

Here is a list of idiomatic and typical expressions found in the document *Global Insights Unveiled*, along with their meanings:

1. **"Where have you been?"**
 - A common way to ask someone about their recent activities, often implying curiosity or the idea that they have been missed.
2. **"Tell us everything"**
 - A request for a detailed account, often used in casual conversation to ask someone to share all the interesting details of their experience.
3. **"Something was off"**
 - Means that something felt wrong or abnormal, often used to describe a vague feeling that something isn't right.
4. **"We're curious"**
 - Expresses a strong interest in knowing more about something or someone.
5. **"You get better with age"**
 - An idiom often used to describe how some people or things improve over time, similar to how fine wine matures.
6. **"Carte blanche"**
 - A French expression used in English to mean having complete freedom to act as one wishes.
7. **"Plug the latest"**
 - To promote or advertise something, typically in a casual or informal setting.
8. **"Take a break"**
 - A common phrase meaning to pause or rest from an activity.
9. **"Time to relax"**
 - A way of saying that someone should rest and unwind after being busy or stressed.
10. **"Life has changed a lot"**
 - Refers to the idea that the circumstances of life have significantly evolved, often due to major events or developments.
11. **"Stuck in a traffic jam"**
 - Refers to being caught in a slow or standstill flow of vehicles on the road due to congestion.

12. **"Pay the good karma forward"**

- Based on the belief that doing good deeds will lead to future positive outcomes, this phrase suggests continuing the cycle of good actions.

13. **"Way of life"**

- Refers to the typical pattern of behaviour, customs, or habits that people follow in a particular place or situation.

14. **"A big deal"**

- Something of great importance or significance.

15. **"Stuck in the middle"**

- Being in a difficult position where one is caught between two or more competing situations or sides.

16. **"Useless information"**

- Information that is perceived as irrelevant or unnecessary for the current conversation or context.

These expressions reflect a mix of casual and conversational idiomatic language commonly used in everyday English.