

“受打击”和“放轻松”英语怎么说 PDF转换可能丢失图片或格式，建议阅读原文

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1. be hard hit/be hit hard  
To be badly affected by something that has happened. 沉重的打击，让我们的心都凉了一大块。打击来自不同的方面，都可以用这个词组去表达当时的感受。 Old people are hardest hit by the rising cost of living. 生活费用上升，老年人最受影响。 We 've been really hard hit for money this year. 这些年我们为了钱，折腾了够呛。 I hope that you are not too hard hit over him. You 'll find someone else. 我希望你不要太心灰意冷了，你会找到更好的人。

2. take it load off 这个其实很好理解。load负担off没了，负担没了的话，那肯定就relax了吧。所以take it load off放轻松。当工作了一天很辛苦劳累的时候，真希望可以take it load off。那么我们就可以这样说：Come on, take it load off, you must be tired. It 's been a really long day. I just want to sit down, take a load off, and take a head massage. 这真是漫长的一天。我只想坐下来，放松放松，然后做个头部按摩。

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