

The concept of 'mindfulness' has become increasingly popular in recent years. Essentially, it is the practice of paying attention to the present moment without judgment. This might sound simple, but in our fast-paced, modern world, our minds are often racing with thoughts about the past or worries about the future.

Practicing mindfulness can involve activities like meditation, deep breathing exercises, or even just focusing on a simple task like drinking a cup of tea. The goal is not to stop your thoughts, but rather to observe them without getting carried away by them. Studies have shown that regular mindfulness practice can have significant benefits, including reduced stress and anxiety, improved concentration, and a greater sense of overall well-being. Many companies have started to introduce mindfulness programs for their employees, recognizing that a less-stressed workforce is often a more productive one.

1. What is the main idea of the text?
  - A. Companies should force employees to meditate.
  - B. Mindfulness is a difficult and complex skill.
  - C. The modern world is a bad place to live.
  - D. Mindfulness can improve mental health and focus.
2. According to the text, what is the core principle of mindfulness?
  - A. Thinking about the future.
  - B. Judging your thoughts as good or bad.
  - C. Focusing on the 'now' without criticism.
  - D. Stopping all thoughts completely.
3. Which of the following is NOT mentioned as a benefit of mindfulness?

A. Better concentration	B. Lower levels of stress
C. Increased physical strength	D. A feeling of well-being
4. Why are companies interested in mindfulness?
  - A. They want their employees to be less productive.
  - B. They believe it can lead to a more effective staff.
  - C. It is a new and popular trend.
  - D. They are required to by law.
5. The phrase 'getting carried away by them' means.
  - A. letting your thoughts control your feelings and actions.
  - B. physically moving your thoughts somewhere else.
  - C. writing down all of your thoughts.
  - D. enjoying your thoughts and worries.

#### Section 3.4: Sentence Transformation

Instructions: Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given.

1. "I'll call you later," he said to me. (TOLD)  
=> He \_\_\_\_\_ he would call me later.