　1.a change of pace 节奏变换

　　You can’t do these chemistry experiments all day long. You certainly need a change of pace.

　　2. a far cry from 相距甚远

　　The published book is far cry from the early manuscript.

　　3. and how 的确

　　A: She’s a good dancer.

　　B: and how.

　　4. a matter of time 时间问题

　　It is only a matter of time.

　　5. a phone call away 一个电话之远，愿意过来帮忙。

　　If you need my help. do let me know. Just remember I am a phone call away.

　　6. a while back 不久以前

　　7.all along 一直

　　I knew it all along.

　　8. anything but 绝对不

　　I was anything but happy about going.

　　9. account for 解释

　　How do you account for it?

　　10. after all 到底

　　A: I’ve just seen the X-rays and your teeth look just fine.

　　B: I see. Then there is nothing to worry about after all.

11. allergic to 对|……过敏

　　Oh man! Something in this room is making my eyes itch, I must be allergic to something.

　　12. at sb’s service 愿为某人服务

　　I am at your service at any time.

　　13. around the clock 24小时不停

　　Martha studied around the clock for management exam.

　　14. as far as I know 就我所知

　　15，at home with 对…..很熟悉

　　She is at home with problems like this.

　　16. back out

　　1) 退出

　　A: Wasn’t Bert supposed to sing tonight?

　　B: Yes. but he backed out at last minute

　　2)不履行

　　She finally backed out of her promise.

　　17. be cut out for 天生适合

　　I’m not cut out to be a hero.

　　18. be absorbed in

　　She has been absorbed in a horror fiction. I can’t tear her away.

　　19. be addicted to 对……上瘾

　　She has been addicted to drugs for years.

　　20. be attached to 对……有感情

　　A: I’m amazed that you are still driving that old car of yours. I thought you would have gotten rid of it years ago.

　　B: It runs well and I’ve actually been quite attached to it.

21. back up

　　1) 累积

　　The subway is running behind schedule. and traffic is backed up for blocks. I don’t know if we’ll make the 6:30 show.

　　2) 支持

　　I’ll back it up.

　　22. be bound for 到……地方

　　The bus is bound for New England.

　　23. be (feel) myself 找到自我

　　I’m feeling myself again.

　　24. be burned up 生气

　　She was really burned up at the news.

　　25. be hard up for

　　I’m hard up for clothes, but I have a lot of books.

　　26. be head and shoulders above 好许多

　　In calculus. Joe is head and shoulders above his classmates.

　　27，be in the dark 蒙在鼓里

　　A: Do you have any idea what his notice is about?

　　B: I’m as in the dark as you are.

　　28，be stuck 卡住了

　　I can’t get this window open. It’s stuck.

　　29. bite off more than one can chew. 贪多嚼不烂

　　A: I hear you’re taking an advanced physics course this semester.

　　B: I think I’ve bitten off more than I can chew.

　　30. break new ground 有了新的突破

　　His architectural design broke new ground in the field.