Process of elimination. Defining ourselves by what we are not is the first step that leads us to really knowing who we are. You know that group of friends that you hang out with? That really might not bring out the best in you?

这是一个排除的过程。认清我们自己不适合什么是引导我们了解自己的第一步。你了解那些与你一起出去游玩的朋友吗？这通常不会让你展现出最好的自己？

You know, they gossip too much, or they kind of shady. They really aren't gonna be there for you in a pinch. Or how about that bar that we keep going to, that we always seem to have the worst hangover from?

你也知道，他们热衷于传播流言蜚语，或者有些不老实。在你需要他们的时候，他们往往不会在你身边。那我们经常光顾并总是喝得酩酊大醉的酒吧又如何呢？

Or that computer screen, right? The computer screen that keeps giving us an excuse not to get out of the house and engage with the world and get some real human interaction.

还有电脑，对吧？电脑屏幕不断给大脑制造各种借口，让我们宅在家里，不去与真实的世界和人交流。

Or how about that food that would keep eating, stuff that taste so good going down, makes us feel like crap the next week. We feel lethargic. We keep putting on weight.

还有我们经常吃的垃圾食物，那些美味可口的东西进到肚子里，第二周就会往我们感到颓废。我们无精打采，而且体重还在一直增加。

Well, those people, those places, those things. Stop giving them your time and energy. Just don't go there. Put them down. And when you do this, when you do put them down, you quit going there, you quit giving them your time, you inadvertently find yourself spending more time and in more places that are healthy for you, that bring you more joy.

好了，就是那些所谓的朋友，那些地方和东西，不要在把自己的时间和经历花在这些上面了。不要再去那些地方。我的意思是把他们放下。当你这么做的时候，当你真正能够放弃这些的时候，你不再去那些地方，不再浪费时间，你就会突然发现，你可以拥有更多的时间，可以去更多有益健康愉悦身心的地方。

Why? Because you've just eliminated the whos, the wheres, the whats and the whens that were keeping you from your identity. Trust me, too many options, I promise you, too many options will make a tyrant of us all, and so get rid of the excess, the wasted time. Decrease your options.

这是为什么呢？因为你已经把那些本不属于你的人、地方、事情和时间排除掉了。相信我，太多太多的选择和诱惑，会试图控制我们。所以，我们要清除这些多余的、无用的时间。减少自己的选择。

1.**elimination** [ɪ,lɪmɪ'neɪʃən]

 消除；淘汰；除去；

2.**hang out**

  闲逛；

3.**bring out the best in you**

  展现你最好的状态；

4.**gossip**['gɒsɪp]

  小道消息；流言蜚语；

5.**kind of shady**

  有些不老实；

6.**in a pinch**

  必要时；在紧要关头；

7.**hangover**

  宿醉；

8.**give sb. an excuse to do sth.**

  给某人做某事的借口；

9.**engage with the world**

  接触世界；

10.**crap** [kræp]

  废话；废物；

11.**lethargic** [lɪ'θɑːdʒɪk]

  昏睡的；无精打采的；

12.**put on weight**

  体重增加；

13.**inadvertently**[,ɪnəd'vɜːt(ə)ntlɪ]

  非故意地，无心地；

14.**tyrant** ['taɪr(ə)nt]

  暴君；专横的人；

15.**get rid of**

  摆脱，除去；