

### Idioms with hand, skin and bone

all skin and bones  
 save sb's skin  
 a bone of contention  
 in sb's hands  
 make no bones about  
 go hand in hand  
 close at hand  
 jump out of sb's skin

### Describing change

change over time, adjust	evolve, adapt
completely change, become different	transform, reform
change for the better	improve, enhance, progress, alter
change back to a former state	restore, reverse, revert
influence something	determine, shape

### Phrases describing change

chop and change  
 make great strides  
 pull sb's socks up  
 back to square one  
 move the goalposts  
 turn the corner  
 turn upside down  
 go from strength to strength

### Belonging and alienation

association  
 isolation  
 loyalty  
 attachment  
 rapport

### Belonging and alienation (cont)

rejection  
 marginalization  
 disaffection  
 exclusion  
 segregation

### Literary devices

personification  
 repetition  
 oxymoron  
 imagery  
 rhetorical question

### Linking words

cause	because of, due to
effect	result in, as a result, consequently, lead to
contrast	while, even though, however
addition	that said, furthermore, in addition

### Describing reactions

dazed  
 distraught  
 stumped  
 bewildered  
 flustered  
 disorientated  
 befuddled  
 baffled

### Conformity and nonconformity

step up to the mark  
 go with the flow  
 bow down to  
 take the initiative  
 go against the grain  
 buck the trend  
 spur into action  
 turn a blind eye  
 follow sb's lead  
 bury one's head in the sand

### Crime and justice

acquit (of)  
 convict (of)  
 detain (for)  
 exonerate (from/of)  
 implicate (in)  
 release (on bail)  
 remand (in custody)

### Verb and noun suffixes

absolve	absolution
acquit	acquittal
confess	confession
convict	conviction
defend	defendant
indict	indictment
jeopardize	jeopardy
penalize	penalty
plead	plea
prosecute	prosecution
testify	testimony



### Adverbs: type and position

sentence adverbs	sadly, incredibly, clearly, naturally, luckily
frequency	annually, daily, usually
degree	a bit, relatively
place and time	everywhere, always, immediately
manner	sadly, incredibly, calmly, naturally, dismally
focus	nearly, hardly, only, barely, even

### Word analysis

foraging for food
self-sufficient
the trappings of success
flat-packing
assembly line
ethos
pipe dream
key indicators

### Phrases to do with money

live beyond means
struggle to make ends meet
be stripped for cash
fritter away
live on the breadline
poverty-stricken
splash out on
squander

### Banking and insurance

standing order
contactless card
current account
direct debit
sort code
premium
liability
no-claims bonus
comprehensive policy
third-party

### Collocations: advertising

set up	a display / a company / an advertising agency
conduct	market research / a survey / market analysis
launch	a product / an advertising campaign / an investigation
make	a deal / a loss / a profit
gain	market share / experience / access
boost	sales / profits / productivity
outstrip	supply / rivals / inflation
manipulate	our minds / public opinion / data

### Retail

point of sale
merchandise
line
loss leader
outlet
seconds
pop-up
supplier

### Describing trends

soar
surge
rocket
escalate
tumble
slump
dip
plummet

### Verbs expressing cause and effect

cause	result from, attribute
effect	generate, give rise to, trigger, account for, bring about, perpetuate

### Expressions with brain

the brains behind
pick the brains (of)
brainwave
brainchild
brainwashed
scatterbrained
brain-teasers
rack the brains

### Lexical twins

accomplish	pull off
conquer	get over
install	put up
recite	reel off
ascertain	find out
conduct	carry out
transmit	pass on
collaborate	team up
impede	hold up
discern	make out

### Lexical twins (cont)

attribute to	pin on
cease	give up
resolve	clear up
revolutionize	turn around

### Memory

recall
recollect
remember
memorize
remind
reflect on
reminisce
commemorate

### Adjectives describing intelligence and ability

receptive	musical
introspective	intrapersonal
dexterous	bodily kinaesthetic
observant	naturalistic
discerning	spatial
intuitive	interpersonal
methodical	logical-mathematical
articulate	linguistic

### Abilities and traits

dexterity	dexterous
curiosity	curious
agility	agile
ingenuity	ingenious
diligence	diligent
modesty	modest
aptitude, integrity	

### Word analysis

brogue	a strong accent
bilious	bad-tempered, full of anger
kerbstone	unsophisticated, without training or experience
gutter	the bad social conditions
have a jaw	have a chat

### Comparison and contrast

analogy	analogous
contradiction	contradictory
correspondence	corresponding
disparity	disparate
divergence	divergent
homogeneity	homogeneous
interchange	interchangeable
variance	variable/varied

### Verb patterns

Verb + inf with <i>to</i>	afford, agree, appear, continue, expect, happen, hope, need, plan, prefer, refuse, seem, start
Verb + obj + inf with <i>to</i>	allow, ask, encourage, expect, help, inspire, invite, remind, teach, tell, want
Verb + obj + <i>ing</i>	avoid, discuss, dislike, enjoy, imagine, prevent, recommend, spend
Verb + obj + prep. + <i>ing</i>	apologize for, congratulate on, consent to, criticize for, insist on, succeed in

### Verb patterns (cont)

Both <i>to</i> + inf and <i>ing</i>	begin, continue, hate, intend, memorize, prefer, propose, start
Depends on meaning	forget, go on, like, regret, remember, stop, try
Verb + obj + inf	let, make
Perception verbs	feel, hear, notice, see, watch
Verb + <i>ing</i>	admit, avoid, deny, discuss, dislike, enjoy, finish, imagine, practise, recall, recommend, resent, suggest

### Phrases with road, path, track and way

on the right track
come a long way
paths cross
stop dead in one's tracks
lose track of time
smooth the path
the end of the road
on the road
make one's way
further down the road
a long way off
hit the road

### Verbs of movement

chug, accelerate, glide, hurtle, pull up, advance, prowl, creep, stride, stroll
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### Road traffic accidents

collide

skid

hit head-on

jackknife

shed its load

overshoot

swerve

write off

shatter

### Commonly confused adjectives

definite - sure or certain      definitive - the best or most extreme

compulsive - irresistibly interesting      compulsory - that must be done

historic - important in history      historical - connected with the past

notable - deserving of attention      noticeable - easy to see

alternate - occurring in turn repeatedly      alternative - able to be used instead of sth else

technical - relating to the use of machinery      technological - relating to the practical use of scientific discoveries

economic - connected with money      economical - providing good value for the money spent

### Phrases for expressing emphasis

well and truly

ever so

by far

no wonder

### Phrases for expressing emphasis (cont)

for months on end

without doubt

### Nouns formed from phrasal verbs

outlook, outcome, downpour, outbreak, upbringing, uprising, backdrop, downfall

run-up, setback, crackdown, hold-up, let-down, washout

### Geography

latitude, longitude

prime meridian, the equator

the northern / southern hemisphere

the tropic of Cancer / Capricorn

the Antipodes, the Pacific Rim, the Subcontinent

### Emphasizing adjectives

restrictive adjectives      chief, exact, foremost, major, sole, specific, only, main, principal

intensifying adjectives      absolute, entire, extreme, sheer, total, utter

### Compound modifiers

all-consuming      work / passion / state

feel-good      movie / story / factor

long-term      objective / prognosis / employment

long-lasting      battery / effect / relationship

rose-tinted      glasses / lens / view

seven-year      itch / campaign / romance

much-respected      idea / person / type of love

### Compound modifiers (cont)

hotly disputed      subject / theory / claim

### Defining love

euphoria

infatuation

obsessive-compulsive disorder

devotion

compromise

amity

loyalty

narcissism

### Head and heart metaphors

wear one's heart on one's sleeve

have a change of heart

take to heart

don't have the heart to

use your head

level-headed

keep your head

have an old head on young shoulders

### Relationships

have a soft spot for sb

wrap sb around your little finger

live in each other's pockets

get on each other's nerves

have sb to lean on

drive a wedge between ppl

be at sb's beck and call

get on like a house on fire



### The property market

rent  
contract  
estate agent  
notice  
landlord  
deposit  
letting agent  
mortgage  
lease  
tenant

### The language of war

trigger revolts  
pledge allegiance  
drum up support  
betray the cause  
rally the troops  
sack a town  
wage a war  
rout the enemy

### Collocations - life and fate

decide one's fate  
acquire a reputation  
hold an appeal  
spark a storm  
be the making of sb  
regain one's status  
forge an identity  
immerse oneself in sth

### Synonyms and antonyms: describing art

intellectual	highbrow	lowbrow
elaborate	intricate	primitive
fascinating	echanting	repellent
captivating	intriguing	dreary
comprehen- sible	transp- arent	impene- trable
offensive	provoc- ative	unobtrusive
peculiar	whimsical	conven- tional
dull	uninspiring	evocative

### Phrases for doing the right or the wrong thing

hit the nail on the head  
be spot on  
strike the right note  
swallow your words  
get off on the wrong foot  
fall wide of the mark  
back the wrong horse  
bark up the wrong tree

### Describing art

canvas  
brush stroke  
theme  
medium  
genre  
motif  
palette  
silhouette  
perspective  
tone

### Describing music

surging  
soothing  
brisk  
freneitc  
sluggish  
raucous  
ethereal  
lilting  
ambling  
catchy  
jarring  
jaunty  
mellow  
menacing  
soppy  
thundering

### Prefix pairs

overrated	underachiever
predate	post-industrial, post-war
foreshadow	backdrop
monorail	multifaceted, multifarious
pro-democratic	anti-Semitic
subway	superstructure

### Building metaphors

open doors  
glass ceiling  
by the back door  
hit the roof  
building block  
lay the foundations  
drive up the wall  
come up against a brick wall

### Adverb collocations

lavishly decorated	enthusiastically received
brilliantly conceived	bitterly disappointed
eagerly anticipated	hugely influential
intensely private	utterly appalled
simply enchanting	profoundly moving
immediately obvious	highly controversial

### Cities

stand-alone building
building site
slum tenement
congested thoroughfares
urban infrastructure
sewage system
city dwellers

### Emphatic adjectives

unprecedented
scarce
chaotic
impoverished
squalid
acute
abundant
stark

### Problems and solutions

plight
crisis
pitfall
remedy
quick fix
panacea

### Problems and solutions (cont)

tackle
alleviate
resolve

### Idioms: problems and solutions

have the upper hand
take the bull by its horns
a no-brainer
throw cold water over
fight an uphill battle
a storm in a teacup
up in arms against
fall into the trap

### Word analysis

assert
endeavour
commence
inflict
yield
seize
desist
fasten

### Big issues

principle - principal
antisocial - unsocial - unsociable
migrant - immigrant - emigrant
illicit - elicit
human - humane

### Synonyms: endurance sports

aficionado	devotee
torment	anguish
fortitude	tenacity
depletion	deficiency

### Synonyms: endurance sports (cont)

handicap	hurdle
fatigue	exhaustion
tranquility	serenity
compulsion	preoccupation

### Quantity phrases with of

pinch of salt
lapse of time
ray of hope
crumb of comfort
wall of silence
grain of truth
torrent of criticism
strip of land

### Obsessions

go cold turkey
get your fix
have a weakness for
adventure junkie
kick the habit
a slave to
take a fancy to
live and breathe

### Nouns + prepositions: addictions

reliance, insistence, dependence,	on
restriction	
aversion, menace, susceptibility,	to
addiction	
conformity, fixation, association,	with
obsession	



### Medical metaphors

endemic (corruption / problem / poverty / racism)

ailing (economy / bank / company / business)

agonizing (wait / decision / choice / process)

chronic (shortage / problem / lack / unemployment)

terminal (decline / crisis / damage / decay)

diagnosis

recovery

prognosis

### Idioms: sport

across the board

race against time

par for the course

win hands down

a level playing field

neck and neck

in the running

set the pace

### Vague language

somewhere around ...

more or less

..., or thereabouts

something like ...

... or so

...in round numbers

in the region of ...

give or take ...

### Colour Idioms

white- / blue- collar worker

get the green light

a golden opportunity

a grey area

in the red

out of the blue

### Colour Idioms (cont)

a purple patch

raise the white flag

red tape

with flying colours

### Geometry objects

lines arc, radius, ray, spiral, tangent

shapes crescent, ring, ellipse, lozenge, polygon

solids cone, cube, cylinder, pyramid, sphere

### The universe

atmospheric

celestial

cosmic

galactic

gravitational

lunar

planetary

solar

stellar

terrestrial

### Euphemisms

getting on a bit

go down with sth

golden years

hard of hearing

in reduced circumstances

of advanced years

of limited means

underprivileged

visually impaired

### The workplace

career ladder

holiday entitlement

human resources

job application

pension scheme

recruitment agency

redundancy payment

sick leave

the public sector

zero-hours contract

### Phrases with end

(be) at your wits' end

light at the end of the tunnel

meet an untimely end

(be) no end (to sth) in sight

on the receiving end of

spell the end for

the beginning of the end

the end is nigh

### Word analysis

face the truth, a choice, the facts

induce sleep, drowsiness, a change

boost tourism, productivity, the economy

arouse interest, anxiety, suspicion

exhibit symptoms, self-control, a picture

devote energy, effort, resources

foster learning, a sense of community, unrealistic expectations

scrutinize the small print, the bill, a performance