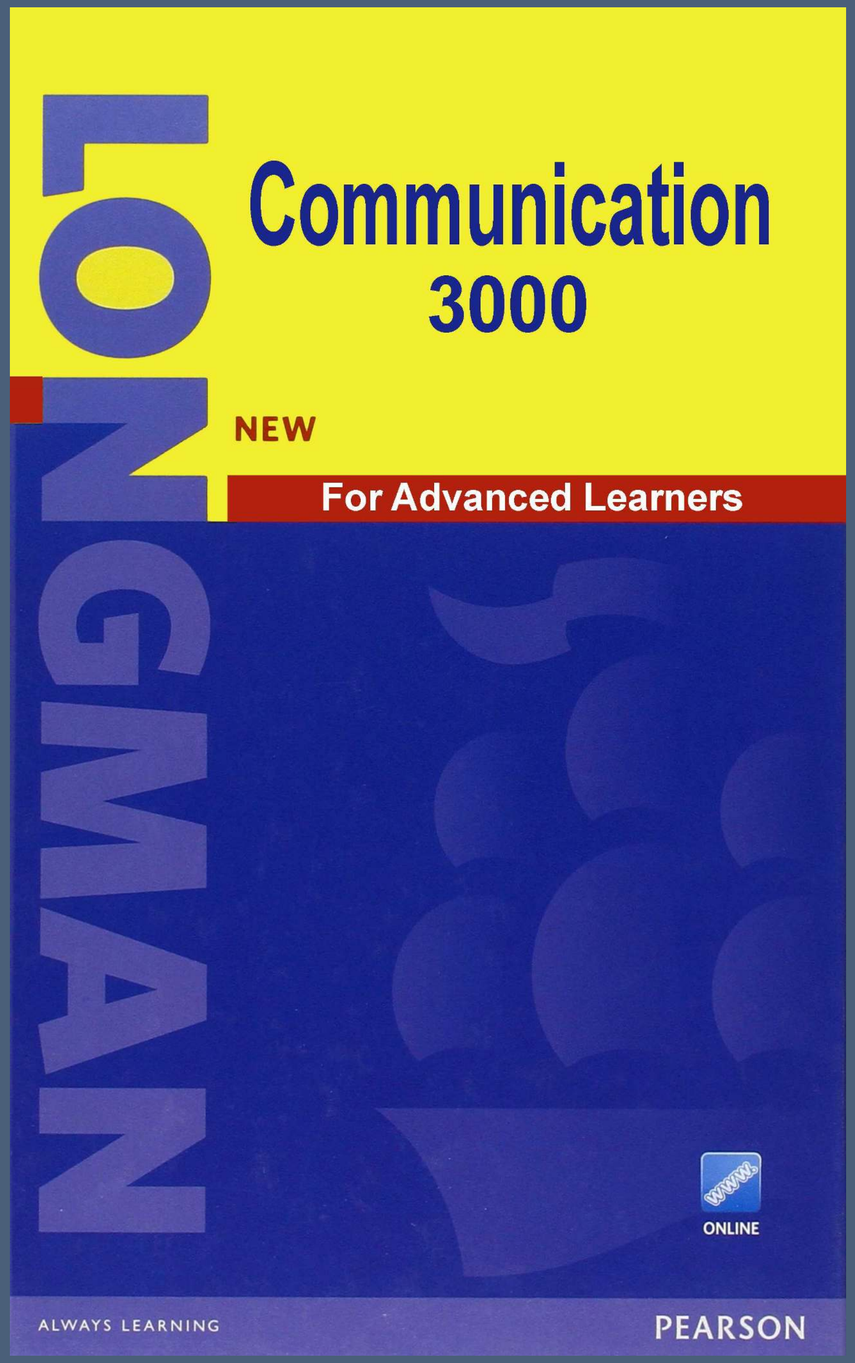
LONGMAN
Communication
3000
NEW
For Advanced Learners
ONLINE
ALWAYS LEARNING
PEARSON

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38

四年前我在查字典对口语的提高中和大家分享过如何描述“lacross"和“马路牙子”，作者在书中也提到这种方法，例如“雨伞”不会说，就可以用 the thing used when it is raining，“口红”不会说，可以用"the thing used on lips for ladies"。去年在菲律宾，我突然想不起来“勺子”怎么说，我就边比划边说 the thing for eating soup。

自产自用可以帮助我们说清楚，通过“往上找”，不会因为某一个词而卡壳。随着学习不断的深入，我们可以“往下找”，用更简洁、具体的词。

语言的核心是「描述能力」

描述的内核是
paraphrasing

2. AmE the raisededge of a road, between where people can walk and cars can drive 路缘 SYN British English **kerb** → **pavement**, **sidewalk**

朗文当代高级英语辞典

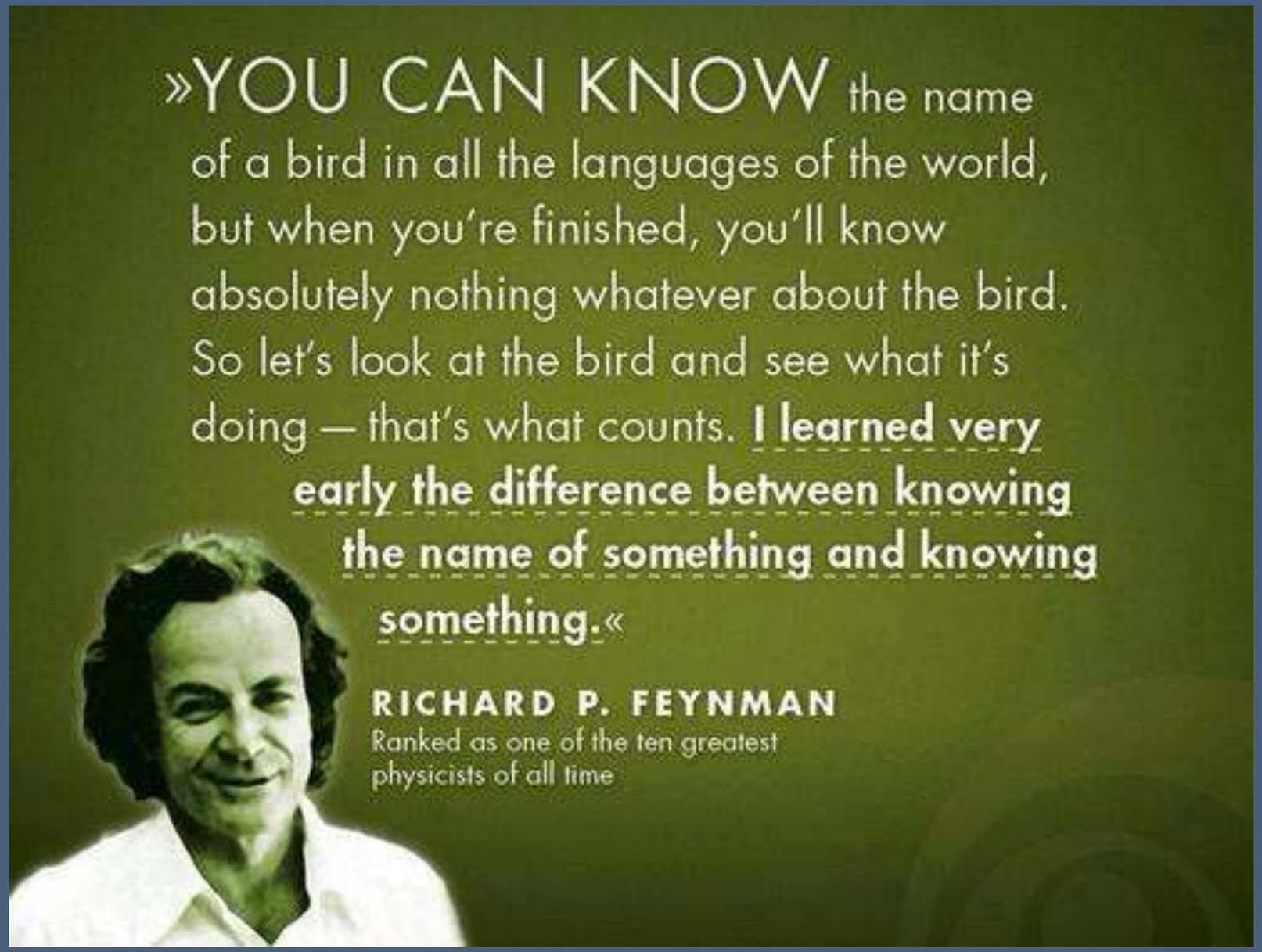
Related topics: ◆ Other sports

la·crosse /ləˈkrɒs $ ləˈkrɔːs/ *noun* U

a game played on a field by two teams of ten players, in which each player has a long stick with a net on the end of it and uses this to throw, catch, and carry a small ball 兜网球，长曲棍球〔两队各十人，用带网的长棍来掷球、接球和持球〕

ˈjumper ˌcables *noun* PLURAL

AmE thickwires used to connect the batteries (battery) of two cars in order to start the car that has lostpower 跨接线，跳接线〔用于连接两辆汽车的电池以发动其中没电的一辆〕


»YOU CAN KNOW the name of a bird in all the languages of the world, but when you're finished, you'll know absolutely nothing whatever about the bird. So let's look at the bird and see what it's doing — that's what counts. I learned very early the difference between knowing the name of something and knowing something.«
RICHARD P. FEYNMAN
Ranked as one of the ten greatest physicists of all time

朗文辞典的特点?

Longman English dictionaries

The *Longman Dictionary of Contemporary English* – widely known as LDOCE – uses 2000 common words in the definitions to make understanding easy. The 9000 most important words to learn are highlighted with three red circles ●○○ and the most common meanings of a word are shown first. In addition, 88,000 example sentences are pronounced by British or American native speakers of English.

Longman Defining Vocabulary [edit]

A key feature of the *LDOCE* is its utilization of the Longman Defining Vocabulary, a 2200-word controlled defining vocabulary used to write all of the definitions in the dictionary.[2] This defining vocabulary was developed from Michael West's *General Service List* of high-frequency words and their most common meanings.[3]

The controlled defining vocabulary is not only helpful to second-language learners, but has also facilitated the use of the *LDOCE* as a machine-readable dictionary in computational linguistics research.[4]

Longman Defining Vocabulary

The Longman Defining Vocabulary of around 2000 common words has been used to write all the definitions in this dictionary. The words in the Defining Vocabulary have been carefully chosen to ensure that the definitions are clear and easy to understand, and that the words used in explanations are easier than the words being defined. Words in the Defining Vocabulary are constantly being researched and checked to make sure that they are frequent in the Longman Corpus Network, and that they are used correctly by learners in the Longman Learner's Corpus.

Longman Defining Vocabulary ›

The words listed below are the main forms which are used in definitions. However, there are other limits on which word forms and meanings may be used:

Word meanings

The definitions use only the most common meanings of the words in the list.

Word classes

For some words in the list, a word class label such as *n* or *adj* is shown. This means that this particular word is used in definitions only in the word class shown. So **anger**, for example, is used only as a noun and not as a verb.

Words not in the Defining Vocabulary

It is sometimes necessary or helpful to use a word that is not in the Defining Vocabulary. These are shown in SMALL CAPITAL LETTERS, and sometimes followed by an explanation in brackets.

kan·ga·roo /ˌkæŋgəˈruː◂/ *n* (*plural* **kangaroos**) [C] an Australian animal that moves by jumping and carries its babies in a POUCH (=a special pocket of skin) on its stomach → **marsupial**

Sometimes a definition includes a word which has its own entry and definition very close by. This word is written in ordinary type, even if it is not in the Defining Vocabulary. For example:

crick·et·er /ˈkrɪkɨtə $ -ər/ *n* [C] *BrE* someone who plays cricket → **batsman**, **bowler**, **fielder**: *Her father was a very good cricketer.*

The word **cricket** is not in the special list of defining words, but its own definition is the entry above, so it can be found very easily.

Example sentences

The example sentences in this dictionary are allowed to use words outside the Defining Vocabulary. They are based on corpus evidence, and show the ways in which a word or phrase is used in a natural, typical context. However, care has been taken to make sure that these examples are helpful to the student. Where necessary, changes have been made to sentences found on corpus, or new examples have been written, to show the uses found on corpus in a simpler form.

The Longman Defining Vocabulary

The Longman Defining Vocabulary of around 2000 common words has been used to write all the definitions in *Longman Dictionary of Contemporary English (1995 edition or later editions)*.The words in the Defining Vocabulary have been carefully chosen to ensure that the definitions are clear and easy to understand, and that the words in explanations are easier than the words being defined. There is a similar list of Defining Vocabulary used by *Oxford Advanced Learners' Dictionary*; it is almost 95% the same as *Longman's*. You find the Defining Vocabulary list at the end of a dictionary.

a	block	courage	excuse	happen	lightning	oneself	quiet	slippery	tire
ability	blood	course	exercise	happy	like	onion	quite	slope	title
about	blow	court	exist	hard	likely	only	rabbit	slow	to
above	blue	cover	existence	harden	limb	open	race	small	tobacco
abroad	board	cow	expect	hardly	limit	operate	radio	smell	today
absence	boat	coward	expensive	hardship	line	operation	railway	smile	toe
absent	body	cowardly	experience	harm	lion	opinion	rain	smoke	together
accept	boil	crack	explain	harmful	lip	opponent	raise	smooth	tomorrow
acceptable	bomb	crash	explanation	harmless	liquid	oppose	range	snake	tongue
accident	bone	cream	explode	hasty	list	opposite	rank	snow	tonight
accordance	book	creature	explosion	hat	listen	opposition	rapid	so	too
according	boot	creep	explosive	hate	liter	or	rare	soap	tool
according to	border	cricket	express	hatred	literature	orange	rat	social	tooth
account	born	crime	expression	have	little	order	rate	society	top
ache	borrow	criminal	extreme	he	live	ordinary	rather	sock	total
acid	both	crop	eye	head	load	organ	raw	soft	touch
across	bottle	cross	eyelid	health	loaf	organization	reach	soil	tour
act	bottom	crowd	face	healthy	local	origin	read	soldier	tourist
action	bowels	cruel	fact	hear	lock	other	ready	solemn	towards
active	bowl	cruelty	factory	heart	lodging	otherwise	real	solid	tower
activity	box	crush	fail	heat	lodgings	ought	really	some	town
actor	boy	cry	failure	heaven	log	our	reason	somehow	toy
actress	brain	cultivate	faint	heavy	lonely	ours	reasonable	someone	track
actual	branch	cup	fair	heel	long	ourselves	receive	something	trade
add	brass	cupboard	fairy	height	look	out	recent	sometimes	traffic
addition	brave	cure	faith	help	loose	outdoor	recently	somewhere	train

belt
bend
beneath
berry
beside
besides
best
better
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beyond
bicycle
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bill
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bird
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birthday
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bite
bitter
black
blade
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bless
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consider
consist
consonant
contain
contents
continue
continuous
contract
control
convenient
conversation
cook
cool
copper
copy
cord
corn
corner
correct
cost
cotton
cough
could
council
count
country

envelope
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equality
escape
especially
establish
establishment
even
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every
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everything
everywhere
evil
exact
examination
examine
example
excellent
except
exchange
excite
excited
exciting

greet
greeting
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grieve
ground
group
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guard
guess
guest
guidance
guide
guilt
gun
habit
habitual
hair
hairy
half
hall
hammer
hand
handkerchief
handle
hang

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leather
leave
left
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legal
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length
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lesson
let
letter
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library
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lie
life
lift
light

o'clock
obedience
obedient
obey
object
obtain
occasion
ocean
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offensive
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officer
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protect
protection
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provide
provision
provisions
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quarrel
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queen
question
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silver
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similarity
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six
sixth
size
skill
skillful
skin
skirt
sky
slave
sleep
slide
slight
slip

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tidy
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tiger
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timetable
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tire [tyre]

wound
wrap
wreck
wrist
write
wrong
wrongdoing
yard
year
yearly
yellow
yes
yesterday
yet
you
young
your
yours
yourself
youth
zero

朗文3000词

张海露Eric 👑
22-1-6 23:49 读物博主 Edited

推广
40K
Views

最近每天会花一点时间看朗文词典出品的Longman Communication 3000。这3000个词占英语的86%，理论上掌握这3000个词英语就没什么问题了。但什么叫掌握呢？朗文自己也说Of course, “knowing” a word involves more than simply being able to recognise it and know a main meaning of it. Many of the most frequent words have a range of different meanings, a variety of different grammatical patterns, and numerous significant collocations. 也就是说只知道这个词的主要意思是不够的，再加上一个简单的词放在动词短语、习语中也有诸多变化，实际算起来远不止3000。

这3000个词我早就都认识，但依然有很多词，我越学越发现其实我还没有完全掌握。有一些我以为不常见的意思其实在母语人士那里还挺常用，也很好用。比如一个catch，除了「抓」，经常表示「陷阱/猫腻」「如意伴侣/员工」（a good catch）；一个take，也常用来表示「观点立场」，口语中也有很多简单好用的句式，比如It takes one to know one; have what it takes; it doesn’t take…to…（比如我昨天在直播中即兴造句It doesn’t take a superhero to save the world）。难一点的throat有一些常见短语，比如jump down one’s throat, force/shove sth down sb’s throat。如今我在看这3000个词的时候，脑袋里会自动浮现这些用法，以及我当初在书里、播客、影视剧中见到它们时的语境和画面。

Longman Communication

The *Longman Communication 3000* is a list of the 3000 most frequent words in both spoken and written English, based on statistical analysis of the 390 million words contained in the Longman Corpus Network – a group of corpuses or databases of authentic English language. The *Longman Communication 3000* represents the core of the English language and shows students of English which words are the most important for them to learn and study in order to communicate effectively in both speech and writing.

Analysis of the Longman Corpus Network shows that these 3000 most frequent words in spoken and written English account for 86% of the language. This means that by knowing this list of words, a learner of English is in a position to understand 86% or more of what he or she reads. Of course, "knowing" a word involves more than simply being able to recognise it and know a main meaning of it. Many of the most frequent words have a range of different meanings, a variety of different grammatical patterns, and numerous significant collocations. Nonetheless, a basic understanding of the *Longman Communication 3000* is a very powerful tool and will help students develop good comprehension and communication skills in English.

understanding of the *Longman Communication 3000* is a very powerful tool and will help students develop good comprehension and communication skills in English.

'This [frequency] information is gold dust for the language learner. LDOCE shows in graphic and immediate form which words are really worth learning and knowing how to use.'

Jeremy Harmer, ELT author

it would be more appropriate to use *reserve*.

'There are two distinct modes of English: thoughtful, accurate and more formal, reflected mostly by written English; and spontaneous, real-time, less formal language, typified by spontaneous speech and some informal writing.'

Professor Geoffrey Leech,
Emeritus Professor of English Language and Linguistics – University of Lancaster

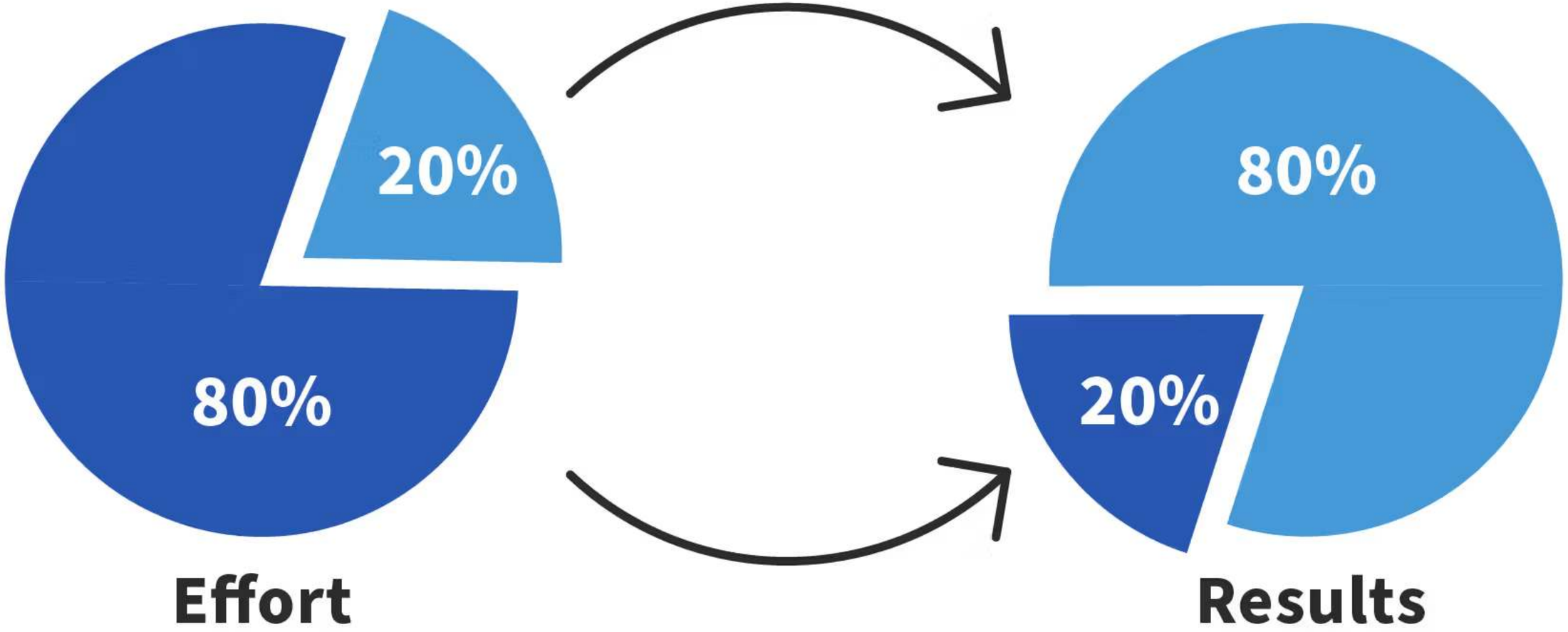
Pareto Principle

[ˈpə-ˈrā-(ˌ)tō ˈprin(t)-s(ə-)pəl]

The observation that, although there are often many causes for any observed phenomenon, it is often the case that a small subset of those causes are responsible for most of the observation.

Investopedia

Pareto Principle



Interaction Design Foundation
interaction-design.org

Learning a language can be exciting, but also sometimes difficult and frustrating because there are so many things to learn and it is difficult to know what to focus on. The frequency markers that identify the *Longman Communication 3000* help students see clearly which words are frequent in written and spoken English, and enable them to focus more attention on mastering the meanings, grammatical patterns and collocations of these words.

The Oxford 3000™ (American English)

The Oxford 3000 is the list of the 3000 most important words to learn in English, from A1 to B2 level.

a, an *indefinite article* A1
abandon *v.* B2
ability *n.* A2
able *adj.* A2
about *prep., adv.* A1
above *prep., adv.* A1
abroad *adv.* B2
absolute *adj.* B2
absolutely *adv.* B1
academic *adj.*B1
accept *v.* A2
acceptable *adj.* B2
agenda *n.* B2
agent *n.* B1
aggressive *adj.* B2
ago *adv.* A1
agree *v.* A1
agreement *n.* B1
ah *exclam.* A2
ahead *adv.* B1
aid *n., v.* B2
aim *v., n.* B1
air *n.* A1
aircraft *n.* B2
apartment *n.* A1
apologize *v.* B1
app *n.* A2
apparent *adj.* B2
apparently *adv.* B2
appeal *n., v.* B2
appear *v.* A2
appearance *n.* A2
apple *n.* A1
application *n.* B1
apply *v.* A2
appointment *n.* B1
attitude *n.* B1
attorney *n.* B2
attract *v.* B1
attraction *n.* B1
attractive *adj.* A2
audience *n.* A2
August *n.* A1
aunt *n.* A1
author *n.* A2
authority *n.* B1
automatic *adj.* B1
automatically *adv.* B1

The Oxford 5000™ (American English)

The Oxford 5000 is an expanded core word list for advanced learners of English. As well as the Oxford 3000, it includes an additional 2000 words for learners at B2-C1 level, which are listed here.

abolish *v.* C1
abortion *n.* C1
absence *n.* C1
absent *adj.* C1
absorb *v.* B2
abstract *adj.* B2
absurd *adj.* C1
abuse *n., v.* C1
academy *n.* C1
accelerate *v.* C1
accent *n.* B2
acceptance *n.* C1
accessible *adj.* C1
accidentally *adv.* B2
accommodate *v.* B2
accommodation *n.* B2
accomplish *v.* B2
accomplishment *n.* C1
accordingly *adv.* C1
accountability *n.* C1
accountable *adj.* C1
accountant *n.* B2
accumulate *v.* C1
accumulation *n.* C1
accuracy *n.* B2
accurately *adv.* B2
accusation *n.* C1
accused *n.* C1
AIDS *n.* B2
alert *v., n., adj.* C1
alien *n.* B2, *adj.* C1
align *v.* C1
alignment *n.* C1
alike *adv., adj.* C1
allegation *n.* C1
allege *v.* C1
allegedly *adv.* C1
alliance *n.* C1
allocate *v.* C1
allocation *n.* C1
allowance *n.* C1
ally *n.* C1
alongside *prep.* B2
altogether *adv.* B2
aluminum *n.* C1
amateur *adj., n.* C1
ambassador *n.* C1
ambitious *adj.* B2
ambulance *n.* B2
amend *v.* C1
amendment *n.* C1
amid *prep.* C1
amusing *adj.* B2
analogy *n.* C1
analyst *n.* B2
ancestor *n.* B2
assembly *n.* C1
assert *v.* C1
assertion *n.* C1
asset *n.* B2
assign *v.* B2
assistance *n.* B2
assumption *n.* B2
assurance *n.* C1
assure *v.* B2
astonishing *adj.* B2
asylum *n.* C1
athletic *adj.* B2
atrocity *n.* C1
attachment *n.* B2
attain *v.* C1
attendance *n.* C1
attribute *v., n.* C1
auction *n.* C1
audio *adj.* B2
audit *n.* C1
authentic *adj.* C1
authorize *v.* C1
auto *n.* C1
autonomy *n.* C1
autumn *n.* C1
availability *n.* C1
await *v.* C1
awareness *n.* B2
besides *prep., adv.* B2
betray *v.* C1
beverage *n.* C1
bias *n.* B2
bid *n., v.* B2
bind *v.* C1
biography *n.* C1
biological *adj.* B2
bishop *n.* C1
bizarre *adj.* C1
blade *n.* C1
blanket *n.* B2
blast *n., v.* C1
bleed *v.* C1
blend *v., n.* C1
bless *v.* C1
blessing *n.* C1
blow *n.* B2
boast *v.* C1
bold *adj.* B2
bombing *n.* B2
bonus *n.* C1
booking *n.* C1
boom *n.* C1
boost *v., n.* B2
bounce *v.* C1
bound *adj.* B2
boundary *n.* C1

参考信息

节录自词典的参考信息

- 缩写与符号
- 标识
- 不规则动词
- 动词
- 短语动词
- 名词
- 形容词
- 习语
- 用法说明一览
- 常见人名
- 地名
- 英式英语和美式英语
- 读音

其他

- 功能简介
- 使用说明
- 产品说明

检索 书签 检索记录 分类词汇 参考信息 学习卡 阅读器 设置

参考信息

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- 名词
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用法说明一览

- 词语辨析
- 词汇扩充
- 语法说明
- 英式 / 美式英语
- 补充说明
- 同义词辨析
- 词语搭配
- 用语库

检索 书签 检索记录 分类词汇 参考信息 学习卡 阅读器 设置

朗文
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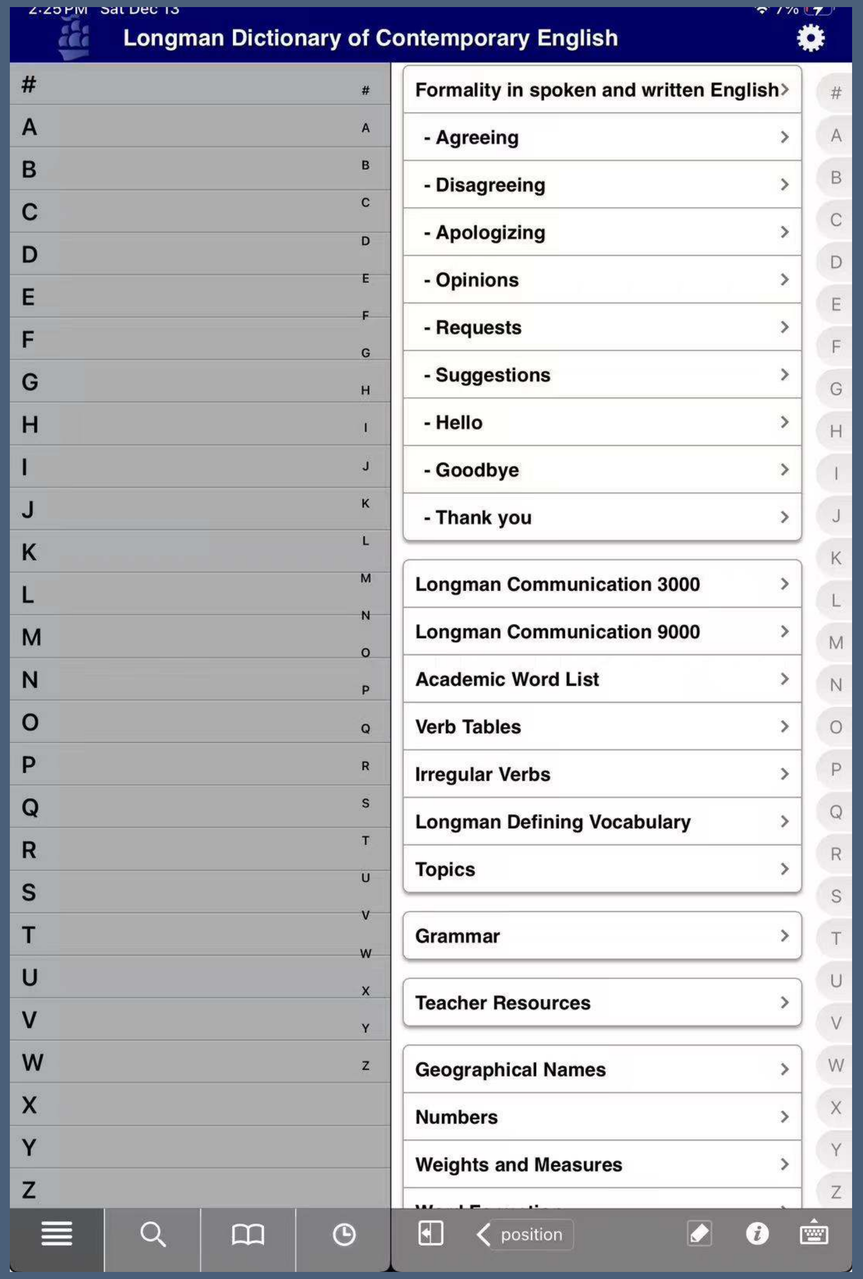
活用词典
英汉双解
Longman Language
Activator®
助你用活英语!
PEARSON
商務印書館
The Commercial Press
朗文英语写作活用词典
助你用活英语
商務印書館
The Commercial Press
数百年旧家无非积德 第一件好事还是读书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Longman Dictionary of Contemporary English
Formality in spoken and written English
- Agreeing
- Disagreeing
- Apologizing
- Opinions
- Requests
- Suggestions
- Hello
- Goodbye
- Thank you
Longman Communication 3000
Longman Communication 9000
Academic Word List
Verb Tables
Irregular Verbs
Longman Defining Vocabulary
Topics
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Teacher Resources
Geographical Names
Numbers
Weights and Measures
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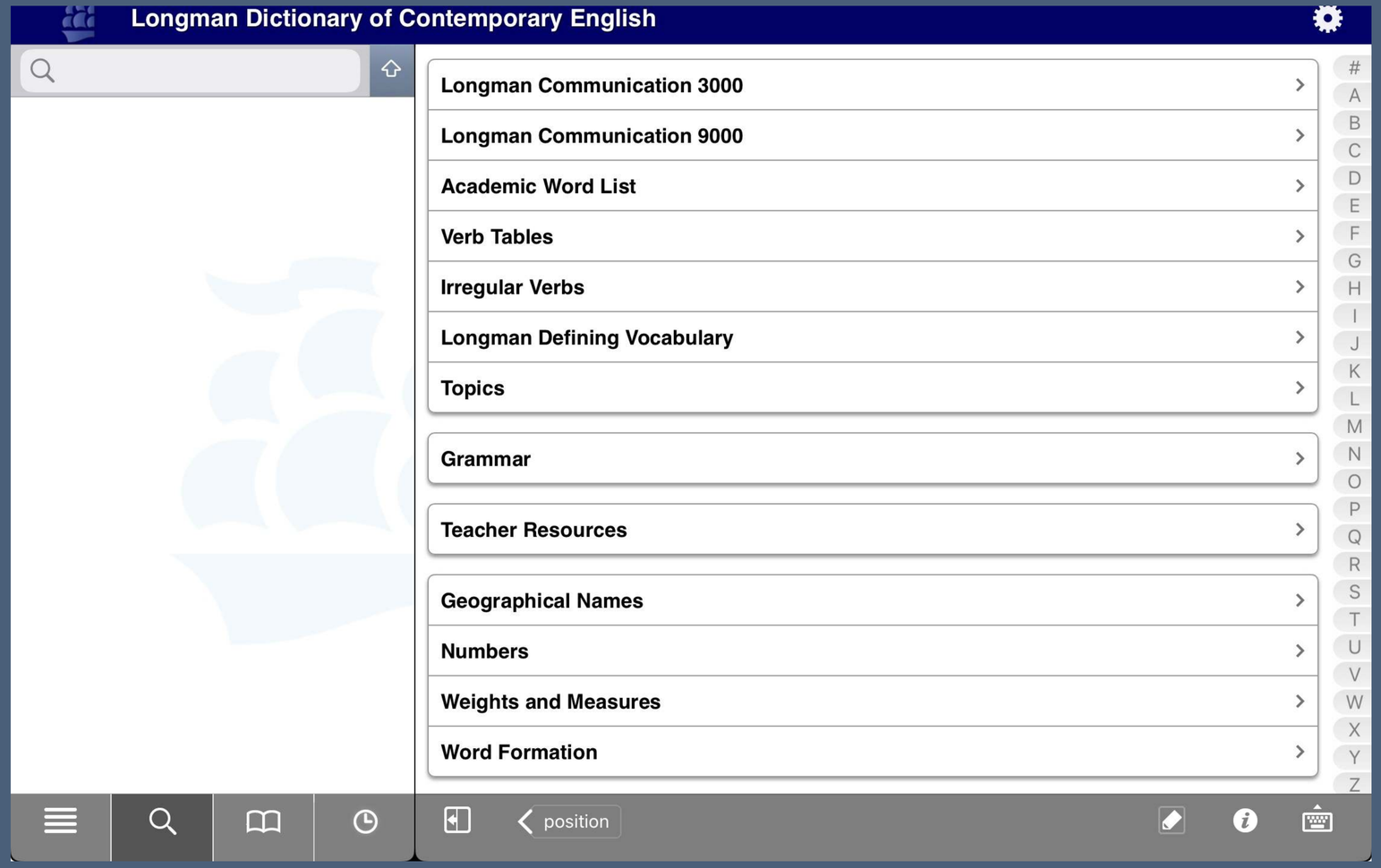
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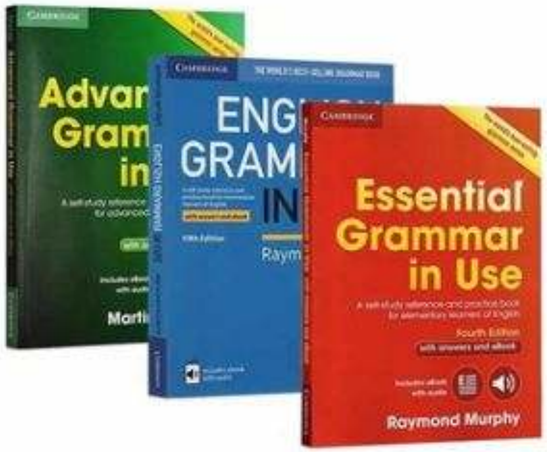
Word Formation
position


Essential
Grammar
in Use
Raymond Murphy

ENGLISH
PRONUNCIATION
IN USE
Advanced

ENGLISH
VOCABULARY
IN USE
ENGLISH
VOCABULARY
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IN USE
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IN USE

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ENGLISH VOCABULARY BUILDER
DK
AUDIO
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snowed under
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Title	Ratings	Modified	Notes	Audio	Images
4000 Essential English Words (all books) [en-en]	7266	2024-08-27	3871	11073	3871
【NO ENGLISH!!!・简体・繁體中文】【egg rolls】JLPT N1～N5 一万词（含语音、例句）v3	874	2025-11-01	10147	10104	0
4000 Essential English Words 1 - Vietnamese	421	2021-08-29	600	1800	601
TOEFL 托福绿宝书 乱序版	147	2019-07-09	4127	4108	8
550+ Phrasal Verbs - Part 1 [Inglês - Português]	1092	2024-08-27	3747	3747	0
16天记住7000考研词汇	201	2019-12-22	784	0	0
考研词汇5500	751	2018-10-31	5494	5491	0
大学英语四级单词(词典重制完美版)	467	2017-11-10	4028	4027	1
English Grammar In Use Activities (Demo Version)	339	2025-12-12	240	240	14
极品GRE红宝书(简体中文)	999	2015-12-01	7512	7512	0
1000 Basic English Words | My English Anki Decks Collection	328	2025-12-12	160	480	160
大学六级英语单词全集	689	2016-07-29	1665	1692	134
English Grammar In Use Exercises	328	2025-09-20	5885	157	159
duo3.0 日本語例文　音声付き　(音声更新ver)	135	2021-08-15	560	559	0
4000 Essential English Words (all books) [en-en] M4R4M	986	2015-06-18	3599	10765	3589
430+ Idiomatic Expressions [Inglês - Português]	426	2024-08-27	2159	2189	0
4000 Essential English Words 2 - Vietnamese	86	2020-09-17	600	1800	601
初中英语单词全集	165	2016-07-29	2011	2038	134
高中英语单词全集	317	2016-07-29	2416	2443	134
550+ Phrasal Verbs - Part 2 [Inglês - Português]	325	2024-08-27	3746	3745	0
Lifelong Learning - Advanced English Vocabulary	168	2024-01-07	8098	8092	298
Cambridge Vocabulary for IELTS Advanced	325	2016-12-15	519	520	744

vocabulary.com/lists/

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Search words or vocabulary lists from books, exams or textbooks

Word Finder

vocabulary.com | Learn | Dictionary | Vocabulary Lists | VocabTrainer™ | Log in | Sign up

Lists by Grade | Literature | Non-Fiction | Textbooks & Curricula | Test Prep | Current Events | Roots & Affixes | Others | My lists | + New list

It's the Most Word-ful Time of the Year!

Unwrap This Collection of December-y Lists

Explore Collection

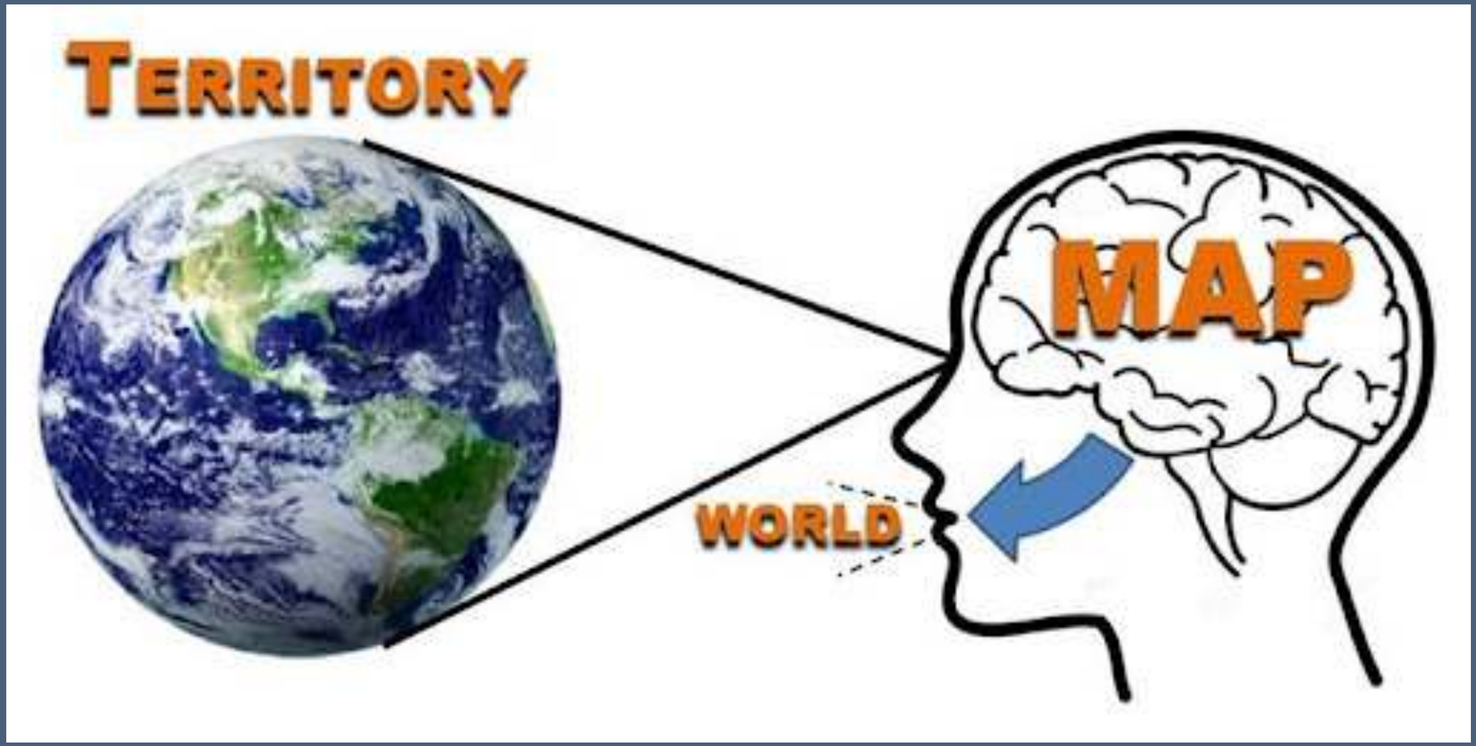
- 25 Words — Generous Vocabulary for Giving Tuesday, December 2
- 20 Words — Whinnying and Whickering: National Horse Day, December 13
- 13 Words — Celestial Words To Mark The Winter Solstice, December 21
- 15 Words — Joy To The Word: Christmas Terms, December 25
- 13 Words — It's Lit: Hanukkah Words, December 14–December 22
- 14 Words — Kwanzaa Vocabulary: December 26–January 1

Much Ado About Stuffing: Thanksgiving Vocabulary

Feast on This Cornucopia of Tasty Terms

Explore Collection

- 13 Words — A Recipe for Success: Thanksgiving Cooking Words
- 16 Words — Eat Your Words
- 25 Words — The Melting Pot: Food Words from Other Languages
- 106 Words — Words to Know Before You Defrost the Bird
- 14 Words — Stairway To Leaven: Baking Vocabulary



书单和清单是方向，不是捷径

“I mastered English
through reference books and usage guides. ”

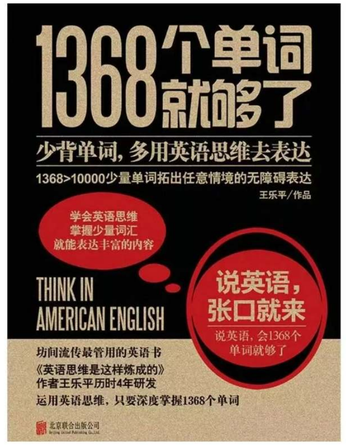
——Says nobody. Ever.

朗文3000词怎么学?

搞定口语，从这1368个单词学起

Original 张海露Eric 张海露Eric

2018年3月3日 17:26 1人 星标



我认为英语口语的学习有三个阶段：通顺清楚、自然地道、谈笑风生。

想说得“通顺清楚”，发音不能有硬伤，语法和内容要通顺；想说得“自然地道”，要了解母语人士常用的表达，例如他们常挂在嘴边的It makes sense, It works；文化上也要地道，了解点儿他们的历史和文化。想做到“谈笑风生”，那就不只是语言的问题了，需要有广泛的涉猎有自己的想法。

有没有一种可以**快速**达到通顺清楚、自然地道的方法呢？我认为并没有，凡是速成的终究是要还的。

不过，对于初、中级学习者（雅思6分左右的水平），我向你推荐一本书：《1368个单词就够了》。

《1368个单词就够了》是我在Kindle商店碰到的一本书，因为我之前购买了unlimited服务可以免费借阅，一边斗地主一边看完了。如果用一句话评论它的话，我会说：作者说了我想说的话，但是方法更系统，语言更优美。

1368个单词的核心思路是4个表达技巧，和种瓜买菜一个道理：

- 挑个大的
- 拣实心的
- 捏软乎的
- 自产自用

结合我自己的学习经验和大家分享这四个表达技巧，如果你有兴趣的话建议你去读这本书。

挑大个儿的（掌握大词）

小词(get, take, go, make, turn等）才是大词，是上义词（hypernym），它们可以72变，以一敌百。

例如想表达“小儿子继承了她所有的财产”，不会“继承”inherit和“财产”property这两个关键词也没关系，我们可以说"She gave her youngest son all she had."

作者说：“take在口语中的战斗力实在太强了，相当于AK47步枪，而我们的学生基本上是把它当菜刀使。你要说it takes some time to do something我们的学生熟，但要说it takes two people to do something估计连想都没想过。这就是把单词给学死了。”

非常同意这段话，take确实极其好用，而且可以用的很好玩呢，例如“傻子都能看得出来”这个意思就可以说“It doesn't take a Sherlock Holmes to figure it out.”

朗文字典从朗文语料库(Longman Corpus Network)三亿九千万词汇中统计出3000个最常见的口语(spoken)和书面语词汇(written)，在口语表述或书面行文中出现的频率为86%。这些词都值得我们重新学习一遍。

你知道break是“打断”，但是你知道它还可以表示“戒除（习惯）”，“擦伤（皮肤）”吗？你知道drop是“下降”，但是你知道我们可以用drop the realationship表示“断绝关系”，drop the voice表示“压低声音”吗？

我们要有**“批量解决问题”**的学习思路，即学一个顶一万个。在口语表达中，掌握这些大词是一个捷径。那如何掌握呢？**光是背词典看书是不够的，读懂了看懂了不代表这些用法就变成你自己的了。我们需要大量的输入，还要有不断地输出和总结，作者可以总结出1368个词汇，我们也可以啊！**

拿我来说，我每天都晨读和读原版书，保证输入和输出，在这个过程中我重新学习一些词汇，例如stretch, front：

Helvetica Neue 14

微博：精学朗文3000词

- Stretch

- “一段时间”和period, spell一个意思，He would study for eight to ten hours at a stretch. 他会一口气学习 8 到 10 个小时。
- 使竭尽全能；使全力以赴: stretch oneself with。**“没有发挥出潜质”就可以说：someone was not stretched enough. “拼命了”可以说 “someone is fully stretched”。**
- stretch表示伸展身体，例如stretch before exercising就是“在锻炼前要拉伸”，stretch your legs就是“散散步”。**除此外我们还可以stretch the truth/facts，表示夸大其词，言过其实。stretch the rules=bend the rules，表示“扩大解释规则的适用范围”，可以理解为“通融”**，例如 *I’m not asking anyone to bend the rules, I just want justice to be done.*

- front

- 名词：领域，学术领域:acdemic front
- 假面具，装出来的样子：put on a brave front; *He always pretended he didn’t care but we knew it was just a front.*
- 非法活动的幌子，想到“挂羊头卖狗肉”的“挂羊头”就可以用front
- 动词：引领；作为…的主唱，例如窦唯曾经在乐队的位置就是lead singer/front，也可以成为the front man

挑实心的（用实体表示抽象概念）

重要的决定可以是important decision，也可以是big decision。big是生活中可以直接体验到的概念（如big house），而important是抽象概念。重要的东西一定有它的具体特点，例如高，多，位置靠前，**我们可以利用这些具体的特点反过来表示“重要”这个抽象概念。**

例如Family comes before everything. 就可以表示家庭最重要，这种表达还很有画面感。

再来看美国演员Jimmy Durante说过的一句话：Be kind to the people on the way up, and you will meet them on your way down. “on the way up” “on the way down”就可以表示“得意” “失意”。

捏软乎的（换个思路说）

1. 正着不会说反着说

“我喜欢吃瘦肉”怎么说？这里的瘦一定不是thin，正确的说法是lean meat，不会说lean怎么办？正着不会说反着说，瘦不会说就用肥，I don’t like fat meat. 同样，这个土豆是生(raw)的，我们可以说This potato is not cooked.

2. 我不会说你来说（转换角度，变化主语）

银行批给我30万元按揭贷款。把主语银行改成我，I borrowed 300,000 yuan from the bank. 你把感冒传染给了我。I got the cold from you.

3. 人不会说东西说（让物作主语）

例如英语中常见的表达“获奖的是…”一般会说The award goes to… 类似的表达还有：

- This dress comes in three colors. (这条裙子有三种颜色）
- Her success speaks for itself. （她的成功说明了一切）
- My hat won’t stay. （我的帽子老戴不住）

自产自用（用解释的方法把你想说的意思表达出来）

例如你学会了priority，它的意思是something that you think is more important than other things and should be done first. 我们想表达“结婚是头等大事”，可以说Getting married is the first priority. 忘了priority也没关系，咱们可以说：

> Getting married is more important than other things and should be done first.

同理，我们可以用say sorry来解释apology，用ask the court to change the decision表示appeal（上诉），用ask someone to marry you表示propose（求婚），用wear nothing表示naked。

广结善缘
随遇而学

读字典 Search Cancel

读了本1000页的词典

读完之后还没过瘾，这两天又读了手头这本《朗文多功能分类词典》。一本书，…

2023/5/30 阅读8551

如何读工具书?

1. 一定不要一遍读一边查字典，这样我们会读的很辛苦也很容易就放弃了。无论…

2016/3/19 阅读3539

读书笔记 | 比单词量和语法更重要的是

葛老也推荐可以通过“读字典”来掌握这些common words and phrases. 不仅要读字…

2016/1/17 阅读6256

我读了5个小时牛津双解词典，为你总结了这些最实用好玩的例句

两者搭配，基本能解决所有单词问题。我也喜欢没事“读词典”，比如读读牛津高阶…

2019/5/21 阅读8488

跟Eric一起读《英语写作活用词典》

词典共 2000 多页，我打算以 100 页为单位，每天读一读。我其实并不推荐「读…

2019/8/15 阅读7609

我一页页读完了这本适合5-9岁的儿童词典

这也是这本词典书的核心理念，用英语学英语，用旧知识打开新世界。比如什么…

2021/7/24 阅读8541

多做一步
多看一眼

Dictionary
6 found

jumper

All | CCALD | 朗文当代高级英语辞典 | 牛津高阶英汉双解词典（第8版）

- jumper
- jumper cable
- jumper cables
- jumper-cables
- jumpercables
- jumpers

CCALD

jumper cables ★☆☆☆☆ ˈdʒʌmpə ˈkeɪbᵊlz

N-PLURAL **Jumper cables** are the same as **jump leads** . 同 jump leads [US]

朗文当代高级英语辞典

WORD FAMILY

adjective jumpable • jumpy • jumped-up
noun jumper • jumpiness • jump ball • jumper cables • jumping jack • jump jet • jump leads • jump rope • jump shot • jump-up
adverb jumpily
verb jump-start • jump

Related topics: ◆ Motor vehicles

ˈjumper ˌcables *noun* PLURAL

AmE thickwires used to connect the batteries (battery) of two cars in order to start the car that has lostpower 跨接线，跳接线〔用于连接两辆汽车的电池以发动其中没电的一辆〕

Dictionary
6 found

jumper

- jumper
- jumper cable
- jumper cables
- jumper-cables
- jumpercables
- jumpers

All | CCALD | 朗文当代高级英语辞典 | 牛津高阶英汉双解词典（第8版）

CCALD

jumper ★★☆☆☆ BrE dʒʌmpəʳ AmE ˈdʒʌmpər jumpers

1 **N-COUNT** A **jumper** is a warm knitted piece of clothing which covers the upper part of your body and your arms. 针织套衫 [British]

- Isabel had on a simple *jumper* and skirt.
  伊莎贝尔穿着素净的针织套衫和裙子。

in AM, use 美国英语用 **sweater**

2 **N-COUNT** A **jumper** is a sleeveless dress that is worn over a blouse or sweater. （穿在衬衫或毛线衫外的）无袖连衣裙 [US]

- She wore a checkered *jumper* and had ribbons in her hair.
  她穿着格子连衣裙，头上系着丝带。

in BRIT, use 英国英语用 **pinafore**

3 **N-COUNT** [usually adjective NOUN] If you refer to a person or a horse as a particular kind of **jumper**, you are describing how good they are at jumping or the way that they jump. 善跳跃者；跳跃的人（或动物）

- He is a terrific athlete and a brilliant *jumper*.
  他是个出色的运动员，弹跳力非常好。
- Horses are not natural *jumpers*.
  马并不是天生就善于跳跃的。

9. ATTACK 袭击 T INFORMAL to attack someone suddenly 突然袭击〔某人〕

Somebody jumped him in the park last night.
他昨天晚上在公园里遭人袭击。

10. **jump to conclusions** to form an opinion about something before you have all the facts 〔在掌握全部事实之前〕仓促下结论

There may be a simple explanation. Let's not jump to conclusions.
也许理由很简单，我们还是不要仓促下结论。

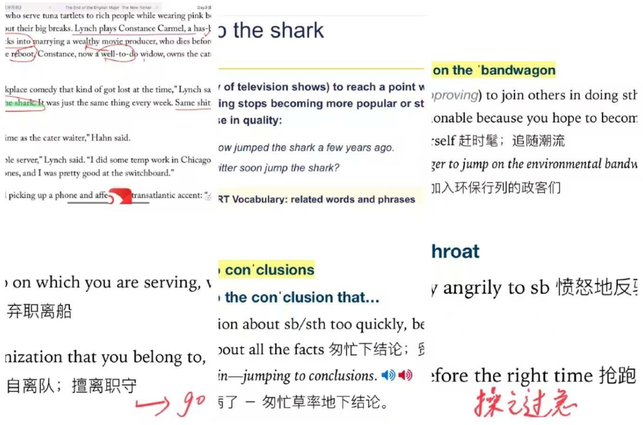
11. **jump the gun** to start doing something too soon, especially without thinking about it carefully 〔没有认真考虑而〕过早地行动

jump

张海露Eric

23-3-9 读物博主

昨天在《纽约客》中学到一个jump the shark，顺手总结几个和jump相关的常见习语👇



10 Comment 29

张海露Eric

22-10-3 读物博主 Edited

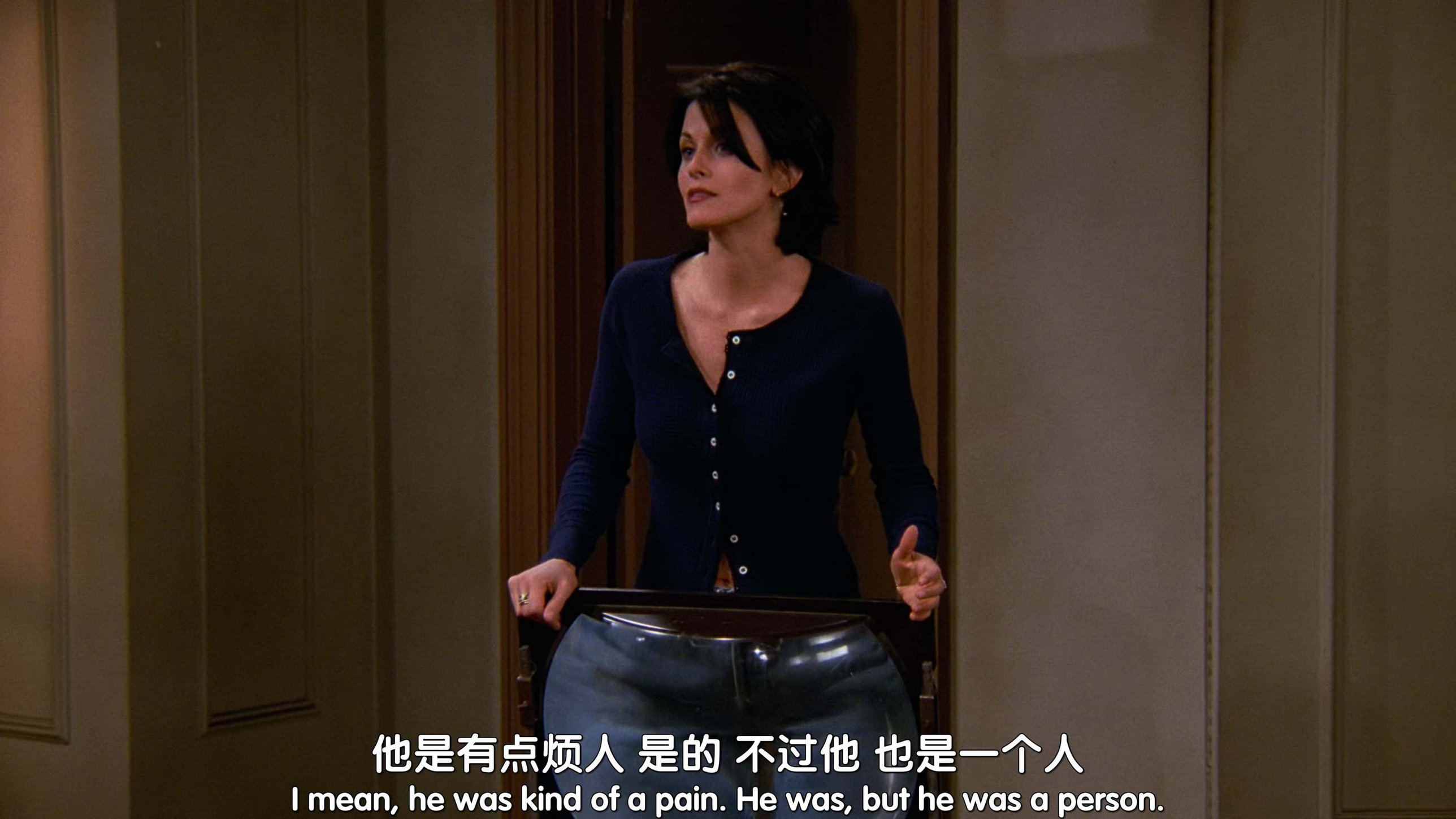
今天的word of the day是languid，很好记：发音听起来像“懒鬼的”，表示“慵懒的”“衰弱的”“呆滞的”。通过播客讲解，我们还能学到：listless(顺便复习课上学过的effete，stagnate），dillydally，bummer，stretch（在这里表示“一段时间”，同spell）。细节上还能学到not so fast，... Full Text

我想做一个课程：从这 3000 个词中挑一些我觉得重要、好用但是一般学习者可能没有注意到、不知道的用法。它可以给水平一般的学习者早些提个醒，这样自己在学习时就能更敏感一些；它也可以给水平已经很不错的朋友加点料，受点刺激，学习这些看似简单实际上没有几年的积累并不知道的说法。

它的核心理念是：英语为母语人士有他们的优势，但我一个 20 多岁开始学英语的资深学渣也有优势。一点点学，一天天积累，好不容易才算是能「用」了。我想把这些年让我眼前一亮「哇，还有这个意思😄」或者心里一亮「哎，这么简单我都不会😫」的那些用法，也分享给一路同行的人。

具体怎么做，我还没有想好。我把我这个课程 idea 分享在这里，是想说：从学习的角度看，我们要持续夯实基本功，优先掌握这些最高频的词再去追逐星辰大海，大多数人其实这个基本功还没到位（包括我）——我们平时的输入输出实在太少。从教学的角度看，老师要持续提升，你得是自来水才有可能给学生的杯子装那么一点水。去多读多听多用多试，水平提升了自己会多些自信，讲的课也会更有个性更有趣。

天啊 茱莉还真能讲
Boy, that Julie's a talker, huh?


他是有点烦人 是的 不过他 也是一个人
I mean, he was kind of a pain. He was, but he was a person.

Thus the irritations of modern working life are not confined to language; they also relate to managerial behaviour. Part of the satisfaction of being a manager comes from telling other people what to do, rather than being told what to do yourself. Power, even in small things, can be exhilarating. If you want subordinates to attend a meeting, you can insist on it; the same goes for evening functions and 7.30am breakfasts. Allowing underlings to miss these occasions would undermine the manager's authority. Chimps grin to gain acceptance and show submission to the leader of the group; office workers show up to their boss's unnecessary meetings to achieve the same effect.

Google

recorder

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Online Voice Recorder
https://online-voice-recorder.com

Online Voice Recorder - Record Voice from the Microphone

Our Voice Recorder is a **convenient and simple online tool that can be used right in your browser**. It allows you to record your voice using a microphone and ...

Google Recorder
https://recorder.google.com

Recorder

The **Recorder app available only on Pixel** brings the power of search and AI to your audio recordings. You can record meetings, lectures, jam sessions ...

Canva
https://www.canva.com › Video Editor

Free online voice recorder

Skip the extra software downloads. **Canva's free voice recorder online** lets you record, edit, and sync narrations in one platform. Whether you're working on ...

Recorder

Musical instrument

The recorder is a family of woodwind musical instruments and a member of the family of duct flutes that includes tin whistles and flageolets. It is the most prominent duct flute in the western classical tradition.

朗文当代高级英语辞典

WORD FAMILY

noun record **recorder** recording • recordation • recordership • recordist • recorded delivery • record player

adjective **recorded**≠ **unrecorded** recordable

verb record

Related topics: ◆ Music ◆ Law

re·cord·er /rɪˈkɔːdə $ -ˈkɔːrdər/ ●●○ *noun* [C]

1. **cassette recorder/tape recorder/video recorder etc** a piece of electricalequipment that recordsmusic, films etc 盒式录音机/磁带录音机/录像机等

   → **flight recorder**

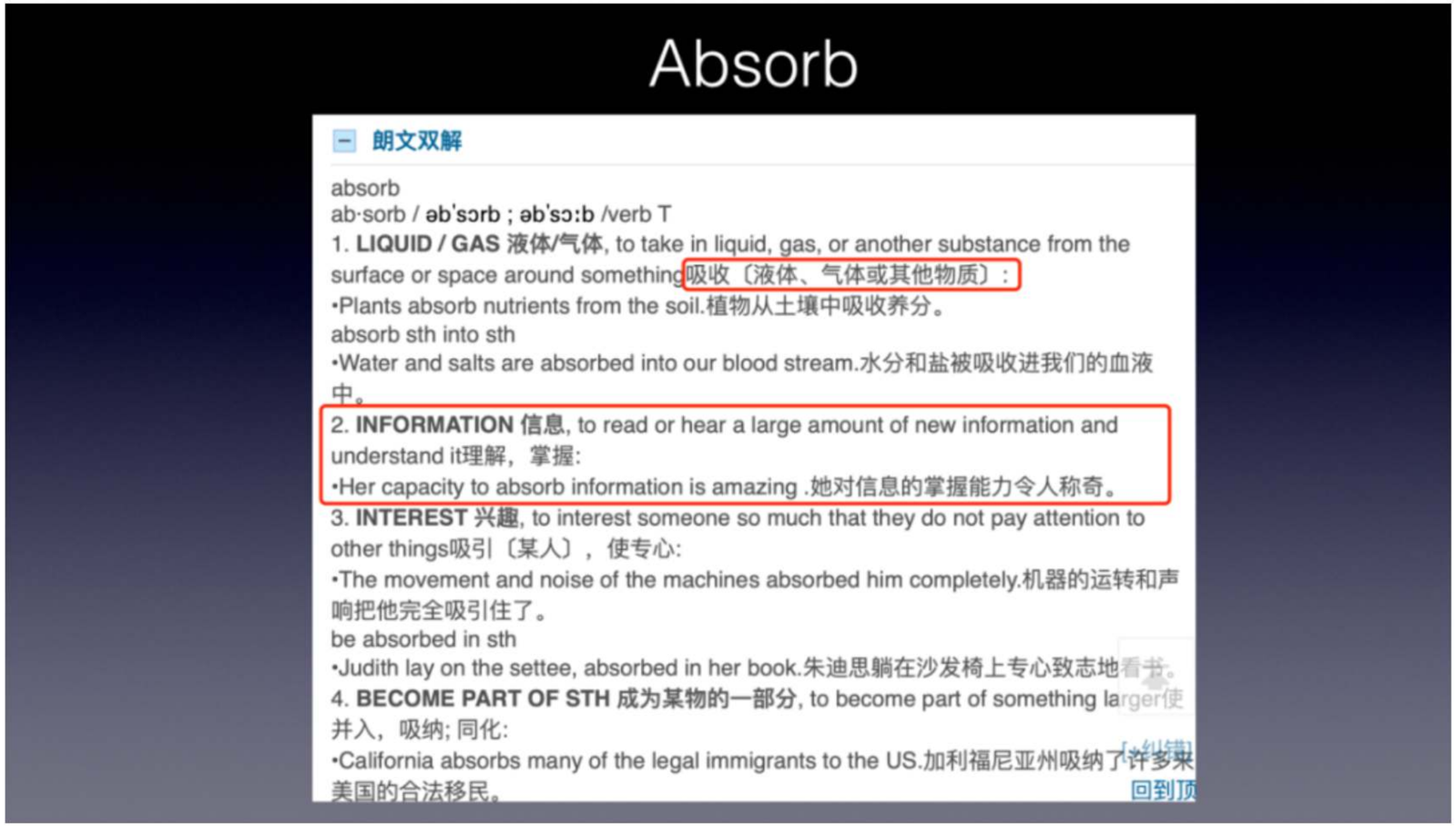
2. a simplewooden or plasticmusicalinstrument like a tube with holes in it, which you play by blowing into it and covering different holes with your fingers to change the notes 竖笛；直笛

3. a judge in a city court, in some areas of Britain and the US 〔英、美某些地区市法院的〕法官

我的学习/课程思路

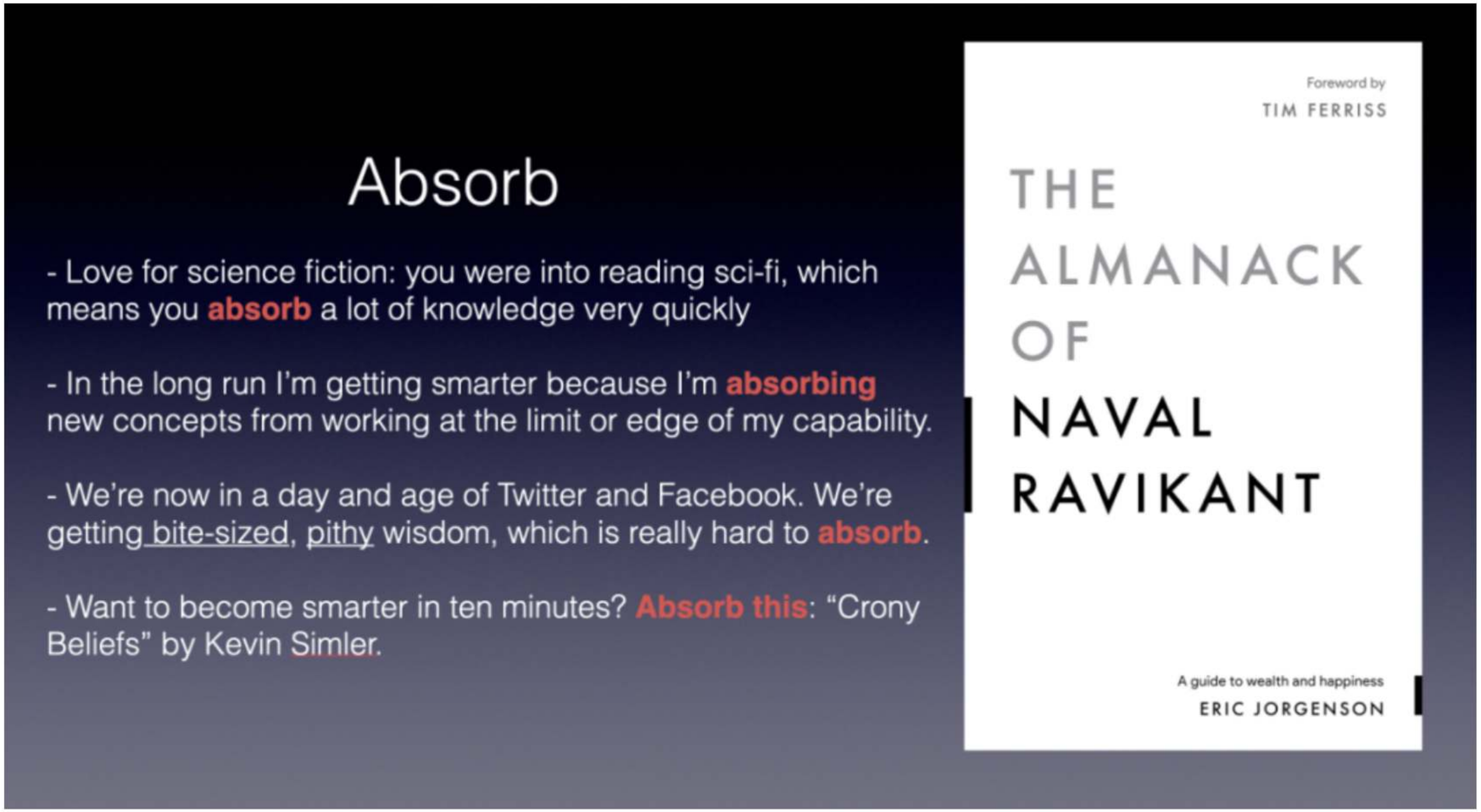
1）展示词典中的双语释义，先理解这个词的基本用法。

无论水平多高，查词典是基本功也是日常必做的事情，养成查词典的好习惯，英语会悄然进步。



2）通过真实例句（来自影视剧、英文书籍、权威词典）加我自己的学习经验，展示这个词的实战用法。

比如 Naval Ravikant 会这样用 absorb这种用法光看词典很难学到。



比如看完这个absorb，无意就学到了bite-sized，pithy，emulate，fool’s errand。也就是表面上是学一个词，实际上是在模拟如何通过阅读积累词汇。这样学，更自然，也更容易“和词汇做朋友”。

No one in the world is going to beat you at being you. You’re never going to be as good at being me as I am. I’m never going to be as good at being you as you are. **Certainly, listen and absorb, but don’t try to emulate. It’s a fool’s errand.** Instead, each person is uniquely qualified at something. They have some specific knowledge, capability, and desire nobody else in the world does, purely from the combinatorics of human DNA and development.

3）拓展“这个意思还常怎么说？”

这个部分有两个方向。

一个是往下用更简单的词如何表示？比如absorb简单点就是understand；

另一个是往上有哪些更准确、稍难的一些词？比如看到 absorb 我想到 fathom 和sink in。

这个地方不是追求大而全堆砌词汇，而是不断刺激、重复、联想，主动打造自己的心理词库。

absorb

ABSORB

- **get** — **(come to) understand** — **comprehend**
- **grasp** — **fathom** — **sink in**

1. Context counts
2. Usage matters
3. Collocations prevail

Input, Connect, Activate.
Learn, Feel, Think.

Cue PDF

Longman Communication 3000

a *indefinite article, determiner* S1, W1
abandon *v* W3
ability *n* S2, W1
able *adj* S1, W1
about *prep* S1, W1
about *adv* S1, W1
above *adv, prep* S2, W1
above *adj* W3
abroad *adv* S2, W3
absence *n* S3, W2
absolute *adj* S2, W3
absolutely *adv* S1, W3
absorb *v* W3
abuse *n* S2, W3
academic *adj* W2
accept *v* S1, W1
acceptable *adj* S3, W3
access *n* S2, W1
adult *n* S2, W2
adult *adj* W3
advance *n* S2, W2
advance *v* W3
advanced *adj* W3
advantage *n* S2, W1
advert *n* S3
advertise *v* S3, W3
advertisement *n* S3
advertising *n* W3
advice *n* S2, W2
advise *v* S2, W2
adviser *n* S3, W3
affair *n* S2, W1
affect *v* S2, W1
afford *v* S1, W3 to think about this
afraid *adj* S1, W2
after *prep, conj, adv* S1, W1
afternoon *n* S1, W2
also *adv* S1, W1
alter *v* S3, W3
alternative *adj* S2, W2
alternative *n* S2, W3
although *conj* S1, W1
altogether *adv* S2, W3
always *adv* S1, W1
amazing *adj* S2
ambition *n* W3
ambulance *n* S3
among *prep* S2, W1
amount *n* S1, W1
an *indefinite article, determiner* S1, W1
analyse *v* W3
analysis *n* S3, W1
analyst *n* W2
ancient *adj* W2
and *conj* S1, W1
appointment *n* S2, W2
appreciate *v* S2, W3
approach *n* S2, W1
approach *v* S2, W2
appropriate *adj* S2, W1
approval *n* S2, W3
approve *v* S3, W2
approximate *adj* S3, W3
architect *n* W3
architecture *n* S3, W3
area *n* S1, W1
argue *v* S2, W1
argument *n* S1, W1
arise *v* S3, W2
arm *n* S1, W1
armed *adj* S3, W3
army *n* S1, W1
around *adv, prep* S1, W1
arrange *v* S2, W2

Learn, collect, absorb, and build.

I learned very early the difference between knowing the name of something and knowing something.

— Richard P. Feynman —

AZ QUOTES

KISS
PRINCIPLE

KEEP IT SIMPLE

What's important, is getting your message across clearly. And the best way to do this is usually in the most straightforward terms. That doesn't mean dumbing down or removing personality and individuality from your writing. It means understanding your topic, pulling out the most important elements and explaining them clearly. Makes sense really, doesn't it?

So the key to good writing is a simple one:

Keep it simple, stupid! (making the handy acronym – KISS).

- Focus on your message and make it clear
- Don't use 50 words when 10 will do the job
- Get your idea across without using jargon
- Throw away anything that doesn't help your message

This book is intended to help ordinary workers survive the daily grind, by allowing them to spot the absurdities and the bullshit pumped out by management, and to find ways to do a good job without losing their sanity. But it is also designed to help managers become better at doing their jobs, by pointing out some of the obvious traps that supervisors fall into. If managers get better, the working lives of ordinary employees can improve too. People often don't leave bad jobs, they leave bad managers.

This dual approach harks back to the Herman Melville short story *Bartleby, the Scrivener: A Story of Wall Street*, which inspired me to name a column in *The Economist* on management and work. The 19th-century story tells of a man called Bartleby who takes a job in an office as a scrivener (clerk) and initially seems very keen. Suddenly, however, he refuses all requests from his boss, saying: "I would prefer not to." No attempts at blandishment, reasoning or threats from the manager could make him change his mind. Eventually the recalcitrant starts living in the office and the firm has to move premises to avoid him; Bartleby ends up wasting away in prison, too lethargic even to eat. In its own way, the story can be seen as the tale of a worker refusing to conform to society's demands by performing meaningless tasks. Alternatively, the tale can be

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把这段话用平实的英文重新叙述，把它变成我能用到口语中的说法，要自然，践行keep it simple stupid 的原则

好，这段我给你**彻底「口语化 + KISS」重写**，不是“换词”，而是**真的能说出口、能在聊天里用的版本**。

我给你 **3 个层级**，你可以按场景选。

✅ 版本一：最自然、最像人说话的口语版（推荐）

> This book is mainly for regular workers.
> It helps them deal with daily work, see through the nonsense from management, and do their jobs without going crazy.
>
> But it’s also for managers.
> It shows them some common mistakes managers often make.
> If managers do better, life at work gets better for everyone.
>
> People don’t usually quit bad jobs.
> They quit bad managers.

👉 这个版本**已经完全可以在聊天、播客、分享里直接用**。

✅ 版本二：稍微正式一点，但仍然很口语

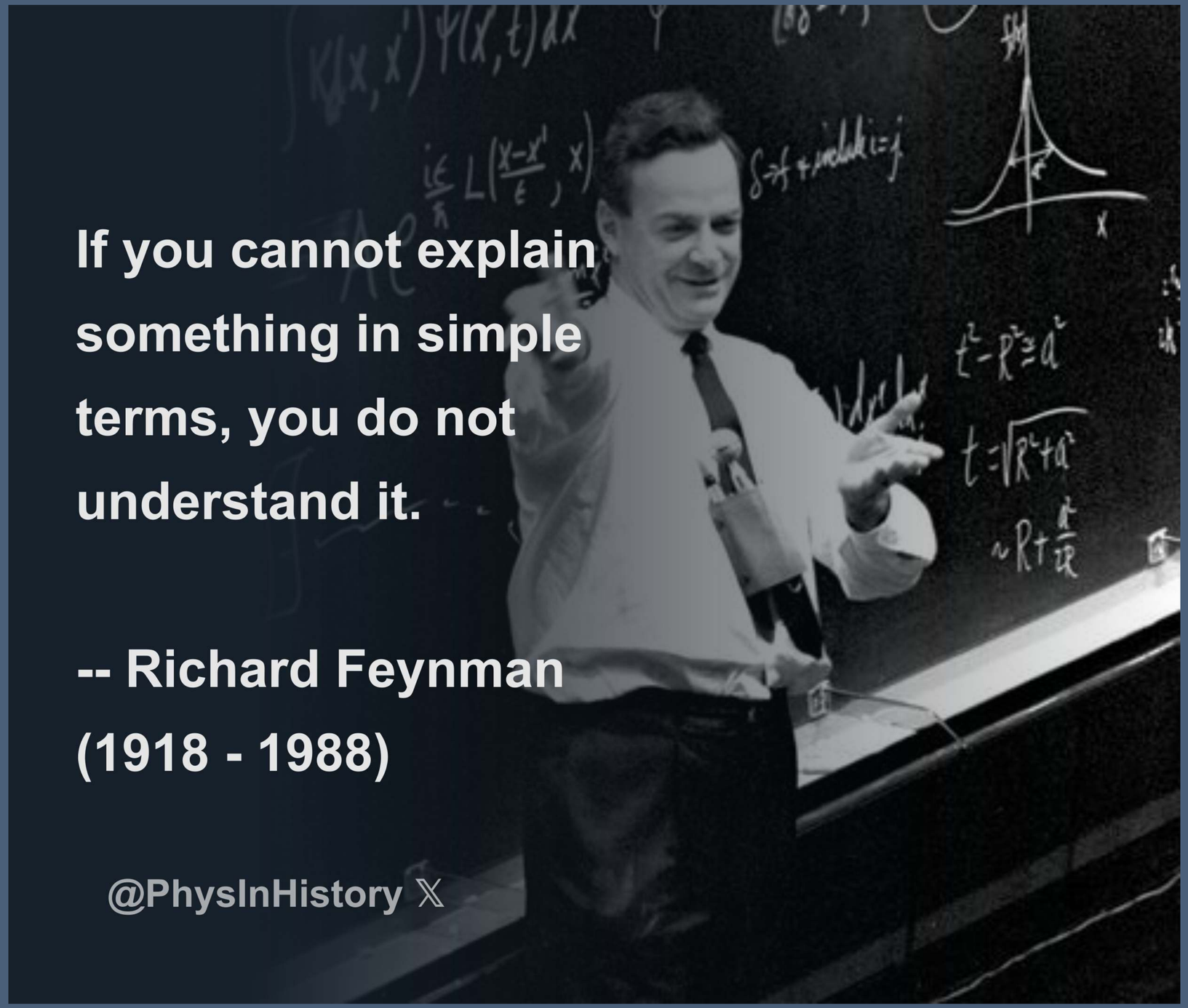
> This book is meant to help ordinary employees survive everyday work.
> It helps them recognize pointless rules and bad decisions, and still do a good job without losing their sanity.
>
> At the same time, it's written for managers.
> It points out some obvious traps they often fall into.
> When managers improve, working conditions improve too.
>
> Most people don't leave jobs.
> They leave managers.

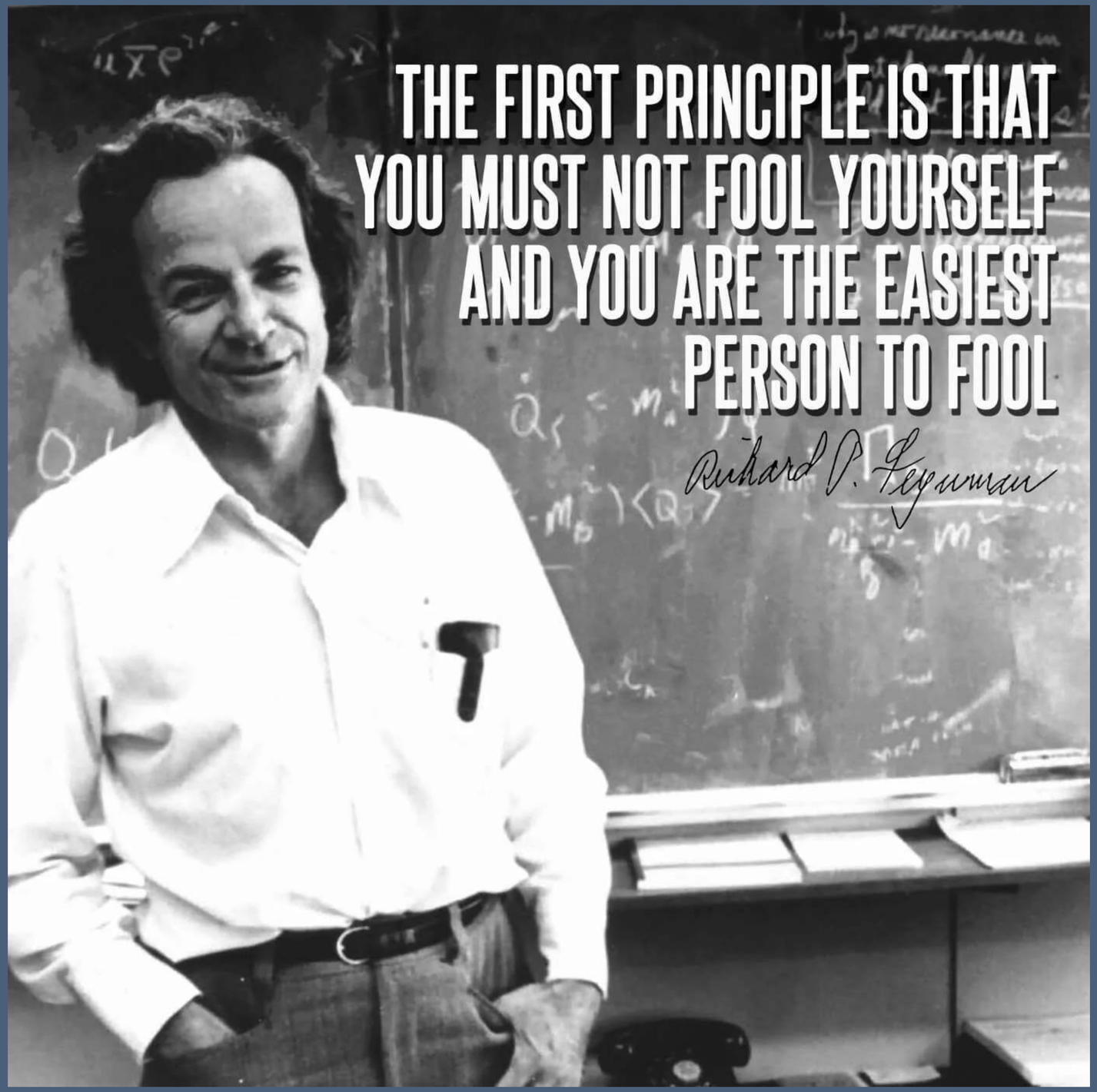
✅ 版本三：极简版（一句话总结，适合你）

> This book helps workers deal with bad management, and helps managers stop being bad managers.

或者稍微多一点点信息：

> It's for workers who want to stay sane, and for managers who want to do less damage.


If you cannot explain something in simple terms, you do not understand it.
-- Richard Feynman
(1918 - 1988)
@PhysInHistory 𝕏


THE FIRST PRINCIPLE IS THAT
YOU MUST NOT FOOL YOURSELF
AND YOU ARE THE EASIEST
PERSON TO FOOL
Richard P. Feynman

What is the red thing?
Why it goes up?
Where does it go?

What is “die”?

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哪个记单词app最好用?

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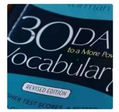

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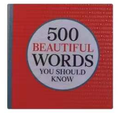

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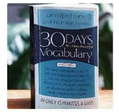

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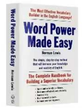

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Published by 张海露Eric

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