

FALLEN STARS TRAGIC LIVES AND LOST CAREERS Workbook

Fallen stars tragic lives and lost careers

The entertainment industry has long been a realm of glamour, fame, and seemingly endless opportunities. Yet, beneath the glitz and glamour lie stories of talented individuals whose lives took tragic turns, leading to the loss of their careers and, in many cases, their lives. These fallen stars serve as poignant reminders of how fame can be fleeting and how personal struggles, addiction, and tragedy can overshadow even the brightest careers. In this comprehensive exploration, we delve into some of the most heartbreaking stories of once-celebrated celebrities whose lives and careers were tragically cut short or forever altered.

Famous Cases of Stars Who Faced Tragic Downfalls

Many stars have experienced dramatic rises and precipitous falls, often battling personal demons that ultimately overshadowed their professional successes. Their stories serve as cautionary tales and evoke empathy for their struggles.

1. Heath Ledger: The Joker Behind the Mask

Heath Ledger's mesmerizing performance as the Joker in "The Dark Knight" earned him an Academy Award posthumously. However, his life was marred by personal struggles and substance abuse.

- **Rise to Fame:** From "10 Things I Hate About You" to Oscar-winning performances
- **Tragic End:** Passed away in 2008 due to accidental drug overdose at age 28
- **Impact:** His death sparked widespread discussions about mental health and substance abuse

2. Amy Winehouse: The Voice That Could Have Soared Higher

Known for her soulful voice and hit songs like "Rehab," Amy Winehouse's life was a rollercoaster of fame and personal struggles.

- **Career Highlights:** Multiple Grammy wins and chart-topping albums
- **Downward Spiral:** Battles with addiction, mental health issues, and tumultuous relationships

- **Tragic End:** Died at age 27 in 2011 from alcohol poisoning
- **Legacy:** Left behind a lasting musical influence but also a cautionary tale about fame

3. River Phoenix: The Rising Star Who Was Lost Too Soon

River Phoenix was a talented actor with a promising future, but his life was cut short at age 23.

- **Achievements:** Nominated for an Academy Award for "Running on Empty," acclaimed for "Stand by Me"
- **Struggles:** Known issues with drug use and mental health
- **Death:** Died outside a nightclub in 1993 due to a drug overdose
- **Legacy:** Remembered as a talented actor whose potential was never fully realized

Common Themes in the Tragic Lives of Fallen Stars

Examining these stories reveals recurring themes that contribute to the downfall of many celebrities.

1. Substance Abuse and Addiction

Many stars turn to drugs and alcohol as coping mechanisms for the pressures of fame, leading to addiction and health deterioration.

2. Mental Health Challenges

Depression, anxiety, and other mental health issues often go unnoticed or untreated due to stigma, exacerbating personal struggles.

3. Personal and Professional Pressures

The relentless demands of fame, media scrutiny, and expectations can be overwhelming, leading to emotional distress.

4. Lack of Support Systems

Sometimes, stars lack adequate support or access to mental health resources, increasing their vulnerability.

Notable Examples of Careers Lost to Tragedy

Beyond individual tragedies, some careers have been entirely derailed due to tragic events,

scandals, or health issues.

1. Brandon Lee: The Fatal On-Set Accident

Son of martial arts legend Bruce Lee, Brandon Lee was an emerging star whose career was tragically cut short.

- **Notable Works:** "The Crow" (1989)
- **Death:** Shot by a prop gun mishandling on set in 1993 at age 28
- **Impact:** His death highlighted safety concerns in film productions

2. Whitney Houston: The Voice That Fell Silent

One of the best-selling music artists, Whitney Houston's career was marred by personal struggles.

- **Achievements:** Multiple Grammys, iconic hits like "I Will Always Love You"
- **Downward Spiral:** Substance abuse, tumultuous relationships, and legal issues
- **Death:** Drowned in a bathtub in 2012 at age 48
- **Legacy:** Remembered for her extraordinary talent and tragic decline

The Impact of Fame and Media Scrutiny

Fame can be a double-edged sword, magnifying personal issues and making recovery difficult. The intense media scrutiny often exacerbates mental health struggles and can lead to destructive behaviors.

- **Privacy Invasion:** Constant media attention can erode personal boundaries
- **Public Judgment:** Negative coverage can impact self-esteem and mental health
- **Pressure to Maintain Persona:** The stress of constantly appearing perfect can lead to burnout

Lessons Learned from Fallen Stars

Their stories offer invaluable lessons for fans, industry professionals, and aspiring celebrities alike.

1. Importance of Mental Health Support

Encouraging open conversations about mental health and providing accessible resources can make a difference.

2. Recognizing the Signs of Substance Abuse

Early intervention can prevent tragedies; friends and colleagues should be attentive and supportive.

3. Balancing Fame and Personal Well-being

Celebrities need to prioritize self-care and seek help when overwhelmed.

4. Reducing Stigma

Normalizing discussions about mental health and addiction can foster a more supportive environment.

Conclusion

The stories of fallen stars and their tragic lives serve as powerful reminders of the fragility of fame and the importance of mental health awareness. Behind the glamour, many celebrities grapple with personal demons, and their struggles often end in tragedy. By understanding their stories, society can foster greater empathy and work towards creating a supportive environment that champions mental well-being, ultimately helping to prevent future tragedies. Their legacies, though marred by tragedy, continue to inspire conversations about mental health, substance abuse, and the true cost of fame.

Fallen stars: tragic lives and lost careers

The phrase fallen stars conjures images of once-glittering celebrities whose lives took dark turns, leading to tragic ends or irreversible career declines. These individuals, who once basked in the spotlight, often grapple with personal demons, societal pressures, or unforeseen circumstances that tarnish their legacies. Their stories serve as cautionary tales about fame's fleeting nature, the toll of relentless scrutiny, and the fragile mental health behind the glitz and glamour. Exploring the lives of fallen stars reveals not only their personal struggles but also the broader societal issues that contribute to their downfall.

Understanding the Phenomenon of Fallen Stars

Fallen stars are celebrities or influential figures whose careers have significantly diminished or who have experienced personal tragedies after reaching the peak of their fame. Unlike ordinary individuals, their lives are often under constant public scrutiny, magnifying their struggles and sometimes exacerbating their downfall.

What Leads to the Fall?

- Mental health issues: Depression, anxiety, substance abuse
- Scandals and controversies: Personal misconduct, illegal activities
- Burnout and exhaustion: Overexposure and relentless pressure
- Changing industry dynamics: Shifts in public taste, career missteps
- Lack of support systems: Isolation, family issues, financial mismanagement

Understanding these factors helps contextualize their tragic trajectories and emphasizes the importance of mental health awareness and support.

Case Studies of Fallen Stars and Their Tragic Lives

Heath Ledger: The Tragic End of a Promising Actor

Heath Ledger's meteoric rise in Hollywood was marked by critically acclaimed performances and a reputation for intense method acting. However, his life took a tragic turn when he was found dead in 2008 due to accidental overdose of prescription medications.

Features and Impact:

- Pros:
 - Delivered iconic performances in films like *The Dark Knight* and *Brokeback Mountain*
 - Praised for his dedication and versatility
- Cons:
 - Struggled with mental health and substance dependence
 - Was under immense pressure to deliver Oscar-winning performances

Ledger's death highlighted the harsh realities of Hollywood's often-ignored mental health struggles. His legacy remains influential, yet his personal tragedy underscores the importance of support and awareness.

Whitney Houston: The Fall from Grace

Whitney Houston's powerful voice made her a global icon. Yet her life spiraled into addiction, strained relationships, and legal troubles, culminating in her tragic death in 2012 at age 48.

Features and Impact:

- Pros:
 - Record-breaking albums and timeless hits like *I Will Always Love You*

- Influence on future generations of singers
- Cons:
- Battle with drug addiction and personal issues
- Publicly documented struggles with relationships and substance abuse

Houston's story is a poignant reminder of how fame can mask underlying personal battles, and how the entertainment industry often neglects mental health.

Robin Williams: Comedy's Tragic Loss

The beloved comedian and actor Robin Williams was celebrated for his humor and depth. His death by suicide in 2014 shocked fans worldwide and brought attention to mental health issues among celebrities.

Features and Impact:

- Pros:
- Multiple awards including an Academy Award for Best Actor
- Known for his improvisational talent and philanthropy
- Cons:
- Suffered from depression and Lewy body dementia
- Felt isolated despite his fame

Williams' life exemplifies the hidden pain behind a cheerful facade and has spurred conversations about mental health awareness.

Common Themes in Fallen Stars' Lives

Despite their diverse backgrounds and careers, many fallen stars share recurring themes in their tragic narratives:

Isolation and Mental Health

Many celebrities report feeling isolated despite their fame, which can exacerbate mental health issues. The pressure of constant public scrutiny often leads to depression, anxiety, and substance abuse.

Substance Abuse and Addiction

A significant number of stars succumb to drug or alcohol addiction, sometimes as a way to cope with

their struggles or sustain their careers. This often leads to a downward spiral impacting both their personal lives and professional standing.

Public Scandals and Media Scrutiny

Controversies and scandals can tarnish public image overnight. The relentless media coverage can intensify personal crises, making recovery difficult.

Industry Pressure and Burnout

The entertainment industry's demanding nature often results in burnout. The pressure to maintain an image and deliver consistent success can be overwhelming.

The Impact of Fame on Personal Lives

Fame can distort perceptions and relationships, often leading to loneliness and strained personal connections. Many fallen stars speak of feeling disconnected from reality or struggling to find genuine support outside the industry.

Pros and Cons of Fame

Pros:

- Financial security
- Influence and platform for advocacy
- Opportunities for artistic growth

Cons:

- Loss of privacy
- Constant public scrutiny
- Unrelenting pressure to perform
- Limited personal freedom

The dichotomy of fame underscores the importance of mental resilience and support systems for those in the spotlight.

The Cultural and Societal Factors Contributing to Their Downfalls

Society's obsession with celebrity culture often amplifies the tragedies of fallen stars:

- Media Sensationalism: Sensationalized reporting can distort their lives and intensify their struggles.
- Lack of Mental Health Resources: The industry rarely prioritizes mental health, leading to neglect.
- Unrealistic Expectations: Fans and industry insiders often expect perfection, ignoring human vulnerabilities.
- Stigma and Silence: Many celebrities hide their struggles due to fear of judgment, delaying help.

Addressing these societal issues is crucial for preventing future tragedies.

Lessons Learned and Moving Forward

The stories of fallen stars serve as stark reminders of the importance of mental health awareness, compassionate support, and the need to humanize celebrities beyond their public personas.

Support Systems and Prevention

- Encouraging open conversations about mental health
- Providing accessible mental health care
- Promoting healthy work-life balance in the industry
- Fostering environments that prioritize well-being over success

Changing Cultural Narratives

- Challenging the obsession with perfection
- Celebrating vulnerability and authenticity
- Recognizing that fame does not exempt individuals from human struggles

These steps can help reduce the incidence of tragic falls and support those at risk.

Conclusion

The tales of fallen stars—those who once shined brightly but faded into tragedy—are compelling narratives that reflect both individual vulnerability and societal shortcomings. Their lives remind us that behind the fame and glamour lie complex human stories often marred by pain, addiction, and mental health struggles. By understanding these stories deeply, society can foster a more

compassionate environment that supports mental health, reduces stigma, and perhaps prevents future tragedies. Celebrating their talent while acknowledging their humanity is essential in honoring their legacy and ensuring they are remembered not just for their fall, but also for their contributions and the lessons they teach us about resilience, compassion, and the fragile nature of fame.

Question What are some common reasons behind the tragic lives of fallen stars? Many fallen stars face issues like substance abuse, mental health struggles, intense media pressure, and personal relationships that can lead to their decline and tragic outcomes. How do fame and public scrutiny impact the mental health of celebrities? Constant exposure to public scrutiny can cause anxiety, depression, and feelings of isolation, often exacerbating existing mental health issues and contributing to the downfall of once-successful stars. Can the careers of fallen stars be rehabilitated or revived? While challenging, some stars have successfully rehabilitated their careers through personal growth, public apologies, or reinventing their image, but many struggle to regain their former prominence due to the lasting damage to their reputation. What are some notable examples of talented stars whose careers ended tragically? Examples include Amy Winehouse, whose struggles with addiction led to her untimely death; Heath Ledger, who faced mental health issues before his passing; and Brittany Murphy, whose career was cut short due to health problems and personal struggles. What can the entertainment industry do to better support artists facing personal struggles? The industry can implement mental health programs, provide access to counseling, promote healthier working environments, and reduce the pressures of fame to help artists maintain their well-being and prevent tragic outcomes.

Related keywords: disillusionment, fame decline, heartbreak, broken dreams, career collapse, celebrity downfall, personal tragedy, fame and despair, starlet struggles, tragic endings

Lost and found idioma ingles

lost and found idioma ingles: A Complete Guide to Understanding and Using the Phrase

If you're learning English or engaging with English-speaking communities, you might have come across the phrase "lost and found." This common expression is used in various contexts, from airports and schools to everyday conversations. Understanding its meaning, origins, and proper usage is essential for effective communication. In this comprehensive guide, we will explore everything you need to know about "lost and found" in English, including its translation, definitions, practical applications, and related idioms.

What Does "Lost and Found" Mean in English?

Literal Definition

The phrase "lost and found" refers to a place or service where misplaced or lost items are temporarily stored, allowing their owners to retrieve them. These are typically found in public spaces such as airports, train stations, schools, hotels, and malls.

Figurative and Idiomatic Usage

Beyond its literal sense, "lost and found" is also used metaphorically in various contexts to describe situations involving discovery, recovery, or rediscovery of something valuable or important.

Origins and History of "Lost and Found"

While the exact origin of the phrase is unclear, it has been in use since the early 20th century. The concept stems from the necessity of providing a designated space for misplaced items, especially in high-traffic public areas. Over time, "lost and found" has become a standard term in English-speaking countries, symbolizing both physical repositories and the broader idea of recovery or rediscovery.

Common Uses of "Lost and Found" in English

1. Physical Lost and Found Centers

Most commonly, "lost and found" refers to a designated area where lost items are collected. Examples include:

- Airport lost and found offices
- School lost and found bins
- Hotel reception desks
- Shopping mall customer service counters

2. Personal or Emotional Contexts

The phrase is also used metaphorically to describe situations where someone recovers something personal or intangible:

- Rediscovering a passion or purpose
- Recovering lost memories
- Finding lost motivation or confidence

3. In Literature and Media

"Lost and found" appears frequently in stories, movies, and songs, symbolizing themes of loss, hope, and recovery.

How to Use "Lost and Found" in Sentences

Examples in Literal Contexts

- "I reported my wallet at the airport lost and found."
- "The school has a lost and found box for students to retrieve their belongings."
- "If you lose your keys, check the hotel's lost and found department."

Examples in Figurative Contexts

- "After years of searching, she finally found her lost confidence."
- "Traveling helped him find his lost sense of adventure."
- "The novel is about a man who finds himself after a long period of loss and despair."

Related Idioms and Phrases in English

Understanding "lost and found" is easier when you are familiar with similar expressions. Here are some related idioms:

- **To find oneself:** To discover one's true identity or purpose.
- **Lost cause:** An effort that is hopeless or futile.
- **Found peace:** Achieving serenity or tranquility after a period of turmoil.
- **Lost in translation:** When meaning is misunderstood due to language barriers.
- **Find a needle in a haystack:** To find something very difficult to locate.

Practical Tips for Using "Lost and Found" Effectively

1. Clarify Context

Determine whether you are referring to a physical location or a metaphorical situation to use the phrase appropriately.

2. Use Correct Vocabulary

When talking about physical items, specify what was lost:

- "My sunglasses were in the lost and found."
- "Have you checked the lost and found for my umbrella?"

3. Be Precise in Figurative Use

In metaphorical contexts, be clear about what was lost or recovered:

- "He felt like he had lost himself during the chaos."
- "The artist found her inspiration after a long period of creative drought."

4. Incorporate Related Idioms

Enhance your language skills by mixing "lost and found" with related idioms for richer expression:

- "After years of searching, she finally found her lost love."

Common Challenges and Mistakes

1. Confusing "Lost and Found" with "Lost" or "Found"

Ensure you understand that "lost and found" refers to the combined concept of loss and recovery, not just one or the other.

2. Misusing in Non-Physical Contexts

While "lost and found" can be used metaphorically, avoid overextending the phrase to situations where other idioms are more appropriate.

3. Ignoring Cultural Variations

In some cultures, the concept of "lost and found" may be expressed differently or have different connotations.

How to Learn "Lost and Found" in Context

1. Practice Listening

Pay attention to how native speakers use "lost and found" in conversations, movies, and news.

2. Use in Writing and Speaking

Incorporate the phrase into your daily language to become more comfortable with its usage.

3. Study Related Vocabulary

Expand your vocabulary with synonyms and related idioms to enhance your expressive capacity.

Summary: Key Takeaways About "Lost and Found" in English

- "Lost and found" primarily refers to a physical place where lost items are stored temporarily.
- It is also used metaphorically to describe recovery of personal, emotional, or intangible things.
- The phrase is ubiquitous in public venues like airports, schools, and hotels.
- Understanding contextual usage is crucial for effective communication.
- Familiarity with related idioms enriches your language skills.

Conclusion

"Lost and found" is a versatile and widely used phrase in English that encapsulates both the literal act of recovering misplaced items and the more abstract journey of rediscovery and recovery. Whether you're navigating a busy airport or reflecting on personal growth, understanding this phrase enhances your ability to communicate effectively and naturally. By practicing its usage in various contexts and exploring related idioms, you can deepen your mastery of English expressions and enrich your language proficiency.

Remember: The next time you see a "lost and found" sign or hear someone talk about "finding what was lost," you'll understand the full scope and richness of this common yet meaningful phrase.

Lost and Found Idioma Inglés: An In-Depth Exploration of Language Revival and Preservation

Language is a living, breathing entity that evolves, adapts, and sometimes, unfortunately, fades into obscurity. Among the myriad of languages and dialects worldwide, the phenomenon of "lost and found" idioms in English—those phrases or expressions that have fallen out of common usage and then been rediscovered or revived—offers a compelling lens through which to examine linguistic resilience, cultural memory, and the ongoing battle to preserve linguistic diversity. This article delves into the history, significance, and contemporary relevance of "lost and found" idiom inglés, providing a comprehensive analysis suitable for language enthusiasts, linguists, and cultural historians alike.

Understanding "Lost and Found" Idioms in English

The Concept of Idioms in the English Language

Idioms are expressions whose meanings are not deducible solely from the literal definitions of their constituent words. They serve as cultural touchstones, encapsulating historical contexts, societal values, and collective experiences. In English, idioms are especially prolific, enriching the language with idiomatic nuances that often challenge language learners.

Defining "Lost and Found" Idioms

Within this landscape, "lost and found" idioms refer to phrases that were once widespread, fell into disuse, and then—through cultural revival, scholarly interest, or media exposure—were rediscovered. These expressions often carry historical significance, idiomatic richness, or regional flavor, which makes their resurgence noteworthy.

Examples of such idioms include:

- Bite the bullet ? once common in military contexts, now used to signify enduring pain or hardship.
- By and large ? a nautical term that became a general expression meaning "on the whole."
- Cold comfort ? an idiom indicating inadequate solace, with origins dating back to 17th-century England.
- Flogging a dead horse ? meaning to persist with a futile effort, dating back to the 19th century.
- Hang fire ? originally a firearm term meaning delay, now used metaphorically for hesitation.

The Historical Trajectory of Lost and Found Idioms

Origins and Evolution of Key Idioms

Many idioms classified as "lost and found" have fascinating histories. Their trajectories often mirror societal changes, technological advances, and shifting cultural paradigms.

Case Study: "Bite the bullet"

- Origins: Believed to originate during wartime surgeries when anesthesia was unavailable, soldiers endured pain by biting on a bullet.
- Disuse and Revival: While the phrase was common in the 19th and early 20th centuries, it waned in everyday speech but was kept alive through military literature and historical references.

- Modern Usage: It has been revived in popular media, including films and literature, reinserting the phrase into contemporary lexicon.

Case Study: "By and large"

- Origins: Nautical phrase referring to sailing with the wind on the port side ("by") or the starboard side ("large"?a corruption of "larboard").

- Disuse: Declined in nautical contexts with technological advancements but persisted in general idiomatic usage.

- Revival: Became a mainstream expression in the 20th century, especially in American English, illustrating how maritime idioms migrated into everyday language.

Factors Contributing to the Disappearance and Revival of Idioms

Several factors influence the lifecycle of idioms, including:

- Technological Changes: Words and phrases tied to outdated technologies or practices often fade.

- Cultural Shifts: Social and political transformations can render certain idioms obsolete.

- Media and Popular Culture: Films, literature, and media can revive interest in archaic expressions.

- Educational Curricula: Inclusion of historical language in academic settings sparks rediscovery.

- Regional Variations: Dialectal expressions may fade regionally but survive through cultural preservation efforts.

The Role of Media and Literature in "Lost and Found" Idioms

Media as a Catalyst for Rediscovery

Television shows, movies, and online platforms frequently introduce audiences to archaic idioms, often with context clues that facilitate understanding. For example:

- The film "The Patriot" popularized military and historical idioms.

- Podcasts and blogs dedicated to language history regularly feature segments on vintage expressions.

- Social media memes and challenges often revive obscure idioms, giving them viral life.

Literature's Preservation of Idiomatic Heritage

Classical literature, historical documents, and regional dialect anthologies serve as repositories for lost idioms. Notable examples include:

- Shakespeare's plays, which contain idiomatic expressions still used today.
- Victorian-era literature that captures idioms specific to that period.
- Regional dialect collections that preserve idioms unique to particular communities.

Contemporary Challenges and Opportunities in Reviving Lost Idioms

Challenges

While there is enthusiasm for rediscovering old idioms, several obstacles hinder their widespread revival:

- **Language Simplification:** Modern communication favors concise, straightforward expressions, often at the expense of idiomatic richness.
- **Cultural Disconnect:** Younger generations may lack historical context to understand idioms rooted in specific eras or events.
- **Misinterpretation Risks:** Without proper context, idioms can be misunderstood or misused, diluting their original meaning.

Opportunities

Conversely, modern tools and societal trends offer opportunities:

- **Digital Archives:** Online databases and linguistic repositories facilitate access to historical idioms.
- **Educational Initiatives:** Incorporating idiomatic history into language curricula fosters appreciation and understanding.
- **Creative Media:** Literature, music, and film can creatively incorporate and popularize archaic expressions.
- **Language Preservation Movements:** Efforts by linguistic organizations aim to document and sustain regional and historical idioms.

Practical Strategies for Identifying and Reviving Lost Idioms

- **Research Historical Texts:** Exploring old books, newspapers, and documents can uncover

forgotten idioms.

- Engage with Regional Dialects: Local communities often preserve idioms that have disappeared from mainstream usage.
- Utilize Digital Tools: Corpora, linguistic databases, and language learning apps can help identify and contextualize archaic idioms.
- Incorporate into Education: Teaching historical idioms in schools can spark interest and understanding.
- Create Cultural Content: Writers and content creators can weave ancient idioms into modern narratives to boost visibility.

Conclusion: The Significance of "Lost and Found" Idioms in English

The phenomenon of "lost and found" idioms in English exemplifies the dynamic nature of language. These expressions serve as linguistic time capsules, offering insights into historical practices, societal values, and regional identities. Their rediscovery and revival are more than mere linguistic curiosities—they foster cultural continuity and deepen our understanding of language as a mirror of human experience.

In an era where language is continually evolving, preserving and celebrating these idiomatic treasures hold immense value. They remind us that language is not static but a vibrant, adaptive tapestry woven through centuries of human history. Whether through scholarly research, media exposure, or educational initiatives, the ongoing quest to recover lost idioms enriches the cultural fabric of the English language and ensures that these linguistic gems are not lost to time forever.

In sum, "lost and found" idioms in inglés are emblematic of the resilience of language and the enduring human desire to connect with the past. Their stories, revival, and preservation are vital chapters in the broader narrative of linguistic and cultural heritage.

Question What does 'lost and found' mean in English? 'Lost and found' refers to a place or service where lost items are kept until their owners claim them. **Answer** How do you say 'perdido y encontrado' in English? It is translated as 'lost and found'. What should I do if I find something in a lost and found office? You should report it to the staff, provide a description if required, and follow their procedures to claim or return the item. Are 'lost and found' services available at airports and train stations? Yes, most airports and train stations have dedicated lost and found offices to help travelers recover lost belongings. Can I leave a lost item at a lost and found without reporting it? It's best to report the lost item to the staff so they can properly document and help return it to the owner. What are common items found in lost and found offices? Common items include wallets, phones, keys, clothing, jewelry, and bags. How long do lost and found items typically stay at the facility? The retention period varies, but most places keep items for a few months before donating or disposing of them if unclaimed.

Related keywords: lost and found, English language, language learning, vocabulary, idioms, English expressions, language skills, English idioms, language practice, English phrases

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