

# 1. Raise the bar :- To set higher goals

Aman Sir English



Eg:- Celebrate what you've accomplished, but raise the bar a little higher each time you succeed.

## 2. Bang for the buck :- More value for money

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Eg:- They're very careful when they spend money, and they're going to insist on getting the most bang for their buck.

**3. To take a chill pill:-** To calm down; to stop being angry, anxious, fearful, etc.

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Eg:- The police officer told Jaggu to take a chill pill and answer the questions.



## **4. Want to curl up and die:-** to feel very ashamed and sorry

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Eg:- I just wanted to curl up and die when I spilled coffee on their new carpet.

## 5. Be at a loss for words :- Not know what to say

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Eg:- She was at loss of words  
when she saw her crush.

## 6. To cut a long story short :- Tell something briefly

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Eg:- He wanted to be a doctor but, to cut a long story short, he ended up as a pharmacist.

## 7. Full of beans:- having a lot of energy

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Eg – She was laughing and shouting and generally full of beans.



**8. To the nines:-** To the greatest degree or extent;  
to a point of perfection.

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Eg:- Wow! they weren't kidding when they said this  
new club had been designed to the nines.



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**9. Go easy on something :-** Use only a small amount of

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Eg:- The doctor told me to go easy on the spicy food for a while.

## **10. Pat on the back:-** Praise or approval for doing something good

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Eg:- The teacher patted all the students on the back for their good work.

## 11. A stumbling block :- An obstacle to progress

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Eg:- Instead of seeing fear as a stumbling block, see it as a stepping-stone towards new experience.



## 12. A live wire :- Lively and active/energetic

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Eg- She is a wonderful girl,  
a real live wire and full of fun.

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**13. Tide someone over:-** to supply someone for a short time with something that is lacking usually money

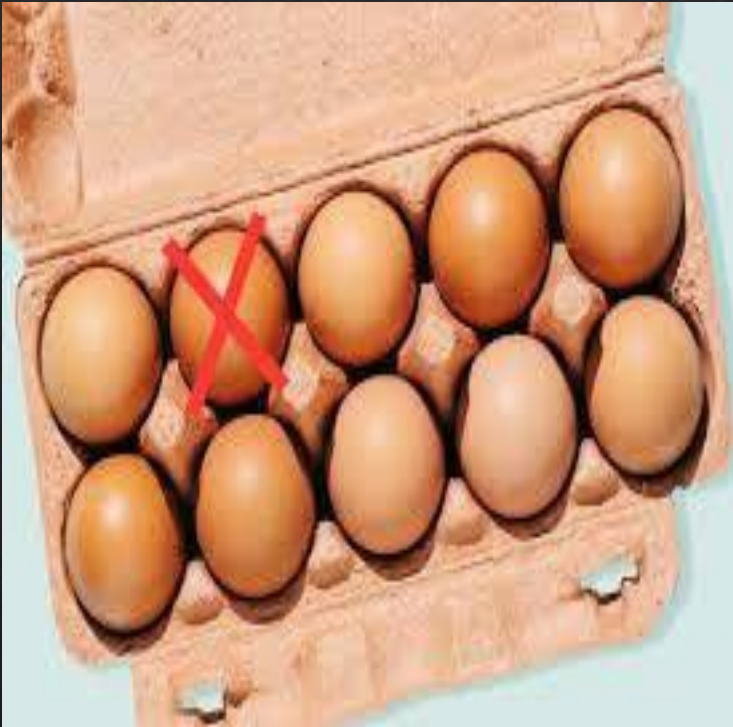
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Eg:- Can you lend me some money to tide me over till next month?

## 14. A bad egg :- Someone who is dishonest and unreliable

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Eg:- He's been in prison several times for all sorts of crimes; he's a bad egg.



## 15. To get the ball rolling :- To begin a process



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Eg:- He will go to the Middle East next week to get the ball rolling again on peace talks.

**15. On the horizon :-** An event that is likely to happen soon

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Eg:- There is no new drug on the horizon that will make this disease easier to treat.

## 16. Draw a line :- To fix a limit

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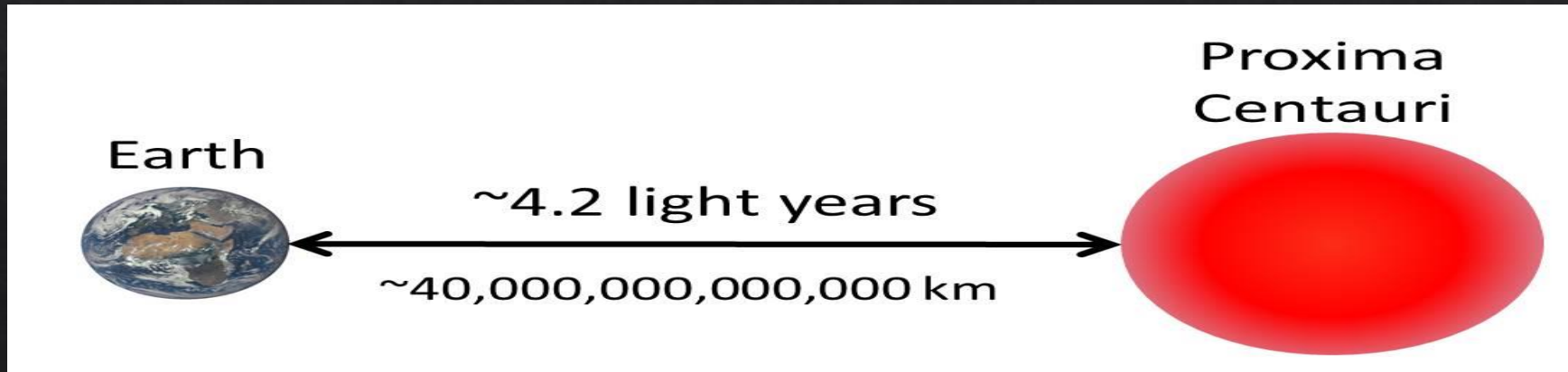
Eg:- I am going to draw the line about working more than forty hours a week.



## 18. To be light years away:-

an extremely long time from now in the past or future Aman Sir English

Eg:- It all happened when I was at college, which seems light years away now that I'm over 50.



## 19. On edge :- Nervous and unable to relax

Aman Sir English



Eg:- Is something wrong? You seem a bit on edge this morning.

## 20. A square deal :- A fair agreement

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Eg:- I thought we made a square deal. It is a good business decision.



**21. To fight tooth and nail :-** To fight or compete with great ferocity and intensity

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Eg:- You have to fight tooth and nail to win this competition.

**22. To fan the flames :-** To make a bad situation worse

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Eg:- His speeches fanned the flames of racial tension.

**23. To go red in the face :-** to suffer embarrassment or shame.

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Eg:- I could hear people making fun of me during my speech, so I was pretty red in the face by the time I finished.



**24. Butterfingers:-** a person who frequently drops things; clumsy person

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Eg:- All of us know you are a butterfingers, so please don't touch my chinaware.

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## 25. **Know inside out:-** to know something completely

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Eg:- You've read that book so often that you must know it inside out by now.



## 26. Off and on :- occasionally

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Eg – I've had toothache on and off for a couple of months.



## **27. Hard of hearing :-** Not able to listen properly

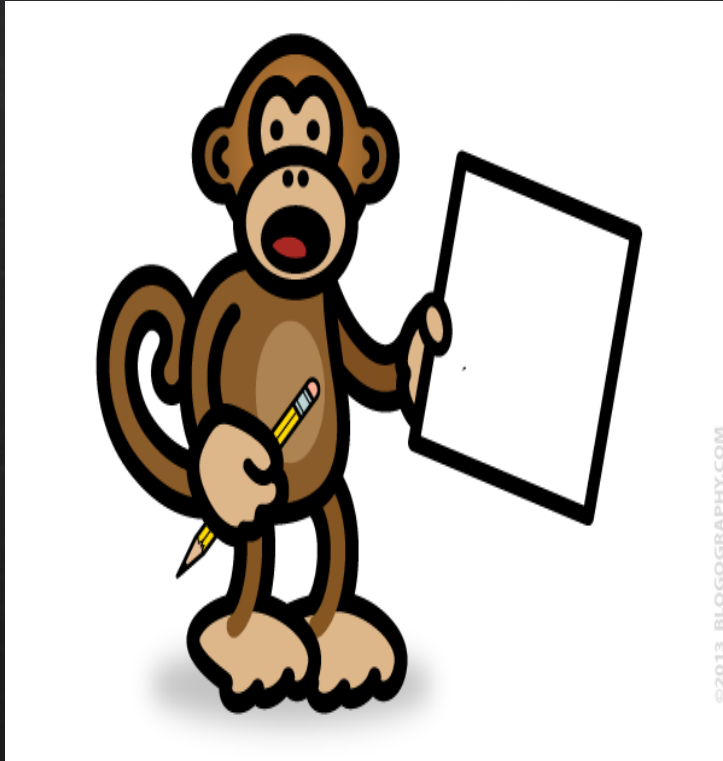
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Eg – My father is quite old now and he's increasingly hard of hearing.

**28. Draw a blank:-** To be unsuccessful / find no favour

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Eg- The investigation drew a blank after the key witness was killed in an accident .

## 29. Give me a hand with:- Help me with

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**Eg:-** Monika has taught her children to lend a hand when it comes to cleaning up after meals.



**30. Strike while the iron is hot :-** to take advantage of the opportunity when it arises.

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**Eg:-** He doesn't often make such offers - I'd strike while the iron is hot if I were you.

## 31. Under wraps :- Secretly

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Eg:- Most managers like to keep their plans under wraps.

## 32. On tenterhooks :- Very tense

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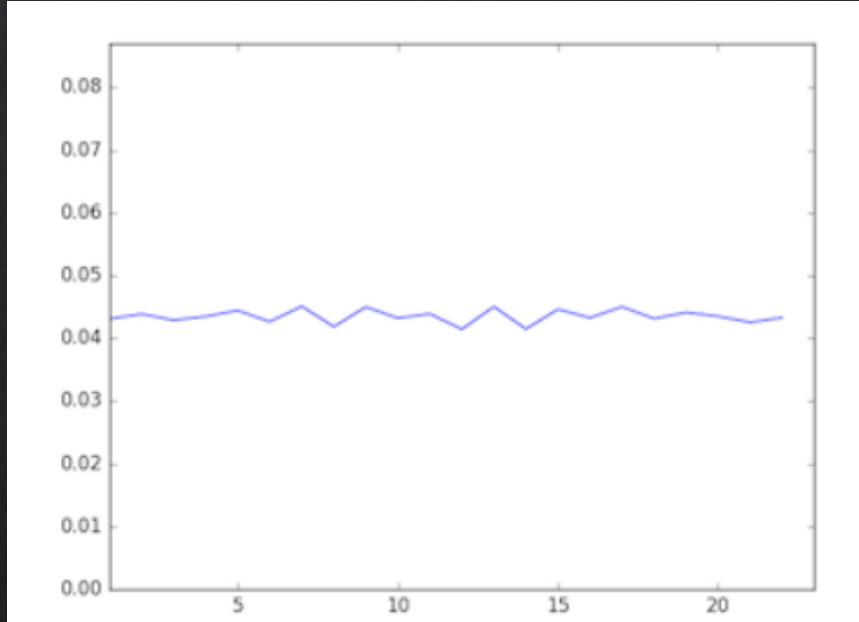


Eg:- We were kept on tenterhooks for hours while the judges chose the winner.



### 33. fell flat :- failed to have an effect

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Eg:- He forgot the punchline  
and the joke fell flat.

## 34. Pull something off :- succeed in doing something

Aman Sir English



Eg:- It will be a very fine piece of music if you pull it off.

## 35. Large-hearted :- Generous / forgiving

Aman Sir English



Eg:- Only a large-hearted man can understand others and pardon others.



## 36. To poke one's nose into :- To take interest in others' affairs

Aman Sir English



Eg:- He's always poking his nose into other people's business.

## 37. To make up with :- to settle their differences

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Eg:- I'm definitely not going to make up with my girlfriend again after what she did this time.

## 38. without rhyme or reason :- without a reasonable explanation

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Eg:- My license was cancelled by the authorities without any rhyme or reason.



## 39. To add insult to injury :- to make something worse

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Eg:- He is already sad about loosing his job don't add insult to injury by lecturing him.

## 40. In vogue :- In fashion



Eg;- Pale colours are much more in vogue than autumnal bronzes and coppers.

## 41. Cook the books :- To falsify financial records

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Eg:- Their accountant was charged with cooking the books, and now he's in jail.



## 42. Needle in a haystack :- Something impossible to find

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Eg:- It is impossible for them to find that small screw. It is a needle in a haystack.

## 43. For good :- forever

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Eg:- He had thought his cancer was gone for good but, sadly, this was not the case.

## 44. To come round :- To become conscious again

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Eg:- She hasn't come round from the anaesthetic yet.



**45. To come round :-** be converted to another person's opinion.

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Eg:- He'll come round to my point of view, given a bit of time.