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Part 1 – Idioms (101)

(A) Common Idioms

1. Lose one's grip on ... – 失去對...的控制

Example sentences:

- He started to **lose his grip on** reality.
- The government has **lost her grip on** the Covid-19 since last year.

2. Get to grips with – 認真處理

Example sentences:

- The government has failed to **get to grips with** the problem of gender inequality.
- These professional musicians **get to grips with** 100 pieces of classical music.

3. Leave no stone unturned – 不遺餘力

Example sentences:

- The government should **leave no stone unturned** to ameliorate poverty problem.
- Hong Kong students **leave no stone unturned** to pass exams with flying colours.

4. Bend over backwards – 竭盡全力

Example sentences:

- The government is **bending over backwards** to promote animal rights.
- Sarah Lee, the Hong Kong cyclist, **bend over backwards** to fight for the championship in the Olympic Games.

5. Cut both ways – 有利有弊

Example sentences:

- Compulsory sorting of household waste **cut both ways** in Hong Kong.
- Watching TV **cut both ways** – it makes people know what is going on; but it also makes them lazy and addicted.

(D) Finance-related idioms

71. Bread and butter – 生計/主要收入來源

Example sentences:

- Writing frictions is my **bread and butter**.
- Your old mother depends on you for her **bread and butter**. How can you be so thoughtless?

72. Bring home the bacon – 帶來生計/收入

Example sentences:

- The down-and-out man finds it difficult to **bring home the bacon**.
- Many teenagers believe that starting an online shop could **bring home the bacon**.

73. Born to the purple – 出身貴族

Example sentence:

- The poverty problem could be ameliorated if people who were **born to the purple** lend a helping hand to the underprivileged.

74. Born with a silver spoon in one's mouth – 生於富有的家庭

Example sentence:

- She was **born with a silver spoon in her mouth**, so she did not have to work to make ends meet.

75. Come from humble beginnings – 出身卑微

Example sentences:

- To my surprise, the richest man in the world **comes from humble beginnings**.
- Although you **come from humble beginnings**, you can change your destiny by working hard to chase your dream!

(E) Idioms about workplace communication

82. Get into gear – 快速投入工作

Example sentences:

- You really have to **get into gear** and finish the proposal today!
- To protect the environment, Green organizations **get into gear** to promote environmental protection.

83. Get one's act together – 計劃/組織周到

Example sentences:

- You need to **get your act together** and finish packing so that we can leave the airport on time tomorrow morning.
- The official was asked to **get his act together** if he wanted to keep his post.

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Part 2 – Common Useful Phrases (150)

1. Caught in/face the dilemma – 左右為難

Example sentences:

- Charities are **caught in a dilemma** between good trusteeship and the demands of sound finance.
- Parents **face the dilemma** of how to take care of their children when they are at work.

2. Stem from – 源於

Example sentences:

- Many relationship problems **stem from** the lack of communication.
- Their disagreement **stemmed from** a misunderstanding on each other's viewpoint.

3. Campaigns should be launched – 發起運動

Example sentences:

- **Campaigns should be launched** to educate the public on the importance of hand hygiene.

4. Shoulder the responsibility/burden/blame – 承擔責任/負擔/ 受責難

Example sentences:

- The government should **shoulder the responsibility** for controlling the spread of diseases.
- It is the women who mainly **shoulder the burden** for the care of elderly and disabled relatives.
- Teachers cannot be expected to **shoulder all the blame** for poor exam results.

5. Bear the brunt of – 首當其衝

Example sentences:

- Low income families **bear the brunt of** economic recession.
- When the internal system crashes, the call centre employees **bear the brunt of** the customers' anger.

37. Brush ... off – 忽略/不理睬

Example sentences:

- He simply **brushed off** all their criticism towards his working attitude.

38. Take precedence over – 優先於

Example sentences:

- Business people often think that fluency and communication **take precedence over** grammar when speaking.
- My mom loves our family so much that she thinks family interest always **takes precedence over** her own interest.

39. Pose a deterrent effect – 具阻嚇作用

Example sentences:

- The increase in number of drunk-driving accidents reflects a need for heavier penalties to **pose a deterrent effect** on drivers.
- The government officials are evaluating the regulation for counterfeit controlled drugs to see if it can **pose a sufficient deterrent effect**.

40. Not a misdemeanor – 並非輕罪

Example sentences:

- Drug trafficking is **not a misdemeanor** that a convict could face up to a 10-year jail sentence.

41. With an influx of – 湧入

Example sentences:

- **With an influx of** several thousand refugees, the country is becoming more and more unstable.
- The town's economy depends on the summer **influx of** tourists.

146. An uphill battle – 困難重重

Example sentence:

- It is **an uphill battle** for the government to maintain social stability.
- Without a doubt, it is **an uphill battle** for traditional stationery stores to survive in this technological era.

147. Stands in the way – 阻礙

Example sentence:

- With the advent of the internet, geological barrier no longer **stands in the way** of communication.
- You know I will not **stand in your way** if you want to apply for a job abroad.

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Part 3 – Proverbs & Famous Quotes

(A) Learning

Proverbs

1. It is better late than never. 亡羊補牢，未為晚也。
2. Live and learn. 活到老，學到老。
3. A man who asks is a fool for five minutes. A man who never asks is a fool for life. 張口發問可能讓你表現出 5 分鐘的無知，但是不發問的人永遠會無知。
4. Experience is the best teacher. 經驗乃良師。
5. Knowledge is power. 知識就是力量。
6. Knowledge can change your destiny. 知識改變命運。
7. Learning without thinking is vain, thinking without learning is perilous. 學而不思則罔，思而不學則殆。

Famous quotes

1.	
2.	
3.	
4.	
5.	
6.	<i>"Knowledge, which is acquired under compulsion, obtains no hold on the mind."</i> – Plato

(C) Health

Proverbs

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|---|
| 1. Health is better than wealth. 健康勝於財富。 |
| 2. Prevention is better than cure. 預防勝於治療。 |
| 3. A good medicine tastes bitter. 苦口良藥。 |
| 4. We are usually the best man when in the worst health.
在最差的健康狀況下，我們往往是最好的人。 |

Famous quotes

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| 1. <i>"Happiness is the highest form of health."</i>
– Dalai Lama |
| 2. <i>"It is health that is real wealth and not pieces of gold and silver."</i>
– Mahatma Gandhi |
| 3. <i>"A healthy outside starts from the inside."</i>
– Robert Urich |
| 4. <i>"Healthy citizens are the greatest asset any country can have."</i>
– Winston Churchill |
| 5. <i>"Let food be the medicine and medicine be the food."</i>
– Hippocrates |
| 6. <i>"Health is a vehicle, not a destination."</i>
– Joshua Fields Millburn |