How do you get out of that **rut**, how do you motivate yourself, one of the things that we must do, is that we must be involved in working on achieving self mastery. You must work on yourself continuously, never be satisfied with yourself, always know that as you invest the effort and time on you, that's the greatest ability that human beings have above animals, see a dog can't be anything but a dog, tree can't be anything but a tree. Human being, you've got unlimited potential, you can put effort on you and by concentrating on you and developing you, you can transform your life wherever you are right now.

怎样才能摆脱一成不变的生活，不断激励自己呢？我们必须要做的一件事就是学会控制自我。你必须要不断提升自我，不要满足于现状。要知道，人花时间用于努力提升自我，这是人优于动物的最大能力。狗只能是狗，树也只能做树，但是人类却有无穷的潜力。你可以专注于自我，并努力提升自我，发展自我，而且，无论现状如何，你都可以做出改变。   
So you want to work on yourself, you want to read books that inspire you and motivate you, you want to listen to **tapes** over and over and over again, and I suggest that you listen to tapes when you first get up in the morning, you want to control the spirit of your day, when you first wake up in the morning your mind is operating at 10.5 wave cycles per second, that's when the subconscious mind is most **impressionable**, whatever you hear in the first 20 minutes when you wake up, that will affect the spirit of your day.

你想在自己身上下功夫；你想读一些励志的书，想一遍又一遍地听一些励志演讲的录音，而且，我建议你最好在早上一醒来的时候就听一下。你想要掌控自己一整天的精神，当你早上刚醒来时，你的大脑正在以每秒中10.5次的波动周期运转，这是我们潜意识最敏感的时段。在最开始这20分钟内，无论你听什么，都会影响你一整天的情绪。   
When you listen to tapes, listen with relaxed belief, believing that this can happen for you, and by listening to them, listen to them over and over and over again, and you will get a breakthrough, you can listen to the same tape for months and all of a sudden you hear something you never heard before, and have a special meaning for you, or read the same book over again and you'll find some special insight, you said I can't believe I didn't see that the first time. 当你听这些磁带录音时，大脑要放松，要相信一切皆有可能。通过一遍遍地收听录音，不厌其烦地听，你将突破自我。你可以数月都听同一个磁带录音，然后，突然间，你会听出之前从未有过的感受，会听出一些对你有特殊意义的东西。看书也是一样，反复看同一本书，你也会有此前从未思考过的独特见解。

1.**get out of that rut**

 摆脱僵局；

2.**self mastery**

  自我控制；

3.**unlimited potential**

  无限的潜力；

4.**put effort on**

  把精力用在…；

5.**concentrate on**

  集中精力于；

6.**subconscious mind**

  潜意识；

7.**impressionable**

  敏感的；易受影响的；

8.**get a breakthrough**

  取得突破；

9.**all of a sudden**

  突然地，出乎意料地；