

10 Advanced Phrases in English

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1. At the hands of

Done or caused by

**People are suffering at the hands of injustice in
society.**

2. At heart

What someone is really like

Surrounded by people 24/7, but lonely at heart.

3. Lie at the heart of

Be the most important part of something

Justice lies at the heart of society.

Education lies at the heart of progress.

4. Basket case

- 1. An insane person**
 - 2. To become insane due to work or stress**
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- 1. My friends think I am a basket case**
 - 2. At the end of the day I become a basket case.**

5. Bit by bit

Gradually

She told me the whole story bit by bit.

6. Before you know it

Very soon

I will be there before you know it.

7. At a first glance

When first looking

At first glance, I thought she was Sarah.

8. Grief stricken

Very sad

The old woman is grief-stricken at the death of her son.

9. Puzzle over

Try to understand something

I am puzzled over her comment and don't know what she meant.

I am puzzled over this riddle.

10. Grain of salt

Not sure about something accurate or not

I take his promises with a grain of salt.

Scientists take these theories with a grain of salt.

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