So then let's consider first of all what is a mind in the grip of a vicious circles. Well, one of the most obvious instances that we all know is the phenomenon of worry. The doctor tells you that you have to have an operation. And that has been set up, so that automatically everybody worries about it.

那么首先让我们想想什么情绪最容易陷入恶性循环。最明显的例子之一就是我们都知道的焦虑情绪。比如说：医生告诉你必须要做个手术，这就会让我们不自觉地陷入对自身的担忧。

But since worrying takes away your appetite and your sleep, it's not good for you. But you can't stop worrying, and therefore you get additionally worried that you are worrying. And then furthermore because that is quite absurd and you are mad at yourself because you do it, you are worried because you worry because you worry. That is a vicious circle.

由于焦虑情绪会影响你的食欲和睡眠，所以这对你可不是什么好事。但你并不能消除焦虑的情绪，因此，你的忧心忡忡会加剧你对自己的担心。接下来，你会进一步因为自己的胡思乱想而心绪烦躁，这就是恶性循环。

So now, can you allow your mind to be quiet? Isn't it difficult? Because the mind seems to be like a monkey, jumping up and down and jabbering all the time. Once you've learned to think, you can't stop. And an enormous number of people devote their lives to keeping their minds busy and feel extremely uncomfortable with silence.

那么现在，你可以让自己情绪平复下来吗？很困难吧？因为你的大脑就像是一只叽叽喳喳、不停上蹿下跳的猴子，一旦你开始胡思乱想，它就根本停不下来了。而且很多人一辈子都在让大脑想东想西，一旦停下来就会非常不自在。

1.**first of all**

 首先；

2.**in the grip of**

 受…的控制（或支配）；

3.**a vicious circles**

 恶性循环；

4.**have an operation**

 动手术；

5.**take away**

 拿走，带走，取走；

6.**additionally**

 加之；又；此外；

7.**jabber**['dʒæbə]

 吱吱喳喳地叫；

8.**an enormous number of**

 大量的；