|  |  |  |  |
| --- | --- | --- | --- |
| number | expression | definition | |
| 1 | Bring us to something | Lead us to something | |
| 2 | Be in someone’s shoes | Be instead of someone | |
| 3 | Boil something down to something | Reduce a problem to its simple essentials | |
| 4 | On the bright side | To talk about advantages | |
| 5 | exchange of ideas |  | |
| 6 | fall due | فرا رسیدن موعد پرداخت | |
| 7 | stem from | originate | |
| 8 | be in charge of something | Be responsible for something | |
| 9 | something is worth the effort |  | |
| 10 | Safe assumption | Strong assumption | |
| 11 | Develop People skill | Social skill | |
| 12 | Poke your nose into something | Try to discover things that do not involve you | |
| 13 | Bring ideas/ insights to the table | To provide ideas that will be beneficial | |
| 14 | Keep track of something # lose track of something | Record something | |
| 15 | Mess with someone | Treat someone in a bad, rude, or annoying way | |
| 16 | Put more thought into |  | |
| 17 | Put the blame on someone | blame | |
| 18 | Make the odds against something high |  | |
| 19 | Get more use out of something |  | |
| 20 | Flawed argument |  | |
| 21 | It pays in the Long run to do something | دراز مدت | |
| 22 | Death toll | The number of deaths resulting from a particular cause | |
| 23 | Gain insight |  | |
| 24 | Give insight into |  | |
| 25 | Carry a lot of weight with someone/something   * Your argument doesn’t carry a lot of weigh with me. | To be very influential with someone. | |
| 26 | To be in the picture | Aware of what is going on | |
| 27 | Goes without saying | Being axiomatic | |
| 28 | the first step toward an improvement of something |  | |
| 29 | practice makes perfect | Doing something over and over makes one better at it | |
| 30 | Tough spot | # comfort zone | |
| 31 | Grant a request | Do a request | |
| 32 | Don’t sell yourself short | Don’t underestimate yourself | |
| 33 | Take something for granted | Fail to properly appreciate someone/something  Assume that something is true without questioning it | |
| 34 | Self-sufficient | Self-sustained | |
| 35 | hands-on knowledge | experiential knowledge | |
| 36 | to the victor belong spoils | غنیمت به برنده میرسه | |
| 37 | state of the art | modern | |
| 38 | adhere to the idea | hold the view that  subscribe to the view that | |
| 39 | come out of my shell | become more interested in other people and more willing to talk and take part in social activities | |
| 40 | brings you out of your shell | Motivate you to talk and become sociable | |
| 41 | wax and wane | undergo alternate increases and decreases | |
| 42 | Raise the matter of | Bring up the subject | |
| 43 | chain of further consequences |  | |
| 44 | being around the corner | About to happen | |
| 45 | benefits outweigh the drawbacks |  | |
| 46 | move at the same pace of something’s motion |  | |
| 47 | lag behind (in somewhere) | be unable to keep up | |
| 48 | brush up on something | review | |
| 49 | trial and error | سعی و خطا | |
| 50 | be second to none | مثل و مانند نداشتن | |
| 51 | decide on behalf of someone |  | |
| 52 | be too hard on yourself |  | |
| 53 | something is of interest to someone |  | |
| 54 | take someone by surprise | cause someone to get surprised | |
| 55 | strike a balance between something and something  keep things in balance | تعادل برقرار کردن | |
| 56 | stand to reason   * it stands to reason that January will be colder than November | to seem reasonable | |
| 57 | to be endowed with | Grant, award | |
| 58 | unwanted consequences | unintended consequences | |
| 59 | let the nature take its course | let something live or die naturally | |
| 60 | draw a line | set a limit | |
| 61 | at alarming rate—at galloping rate |  | |
| 62 | take comfort in something | To be soothed by something | |
| 62 | can identify myself with characters | همزادپنداری کردن | |
| 63 | eye-opening (adj) to me |  | |
| 64 | To my way of thinking. As far as I concerned, As I concern, | the way I see it | |
| 65 | to my knowledge | As far as I know | |
| 66 | take care of Mother Earth | Nature preserve | |
| 67 | to be on the safe side | avoiding danger with a margin of error | |
| 68 | bring complexity in its wake  in the wake of | as a result  fallowing after | |
| 69 | take something upon oneself  take on a responsibility | accept a responsibility | |
| 70 | Effort is justified |  | |
| 71 | give into/on to  give into the predominant idea | to finally agree after initial refusing | |
| 72 | Side with/ go with | take the side of | |
| 73 | be in touch | be in connection with, having ties with | |
| 74 | peace of mind | comfort of mind | |
| 75 | **to draw on** his knowledge to arrive at solution to the problem | take ideas from  take advantages of | |
| 76 | my plans are **coming along** | to make progress | |
| 77 | **pave the way for** your future triumph | prepare, make it possible | |
| 78 | **It is high time** government allocated more money | It should have happened a long time ago | |
| 79 | address the ongoing problem |  | |
| 80 | cannot be overestimated | it is very important | |
| 81 | Keep vigil  Night owl (person) | شب زنده داری کردن | |
| 82 | to nibble away at something | to gradually destroy or remove | |
| 83 | becoming less of a problem | برطرف شدن مشکل | |
| 84 | Would be better off verb+ing | In a better or more prosperous condition | |
| 85 | come up with an idea | invent an idea | |
| 86 | all Greek to me | cannot understand, get the hang of it,  something is beyond your ken  cannot get/have a handle on sth | |
| 87 | Starvation wage | Wages below the level necessary for subsistence | |
| 88 | come right out with something  he always comes right out with the truth | speak frankly | |
| 89 | in and of itself | بخودی خود | |
| 90 | be in line with | goes along with sth | |
| 91 | nudge someone toward something | push | |
| 92 | get along well with someone | Have smooth relation | |
| 93 | it's a blink of the eye | short time | |
| 94 | Legwork | work which necessitates much walking or traveling | |
| 95 | feel strongly about | to have decided opinions | |
| 96 | be meant to do something | to have a particular responsibility or duty  You were meant to keep the children out of trouble. | |
| 97 | long shot | something with an uncertain outcome, shot in the dark; | |
| 98 | in this fashion, in this sense | از این طریق | |
| 99 | )negative) word of mouth  - spreading the word about | The rumor spread rapidly by word of mouth.  - tell many people some kind of information | |
| 100 | live up to  The concert was brilliant - it lived up to all our expectations | fulfill the expectations of | |
| 101 | develop a better/deep/ profound understanding of the world around them |  | |
| 102 | it fueled anger among people |  | |
| 103 | give rise to something | cause something, provoke, bring about, induce, rouse, stir | |
| 104 | put a strain on someone/something | to burden or overload someone or something. All this bad economic news puts a strain on everyone's nerves. The epidemic put a strain on the resources of the hospital. | |
| 105 | play up (the idea) | to try to persuade people to believe that something is more important than it is  The newspapers have really played up the government’s poor election results | |
| 106 | in other words | to put it differently  another way of putting this is to say that  that is | |
| 107 | Time is ripe |  | |
| 108 | keep pace with | manage to move, learn, change, etc., at the same rate as someone or something | |
| 109 | penchant for something | Inclination, propensity, leaning, fondness | |
| 110 | reminiscent of | tending to remember past events and experiences | |
| 111 | I can't stand the hustle and bustle of big cities. |  | |
| 112 | nurture their talent | develop/raise/cultivate their talent | |
| 113 | heighten people's awareness of health related issues  raise public awareness of |  | |
| 114 | impulsive buyer | An impulse purchase or impulse buying is an unplanned decision to buy a product or service, made just before a purchase | |
| 115 | spend money like water | spend too much | |
| 116 | false-needs | False needs are needs "superimposed upon the individual by particular social interests in his repression: the needs which perpetuate toil, aggressiveness, misery, and injustice" | |
| 117 | Buyer's remorse is the sense of regret after having made a purchase |  | |
| 118 | the end justifies the means |  | |
| 119 | as i concern | as far as I am concerned  the way i see it  to my way of thinking | |
| 120 | need a hand with a problem  give someone a hand with a problem |  | |
| 121 | catch up with  catch up with other activity | make up work that was missed due to absence at a later point | |
| 122 | I cannot help +v+ing | I cannot help laughing at the joke | |
| 123 | not have the words to convey sth | Speechless | |
| 124 | cram for a test | study intensively for test | |
| 125 | you could do worse than | You should | |
| 126 | shape/misshape your personality |  | |
| 127 | ins and outs of sth | details | |
| 128 | foster the sense of collaboration |  | |
| 129 | stand the test of time | last or remain popular for a long time | |
| 130 | by the same token | in a similar way | |
| 131 | cast doubt on sth, throw doubt |  | |
| 132 | grease someone's palm | bribe | |
| 133 | day in and day out  around the clock | all the time  all day and all night without stopping | |
| 134 | due to dearth of time | Shortage of time | |
| 135 | play it safe | Act cautiously | |
| 136 | at best | در بهترین حالت | |
| 137 | alien to the people who lived in the past |  | |
| 138 | mother-to-be  my would-be husband |  | |
| 139 | be ill at ease | to be worried and not relaxed | |
| 140 | don't get your hopes up too high |  | |
| 141 | unwind | relax | |
| 142 | put knowledge into practice | Apply knowledge | |
| 143 | preoccupy my mind  though-provoking |  | |
| 144 | get into top gear | to begin to work with as much effort as possible | |
| 144 | be in full gear | At the highest or maximum level of function, operation, or performance | |
| 145 | ppl run into the same problem as i may come across |  | |
| 146 | well-established | his father was now well established in his career | |
| 147 | run into problems  address my problem  unforeseen problems |  | |
| 148 | make a wealth of money  amass a fortune, amass enough money  earn the living | hoard of money | |
| 149 | cut down on sth | reduce something, use less of something (e.g.: "I have been eating too many sweets, I decided to cut down on them | |
| 150 | I’m on a tight budget this month, so I can’t go out to dinner with you. |  | |
| 151 | give someone a lift | give someone a ride | |
| 152 | pay a courtesy visit |  | |
| 153 | lend a sympathetic ear | to listen carefully in a friendly way | |
| 154 | long-lasting dream |  | |
| 155 | develop leadership and organizational skills |  | |
| 156 | had better  We had better call the doctor. | زمان حال | |
| 157 | for the time being | right now | |
| 158 | take a leave of absence | مرخصی گرفتن | |
| 159 | be entitled to  he is entitled to cancel the contract any time he wishes | have the right | |
| 160 | be closer resemblance to | be more like | |
| 161 | as a rule | generally | |
| 161 | by and large | for the most part | |
| 162 | Burgeoning demand | Growing demand | |
| 163 | Finally yet importantly |  | |
| 164 | take care of | I will take care of the invitations for her surprise party | |
| 165 | establish the superiority |  | |
| 166 | Shaping/implement policy  exercise control over something |  | |
| 167 | be at mercy of something | To not be able to protect yourself from something or someone that you cannot control:, Farmers are often at the mercy of the weather. | |
| 168 | it dawns on me | پی بردن | |
| 169 | pass laws that regulate use of  penalty for breaking the law |  | |
| 170 | carry a project through | follow through with an activity until it is finished | |
| 171 | have a personal stake in | Have a share, interest, or involvement in something or someone. For example, Every member had a stake in the business | |
| 172 | bottom line | final result | |
| 173 | price hikes astronomically | بالا بردن قیمت | |
| 174 | Raise money | Collect money | |
| 175 | in a practical sense | از نظر عملی | |
| 176 | provide practice in social behavior |  | |
| 177 | A heated debate has enlivened recent studies of |  | |
| 178 | Come to light | Make or become widely known or evident | |
| 179 | Be at odds with | In conflict | |
| 180 | Offer a detailed glimpse into |  | |
| 181 | Sustain an interest | Maintain, support | |
| 182 | Lay the basis | Prepare for or start an activity | |
| 183 | Dictation from above |  | |
| 184 | Brand-new one |  | |
| 185 | Opt out  you can opt out of the state pension scheme | Choose not to do something | |
| 186 | Fuel the generally negative public image of something |  | |
| 187 | All the rage latest rage | Very fashionable | |
| 188 | I am all for it | I completely agree | |
| 189 | Set the stage for something | To prepare the way for something else to happen | |
| 190 | Depends on the lens through which one is looking |  | |
| 191 | Still hotly debated | Open to some debate | |
| 192 | On the bright side  \*downside= disadvantage | Considering the positive aspects of something | |
| 193 | Depend to a great extent on |  | |
| 194 | To be severed  the head was severed from the body | To cut off a part from whole | |
| 195 | At the turn of the century | The time when one century ends and another begins | |
| 196 | In a sense | تا حدی | |
| 197 | Provide insight into something |  | |
| 198 | Wear and tear | Natural damage as a result of aging | |
| 199 | Throw something into question | To make something less certain | |
| 200 | Give it some thought | Think about it | |
| 201 | Downplay  this report downplays the seriousness of global warming | Represent as less important | |
| 202 | Speak volumes | Convey a great deal without using words.  a look that spoke volumes | |
| 203 | Narrow down to something | Limit it to something | |
| 204 | Be on someone’s mind | Preoccupy one’s thought | |
| 205 | One critical fact speaks against this theory as well |  | |
| 206 | More than the rest of world combined |  | |
| 207 | To be in effect today | Effective | |
| 208 | Turn on someone’s head turn history on its head | To use something completely in a wrong way | |
| 209 | Bump into someone | Meet by chance | |
| 210 | Spur a conceptual revolution |  | |
| 211 | Reach the barrier of inadequate supply |  | |
| 212 | In an attempt/effort to do something |  | |
| 213 | To return his favor |  | |
| 214 | You get the first shot at everything in advance |  | |
| 215 | My all-time favorite of jazz |  | |
| 216 | On the spur of the moment |  | |
| 217 | Go with the flow | Accept things as they come | |
| 218 | Miss out on a trip/ an opportunity |  | |
| 219 | lay in the hands of someone | responsible | |
| 220 | something is closely tied to something | related to | |
| 221 | intensify trading contact |  | |
| 222 | As time goes on | با گذشت زمان | |
| 223 | up to you | the choice is yours | |
| 224 | that's too good an opportunity to pass up |  | |
| 225 | in depth | minutely | |
| 226 | a limited window of time | less time | |
| 227 | brainchild | product of one's thought, invention, original idea | |
| 228 | have a hand in | to take part in an activity | |
| 229 | have little/a lot to do with | to be involved in or connected with | |
| 230 | you might do better v+ing | suggestion | |
| 231 | your best bet | the thing someone should do which is most likely to achieve the result they want | |
| 232 | save me a great deal of time |  | |
| 233 | Be on the right track | to be doing something in a way that will bring good results | |
| 234 | be in demand | Sought-after | |
| 235 | meet the standards |  | |
| 236 | be away on business |  | |
| 237 | execute the design |  | |
| 238 | let alone | not to speak of, not to mention چه برسه به | |
| 239 | something bodes well ( for future research) | The verb bode suggests forecasting. Something bodes well when the clues or signs imply a favorable outcome. But if something bodes ill, you'd better watch out! Something might bode good fortune, or it could bode disaster. bode well/ill/good fortune/disaster | |
| 240 | Keep vigil | Be on guard, keep watch | |
| 241 | Coupled with these factors is the |  | |
| 242 | It’s no accident that |  | |
| 243 | Run short  supplies had run short | Be in a situation of lacking | |
| 244 | Run down  the government were reviled for running down the welfare state | Make less valuable   * rundown adj= old | |
| 245 | Overcome the obstacles | Remove barriers# pose a barrier | |
| 246 | Difficult but well worth it |  | |
| 247 | To be on the safe side | احتمال خطر یا اشتباه نباشد | |
| 248 | In its wake | بدنبال خود | |
| 249 | At the other extreme | از اون طرف (حد مخالف) | |
| 250 | In addition to all that |  | |
| 251 | In other words, it is an exception to the rule |  | |
| 251 | Hold off talking about it from now | postpone | |
| 252 | Have a negative attitude toward something |  | |
| 253 | Incorporate technology/hygiene into daily life |  | |
| 254 | Go traditional route |  | |
| 255 | Take action | Do something | |
| 256 | Further research might tell us more about |  | |
| 257 | The only catch is | A drawback or difficulty that is not readily evident | |
| 258 | Pose a serious threat to something |  | |
| 259 | Do well under a variety of conditions |  | |
| 260 | Of importance is the fact that |  | |
| 261 | Owe your existence to something |  | |
| 262 | A corresponding decline |  | |
| 263 | Either one would be fine |  | |
| 264 | Device an effective solution in attempt to |  | |
| 265 | Smash up | destroy | |
| 266 | Generous offer |  | |
| 267 | Intimate knowledge | First-hand knowledge | |
| 268 | Get in the way of something | Prevent something from happening | |
| 269 | Not that we know of | نه تا اونجا که میدونیم | |
| 270 | Give something your full attention |  | |
| 271 | Take a sabbatical | Any authorized leave from job for rest or study | |
| 272 | Sell you on an alternate plan | Persuade someone that something is good | |
| 273 | In the sense | In the way | |
| 274 | Lay a hand on something | Find, obtain | |
| 275 | Reveal a wealth of information about everyday life |  | |
| 276 | Take its toll on something (ancient city) | To have a bad effect on someone/something | |
| 277 | It would be a pity | مایه ی دلسوزیه | |
| 278 | Make a trek | Make a trip | |
| 279 | Do justice to someone/something | Be fair toward | |
| 280 | Strike the eye most immediately | To be noticed | |
| 281 | Competition is usually more sever the denser the population |  | |
| 282 | From a number of angles |  | |
| 283 | Until recently, there has not been a whole lot of attention paid to |  | |
| 284 | Touch on/upon | Refer to, discuss briefly | |
| 285 | Drown out   The noise of the passing train drowned outour conversation. The train drowned us out. | Cause not to be seen or heard by overpowering it | |
| 286 | supposedly | از قرار معلوم | |
| 287 | From scratch  he built his own computer company from scratch | از اغاز | |
| 288 | A long the lines of something  We told the architect we want a design along the lines of his own house but smaller | Roughly similar or in keeping with | |
| 289 | See into the future | predict | |
| 290 | At a rate seldom, if ever, exceeded by any technology |  | |
| 291 | Go through with something | Carry out, complete | |
| 292 | Develop a negative impression of something ( a product) |  | |
| 293 | labor-intensive | need a large work force | |
| 240 | undertake a project |  | |
| 241 | open to speculative interpretation |  | |
| 242 | new discoveries have steadily added to the body of knowledge in this discipline | | |
| 243 | counter example | | example used to prove that a statement is false  مثال نقض |
| 244 | ahead of the due date | | قبل از |
| 245 | advance several hypotheses | |  |
| 246 | take root | | establish oneself, settle in |
| 247 | do away with something  do away with distraction | | abolish, eliminate; destroy, |
| 248 | in the sense that | | to mean that |
| 249 | or at the very least write an apology to | | یا حداقل این کار کنه |
| 250 | poke fun at someone | | to make someone seem stupid by making jokes about them or laughing unkindly |
| 251 | roll with something | | to deal with an unpleasant situation باهاش کنار بیای |
| 252 | rule out | | remove as a possibility غیر محتمل شمردن |
| 253 | In the distant past | |  |
| 254 | Be cut out for something  برای چیزی ساخته شدن | | suited for something  She was bright and she loved to read. Her folks thought she was cut out for being a schoolteacher. He did his best, but he just wasn't cut out for farming |
| 255 | offer valuable insight to students | |  |
| 256 | answer from experience | |  |
| 257 | first-hand knowledge | | Refers to something which the witness actually saw or heard, as distinguished from something he learned from some other person or source. |
| 258 | people grow attached to the idea | |  |
| 259 | repay loans when they fall due | | |
| 260 | become less of a problem | | |
| 261 | brings a degree of social complexity in its wake | | |
| 262 | over and above something  exceptional service over and above what normally might be expected | | in addition to |
| 263 | something wouldn't hurt | | ضرری ندارد اگر |
| 264 | fool someone into doing something | | deceive |
| 265 | your chance for something (ex: survival) is best if | |  |
| 266 | play on (the same idea)  he played on his opponent's nerves | | Take advantage of.. |
| 267 | in exchange | | in turn |
| 268 | one of a kind | | single in its generation, special |
| 269 | keep company,  the dog keeps her company | | spend time with |
| 270 | in light of | | taking (something) into consideration. |
| 271 | lays the foundation for something | | to produce the basic ideas or structures from which something much larger develops |
| 272 | ideas are going out of style | |  |
| 273 | be on forefront | | at the place of greatest activity... |
| 274 | there is a story behind something | |  |
| 275 | lead-in to something | | introductory section |
| 276 | promise to bring a number of benefits | | |
| 277 | largely put an end to problem | | |
| 278 | get greater returns on investment | | |
| 279 | satisfy growing demand for | | |
| 280 | restore your faith in something | | |
| 281 | get-go  experienced difficulties from the get-go | | beginning |
| 282 | every now and then | | sometimes |
| 283 | keep an eye on someone | | watch carefully |
| 284 | seek one's fortune | | Travel somewhere in the hope of achieving wealth and success.  he emigrated to Britain to seek his fortune |
| 285 | spell the end of something | | result in |
| 286 | stand for | | support; represent |
| 287 | jack-of-all-trades  wide-ranging interests | | someone who is good at many kinds of work or business  همه فن حریف |
| 288 | make prophecy | | forecast |
| 289 | in no sense | | به هیچ وجه |
| 290 | ask for trouble | | act in a way that is likely to incur problems or difficulties |
| 291 | send/go back to square one | | back to the beginning |
| 292 | get around the problem  He was trying to get around paying tax on that income. | | to find a way to avoid a problem |
| 293 | curdle of something (agriculture) | | مهد |
| 294 | egalitarian society | | pertaining to equal rights |
| 295 | outside of environmental concerns | | به جز |
| 296 | have a hard time doing something  With all the traffic noise, Mr. Packard had a hard time hearing the reporters' questions. | | to have difficulty doing something |
| 297 | I'm not really a morning person when it comes to studying | |  |
| 298 | rob someone of opportunity to | |  |
| 299 | on an ad hoc basis | | as needed در صورت لزوم |
| 300 | play tricks on so | |  |
| 301 | stand a chance against that | | have a prospect of success or survival. |
| 302 | clear-cut | | understandable |
| 303 | make headway | | make progress |
| 304 | on guard | | wary |
| 305 | lag behind in time/place | | be unable to keep up, |
| 306 | in the course of century | | during |
| 307 | go up against someone  The champ went up against the challenger in a match last Friday. | | to compete with someone; to face someone in competition. |
| 308 | get so wrong | | Misunderstand someone |
| 309 | in and of itself | |  |
| 310 | see in a different light  I see things in a different light now. | | in a different way : differently |
| 311 | keep something in step with sth | | in agreement with someone or something:  She is very much in step with the times. |
| 312 | best of all + | | on top of the- |
| 313 | pocketbook n  that car is too expensive for my pocketbook | | your personal financial means |
| 314 | in the hands of someone | | [controlled](http://dictionary.cambridge.org/dictionary/english/control) or [owned](http://dictionary.cambridge.org/dictionary/english/own) by someone |
| 315 | live by, live by trade  She lives by her own skill and hard work | | use as a basis for conducting one's life in a particular way, |
| 316 | self-assertion | | the confident and forceful expression or promotion of oneself, one's views, or one's desires.ابراز وجود |
| 317 | past few weeks, it has been a total nightmare | |  |
| 318 | we can barely hear ourselves think | | if you cannot hear yourself think, you cannot give your attention to anything because there is so much noise: |
| 319 | let alone  he was incapable of leading a bowling team, let alone a country | | to say nothing of دیگه اون که هیچی |
| 320 | cut short  My speech was cut short | | interrupt, stop early, |
| 321 | run something by someone  I didn't hear you. Please run that by meagain. Please run it by so we can all hear it. | | To tell, explain, or demonstrate something to someone |
| 322 | safe to say | | used to say that you are confident about what you are going to say: |
| 323 | earn a living | | earn money by working, make a living |
| 324 | spell something out for someone | | make clear, explain in detail; |
| 325 | I'm getting ahead of myself  I have to stick to my notes or I will get ahead of myself in my lecture | | to do or say something sooner than it ought to be done so that the proper explanation or preparations have not been made |
| 326 | drop by  they would unexpectedly drop in/by on us | | visit informally |
| 327 | overworked | | exhausted from over exertion, exertion: put into action |
| 328 | get behind in your reading | | عقب افتادن |
| 329 | being hard on yourself | | work hard |
| 330 | do double duty  Kudrow does double duty in the show, playing her regular role and the character's twinsister. | | دو کاره |
| 331 | their behavior has been shaped by constraints over vast stretches of time | |  |
| 332 | safe gamble, safe bet  "it is a safe bet that the current owners will not sell" | | a thing in which confidence can be placed regarding a future outcome |
| 333 | be bound to | | means you are likely to do that thing |
| 334 | dispense with v  dispense with the formalities (=to not do things usually done in a social situation in order to do something more important immediately): I think we all know each other, so we can dispense with the formalities. | | dispense with someone/something to no longer use someone or something because you no longer want or need them, |
| 335 | at best and at worst | | در بهترین و بدترن حالت |
| 336 | the fate of something is up to | |  |
| 337 | everything is left to chance | |  |
| 338 | two-edged sword | | something that has both good and bad parts or results |
| 339 | immense variety of | |  |
| 340 | make an exception | |  |
| 341 | keep on top (of someone or something), keep on top of what is going on | | to stay well-informed about the status of someone or something. |
| 342 | since antiquity | | از قدیم |
| 343 | over the course of a lifetime | |  |
| 344 | get your points across | | make something understood |
| 345 | **come** **across** as too formal | | make a certain impression |
| 346 | broaden their prospective | |  |
| 347 | something is in short supply | | limited |
| 348 | pass this knowledge down from generation to generation | |  |
| 349 | something work to your advantage | | به نفعت میشه |
| 350 | it's a goal worth striving for | |  |
| 351 | have got a knack for something  He had a knack for saying the right thing. | | a special skill, talent, or aptitude, a clever or adroit way of doing something. |
| 352 | be hooked on something  I was hooked after two [episodes](http://dictionary.cambridge.org/dictionary/english/episode)*.* | | obsessed |
| 353 | touch base  they are travelling back to Star City, where they plan to touch base with relatives | | briefly make or renew contact with someone |
| 353 | come by  his friends came by | | visit informally and spontaneously; |
| 354 | fall short of  make our predictions fall short of reality, | | fail to satisfy |
| 355 | to arrive at beliefs | | به باور رسیدن |
| 356 | get out of hand | | get out of control |
| 357 | be swamped with something | | به ستوه آمدن |
| 358 | all else being equal, this means | |  |
| 359 | all year round | | every day of the year |
| 360 | ill-equipped  they feel ill-equipped to cope with emotional issues | | not having the necessary resources or qualities for a particular role or task |
| 361 | use of ... **brings the ideas to life** | |  |
| 362 | In the aftermath of | | Ensuing from |
| 363 | achieve a sense of personal worth | |  |
| 364 | mill about  In the [square](http://dictionary.cambridge.org/dictionary/english/square), [people](http://dictionary.cambridge.org/dictionary/english/people) were [milling](http://dictionary.cambridge.org/dictionary/english/milling) around in the [sunshine](http://dictionary.cambridge.org/dictionary/english/sunshine) | | Move about in a confused manner |
| 365 | acquire norms and values | |  |
| 366 | **bring into line** individuals whose behavior goes beyond that allowed by the particular group | | to force someone or something to be similar or of the same standard as someone or something else: |
| 367 | for the sake of adventure | |  |
| 368 | squeeze some facts | | infer some facts |
| 369 | go into any depth on sth | | نپرداختن به موضوعی عمیقا |
| 370 | if not for sth, we might have difficulty v+ing | |  |
| 371 | in a matter of seconds | | instantaneously |
| 372 | off the mark  past demographic projections have been way off the mark | | incorrect or inaccurate. |
| 373 | revitalize research into | | give new life or energy, |
| 374 | Why settle for good when you can do something really good | |  |
| 375 | It's your call | | it's your decision |
| 376 | where to draw the line | | how much to include |
| 377 | tell me about it | | i know it |
| 378 | shoot for   You have to shoot for the very best. Don't be satisfiedwith less. She shot for the highest attainable goal. | | plan |
| 379 | tongue-in-cheek  one suspects that he is writing with tongue in cheek | | غیر جدی شوخی |
| 380 | wander around | | roams with no purpose, does nothing ول میگردم |
| 381 | become out of touch | | become disconnected |
| 382 | a month behind my bills | |  |
| 384 | you could do worse than | | you should |
| 385 | for better or for worse | | thorough good times and bad times |
| 386 | drop-in-the-bucket. Noun.  Our government's sending a thousand tons of food, but that's just a drop in the bucket compared to what's needed. | | An effort or action having very little overall influence, |
| 387 | informed decision | | Educated decision |
| 388 | give them a better shot at getting a job | |  |
| 389 | from a practical aspect | |  |
| 390 | subscribe to an idea | | Support/endorse the idea |
| 391 | call attention to | | point out; cause something to be noticed |
| 392 | In an effort to counteract the trend, | | work against, cancel out, |
| 393 | to be planning on doing | |  |
| 394 | there is growing body of opinion that... | |  |
| 395 | after much deliberation we arrived at a compromise | |  |
| 396 | bring land into cultivation **at the expense of** forests | |  |
| 397 | make right contacts with someone | | If you make contact with someone, you find out where they are and talk or write to them. |
| 398 | stay true to something | | Remain faithful to |
| 399 | at stake  people's lives could be at stake | | at risk |
| 400 | words get around | | When word gets around, news spreads fast within a group of people |
| 401 | it's not the case at all | | it is not true |
| 402 | to be way ahead of his time | |  |
| 404 | carry over  the credit carries over from one semester to the next | | transfer from one time period to another |
| 405 | give it a try | | try it |
| 406 | know something inside out | | know something very thoroughly |
| 407 | grant any deadline extension | | وقت اضافه دادن |
| 408 | electricity went out | |  |
| 409 | once and for all | | یکبار برای همیشه |
| 410 | for the most part | | mostly |
| 411 | in excess of  a top speed in excess of 20 knots | | more than |
| 412 | in the days/years to come  What are your plans for the year to come (= next year)? | | the following or next days/week(s)/year(s) |
| 413 | choose something that suits your needs | |  |
| 414 | it might be a good fit for you | |  |
| 415 | be emotionally attached to something | |  |
| 416 | bottom line | | conclusion, final result |
| 417 | loose sleep over sb/something | | to be worried and unable to relax because of something |
| 418 | I rest my case | | said by one of the side of a legal case in order to indicate that he/she is finished presenting witnesses |
| 419 | in a broad sense | | General |
| 420 | bring someone into contact with | | to cause things or people to touch or associate with one another |
| 421 | look down on someone | | to regard with despise |
| 422 | in touch with | | in connection with |
| 423 | keep something straight | | (idiomatic) To avoid confusing or mixing up something; to keep something clear or organized |
| 424 | free-for-all | | a noisy fight in a crowd |
| 425 | for one thing | | used to introduce one of two or more possible reasons for something, the remainder of which may or may not be stated. |
| 426 | take one thing at a time | | to do or deal with one thing before starting to do or deal with another: |
| 427 | sth is catching  enthusiasm is catching | | واگیرداره +  tending to be transmitted from one person to another; |
| 428 | box you in  I don't want to box you in, but you are running out of options. I want to box in the whole staff, so they'll have to do it my way. | | to put someone into a bind; to reduce the number of someone's alternatives. |
| 429 | to say nothing of   I'm having enough difficulty painting the house, to say nothing of thegarage that is very much in need of paint. | | not to mention, and that's besides  دیگه اون که هیچی |
| 430 | extend something to something | | تعمیم دادن |
| 431 | spare you something  I'll spare you the details, but he wasn't very complimentary | | to not tell someone something |
| 432 | u are onto something  Edward seems to be onto this idea already | | have an idea or information that is likely to lead to an important discovery |
| 433 | on the second thought  I thought I would go to movies but on second thought I would rather stay home | | resulting from a revised opinion or change of mind |
| 434 | I'm probably way off | | # you are pretty close actually, on the wrong track |
| 435 | go about something | | deal with or take care of, |
| 436 | keep a low profile | | avoid attracting attention to yourself |
| 437 | bad press | | bad publicity |