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

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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

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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 trraining 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
inerchange	interchangeable
varience	variable/varied

Verb patterns

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

Verb patterns (cont)

Both *to* + inf and -*ing*	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 + -*ing*	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

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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 foor
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

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Adverb collocations

lavishly decorated	enthusiastically received
brilliantly conceived	bitterly disappointed
eagerly anticpated	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, restriction	on
aversion, menace, susceptibility, addiction	to
conformity, fixation, association, obsession	with

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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

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