

the first motion i met is about pop psychology which includes MBTI.

- **pop psychology** / 通俗心理学
 - **motion**
 - the process of moving or the way that someone or something moves 运动
 - a proposal that is made formally at a meeting, and then is usually decided on by voting 提议
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you can get a lot of innovative opinions and this maybe widen your horizon.

- **innovative**
 - an innovative idea or way of doing something is new, different, and better than those that existed before 创新的
 - using clever new ideas and methods
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this is a motivation to kind of urge me to learn more about the world

- **motivation**
 - eagerness and willingness to do something without needing to be told or forced to do it 动力
 - the reason why you want to do something 动机
 - **urge**
 - encourage a person or animal to work harder, go faster etc 激励
 - to strongly suggest that someone does something 强烈要求
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i think this will not make my English better also may kind of improve my personal development.
