

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  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?