

100 Every day

English

Expressions

Ali Shirvani



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CRUNCH TIME

زمان و لحظه سرنوشت ساز و حساس. پیک کار.

The period of time just before a project has to be completed and everyone has to work hard.

- *I'm not getting enough sleep these days. **It's crunch time** at work.*

1. LET YOUR FREAK FLAG FLY!

خودت را نشان بده!

To let others, see your uniqueness.

- *My colleagues were surprised at the Christmas party- I **let my freak flag fly** and showed them a break dance routine.*

2. GET OUT OF HAND

از دست رفت. از کنترل خارج شده

When you lose control of things, they get out of hand.

- *The party got out of hand and the guests started to throw bottles at each other.*

3. GET YOUR HEAD AROUND IT

فهمیدن چیزی و یا موضوعی

To understand something.

- *I just **can't** get my head around the fact that Joe is leaving us.*

4. DIG IN YOUR HEELS / STICK TO YOUR GUNS

به تصمیم خود مصمم و راسخ بودن. روی نظر خود ایستادن

To refuse to compromise or change your mind.

- *My parents wanted me to give up writing, but **I dug in my heels** and went on to become a famous writer.*
- *My parents wanted me to give up writing, but **I stuck to my guns** and went on to become a famous writer.*

5. POUND THE PAVEMENT

دنبال کار در خیابان گشتن

To walk the streets looking for a job

- *I'd been pounding the pavement for months before I found a job in a fast food restaurant.*

6. PULL A RABBIT OUT OF A HAT

کار شاخ کردن. شق القمر کردن

To do something unexpected that may have seemed impossible

- *I thought we were going bankrupt, but my partner pulled a rabbit out of his hat and we landed a major contract.*

7. LEAVE NO STONE UNTURNED

هر کاری برای رسیدن به هدف از دست بر می آید، انجام بده.

To do everything you can to achieve your goal.

- *I'll leave no stone unturned until I find out who did this*

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8. GET IT OUT OF YOUR SYSTEM

کاری را نهایتاً انجام دادن

To do something you've wanted to do for a long time and don't want to postpone any longer.

- *I wasn't sure how she was going to react, but **I had to get it out of my system**, so I told her I had found another woman.*

9. STEP UP YOUR GAME

در کاری پیشرفت و ترقی کردن

To start performing better

- *If you want to win this competition, you'll **have to step up your game**.*

10. PULL YOURSELF TOGETHER

خودت را جمع و جور کن! به خودت بیا!

To calm down and behave normally

- *I understand you've had a bad day, but **pull yourself together** and get on with your job, will you?*

11.SHAPE UP OR SHIP OUT

یا درست شو (اخلاق و رفتار)، یا از اینجا برو!

Either start performing better or leave

- *This is the last time I'm telling you to arrive on time. **Shape up or ship out.***

12.CUT SOMEBODY SOME SLACK

به کسی یه فرصتی دادن

To give somebody a break/ not to judge somebody severely

- *I was extremely busy last week. **Cut me some slack** and I'll finish the report by tomorrow morning.*

13.BY THE SKIN OF YOUR TEETH

در لحظه آخر ، دقیقه نود

When you do something by the skin of your teeth, you only just succeed/ nearly fail

- *I hadn't studied much, but passed the test **by the skin of my teeth.***