1 **Read the article quickly and choose the best title.**

1 Why teenagers are more stressed than before
2 Ray Dalio: the billionaire who meditates
3 A short history of 'mindfulness'
4 Is this the new school subject of the 21st century?

2 37 **Read the article and answer the questions.**

1 Why has meditation been so important for Ray Dalio?

.....

2 What two things do we share with Ray Dalio?

.....

3 How do we know when we are feeling mindful?

.....

4 Can mindfulness change the emotions we have? Give a full answer.

.....

5 How would mindfulness help people to study better?

.....

6 What was the biggest improvement that the students in the mindfulness programme saw?

.....

7 What is the author's conclusion?

.....

LIVEWORKSHEETS