

# WEEK ONE

## words and phrases

English-Russian

FROM THE BOOK on how to

- plan better
- stop procrastinating
  - prioritize
- stay motivated
- get the most of your day

# EAT THAT FROG

BY BRIAN TRACY

---

## Pages/chapter:

# MY OWN STORY, INTRODUCTION

---

| WORD                    | PRONUNCIATION      | MEANING  | RUSSIAN                 |
|-------------------------|--------------------|--|-------------------------|
| SWAMPED                 | [swɑ:mpt]          | to have more of sth than you can deal with       | заваленный работой      |
| TO GET CAUGHT UP        |                    | to compensate for time lost                      | наверстать              |
| TO IMMERSE ONESELF INTO | [ɪ'mɜ:s]           | to become involved in                            | погрузиться в           |
| SINGLE-MINDEDLY         | [,sɪŋgl 'maɪnddli] | in a determined manner                           | настойчиво              |
| OVERALL                 | [,oʊvər'ɔ:l]       | general  | общий                   |
| OUTPUT                  | ['aʊtpʊt]          | amount produced                                  | отдача, результат       |
| SMORGASBORD             | ['smɔ:rgəsɔ:rd]    | an extensive variety                             | разнообразие            |
| TO BRING ABOUT          |                    | to make sth happen                               | приводить к             |
| OVERWHELMED             | [,oʊvər'welmd]     | to feel bad cause you have too much to deal with | перегруженный           |
| TO RUN CIRCLES AROUND   |                    | to go beyond in excellence or achievement        | превосходить, опережать |

\*Abbreviations: sb – somebody, sth – something