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**Neil:** Hello. I'm Neil.

**Helen:** I'm Helen. Neil 的声音变了因为他摆了一个非常奇怪的姿势。

**Neil:** That's right. I'm bending over backwards – or trying to.

**Helen:** 向后弯腰, 一看你就特别僵硬。

**Neil:** No. Even if I bend forwards I can hardly touch my knees, and certainly not my toes.

**Helen:** 来, 看我的!

**Neil:** Wow! Helen! I had no idea you could do that! You can bend over backwards all the way to the floor!

**Helen:** Yes, 不过你得解释一下为什么我们在向后弯腰?

**Neil:** Oh, yes, of course. That's because today's phrase is:

**Helen & Neil:** To bend over backwards!

**Helen:** 请听以下例句, 你能猜出这个短语的意思是什么吗?

### Examples

*I would bend over backwards for you – just let me know how I can help.*

*Julia bent over backwards to make sure everything was right for their visit.*

**Neil:** Did you guess the meaning?

**Helen:** 这个短语的意思是为某人或某件事情付出超出常情的努力, 拼了命的去做这件事情。

**Neil:** Like, "I would bend over backwards to make sure you're happy ", Helen.

**Helen:** Ahhhh. Thank you Neil. 让我们再听几个例子吧:

## **Examples**

*I bent over backwards to get Jim what he wanted, but he never thanked me.*

*I'll help you a bit, but don't expect me to bend over backwards.*

**Neil:** Oh, ooof!

**Helen:** 你还好吧？

**Neil:** I need to sit down, I think I've hurt my back!

**Helen:** Ah, Neil, you must be careful not to bend over backwards too often!

**Neil:** Urgh!

**Helen:** 向后弯腰只是一个比喻，并不是说你得真的这么做，把腰伤了可不是开玩笑的事儿。好，谢谢收听。我们下次节目再见。

**Neil:** Bye!