

## CHAPTER 1

### Lesson 1

- Heyday
- To Keep Tight-Lipped About Something
- To Deter
- Knee-Jerk
- Backlash
- Gruelling
- Mug
- To Mug Someone / Mugging
- Gulf
- To Spark
- To Lose It

### Lesson 2

- Blunder
- To Take The Bull By The Horns
- To Overlook
- To Be Wary Of
- To Plug
- To Have The Gift Of The Gab
- To Step Something Up
- To Step Down
- Farce / Farcical
- In The Wake Of

### Lesson 3

- To Mope
- To Turn Something Around
- To Do Oneself Down
- To Crave / Have / Get A Craving For Something
- To Give Someone A Dressing Down
- To Lose One's Marbles
- To Opt
- To Be At The Cutting Edge Of Something
- To Banish

## CHAPTER 2

### Lesson 1

- Stark
- To Bicker
- In The Limelight
- To Be Seething
- Underhand
- All Hell Broke Loose
- To Turn A Blind Eye To / Towards
- To Burden / A Burden
- To Mellow / Mellow
- Tantrum

### Lesson 2

- To Flatter
- To Stifle / Stifling
- To Strive
- To Be Dismayed
- Busybody
- To Brace Oneself For Something
- To Deploy
- Vulnerable
- To Deplete / Depleted
- To Mourn / To Be In Mourning

### Lesson 3

- To Be Outlawed
- Fat Cat
- To Lure / Lure
- Glum
- To Overhaul / Overhaul
- Spate
- Cover-Up
- To Be Poised To Do Something
- Feat
- To Be Renowned For Something

## CHAPTER 3

### Lesson 1

- To Take Its Toll On
- To Be Stunned / Stunning
- Fake
- To Reimburse
- Hard-Line / Hard-Liner
- To Set In
- To Step In
- To Rally Round
- To Make A Killing

### Lesson 2

- To Implement
- To Deplore / Deplorable
- To Gather Pace / Momentum
- Livelihood
- Vindictive
- To Go With The Flow
- Downfall
- To Flog A Dead Horse

### Lesson 3

- To Resort To
- Rather You / Him Than Me!
- In Tatters
- It's / He's Not My Cup Of Tea
- To Clinch
- To Stick To One's Guns
- Commiserations
- To Wreak Havoc
- To Chip In
- Heads Will / Would Roll

### CHAPTER 4

#### Lesson 1

- To Be Set In One's Ways
- A Godsend
- To Bowl Over
- A Fad
- To Take Liberties
- To Plod On/Through
- Palaver
- On Tenterhooks
- To Rope Someone In/Into
- To Have A Chip On One's Shoulder

#### Lesson 2

- Petty
- To Get On One's High Horse
- To Reek Of
- To Steal Someone's Thunder
- To Live Up To
- To Ring A Bell
- To Binge, A Binge
- To Fob Off
- Shrewd
- To Have A Field Day

#### Lesson 3

- Easily Led
- To Bail Out, Bailout
- To Pull One's Weight
- To Have One's Work Cut Out For One
- Not Bat An Eyelid/Without Batting An Eyelid
- To Bode Well
- To Be Out Of The Woods
- Uplifting
- Neck And Neck
- Underdog

### CHAPTER 5

#### Lesson 1

- To Ring-Fence
- To Rise To The Bait
- I Don't/Can't Blame You
- To Take The Biscuit
- To Boycott/A Boycott
- Role Reversal
- Done And Dusted
- An Ordeal
- To Sneer At
- Much Of A Muchness

#### Lesson 2

- Gloomy, Gloom
- To Sit Through
- Excruciating
- Corny
- To Close Ranks
- To Humour
- To Come To One's Senses
- To Have A/The Knack For
- The Penny Has Dropped
- Detractor