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NOUNS AND NOUN PHRASES

career path	the route that you take in your working life	Werdegang, Laufbahn
coercion	the use of force or threats to get someone to do something that they do not want to do	Nötigung
flight path	the route taken by a plane	Flugschneise
health supplement	nutrients, such as vitamins and/or minerals, that are added to your diet to complement it	Nahrungsergänzungsmittel
mainstay	something or someone on which something else depends or is based	Standbein
plight	a dangerous, difficult or unfortunate situation	missliche Lage
safe haven	a place to which someone can escape from something dangerous	Zufluchtsort
silver-bullet solution	a simple and seemingly magical (but unrealistic) solution to a complex problem	Patentlösung

VERBS AND VERB PHRASES

catch up on sth.	to get the latest information about something	bezüglich etw. auf den neuesten Stand kommen
defuse sth.	(of a bomb) to remove the fuse so that it cannot explode; (of a difficult situation) to make it less difficult and/or remove the tension	etw. entschärfen
double as sth.	to be used for something else, too	auch als etw. (anderes) fungieren
find sb. out	to discover someone's wrongdoing, which was typically done with the intent of deceiving others	jmdm. auf die Schliche kommen
groom sb. for sth.	to prepare someone for a particular purpose	jmdn. für etw. vorbereiten
help oneself	to get food and drink, for example from a buffet	sich bedienen
lure sb.	to attract someone, often by promising them something desirable	jmdn. anlocken
spring up	to appear quickly and in large numbers	aus dem Boden schießen

ADJECTIVES AND ADVERBS

absorbing	fascinating and captivating	fesselnd
chiefly	mainly, primarily	hauptsächlich
creased	(of an item of clothing) having folds or wrinkles	zerknittert
high-pitched	very high, for example a sound or someone's voice	schrill
like-minded	having similar opinions or tastes	ähnlich gesinnt
relentless	not stopping or giving up	unerbittlich
suitably	in a way that is appropriate to a specific situation	entsprechend

IDIOMS AND EXPRESSIONS

against difficult odds	under difficult conditions	unter erschwerten Bedingungen
be a natural fit for sb.	to match someone perfectly	perfekt zu jmdm. passen
be plain sailing	be unproblematic and trouble-free	unproblematisch sein
be worse off	to have less money available	(finanziell) schlechter gestellt sein
in the first place	anyway, actually	überhaupt, eigentlich
pave the way	to do something to make a plan or future development easier	den Weg bereiten
prove one's point	to demonstrate that one is right	beweisen, dass man recht hat