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# **English** **Idioms** **and** **Proverbs in** **Context**

**110 units of  
idioms and  
proverbs**

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## **INTRODUCTION**

### **What is an idiom?**

An idiom is usually a fixed phrase whose meaning is difficult or sometimes impossible to guess by merely looking at the meanings of the individual words it contains. For example, the phrase **bite the bullet** has a literal meaning that is easy to understand, but it also has a common idiomatic or metaphorical meaning, that is, difficult to understand.

Example: *I don't want to argue with the boss. I have to **bite the bullet**.*

Here, **bite the bullet** (دندون رو جگر گذاشتن) means "to endure a difficult and unpleasant situation".

Sometimes idioms are imaginative expressions such as proverbs and sayings:

**Too many cooks spoil the broth.** (If too many people are involved in some activity, it will not be done well.)

Some other idioms are short expressions which are used for a particular purpose:

**Hang in there!** (Said as a way of telling someone to not give up, despite difficulties)

Example: Work can get tough in the middle of a term but **hang in there** and it'll be OK.

**Get lost!** (Used to tell someone forcefully and quite rudely to go away)

Example: Tell him to **get lost!**

### **Why are idioms so important?**

Firstly, they are important because they are very common in English. It is impossible to speak, read, or listen to English materials without meeting with idiomatic expressions. All native speakers of English judiciously use idioms in their everyday conversations in order to better communicate what they mean or leave a more effective impression on their listeners. Newspapers and mass media are replete with metaphorical language. You cannot avoid them or leave them till later.

The second reason is that the metaphorical use of a word is more common today than its literal use. For example, we know that fishers catch fish, but one might say **to catch attention** or **catch fire**.

### **Can we translate idioms?**

Sometimes we can translate an idiom from one language into another, but most often this is not possible. It is very important to be very careful when we want to translate idioms from English into Persian. Although, we can sometimes translate an English idiom into a Persian one literally, but never translate an idiom word for word, instead you must translate the whole expression. Sometimes you might even have to just explain the meaning.

### **Salient features of this book:**

The idioms contained in this book have been selected for their high frequency and are constantly used by English people in their everyday lives.

This book contains **two main sections** and **three appendices**. Section 1 includes **110 units**. In each unit 10 idioms are introduced with a sample sentence which helps to clarify the meanings of idioms. Then there are five highly creative exercises in order to help the learners internalize their meanings. Part one is a "**matching exercise**" in which the learners are asked to match the idioms in "**column A**" with their meanings in "**column B**". Part two is a "**fill in the blanks**" exercise in which the learners are supposed to complete incomplete sentences with appropriate idioms they have just been presented. In Part three, the learners are expected to go through a passage and underline the idioms they find in it. Part four includes five Persian idioms for which the learners are asked to find English equivalents. And finally at the end of each unit, three pictures are depicted each implying an idiom either directly or indirectly and the learners are expected to infer the idioms the pictures allude to.

In section 2, **440** highly frequent proverbs and idioms are presented with their equivalents in Persian. The purpose is to familiarize students with proverbs and famous sayings in English along with their Persian equivalents.

Moreover, by presenting the translations, Iranian students become more familiar with their own culture and literature.

The three appendices included in this book are purposefully designed to help students review the idioms they have learned through the book or look up the idioms in the book they haven't learned yet. One "**Unit by Unit Appendix**" which lists the idioms unit by unit to help students to review them after they have finished with each unit. Another "**Alphabetically Ordered Appendix**" which lists the idioms in alphabetical order with page numbers they have been used in this book. The "**Alphabetical Index**" can help you find each expression used in the book. Each expression is alphabetized under the first word of the phrase. In some cases, however, words like a, an, the, and as are an exception. You should look for the words after them in the phrase, for example, a bed of roses can be found in the entry bed of roses.

Finally, an "**Audio Idiom Podcast**" with 101 short texts each containing highly frequent idioms is included with its transcript at the end of the book offering the chance to students to learn idioms through listening.



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## UNIT BY UNIT INDEX

### UNIT 1

1. *A tempest in a teapot*
2. *To pour oil on troubled waters*
3. *A wet blanket*
4. *Carry the day*
5. *Rule the roost*
6. *One swallow doesn't make a summer*
7. *A bitter pill to swallow*
8. *To have (get) cold feet*
9. *A flash in the pan*
10. *To swallow one's promises*

### UNIT 2

1. *Have a finger in every pie*
2. *Beyond the call of duty*
3. *Know the ropes*
4. *In the wake of something*
5. *One's bark is worse than ...*
6. *Blot on one's record*
7. *Be catapulted into the limelight*
8. *Live in fool's paradise*
9. *Bend/lean over backwards*
10. *Bite the dust*

### UNIT 3

1. *Throw/pour cold water on*
2. *Throw/shed some light on*
3. *Stick in one's throat/craw*
4. *Speak with a forked tongue*
5. *Tide someone over*
6. *Tied to one's mother's/wife's apron strings*
7. *Ride (on) a wave of popularity*
8. *Save/keep some money for a rainy day*
9. *Wait till the cows come home!*
10. *Blue in the face*

### UNIT 4

1. *Like the back of one's hand*
2. *Sweeping sth under the carpet/rug*
3. *Save face*
4. *The lion's share*
5. *Go out of the frying pan into the fire*
6. *Drive a wedge between us*
7. *Bury the hatchet*
8. *Eat one's words*
9. *Lay one's cards on the table*
10. *To put the cart before the horse*

### UNIT 5

1. *For the birds*
2. *On the ball*
3. *To eat humble pie*
4. *To keep a stiff upper lip*
5. *To have butterflies in stomach*
6. *On the level*
7. *To have a foot in both camps*
8. *To spill the beans*
9. *Be blue( have the blues)*
10. *Let the sleeping dogs lie*

### UNIT 6

1. *Pass the buck*
2. *As scarce as hen's teeth*
3. *Cat got your tongue*
4. *A wolf in sheep's clothing*
5. *Feet the bill*
6. *A wake-up call*
7. *A tower of strength*
8. *A thorn in someone's side*
9. *To break the ice*
10. *The tip of the iceberg*

### UNIT 7

1. *Stick in your mind/head/memory*
2. *Be engraved on your memory/mind*
3. *Jog sb's memory*
4. *Have the gift of gab*
5. *If my memory serves me right*
6. *Slip sb's memory/mind*
7. *To live in one's memory*
8. *Have a memory like an elephant*
9. *Take a stroll/trip/walk down memory...*
10. *Memory/mind like a sieve*

### UNIT 8

1. *Put heart and soul into something*
2. *Make somebody's hair stand on end*
3. *Fishy*
4. *Take the plunge*
5. *Make a mountain out of a molehill*
6. *Out of sight, out of mind*
7. *Come to a head*
8. *For a song*
9. *A slip of the tongue*
10. *In two minds*

**UNIT 9**

1. *It crossed my mind*
2. *Live on borrowed time*
3. *The lull before the storm*
4. *A sight for sore eyes*
5. *A shot in the dark*
6. *Look daggers*
7. *Wheels within the wheels*
8. *Blowing one's own trumpet*
9. *Stay out of limelight*
10. *Give sb a cold shoulder*

**UNIT 10**

1. *Keep your nose out of sth*
2. *A red-letter day*
3. *Fishing in troubled waters*
4. *Put the ball in their yard*
5. *See the color of money*
6. *A shadow of his former self*
7. *A new broom sweeps well*
8. *A lick and a promise*
9. *A little bird told me*
10. *A fifth wheel*

**UNIT 11**

1. *A fool and his money are ...*
2. *Read between the lines*
3. *A drop in the bucket/ocean*
4. *A double-edged sword*
5. *A chip off the old block*
6. *A bed of roses*
7. *Add insult to injury*
8. *Add fuel to fire*
9. *Actions speak louder than words*
10. *Have all your eggs in a basket*

**UNIT 12**

1. *Look at sth through rose-colored/tinted glasses*
2. *To make an omelette without breaking eggs*
3. *To be at death's door*
4. *Barking up the wrong tree*
5. *Beating a dead horse*
6. *Beating/banging your head against a wall*
7. *Better late than never*
8. *Bite the hands that feed you*
9. *His blood is up*
10. *Blood is thicker than water*

**UNIT 13**

1. *Sign one's own death warrant*
2. *Bite off more than one can chew*
3. *Bone of contention*
4. *Bone up on*
5. *A book worm*
6. *Boom or bust*
7. *To be born with a silver spoon*
8. *Break the silence*
9. *Bridge the gap*
10. *Bring home the bacon*

**UNIT 14**

1. *To burn one's bridges behind*
2. *Chasing rainbows*
3. *Brush up on*
4. *Under false pretences*
5. *Burn the midnight oil*
6. *Money burns a hole in your pocket*
7. *By word of mouth*
8. *Call a spade a spade*
9. *Can of worms*
10. *I can't believe my eyes*

**UNIT 15**

1. *Carry a lot of weight (with sb or sth.)*
2. *To be caught red-handed*
3. *Charity begins at home*
4. *Clean out*
5. *Climb the wall*
6. *There are clouds on the horizon*
7. *Come down to earth*
8. *On a shoestring*
9. *Come to terms with*
10. *Cover up*

**UNIT 16**

1. *Cut the red tape*
2. *Count their chickens before.....*
3. *Crack under*
4. *Crocodile tears*
5. *Meet (one's) maker*
6. *Curiosity killed the cat*
7. *Cut from the same cloth*
8. *Cutting off your nose to ...*
9. *Cut your own throat*
10. *Make ends meet*



## UNIT 17

1. *Dead in the water*
2. *Old beliefs die hard*
3. *Dig yourself in*
4. *Digging your own grave*
5. *Do away with*
6. *Have sticky fingers*
7. *Down to earth*
8. *Drop a line*
9. *Drop out of sight*
10. *Eager beaver*

## UNIT 18

1. *Easy come, easy go*
2. *To eat crow*
3. *To eat humble pie*
4. *Have sb eating out of the palm*
5. *Elbow room*
6. *Fly-by-night*
7. *Fly in the face of*
8. *From rags to riches*
9. *A fair-weather friend*
10. *Make a clean breast of*

## UNIT 19

1. *To feather one's own nest*
2. *To fight tooth and nail*
3. *Fight fire with fire*
4. *We reap whatsoever we sow*
5. *You can't tell/judge a book by its cover*
6. *Under my wing*
7. *Under your thumb*
8. *Unsung heroes*
9. *Keep something under wraps*
10. *The salt of the earth*

## UNIT 20

1. *Jump through a lot of hoops*
2. *Jump out of skin*
3. *In a family way*
4. *In the flesh*
5. *New blood*
6. *Nothing ventured, nothing gained*
7. *To be on last legs*
8. *To be on pins and needles*
9. *On the sly*
10. *On the spur of the moment*

## UNIT 21

1. *On thin ice*
2. *One man's meat is another man's poison*
3. *It was out of my head*
4. *Not on your life*
5. *Out of hands*
6. *Out of the blue*
7. *Hair stand on end*
8. *Be cut off in prime*
9. *Half-baked idea*
10. *Half-hearted*

## UNIT 22

1. *Throw the book at*
2. *Hand-me-down*
3. *As hard as nails*
4. *Hard-nosed*
5. *Hard up*
6. *Hard to take*
7. *Hard to swallow*
8. *Have the makings of*
9. *Hat in hand*
10. *Have one for breakfast*

## UNIT 23

1. *Bury/have your head in the sand*
2. *Head and shoulders above the others*
3. *Head is in the clouds*
4. *Keep after*
5. *Heavy-duty*
6. *With a heavy heart*
7. *Get somebody back*
8. *Hitting on all cylinders*
9. *Hit the ceiling*
10. *Hobnob with*

## UNIT 24

1. *Hold/Have/Bear a grudge*
  2. *Hold the fort*
  3. *Not hold water*
  4. *Hold your temper*
  5. *Hold your horses*
  6. *Don't rock the boat*
  7. *Don't teach your grandmother...*
  8. *Full of hot air*
  9. *Time flies*
  10. *To keep a lid on*
-

**UNIT 25**

1. *Keep it quiet*
2. *Keep it to yourself*
3. *Be kept under the wraps*
4. *Keep your fingers crossed*
5. *Keep your ear to the ground*
6. *Keep one's head above water*
7. *Keep your nose to the grindstone*
8. *Keep word*
9. *Keep your nose clean*
10. *Kick the bucket*

**UNIT 26**

1. *Kill two birds with one stone*
2. *Kiss something goodbye*
3. *The kiss of death*
4. *Knock the wind out of one's sails*
5. *Game for anything*
6. *Gathering dust*
7. *Gear up for*
8. *Get the axe; get axed*
9. *Get along well with*
10. *Get blood from a stone ...*

**UNIT 27**

1. *Lose one's touch*
2. *Get the drift*
3. *Get off one's back*
4. *Get off the ground*
5. *Get screwed*
6. *Get the jitters*
7. *Get the picture*
8. *Get the green light*
9. *Get to the bottom of the problem*
10. *Get to the point*

**UNIT 28**

1. *In your heart of hearts*
2. *Get your goat*
3. *Gets his back up*
4. *Get my knuckles rapped*
5. *Get our wires crossed*
6. *Have a heart of stone*
7. *Give somebody the evil eye*
8. *Give an arm and a leg*
9. *Give an inch*
10. *Give-and-take basis*

**UNIT 29**

1. *Give him a taste of his own medicine*
2. *I would give my right arm*
3. *Give somebody a lift*
4. *Give somebody a rough time*
5. *Give someone the shirt off one's back*
6. *Give someone the cold shoulder*
7. *Go back on one's word*
8. *Go berserk*
9. *Go bust*
10. *Go ballistic*

**UNIT 30**

1. *Go straight*
2. *Go through the roof*
3. *Go to any lengths*
4. *Like a red rag to a bull*
5. *Golden years /sunset years*
6. *Got no business*
7. *Have something in one's pocket*
8. *Get one's hands full*
9. *Grab a bite to eat*
10. *Grandfather clause*

**UNIT 31**

1. *Grease sb's palm*
2. *Beyond reproach*
3. *Bare your soul*
4. *Green with envy*
5. *Grey matter*
6. *Grind to a halt*
7. *Get carried away*
8. *Cut and dried*
9. *Grouse about*
10. *Take up with*

**UNIT 32**

1. *Raining cats and dogs*
2. *Rake someone over the coals*
3. *Rat race*
4. *Rattle my chain*
5. *Be bound to*
6. *Put up with*
7. *Ride on his coattails*
8. *Knock oneself out*
9. *Get riled up*
10. *My heart isn't in it*

### UNIT 33

1. *Pour scorn on*
2. *Rocky road*
3. *Roll with the punches*
4. *Royal treatment*
5. *Set out to*
6. *Rub shoulders with*
7. *Rub salt in the wound*
8. *Ruffle your feathers*
9. *The rule of thumb*
10. *Run an errand*

### UNIT 34

1. *Run for office*
2. *Run its course*
3. *Run rampant*
4. *Run short of*
5. *Run you ragged*
6. *Make a clean breast of*
7. *Make a federal case of*
8. *Make amends for*
9. *Make hay while the sun shines!*
10. *Pull up stakes*

### UNIT 35

1. *Anything but*
2. *Money talks*
3. *Mouth off about*
4. *In the nick of time*
5. *Into the bargain*
6. *Have a bash (at sth/ at doing sth)*
7. *Meeting of minds*
8. *Mind my own business*
9. *Muscle in*
10. *Lay off*

### UNIT 36

1. *Land on one's feet*
2. *Lay bare*
3. *Last-ditch attempt*
4. *Larger than life*
5. *As a last resort*
6. *A late bloomer*
7. *Laughing up her sleeve*
8. *Laundered money*
9. *Lay eyes on*
10. *Lay the blame on*

### UNIT 37

1. *Leak to*
2. *In token of*
3. *Lead someone down ...*
4. *Leave no stone unturned*
5. *Lean times*
6. *Lend a hand*
7. *The lesser of two evils*
8. *Level with*
9. *Lick one's wounds*
10. *"Life is just a bowl of cherries!"*

### UNIT 38

1. *The light at the end of the tunnel*
2. *At sb's beck and call*
3. *Lift a finger*
4. *Can't eat your cake and have it*
5. *Like the devil*
6. *Jump/get on the bandwagon*
7. *Stand on ceremony*
8. *No more of your lip*
9. *My lips are sealed*
10. *Pick up the pieces*

### UNIT 39

1. *Live up to*
2. *"Long time no see."*
3. *Pass for*
4. *Look down one's nose...*
5. *Look up to*
6. *Hand down*
7. *Short sharp shock*
8. *At sb's disposal*
9. *Lose my train of thought*
10. *Shake the habits*

### UNIT 40

1. *Do anything for*
  2. *Be at sixes and sevens*
  3. *Get a new lease of life*
  4. *Have the time of one's life*
  5. *Scare the life out of somebody*
  6. *Risk life and limb*
  7. *Within an inch of one's life*
  8. *Be the life and soul of something*
  9. *Get the shock of one's life*
  10. *Make one's life a misery*
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**UNIT 41**

1. Scrape someone off the ceiling
2. To save one's life
3. Scratch the surface
4. See eye to eye
5. See the light of day
6. See red
7. Self-made
8. Don't sell yourself short
9. Seller's market
10. Set one's teeth on edge

**UNIT 42**

1. Everything is shipshape
2. Shooting fish in a barrel
3. Have a short temper
4. Shoulder the blame/burden/responsibility
5. Be driving at
6. Simmer down
7. Singing his own praises
8. Sit in judgment on
9. Sit on the fence
10. A skeleton in the closet

**UNIT 43**

1. Be in the black
2. Slip away
3. Slip one's mind
4. Slippery slope
5. Smack of
6. Smoke like a furnace
7. Smoke and mirrors
8. Snatch victory from the jaws of defeat
9. Snowball
10. Soft in the head

**UNIT 44**

1. Pedal to the metal
2. Spin your wheels
3. Spread like wildfire
4. Squirrel away
5. Stand by
6. Stand behind someone
7. Stand up for ...
8. Start from scratch
9. Stay/keep abreast of
10. State-of-the-art

**UNIT 45**

1. In the same boat
2. Out of the wood(s)
3. Step on somebody's toes
4. Wet behind the ears
5. Stone dead
6. Keep a straight face
7. Stonewall
8. Shoulder to shoulder
9. Stand shoulder to shoulder...
10. Stretching the truth

**UNIT 46**

1. From the horse's mouth
2. Strike your fancy
3. Strike your ego
4. Sunset years
5. Swallow your pride
6. Swear off
7. Don't swallow that!
8. Sweep your problems under the carpet
9. Get a swelled head
10. Take the bullet

**UNIT 47**

1. Fan the flames of
2. Take a strip off
3. Take a shot at
4. Take effect
5. Take for granted
6. Take heart
7. Take charge
8. Take an oath
9. Lick one's boots
10. Take umbrage

**UNIT 48**

1. Take the bull by the horns
2. Take solace in
3. Take the stand
4. Taken in
5. Acid test
6. Take the blame for
7. Talk turkey
8. Talking through your hat
9. Tangle with
10. A real tearjerker

### UNIT 49

1. *Tear a strip off someone*
2. *The apple doesn't fall far...*
3. *The apple of someone's eye*
4. *By the finger of fate*
5. *The blind leading the blind*
6. *Reach the breaking point*
7. *The cutting edge*
8. *The devil makes work for idle hands*
9. *The early bird gets the worm*
10. *The grass is often greener ...*

### UNIT 50

1. *Ins and outs*
2. *The lion's share of*
3. *The luck of the draw*
4. *Naked eye*
5. *The road to heaven is paved with ...*
6. *The tail will be wagging the dog*
7. *The way to your heart is ...*
8. *The wolf was at the door*
9. *Throw down your arms*
10. *Threw a monkey wrench into our plans*

### UNIT 51

1. *Not have the heart to do sth*
2. *Your heart aches with pity*
3. *My heart sank*
4. *Absence makes the heart ...*
5. *Bare your heart/soul*
6. *From the bottom of your heart*
7. *Find it in your heart to do sth*
8. *Have a heart of gold*
9. *By heart*
10. *Love someone heart and soul*

### UNIT 52

1. *Be in a tight spot*
2. *Tip your hand*
3. *Generous to a fault*
4. *By a twist of fate*
5. *Touch and go*
6. *Touched in the head*
7. *Toughen someone up*
8. *By trial and error*
9. *True colors*
10. *Turn one's back on*

### UNIT 53

1. *Turn one's crank*
2. *Twist one's arm*
3. *Have two left feet*
4. *Sour grapes*
5. *Two heads are better than one*
6. *"While the cat's away, ..."*
7. *Playing cat and mouse*
8. *Steal one's thunder*
9. *Red herrings*
10. *Make sb cool one's heels*

### UNIT 54

1. *Dig up the hatchet*
2. *Stock in trade*
3. *Draw a blank*
4. *Turn thumbs down on*
5. *Cause célèbre*
6. *Stool pigeon*
7. *Cost a king's ransom*
8. *Dark horse*
9. *Pay the last respects to sb*
10. *Call somebody on the carpet*

### UNIT 55

1. *Bite your tongue*
2. *Bite the hand that feeds you!*
3. *Have someone in the palm of hand*
4. *Her bark is worse than her bite*
5. *Nip sth in the bud*
6. *Feather one's own nest*
7. *Live from hand to mouth*
8. *Bite off more than one could chew*
9. *Put sb on*
10. *A bird in the hand is worth two in the bush*

### UNIT 56

1. *Take the bull by the horns*
  2. *Dead in the water*
  3. *Dead to the world*
  4. *Dead men tell no tales*
  5. *Gild the lily*
  6. *Eating out of her hand*
  7. *Putting on a brave face*
  8. *Put your best foot forward*
  9. *Put all one's eggs in one basket*
  10. *Put our heads together*
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**UNIT 57**

1. Find one's tongues
2. Lead up down the garden path
3. Whitewash
4. Hear on the grapevine
5. To avoid the world, the flesh, and the devil
6. Water under the bridge
7. Keeping our heads above water
8. Clutch at a straw
9. The final straw
10. Tread water

**UNIT 58**

1. Throw cold water
2. In hot water
3. Hold water
4. Gain/get/have the upper hand
5. As busy as a bee
6. Draw someone into their argument
7. Draw a veil over
8. Put the cart before the horse
9. Upset the apple cart
10. Turn the tables on someone

**UNIT 59**

1. It's easy to be wise after the event
2. Under the wire
3. Bulk large
4. Be at large
5. Larger than life
6. Go against the grain
7. Let the cat out of the bag
8. Get our wires crossed
9. With a pinch of salt
10. Wink at

**UNIT 60**

1. Pull the rug under one's feet
2. Be left holding the baby
3. Tongue in cheek
4. Sail against the wind
5. Throw caution to the wind
6. See which way the wind is blowing
7. Sailing a bit close to the wind
8. Hold the purse strings
9. The fat was already in fire
10. Water down

**UNIT 61**

1. Keep abreast of
2. Hot air
3. Cross one's heart and hope to die
4. Faint of heart
5. Throw good money after bad
6. Bear fruit
7. Not have a snowball's chance in hell
8. Like a fish out of water
9. Dyed-in-the-wool
10. Of the first water

**UNIT 62**

1. Bear witness
2. Bear testimony
3. Strike while the iron is hot
4. A real feather in one's cap
5. Striking distance of
6. There wasn't a dry eye
7. Eaten up with sth
8. To bring down the house
9. A white elephant
10. To lock horns

**UNIT 63**

1. Be/get tarred with the same brush
2. Spur-of-the-moment
3. Fly in the ointment
4. In the arms of Morpheus
5. From pillar to post
6. In the lap of the gods
7. Beauty is only skin deep
8. Without rhyme or reason
9. Ivory tower
10. Give someone the cold shoulder

**UNIT 64**

1. Get goose bumps/pimples
2. Hit the jackpot
3. Hit the nail on the head/spot
4. Take wing
5. On a wing and a prayer
6. Take someone under one's wing
7. Familiarity breeds contempt
8. In the depths of sth
9. Leaf through
10. Turn the corner

### UNIT 65

1. Turn a blind eye to
2. Turn a deaf ear to
3. Turn a hair
4. Can turn one's hand to sth
5. Turn one's head
6. Turn the other cheek
7. Turn over a new leaf
8. Turn the spotlight on
9. An old/a wise head on young shoulders
10. Get one's fingers burnt

### UNIT 66

1. Burn one's boats/bridges behind
2. By hook or by crook
3. Off the beaten track/path
4. Get even with sth
5. Serve sb right
6. A bit of a leap in the dark
7. The status quo
8. The sacred cow
9. Through thick and thin
10. A steal

### UNIT 67

1. Another kettle of fish
2. Under the weather
3. Sum and substance
4. Calm down
5. Ride out the recession
6. Weather the storm
7. Sacrificial lamb
8. The acid test
9. Lay one's cards on the table
10. Turn/roll in one's grave

### UNIT 68

1. A bolt from the blue
2. Keep one's cards very close to one's chest
3. Live to tell the tale
4. Fight something out
5. Mean all the world to sb
6. Jam tomorrow
7. Fall for something hook, line and sinker
8. Build upon sand
9. Bigger fish to fry
10. There are plenty more fish in the sea

### UNIT 69

1. A big fish in a small pond
2. There's a cloud hanging over you
3. The only cloud on the horizon
4. To be on cloud nine!
5. Leave something under a cloud
6. The die was cast
7. Cast a shadow over
8. To be under somebody's shadow
9. Go with/together
10. Ride for a fall

### UNIT 70

1. Fight the fire with fire
2. Outstay one's welcome
3. To die of embarrassment
4. Do or die
5. Give it a miss
6. Riding roughshod over
7. Fight one's corner
8. To get to the bottom of
9. On the hoof
10. On the house

### UNIT 71

1. Straight and narrow
2. To not lift a finger
3. Point the finger at
4. Create a stink about
5. Leave no stone unturned
6. Meet the maker
7. Tongues began to wag
8. Bring something to a head
9. Bury your head in the sand
10. Stop short of doing sth

### UNIT 72

1. Have one's head buried in a book
  2. It never rains but it pours
  3. It will never fly
  4. Keep one's nose clean
  5. It's all Greek to me
  6. Keep one's nose to the grindstone
  7. Right under one's nose
  8. In seventh heaven
  9. Put the screws on someone
  10. Tightening the net around the smugglers
-

**UNIT 73**

1. *To tighten one's belt*
2. *To blow the cobwebs away*
3. *Pig in a poke*
4. *Oil the wheels of*
5. *Rule the affairs with an iron hand*
6. *An iron hand in a velvet glove*
7. *A cat's paw*
8. *It's not over till it's over*
9. *Make my blood boil*
10. *To be after somebody's blood*

**UNIT 74**

1. *Make one's blood run cold*
2. *Getting blood out of a stone*
3. *Rub a person the wrong way*
4. *Draw in one's horns*
5. *Be there for somebody*
6. *Feel fenced in*
7. *Let the past die*
8. *Sunk in thought*
9. *Don't look a gift horse in the mouth*
10. *Seeking water in the sea*

**UNIT 75**

1. *A lot of water has flowed ....*
2. *Go up in the world*
3. *Get to the rock bottom*
4. *Money doesn't grow on tree*
5. *Scrape a living*
6. *Scratch the surface*
7. *At the outside*
8. *Come down off the ...*
9. *Flog a dead horse*
10. *Frighten someone out of ....*

**UNIT 76**

1. *The pros and cons*
2. *Rock the boat*
3. *Like a duck to water*
4. *Go through fire and water*
5. *Water off a duck's back*
6. *Where there's a will there's a way*
7. *Jack of all trades*
8. *Build castles in the sky*
9. *Have (got) money to burn*
10. *When you can't beat them...*

**UNIT 77**

1. *Beat around the bush*
2. *Beat one's chest about*
3. *A big head has a big ache*
4. *Be true and fear not*
5. *From A to Z*
6. *Hold a candle to*
7. *Burn the candle at both ...*
8. *Carry coals to Newcastle*
9. *Get a rap on the knuckles*
10. *A wild goose chase*

**UNIT 78**

1. *Jump out of one's skin*
2. *Easier said than done*
3. *Do a snow-job on somebody*
4. *There's no smoke without fire*
5. *Go up in smoke*
6. *Go into raptures about/over sth*
7. *As cool as a cucumber*
8. *Have a chip on one's shoulder*
9. *Have eyes in the back of one's heads*
10. *Keep one's eyes peeled for*

**UNIT 79**

1. *Kick the habit*
2. *Kick-start*
3. *The bird has flown*
4. *A sitting duck*
5. *The shot in the arm*
6. *Whiter than white*
7. *In due course*
8. *Paint a gloomy picture of*
9. *cross the bridge when I get ...*
10. *Get the hang of*

**UNIT 80**

1. *Reinvent the wheel*
2. *By all accounts*
3. *Go to town*
4. *In all my born days*
5. *Hit it off*
6. *All in all*
7. *Fair and square*
8. *All's fair in love and war*
9. *Nail in one's coffin*
10. *All's well that ends well*



## UNIT 81

1. *Well-versed*
2. *Well thought out*
3. *From all walks of life*
4. *As slow as a dead snail*
5. *Well-thought-of*
6. *Well-rounded*
7. *Well-to-do*
8. *Promise the earth/moon*
9. *Ask/shoot for the moon*
10. *Well-wishers*

## UNIT 82

1. *Beauty is in the eye of the beholder!*
2. *Bad blood*
3. *Bear the brunt of sth*
4. *Once in a blue moon*
5. *At the end of one's rope/tether*
6. *On (an) impulse*
7. *Be at odds with someone*
8. *A hue and cry*
9. *Have the baby blues*
10. *Beggars can't be choosers*

## UNIT 83

1. *Better half*
2. *Between the devil ...*
3. *Bite the bullet*
4. *No big deal*
5. *The black sheep*
6. *Blow the lid off*
7. *By the skin of one's teeth*
8. *Come to fruition*
9. *Cracking a book*
10. *Don't cry over spilt milk*

## UNIT 84

1. *Out of the red*
2. *Dead as a doornail*
3. *Keep someone posted*
4. *One's ears are burning*
5. *Fork over*
6. *Rise to the bait*
7. *Be half the battle*
8. *Walk a tightrope*
9. *Walk on air*
10. *Go for a bat for*

## UNIT 85

1. *Fish or cut bait*
2. *Walk on eggshells*
3. *Flattery will get you nowhere*
4. *Fat cats*
5. *Fence sitter*
6. *You can't make a silk ...*
7. *Variety is the spice of life*
8. *Under the table*
9. *in stitches*
10. *On behalf of*

## UNIT 86

1. *Another string ...*
2. *Tighten one's belt*
3. *On edge*
4. *In the hole*
5. *On one's back*
6. *On parole*
7. *On shaky ground*
8. *On probation*
9. *Every cloud has ...*
10. *On the mend*

## UNIT 87

1. *Too many cooks spoil...*
2. *On my toes*
3. *Out of commission*
4. *Knock one's socks off*
5. *Put on ice*
6. *Give sb the axe*
7. *Too clever by half*
8. *Gloss over*
9. *Out on a limb*
10. *At a loss (for words)*

## UNIT 88

1. *Be to hell and back*
  2. *Paint the town red*
  3. *Good riddance*
  4. *Put money where one's mouth is*
  5. *Go off half-cocked*
  6. *Raise a stink*
  7. *Throw a spanner in*
  8. *In the saddle*
  9. *shake a leg*
  10. *Live from hand to mouth*
-

**UNIT 89**

1. *"Shape up or ship out!"*
2. *Butter wouldn't melt in his mouth*
3. *The world is one's oyster*
4. *Half-baked scheme*
5. *Smell a rat*
6. *Bread-and-butter issues*
7. *Then and there*
8. *Foaming at the mouth*
9. *There's more than one way to skin a cat*
10. *Think outside the box*

**UNIT 90**

1. *Shuffle off the mortal coil*
2. *Be through the wringer*
3. *Through thick and thin*
4. *On the make*
5. *Throw the baby out with the bath water*
6. *Throw sb for a loop*
7. *Spread the word*
8. *Turn-up for the book(s)*
9. *Toe the line/mark*
10. *Get too big for one's britches*

**UNIT 91**

1. *Birds of passage*
2. *Tooting his own horn*
3. *Trickle-down economics*
4. *Be flesh and blood*
5. *You can't hang that on me*
6. *With the wisdom of hindsight*
7. *Swap horses in the midstream*
8. *The hand that rocks the ...*
9. *Put the finishing touches on*
10. *Hang together*

**UNIT 92**

1. *In the flesh*
2. *My own flesh and blood*
3. *Make someone's flesh crawl*
4. *A thorn in one's side*
5. *Put someone in the grass*
6. *Makes one's hair stand on end*
7. *On the cards*
8. *Draw in horns*
9. *Couldn't act/ ... one's way ...*
10. *One's cup of tea*

**UNIT 93**

1. *Lick one's wounds*
2. *In apple-pie order*
3. *Draconian measures*
4. *Blow hot and cold about*
5. *Blow the whistle on sb*
6. *Like a cat on hot bricks*
7. *In the hot seat*
8. *Get hot under the collar*
9. *By and large*
10. *Eat one's hat*

**UNIT 94**

1. *In the doldrums*
2. *Keep an open mind*
3. *Mark my words*
4. *Strike home*
5. *Bear the scars of*
6. *Off the cuff*
7. *Go out on a limb*
8. *Out to lunch*
9. *Go/be a complete blank*
10. *Nuts and bolts*

**UNIT 95**

1. *Fly-by-night*
2. *Fly into a rage/temper/fury*
3. *"And pigs might fly!"*
4. *Go off at a tangent*
5. *Fly off the handle*
6. *Put one's mind at rest*
7. *Frame of mind*
8. *Water sth down*
9. *Throw the book at*
10. *Groaning with food*

**UNIT 96**

1. *Lock, stock and barrel*
2. *Drop like flies*
3. *On the ropes*
4. *Be out of one's depth*
5. *Wild horses wouldn't drag me to*
6. *Turn noses up at*
7. *Take a leaf out of one's book*
8. *Raise the roof*
9. *Get one's hooks into*
10. *Lily-livered*

### UNIT 97

1. *Burn to the ground*
2. *Go to the stake for sth*
3. *At stake*
4. *Break the news to someone*
5. *Judge a book by its cover*
6. *To have head in the clouds*
7. *Can't (not be able to) see the forest...*
8. *Bored stiff*
9. *Rotten from the core*
10. *True colours*

### UNIT 98

1. *Be more catholic than Pope*
2. *Run with the hare and hunt with the hounds*
3. *Let the grass grow under your feet*
4. *With eyes shut*
5. *Clap eyes on someone*
6. *Give a fair crack of the whip*
7. *Blow one's own trumpet*
8. *The knives are out for someone*
9. *You could cut the atmosphere with a knife*
10. *Turn the knife*

### UNIT 99

1. *Go under the knife*
2. *It's not the end of the world*
3. *Rub one's nose in it*
4. *Bury one's head ostrich-like ...*
5. *Saving his own skin*
6. *Make no bones about sth*
7. *Got sb twisted around your little finger*
8. *Poke one's nose into*
9. *Someone's nose be put out of joint*
10. *Leave sb high and dry*

### UNIT 100

1. *Blow the gaff on*
2. *Ride out*
3. *Lay oneself open to ...*
4. *Lay bare*
5. *A bad workman blames ...*
6. *Flay someone alive*
7. *Come of age*
8. *Better late than never!*
9. *Terra firma*
10. *People who live in glass ...*

### UNIT 101

1. *Stir up a (real) hornet's nest*
2. *Blessing in disguise*
3. *A burnt child dreads ...*
4. *Culture vulture*
5. *Treat someone with ...*
6. *Cheat someone out of*
7. *Eagles don't catch flies*
8. *All along*
9. *The forbidden fruit*
10. *Give-and-take*

### UNIT 102

1. *All that glitters is not gold*
2. *Send a chill up and down one's spine*
3. *Go into ecstasies about ...*
4. *Good fences make good ...*
5. *A half truth ...*
6. *Propel someone to/into/towards*
7. *Get one's fingers burnt*
8. *Cast a slur on*
9. *Feel hard done-by*
10. *Honesty is the best policy*

### UNIT 103

1. *Pull the wool over sb's eyes*
2. *Wrap (up)one's children in ...*
3. *Not to know someone from Adam*
4. *Without a second thought*
5. *Grit one's teeth*
6. *Morsel of intelligence*
7. *Nothing daunted*
8. *Earn one's place in the sun*
9. *Under the sun*
10. *Make one's blood boil*

### UNIT 104

1. *Pie in the sky*
  2. *Marriage of convenience*
  3. *A chicken and egg situation*
  4. *Credit where credit's due*
  5. *Not come/go amiss*
  6. *Have kittens*
  7. *Is the game worth the candle?*
  8. *Prevention is better than cure*
  9. *Marry in haste, repent at leisure*
  10. *An exception that proves ...*
-

**UNIT 105**

1. *Soldier on*
2. *Take one at one's word (for it)*
3. *Necessity is the mother of invention*
4. *Procrastination is the thief of time*
5. *Put someone off one's stride*
6. *Spring to mind*
7. *Stretch the truth*
8. *Stretch of the imagination*
9. *Out of the question*
10. *To be economical with the truth*

**UNIT 106**

1. *Easy come, easy go*
2. *Search me*
3. *A feather in one's cap*
4. *Lose one's shirt*
5. *Err on the side of caution*
6. *To err is human ...*
7. *Grasp the nettle*
8. *As pure as the driven snow*
9. *On a shoestring*
10. *Stand bail for someone*

**UNIT 107**

1. *Aiding and abetting*
2. *Speak of someone in glowing terms*
3. *A foregone conclusion*
4. *Morass of scandals/propaganda*
5. *Rife with sth*
6. *Make sb tick*
7. *Be given full rein*
8. *In a state of flux*
9. *Cast-iron alibi*
10. *Under the pretext of*

**UNIT 108**

1. *On a compassionate leave*
2. *Cut one's own throat*
3. *Rake up the past/that old quarrel*
4. *Ruffle someone's feathers*
5. *Play/kiss up to*
6. *Go into paroxysm of anger/rage*
7. *Be cut out for*
8. *Spread one's wings*
9. *Steal the limelight*
10. *Epitome*

**UNIT 109**

1. *Get a new lease of life*
2. *With/on the proviso that*
3. *A bone of contention*
4. *From the cradle to the grave*
5. *To keep abreast of*
6. *Sink like a stone*
7. *Sink without trace*
8. *Reap the bitter harvest*
9. *Reap what you have sown*
10. *Sowing the seeds of*

**UNIT 110**

1. *Sink into obscurity*
2. *Reach the pinnacle of*
3. *Beyond the dreams ...*
4. *A margin of error*
5. *Blissful ignorance*
6. *In a fit of pique*
7. *On the wane*
8. *Get the sack*
9. *Nail in the one's coffin*
10. *To have it out with*

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