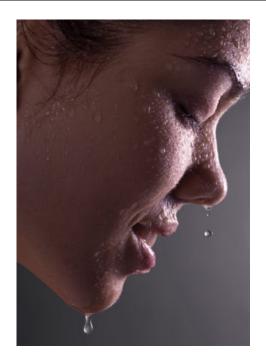
# Sweat Idioms

## **Sweat Idioms Lesson 24 - Beginners**



### break into a cold sweat (about something)

- become nervous or frightened about something
I broke into a cold sweat when I went to tell my teacher what I had done wrong.

### by the sweat of one's brow

- by one's hard work or effort

The restaurant owner built his business by the sweat of his brow.

#### sweat it out

- wait patiently until something bad or unpleasant ends

We had to sweat it out in a small town with no food while our car was being repaired.