



## VOCABULARY 4

Match each of Andy Puddicombe's figurative expressions with its meaning.

- |  |   |
|--|---|
| 1. The mind whizzes away <b>like a washing machine</b> ...       | a. distracted; unaware of your surroundings |
| 2. I assumed that it was just <b>an aspirin for the mind</b> ... | b. giving all your attention to one thing   |
| 3. Some people will <b>bury themselves in work</b> ...           | c. going in circles mechanically; spinning  |
| 4. I mean not <b>being lost in thought</b> ...                   | d. a kind of cure for something             |