struggle 挣扎

half a minute or something 半分钟左右

play a significant role in ... 在...中扮演重要角色

saying 说法

kind of ... 有点...

get a better understanding of ... 更加了解...

better predict the future 更好地预测未来

history repeats itself 历史总是在不断重演

again and again=time and again 一次又一次地

be bound to do sth 一定...

take place=happen

I’ve been repeating myself 我一直在重复