</b> |   |
| Meaning               | In a state of anger, aggression, or readiness for confrontation; actively pursuing a goal or taking strong action.  |
| Examples              | <ol style="list-style-type: none"> <li>1. The manager was on the warpath after discovering the project's delay.</li> <li>2. The activist group went on the warpath to demand justice for their cause.</li> </ol>                                      |

|                                  |   |
|----------------------------------|---|
| Etymology                        | This phrase likely stems from Native American imagery of a warrior's path before battle, signifying a determined and aggressive mindset. It has been extended to describe any focused and intense pursuit of objectives.  |
| <b>Outgunned and outnumbered</b> |   |
| Meaning                          | In a situation where one's opponents have superior resources, weaponry, or forces, making success challenging.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The small group of rebels was outgunned and outnumbered by the well-equipped army.</li> <li>2. Despite being outgunned and outnumbered, the team managed to put up a valiant fight.</li> </ol>  |
| Etymology                        | This phrase uses the imagery of armed conflict to depict a situation where one party faces significant disadvantages in terms of strength or resources. It emphasizes the challenges of such a situation.   |
| <b>Play hardball</b>             |   |
| Meaning                          | To be aggressive, uncompromising, and tough in negotiations, interactions, or competitions.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The company decided to play hardball in the negotiation, demanding significant concessions from the other party.</li> <li>2. The coach told the players to play hardball and give their all on the field.</li> </ol>                  |
| Etymology                        | This phrase comes from the game of baseball, where "hardball" refers to the regular version of the game played with a harder ball. It signifies an assertive and competitive approach.  |
| <b>Under the flag of truce</b>   |   |
| Meaning                          | In a temporary cessation of hostilities during a conflict, often to allow discussions or negotiations to take place.  |
| Examples                         | <ol style="list-style-type: none"> <li>1. The generals met under the flag of truce to discuss the terms of a possible ceasefire.</li> <li>2. The two warring factions agreed to a short period under the flag of truce to retrieve the wounded from the battlefield.</li> </ol> |
| Etymology                        | This phrase has historical origins, referring to the practice of raising a white flag or other symbol to indicate a temporary ceasefire and an intention to communicate. It is often used metaphorically to describe a temporary break in conflict.                             |
| <b>Against the clock</b>         |   |
| Meaning                          | In a race against time; attempting to complete a task before a specific deadline.   |
| Examples                         | <ol style="list-style-type: none"> <li>1. The team worked against the clock to finish the project before the end of the day.</li> <li>2. He had to complete the assignment against the clock as the due date was fast approaching.</li> </ol>                                   |

## PRACTICE QUESTIONS

1. She claims that her family recipe for apple pie is \_\_\_\_\_.
  - a) new as a daisy
  - b) old as the hills
  - c) fresh as a breeze
  - d) young as a spring chicken
  
2. When choosing a dance partner, John offered his hand to Sarah, saying, "\_\_\_\_\_."
  - a) Beauty takes precedence
  - b) Age before grace
  - c) Beauty trumps age
  - d) Age before beauty
  
3. The police arrested a man for \_\_\_\_\_ a local business late last night.
  - a) breaking and exiting
  - b) entering and breaking
  - c) breaking and entering
  - d) entering and breaking in
  
4. The investigators believe that the murder was \_\_\_\_\_, driven by intense emotions.
  - a) a planned crime
  - b) a calculated crime
  - c) a crime of passion
  - d) a crime without motive
  
5. In medieval times, certain criminals were sentenced to be \_\_\_\_\_ as punishment for their crimes.
  - a) put to sleep
  - b) put to death
  - c) put to rest
  - d) put to justice
  
6. Instead of \_\_\_\_\_, let's focus on finding a solution to the problem.
  - a) crying over spoiled milk
  - b) crying over spilled milk
  - c) mourning over ruined milk
  - d) lamenting over wasted milk

7. Jane's inability to settle down shows that she is \_\_\_\_\_.
- a) as steady as a rock
  - b) a rolling stone
  - c) as constant as the wind
  - d) a grounded individual
8. Even in stressful situations, Sarah remains \_\_\_\_\_.
- a) as fiery as a dragon
  - b) as cool as a cucumber
  - c) as hot as a stove
  - d) as wild as a hurricane
9. The detective vowed to \_\_\_\_\_ in his quest to solve the mystery.
- a) leave no leaf unturned
  - b) leave no door unopened
  - c) leave no stone unturned
  - d) leave no path untaken
10. After receiving the disappointing news, Emily was \_\_\_\_\_ for the rest of the day.
- a) in a black mood
  - b) in a blue funk
  - c) in a green state
  - d) in a red haze
11. As a team leader, Sarah's experience and dedication make her \_\_\_\_\_.
- a) worth her weight in gold
  - b) worth her salt
  - c) worth her time
  - d) worth her efforts
12. Instead of worrying about potential problems, John's philosophy is to \_\_\_\_\_.
- a) build bridges as needed
  - b) cross bridges with caution
  - c) face challenges head-on
  - d) cross that bridge when he comes to it
13. During the debate, each participant had the opportunity to \_\_\_\_\_ for their viewpoint.
- a) make a stand
  - b) make a statement
  - c) make a case
  - d) make a call
14. Despite the challenges, she always manages to \_\_\_\_\_ gracefully.
- a) swim against the tide
  - b) dive into uncertainty
  - c) ride the waves of life
  - d) float through troubles

15. In the orchestra, the assistant conductor often has to \_\_\_\_\_ to the main conductor's decisions.
- a) lead the band
  - b) play second fiddle
  - c) compose the melody
  - d) harmonize with others
16. In the fashion industry, his reputation is \_\_\_\_\_, commanding respect and attention.
- a) a name to play with
  - b) a name to remember
  - c) a name to conjure with
  - d) a name to forget
17. After hearing the feedback, she had to \_\_\_\_\_ and adjust her approach.
- a) dance to a different beat
  - b) sing a different tune
  - c) compose a new melody
  - d) harmonize with the crowd
18. Rather than \_\_\_\_\_ about minor setbacks, let's focus on the bigger picture.
- a) making a storm in a teacup
  - b) creating a mountain of challenges
  - c) making a mountain out of a molehill
  - d) building a fortress out of sand
19. After their argument, she decided to \_\_\_\_\_ until they could both cool down.
- a) give him a warm hug
  - b) give him the cold shoulder
  - c) give him a pat on the back
  - d) give him a friendly smile
20. While visiting a foreign country, it's best to \_\_\_\_\_ to avoid cultural misunderstandings.
- a) follow your own instincts
  - b) do as you please
  - c) adapt to local customs
  - d) stand out from the crowd
21. The points raised in the discussion were all \_\_\_\_\_, directly related to the topic at hand.
- a) adjacent to the matter
  - b) irrelevant to the topic
  - c) germane to the matter
  - d) tangential to the issue
22. The manager decided to \_\_\_\_\_ regarding acceptable behavior in the workplace.

- a) erase the boundaries
- b) cross the boundaries
- c) draw a line in the sand
- d) blur the distinctions

23. He arrived at the airport \_\_\_\_\_ to catch his flight.

- a) before sunrise
- b) after the flight took off
- c) in the nick of time
- d) well ahead of schedule

24. His survival story is a testament to his ability to \_\_\_\_\_ during the life-threatening situation.

- a) dance with danger
- b) challenge fate
- c) escape the clutches of death
- d) cheat destiny

25. After missing the important deadline, John found himself \_\_\_\_\_.

- a) in someone's good books
- b) in someone's favor
- c) in someone's bad books
- d) in someone's debt

26. What does it mean when someone has "a rap sheet"?

- a) They are skilled at rapping.
- b) They have a list of criminal charges and convictions.
- c) They have a sheet for writing lyrics.
- d) They have a sheet of musical notes.

27. What does the expression "paint the town red" mean?

- a) To literally paint buildings in the town.
- b) To celebrate and enjoy oneself in an extravagant way.
- c) To engage in vandalism.
- d) To host a town-wide art festival.

28. If someone "feels blue," what does that indicate?

- a) They are experiencing physical pain.
- b) They are sad or melancholic.
- c) They are feeling optimistic.
- d) They are enjoying a peaceful day.

29. If someone "has egg on their face," what does it mean?

- a) They have a cooking mishap.
- b) They have been in a food fight.
- c) They are embarrassed by a mistake.
- d) They are a skilled chef.

30. What does it mean to "go the whole hog"?
- a) To stop eating pork.
  - b) To become a vegetarian.
  - c) To do something in a half-hearted manner.
  - d) To do something thoroughly and completely.
31. If someone "has a whale of a time," what are they experiencing?
- a) A difficult challenge.
  - b) A boring activity.
  - c) A dangerous situation.
  - d) A lot of fun and enjoyment.
32. What does it mean to call someone "a dark horse"?
- a) They are mysterious.
  - b) They are always sad.
  - c) They are an unknown or unexpected candidate who surprises others.
  - d) They are a skilled equestrian.
33. What activity does the phrase "to break and enter" refer to?
- a) The process of becoming physically fit.
  - b) The act of breaking a window and entering a building illegally.
  - c) The act of entering a building with permission.
  - d) The act of fixing something that is broken.
34. What is meant by the term "a white lie"?
- a) A lie told with good intentions and not meant to harm.
  - b) A lie about the color white.
  - c) A lie that is extremely harmful.
  - d) A lie that is completely unnecessary.
35. What does it mean to "keep something under one's hat"?
- a) To wear a hat at all times.
  - b) To share a secret with everyone.
  - c) To keep a secret.
  - d) To never wear a hat.
36. What does it mean when someone "has a skeleton in the closet"?
- a) They are a collector of rare bones.
  - b) They have a hidden secret or embarrassing past.
  - c) They are skilled at solving mysteries.
  - d) They have a spooky sense of humor.
37. If you could "be a fly on the wall," what would you do?
- a) Transform into a fly.
  - b) Witness events or conversations secretly.
  - c) Listen to music.
  - d) Decorate a wall with fly-related art.

38. What does it mean for someone to be "worth their weight in gold"?
- a) They are very heavy.
  - b) They are extremely valuable and helpful.
  - c) They have a golden personality.
  - d) They possess a lot of gold.
39. What sentiment does the phrase "There's No Place Like Home" convey?
- a) Everywhere is just like home.
  - b) Home is the best place.
  - c) People dislike their homes.
  - d) Traveling is better than staying home.
40. What does it mean to "turn over a new leaf"?
- a) To find a leaf and flip it over.
  - b) To start a new job in gardening.
  - c) To make a fresh start and change one's behavior for the better.
  - d) To write on both sides of a leaf.
41. What does the expression "bite the bullet" mean?
- a) To literally bite a bullet.
  - b) To accept a challenge or difficult situation bravely.
  - c) To eat something hard.
  - d) To avoid challenges and difficulties.
42. What does it mean to "mind your P's and Q's"?
- a) To remember the letters P and Q.
  - b) To be aware of one's behavior and manners.
  - c) To focus on math problems involving P and Q.
  - d) To give special attention to letter P and Q in writing.
43. What does the phrase "under the table" refer to?
- a) Something located below a table.
  - b) A secret location.
  - c) An illegal or dishonest activity, often involving money.
  - d) A table with a hidden compartment.
44. What does it mean to experience "a taste of life"?
- a) To eat a delicious meal.
  - b) To experience life's pleasures and challenges.
  - c) To be a food critic.
  - d) To avoid trying new things.
45. What does the expression "baptism by fire" mean?
- a) A religious ceremony involving fire.
  - b) A dangerous experience that tests one's abilities and character.
  - c) A fun celebration involving fireworks.
  - d) A literal baptism involving fire.

46. What does the expression "a wolf in sheep's clothing" mean?
- A dangerous animal.
  - Someone who wears animal fur.
  - Someone who disguises their true nature.
  - Someone who enjoys wearing unique clothing.
47. What does it mean to "catch someone's second wind"?
- To take a break and rest.
  - To continue with renewed energy after a brief pause.
  - To experience a sudden burst of anger.
  - To catch someone while they're jogging.
48. If a problem or person is "a tough nut to crack," what does that imply?
- The problem is easily solved.
  - The problem can be solved with a nutcracker.
  - The problem is challenging and difficult to solve.
  - The person is an expert at cracking nuts.
49. What does the expression "have one's cake and eat it too" mean?
- To enjoy a delicious dessert.
  - To save something for later.
  - To have conflicting desires.
  - To share a cake with others.
50. What does it mean to "have a foot in the door"?
- To stand outside a building.
  - To be good at door-to-door sales.
  - To have a chance or initial opportunity in a particular situation.
  - To have a strong desire to enter a room.
51. My brother \_\_\_\_\_ about the surprise party planned for our parents, by telling them during a conversation last night.
- out of the blue
  - painted the town red
  - spilled the beans
  - black and blue
52. Sally was at her best and was dressed \_\_\_\_\_ in accordance with the occasion of her wedding.
- To kill
  - To behave in a secretive manner
  - To impress
  - To dress boorishly
53. The player in rival team was apparently hitting below the belt as his team started to lose the game. What does it mean?
- hitting someone hard
  - to bring disgrace

- c) not participating
- d) behave in an unfair manner

54. In the sentence given below, replace the phrase underlined to make the sentence grammatically correct. If the sentence is correct as it is, mark (d) i.e. "No correction required" as the answer.

Whether I stay in Mumbai or Pune, it is all and one to me.

- a) all but one
- b) all one
- c) one and all
- d) No correction required

55. In the following question, an idiom or proverb has been underlined. Choose its correct meaning in the given context from the alternatives given below.

She was scared to death when she realised she had selected the wrong slide for the company presentation.

- a. She actually died from fear
- b. She suffered extreme death-like fear
- c. She felt death was frightening
- d. None of the above

56. Shakespeare famously asked, "\_\_\_\_\_?" highlighting the idea that a name itself doesn't define a person or thing.

- a) What are you called?
- b) What's the name of the game?
- c) What's in a title?
- d) What's your favorite name?

57. The company's new product launch was \_\_\_\_\_ due to unforeseen technical issues.

- a) alive and kicking
- b) dead in the water
- c) soaring high
- d) a runaway success

58. After working together for years, Jane and John were so close that they were \_\_\_\_\_.

- a) always formal
- b) on a first-name basis
- c) distant colleagues
- d) title-conscious

59. After meeting Sarah, John fell \_\_\_\_\_ in love with her and couldn't stop thinking about her.

- a) headfirst
- b) head over heels
- c) cautiously
- d) headstrong

60. After some persuasion, Peter managed to \_\_\_\_\_ and convinced her to join the team.
- a) bend someone's ear
  - b) twist someone's arm
  - c) shake someone's hand
  - d) pat someone's back
61. Despite the challenges, Emily kept her \_\_\_\_\_ and worked tirelessly to meet the project deadline.
- a) head in the clouds
  - b) nose to the grindstone
  - c) eyes on the prize
  - d) fingers crossed
62. Jane felt like \_\_\_\_\_ when she joined the engineering team as a literature major, struggling to fit in.
- a) a round peg in a square hole
  - b) a misfit
  - c) a perfect match
  - d) an adaptable person
63. In negotiations, it's sometimes necessary to \_\_\_\_\_ to establish clear boundaries.
- a) draw a line in the sand
  - b) build a sandcastle
  - c) bury the hatchet
  - d) erase the line
64. Sarah was always ready to help her friends \_\_\_\_\_ whenever they needed her assistance.
- a) after careful consideration
  - b) after a delay
  - c) at the drop of a hat
  - d) when the time was right
65. During the storm, residents were advised to \_\_\_\_\_ and stay indoors to stay safe.
- a) go out and explore
  - b) hunker down
  - c) venture outside
  - d) seek shelter outdoors
66. In competitive exams like CAT, \_\_\_\_\_ in solving questions is crucial to maximize your score.
- a) having plenty of time
  - b) time is of the essence
  - c) taking breaks frequently
  - d) completing questions leisurely

67. Despite being \_\_\_\_\_, the underdog team managed to secure an unexpected victory.
- a) evenly matched
  - b) outgunned and outnumbered
  - c) better prepared
  - d) overconfident
68. The debate turned into a \_\_\_\_\_ argument, with both sides vehemently defending their positions.
- a) calm and collected
  - b) polite and reserved
  - c) knock-down, drag-out
  - d) light-hearted and fun
69. Without informing anyone, he decided to \_\_\_\_\_, leaving his responsibilities behind.
- a) take a leave of absence
  - b) take French leave
  - c) plan a vacation
  - d) request a day off
70. Despite being classmates, Sarah decided to \_\_\_\_\_ to avoid any interaction with him.
- a) give him a warm welcome
  - b) give him the cold shoulder
  - c) offer assistance
  - d) engage in friendly conversation
71. After a skiing accident, Tom had to \_\_\_\_\_ to repair his injured knee.
- a) go under the knife
  - b) learn to ski
  - c) take a vacation
  - d) rest and recover
72. Despite being capable, James refused to \_\_\_\_\_ to help with the event preparations.
- a) lend a hand
  - b) not lift a finger
  - c) contribute actively
  - d) take the lead
73. It's important to be respectful and not \_\_\_\_\_ when discussing important figures.
- a) misuse someone's name
  - b) take someone's name in vain
  - c) use someone's name properly
  - d) ignore someone's name

74. The comprehensive health insurance plan provides coverage \_\_\_\_\_, ensuring security at all stages of life.
- from childhood to old age
  - only during adulthood
  - during specific periods
  - during emergencies
75. After a stressful day, spending time in the park felt like a \_\_\_\_\_, bringing relief and relaxation.
- breath of stale air
  - breath of fresh air
  - breath of cold air
  - breath of hot air
76. Despite the challenges, the team remained hopeful as they saw a \_\_\_\_\_, indicating that things would improve.
- light at the beginning of the tunnel
  - light that flickered
  - light at the end of the tunnel
  - light in the middle of the tunnel
77. After enjoying a luxurious vacation, it was time to \_\_\_\_\_ and settle the bills.
- play a tune
  - pay the piper
  - dance around
  - avoid the payment
78. Instead of waiting for official action, he decided to \_\_\_\_\_ and address the situation himself.
- consult a lawyer
  - take legal action
  - take the law into his own hands
  - follow legal procedures
79. During the discussion, Sarah \_\_\_\_\_, providing an accurate and concise summary of the issue.
- missed the mark
  - hit the nail on the head
  - wandered off topic
  - changed her stance
80. To understand the true meaning of the article, readers must learn to \_\_\_\_\_ and infer the implied message.
- read every line carefully
  - skip the lines
  - read between the lines
  - ignore the lines

81. Four alternatives are given for the idioms/ phrases underlined in the sentence. Choose the one that best expresses the meaning of the idiom

The demolition of the Babri Masjid had been a political hot potato for years.

- a. a hotly debated delicate issue
- b. a helping agent
- c. forbidden issue
- d. something that has been for long in the newspapers

82. Answer the following questions: To be in the pink of health

1) What does the idiom "To be in the pink of health" mean?

- a) To have a pink-colored body.
- b) To be sick and weak.
- c) To be in a state of excellent health and well-being.
- d) To feel gloomy and sad.

2) How does someone achieve being in the pink of health?

- a) By avoiding an active lifestyle.
- b) By consuming an imbalanced diet.
- c) By getting regular exercise and eating well.
- d) By neglecting self-care and wellness.

3) Which word can replace the phrase "in the pink of health" in the given context?

- a) Pale in health
- b) Illness in health
- c) Unwell in health
- d) Vibrant in health

4) What aspect of health does the idiom emphasize besides physical health?

- a) Financial stability
- b) Social popularity
- c) Mental and emotional well-being
- d) Academic achievements

83. What does the idiom "To take the bull by the horns" mean?

- a) To avoid challenges.
- b) To confront difficulties directly.
- c) To admire bullfighting.
- d) To be afraid of bulls.

84. What does the phrase "To pull up stakes" imply?

- a) To plant a garden.
- b) To move or leave a place.
- c) To build a fence.
- d) To go on a vacation.

85. If someone's performance is "a tough act to follow," what does that mean?

- a) Their performance was simple.
- b) Their performance was difficult to understand.

- c) Their performance was exceptional and hard to match.
- d) Their performance was average.

86. What does the idiom "To be in a pickle" imply?

- a) To be enjoying a meal.
- b) To be in a confusing or difficult situation.
- c) To be preserving vegetables.
- d) To be cooking a new recipe.

87. When someone is described as "a tough cookie," what characteristic do they possess?

- a) They are difficult to eat.
- b) They are hard to please.
- c) They are physically strong.
- d) They are strong-willed and resilient.

88. What does the phrase "To be the cream of the crop" mean?

- a) To be a dairy product.
- b) To be at the bottom of a hierarchy.
- c) To be in a challenging situation.
- d) To be the best among a group.

89. If someone is labeled "a bad egg," what are they likely to be?

- a) A good cook.
- b) A generous person.
- c) A troublemaker or dishonest person.
- d) A successful individual.

90. What happens when you "burst someone's bubble"?

- a) You give them a bubble bath.
- b) You ruin their plans or hopes with disappointing news.
- c) You blow a bubble with gum.
- d) You create a joyful atmosphere.

91. What does it mean when something is described as "beyond someone's wildest dreams"?

- a) It is a nightmare.
- b) It is a dull experience.
- c) It is better than they could have imagined.
- d) It is disappointing.

92. If someone is "in the land of Nod," where are they?

- a) Traveling the world.
- b) Sleeping.
- c) Lost in thought.
- d) In a foreign country.

93. What does it mean to "follow one's dreams"?

- a) To chase after literal dreams while sleeping.

- b) To ignore one's aspirations and goals.
- c) To pursue one's goals and desires passionately.
- d) To wait for dreams to come true without effort.

94. When something is "dead and buried," what is its status?

- a) It is still alive and thriving.
- b) It is forgotten or resolved.
- c) It is causing trouble.
- d) It is in need of attention.

95. What happens when something "goes the way of the dodo"?

- a) It becomes a popular trend.
- b) It becomes extinct or obsolete.
- c) It evolves into something better.
- d) It starts to fly.

96. What does it mean when someone "has their heart in their mouth"?

- a) Happiness and contentment.
- b) Fear and anxiety.
- c) Excitement and enthusiasm.
- d) A racing heartbeat.

97. What does the saying "Clothes make the man" suggest?

- a) A person's character is defined by their clothing.
- b) A person's abilities are influenced by their wardrobe.
- c) A person's personality is shaped by their fashion choices.
- d) A person's intelligence is determined by their outfit.

98. How would you describe someone who is "like a cat on hot bricks"?

- a) Calm and composed.
- b) Energetic and lively.
- c) Nervous and restless.
- d) Quiet and contemplative.

99. If someone behaves "like a bull in a china shop," what are they doing?

- a) Handling delicate objects carefully.
- b) Dancing gracefully.
- c) Acting clumsily and causing damage.
- d) Choosing a china shop for shopping.

100. The library at the university is \_\_\_\_\_, containing books that date back to the 17th century.

- a) as fresh as a daisy
- b) as old as the hills
- c) as old as Methuselah
- d) as young as a spring chicken

101. The director's experience and insight were highly regarded, especially since he was considered \_\_\_\_\_.

- a) as fresh as a daisy
- b) as young as a spring chicken
- c) as old as the hills
- d) long in the tooth

102. What does the phrase "Age is just a number" primarily emphasize?

- a) The importance of knowing one's age accurately.
- b) The significance of numerical calculations.
- c) The value of age over other factors.
- d) The idea that age is not a limitation to success.

103. The manager cautioned the team not to \_\_\_\_\_ by assuming the deal was already sealed.

- a) count their chickens before they're hatched
- b) count their eggs after they're hatched
- c) count their chickens after they're hatched
- d) count their eggs before they're hatched

104. Upon hearing the actor's sob story, the audience suspected that his tears were \_\_\_\_\_.

- a) crocodile tears
- b) genuine expressions
- c) heartfelt emotions
- d) joyous tears

105. In the political debate, the candidate accused the media of making him a \_\_\_\_\_ for public dissatisfaction.

- a) hero
- b) scapegoat
- c) celebrity
- d) model

106. The scientist's groundbreaking research was celebrated as \_\_\_\_\_, reflecting the significant achievement.

- a) an ordinary accomplishment
- b) a feather in his cap
- c) an unnoticed effort
- d) a missed opportunity

107. She seemed to \_\_\_\_\_, often responding defensively to any criticism or comment.

- a) have a chip on her shoulder
- b) have a smile on her face
- c) have a secret agenda
- d) have a genuine concern

108. When he heard about his friend's promotion, he couldn't help but feel \_\_\_\_\_.

- a) blue
- b) green with envy
- c) red-faced
- d) yellow

109. After receiving the unexpected gift, she was \_\_\_\_\_ and expressed her gratitude joyfully.

- a) tickled pink
- b) feeling blue
- c) seeing red
- d) green with envy

110. The manager decided to \_\_\_\_\_ and not hold them accountable for the error.

- a) let someone off the hook
- b) hold someone responsible
- c) catch someone off guard
- d) pull someone's leg

111. The suspect managed to escape from custody and has been \_\_\_\_\_ ever since.

- a) living comfortably
- b) on a vacation
- c) on the lam
- d) in a joyful mood

112. The accountant mentioned that dealing with financial matters is \_\_\_\_\_, as it's something everyone has to face.

- a) a matter of death and taxes
- b) a matter of chance
- c) a matter of choice
- d) a matter of celebration

113. Despite facing numerous challenges, the optimist seemed to be \_\_\_\_\_, often ignoring the reality.

- a) in a dream world
- b) in a hurry
- c) in a hurry
- d) in a difficult situation

114. The entrepreneur saw the new venture as \_\_\_\_\_, with the potential for significant profits.

- a) a bumpy road
- b) a risky endeavor
- c) a gravy train
- d) a financial burden

115. The traveler found himself \_\_\_\_\_ after missing the last train and being stranded in an unfamiliar city.

- a) in a jam

- b) in high spirits
- c) in a hurry
- d) in a fortunate situation

116. Passage: After working in the same city for over a decade, John decided it was time to pull up stakes and relocate to a new country. The opportunity for an international assignment had come up, and he was excited about the prospect of experiencing a different culture and advancing his career.

- 1) Why did John decide to "pull up stakes"?
  - a) He was tired of working.
  - b) He wanted to stay in the same city.
  - c) He desired an international assignment.
  - d) He wanted to retire early.
- 2) How did John feel about the idea of pulling up stakes?
  - a) Annoyed and frustrated.
  - b) Uninterested and indifferent.
  - c) Excited and enthusiastic.
  - d) Reluctant and hesitant.

117. Passage: The annual summit of global leaders was about to begin, and Catherine was thrilled to have a seat at the table. As a young entrepreneur, being among industry giants was a dream come true. She prepared herself to contribute to discussions and learn from the best in the business.

- 1) What does it mean for Catherine to "have a seat at the table"?
  - a) She will be serving food at the event.
  - b) She has a reserved seat for the conference.
  - c) She has been given an opportunity to participate in important discussions.
  - d) She is responsible for organizing the event.
- 2) How does Catherine feel about having a seat at the table?
  - a) Indifferent and bored.
  - b) Angry and frustrated.
  - c) Excited and honored.
  - d) Nervous and anxious.

118. Passage: The corporate scandal threatened to tarnish the company's reputation. In an attempt to maintain public trust, the management chose to sweep the issue under the rug. They hoped that by avoiding public acknowledgment, the controversy would eventually fade away.

- 1) What is the primary reason for the management's decision to "sweep under the rug"?
  - a) To address the issue immediately.
  - b) To avoid public attention and scrutiny.
  - c) To openly admit the mistakes.
  - d) To exaggerate the controversy.

- 2) What does the idiom "To sweep under the rug" imply about the management's strategy?
- a) They are trying to hide the issue temporarily.
  - b) They are addressing the problem directly.
  - c) They are taking immediate action to resolve the issue.
  - d) They are seeking legal advice.

119. Passage: Mark had been under immense pressure at work, and his stress levels had reached their peak. He decided to go for a long hike during the weekend to blow off steam. Being in nature and away from the city's hustle and bustle helped him relax and find his balance.

- 1) What is Mark's approach to "blow off steam"?
- a) He engages in outdoor activities to relieve stress.
  - b) He vents his frustration to colleagues.
  - c) He takes a break from work.
  - d) He increases his workload to distract himself.
- 2) How did Mark feel after blowing off steam during the hike?
- a) More stressed and anxious.
  - b) Refreshed and relaxed.
  - c) Confused and disoriented.
  - d) Bored and uninterested.

120. Passage: As a student, Emma had learned to pinch pennies in order to afford her education. She cooked at home, used public transportation, and shopped for essentials during sales. Her frugal lifestyle allowed her to graduate debt-free and with a strong sense of financial responsibility.

- 1) Why did Emma decide to "pinch pennies"?
- a) To collect rare coins.
  - b) To afford her education.
  - c) To invest in the stock market.
  - d) To donate to charity.
- 2) How did Emma's frugal lifestyle impact her financial situation?
- a) She accumulated significant debt.
  - b) She graduated debt-free and financially responsible.
  - c) She spent money recklessly.
  - d) She never saved any money.

121. Passage: After a heated argument during the team meeting, tensions were running high. The manager decided to let the dust settle before addressing the issue again. He believed that taking some time would allow everyone to calm down and approach the situation more rationally.

- 1) Why did the manager decide to "let the dust settle"?
- a) He wanted to avoid the issue entirely.

- b) He believed that addressing the issue immediately would be best.
- c) He wanted everyone to have a clear mind before discussing the issue again.
- d) He needed more time to make a decision.

2) How does the manager expect the situation to change after letting the dust settle?

- a) He expects the issue to become more complicated.
- b) He expects everyone to forget about the argument.
- c) He expects tensions to decrease, allowing for a more productive discussion.
- d) He expects the issue to become even more heated.

122. Passage: Upon receiving the acceptance letter from her dream university, Emily felt like she was walking on air. She had worked hard throughout high school and was now thrilled that her efforts had paid off. The thought of pursuing her passion in a prestigious institution made her feel invincible.

1) What is the primary emotion that Emily experiences after receiving the acceptance letter?

- a) Fear and anxiety.
- b) Happiness and excitement.
- c) Disappointment and frustration.
- d) Confusion and uncertainty.

2) What does the idiom "Walk on Air" signify in the context of the passage?

- a) Emily is walking on a cloud.
- b) Emily is feeling physically light.
- c) Emily is feeling elated and euphoric.
- d) Emily is experiencing physical pain.

123. Passage: The charity organization claimed to support underprivileged children, but their actions spoke louder than their words. Upon investigation, it was revealed that the organization spent most of its funds on administrative costs rather than the intended recipients.

1) What did the charity organization claim to support?

- a) Animal welfare.
- b) Underprivileged children.
- c) Space exploration.
- d) Environmental conservation.

2) How did the organization's actions contradict their words?

- a) They spent funds as intended.
- b) They used funds for administrative costs.
- c) They openly communicated their plans.
- d) They kept their actions secret.

124. Passage: After moving to a different country, Tom wanted to stay in touch with his friends back home. He promised to drop them a line every now and then to share his experiences and keep the connection alive.

1) What is Tom's intention when he promises to "drop a line"?

- a) To send his friends physical gifts.
- b) To cut off all communication.
- c) To send occasional messages.
- d) To visit his friends in person.

2) How does Tom plan to stay connected with his friends?

- a) By sending them gifts regularly.
- b) By sending them letters.
- c) By visiting them frequently.
- d) By disconnecting completely.

125. Passage: The local community respected Mr. Johnson for his tireless efforts to help those in need. He was known as the salt of the earth because of his humble nature and dedication to serving others.

1) What is the primary reason for the community's respect towards Mr. Johnson?

- a) His extensive wealth.
- b) His impressive academic credentials.
- c) His dedication to serving others.
- d) His celebrity status.

2) What does the expression "Salt of the Earth" imply about Mr. Johnson?

- a) He is wealthy and extravagant.
- b) He is dedicated to helping others and is humble.
- c) He is focused on his personal interests.
- d) He is reserved and unsociable.

# ANSWER KEY



1. b) old as the hills
2. d) Age before beauty
3. c) breaking and entering
4. c) a crime of passion
5. b) put to death
6. b) crying over spilled milk
7. b) a rolling stone
8. b) as cool as a cucumber
9. c) leave no stone unturned
10. b) in a blue funk
11. b) worth her salt
12. d) cross that bridge when he comes to it
13. c) make a case
14. c) ride the waves of life
15. b) play second fiddle
16. c) a name to conjure with
17. b) sing a different tune
18. c) make a mountain out of a molehill
19. b) give him the cold shoulder
20. c) adapt to local customs
21. c) germane to the matter
22. c) draw a line in the sand
23. c) in the nick of time
24. c) escape the clutches of death
25. c) in someone's bad books
26. b) They have a list of criminal charges and convictions.
27. b) To celebrate and enjoy oneself in an extravagant way.
28. b) They are sad or melancholic.
29. c) They are embarrassed by a mistake.
30. d) To do something thoroughly and completely.
31. c) To enjoy oneself immensely.
32. c) They are an unknown or unexpected candidate who surprises others.
33. b) Entering a building without permission.
34. d) A lie told with good intentions and not meant to hurt.
35. c) Keep it a secret.
36. b) They have a hidden secret or embarrassing past.


37. b) Witness events or conversations secretly.
38. b) They are extremely valuable and helpful.
39. b) Home is the best place.
40. c) To make a fresh start and change one's behavior for the better.
41. b) To accept a challenge or difficult situation bravely.
42. b) To be aware of one's behavior and manners.
43. c) An illegal or dishonest activity, often involving money.
44. b) To experience life's pleasures and challenges.
45. b) A dangerous experience that tests one's abilities and character.
46. c) Someone who disguises their true nature.
47. b) To continue with renewed energy after a brief pause.
48. c) The problem is challenging and difficult to solve.
49. c) To have conflicting desires.
50. c) To have a chance or initial opportunity in a particular situation.
51. c) spilled the beans
52. a) to kill
53. d) behave in an unfair manner
54. b) all one
55. b) She suffered extreme death-like fear
56. c) What's in a title?
57. b) dead in the water
58. b) on a first-name basis
59. b) head over heels
60. b) twist someone's arm
61. b) nose to the grindstone
62. b) a misfit
63. a) draw a line in the sand
64. c) at the drop of a hat
65. b) hunker down
66. b) time is of the essence
67. b) outgunned and outnumbered
68. c) knock-down, drag-out
69. b) take French leave
70. b) give him the cold shoulder
71. a) go under the knife
72. b) not lift a finger
73. b) take someone's name in vain
74. a) from childhood to old age
75. b) breath of fresh air
76. c) light at the end of the tunnel
77. b) pay the piper
78. c) take the law into his own hands
79. b) hit the nail on the head
80. c) read between the lines
81. a) a hotly debated delicate issue
82. 1) c) To be in a state of excellent health and well-being. 2) c) By getting regular exercise and eating well. 3) d) Vibrant in health 4) c) Mental and emotional well-being
83. b) To confront difficulties directly.

84. b) To move or leave a place.
85. c) Their performance was exceptional and hard to match.
86. b) To be in a confusing or difficult situation.
87. d) They are strong-willed and resilient.
88. d) To be the best among a group.
89. c) A troublemaker or dishonest person.
90. b) You ruin their plans or hopes with disappointing news.
91. c) It is better than they could have imagined.
92. b) Sleeping.
93. c) To pursue one's goals and desires passionately.
94. b) It is forgotten or resolved.
95. b) It becomes extinct or obsolete.
96. b) Fear and anxiety.
97. a) A person's character is defined by their clothing.
98. c) Nervous and restless.
99. c) Acting clumsily and causing damage.
100. c) as old as Methuselah
101. d) long in the tooth
102. d) The idea that age is not a limitation to success.
103. a) count their chickens before they're hatched
104. a) crocodile tears
105. b) scapegoat
106. b) a feather in his cap
107. a) have a chip on her shoulder
108. b) green with envy
109. a) tickled pink
110. a) let someone off the hook
111. c) on the lam
112. a) a matter of death and taxes
113. a) in a dream world
114. c) a gravy train
115. a) in a jam
116. 1) c) He desired an international assignment, 2) c) Excited and enthusiastic.
117. 1) c) She has been given an opportunity to participate in important discussions, 2) c) Excited and honored.
118. 1) b) To avoid public attention and scrutiny, 2) a) They are trying to hide the issue temporarily.
119. 1) a) He engages in outdoor activities to relieve stress, 2) b) Refreshed and relaxed.
120. 1) b) To afford her education, 2) b) She graduated debt-free and financially responsible.
121. 1) c) He wanted everyone to have a clear mind before discussing the issue again, 2) c) He expects tensions to decrease, allowing for a more productive discussion.
122. 1) b) Happiness and excitement, 2) c) Emily is feeling elated and euphoric.
123. 1) b) Underprivileged children, 2) b) They used funds for administrative costs.
124. 1) c) To send occasional messages, 2) b) By sending them letters.
125. 1) c) His dedication to serving others, 2) b) He is dedicated to helping others and is humble.


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