

**CE Quiz**  
**Real Happiness: The Power of Meditation**

To make this CE yours, first read the book (borrow it from a friend or the library, or get it from Amazon.com), then click "Purchase Online Quiz." You will then be prompted to complete the quiz and evaluation form. You make no payment until you've completed and submitted the online quiz.

We recommend that you print this PDF and fill it out as you read through the book – this will make entering your answers online much easier!

Within two business days of submitting your quiz, you will receive an email confirmation with your awarded CE certificate.

**Introduction**

1. A 2007 survey by the national center for health statistics showed that more than \_\_\_\_\_ Americans had practiced meditation in the previous 12 months.
  - a. 4 million
  - b. 35 million
  - c. 20 million
  - d. 16 million

**Chapter 1**

2. All forms of meditation emphasize the training of:
  - a. Emotional regulation
  - b. Heart rate
  - c. Thoughts
  - d. Attention
  
3. All forms of meditation strengthen and direct our attention through the cultivation of concentration, mindfulness and:
  - a. Compassion
  - b. Emotional regulation
  - c. Loving kindness
  - d. Both a and c
  
4. \_\_\_\_\_ refines our attention so that we can connect fully and directly with whatever life brings.
  - a. Focus

- b. Mindfulness
  - c. Compassion
  - d. None of the above
5. Which of the following statements is true?
- a. Meditation is not a religion
  - b. Meditation is not demanding of your time
  - c. Meditation is not an attempt to stop thinking or insist on only positive thoughts
  - d. All of the above

## Chapter 2

6. Meditation may be as important to your well-being as:
- a. A healthy diet
  - b. Getting enough sleep
  - c. Physical exercise
  - d. Both a and b
7. The benefits of meditation include all of the following except:
- a. You will stop limiting yourself
  - b. You will stop experiencing negative emotions
  - c. You will have a portable emergency resource
  - d. You will begin to spot the unexamined assumptions that get in the way of happiness
8. A 2005 study led by neuroscientist Sara Lazar showed that practitioners of insight meditation had measurably thicker tissue in the:
- a. Amygdala
  - b. Right prefrontal cortex
  - c. Left prefrontal cortex
  - d. Both b and c
9. When we are presented with two new pieces of visual information in very quick succession, we have trouble detecting the second stimulus because of which phenomenon?
- a. Attention deficit
  - b. Continuous partial attention
  - c. The attentional blink
  - d. Processing lag

10. Jon Kabat Zinn, PhD is the developer of which mindfulness program?

- a. CIHM
- b. FMRI
- c. MBSR
- d. ADHD

### **Week 1**

11. Linda Stone coined the term continuous partial attention. Unlike multitasking, it is motivated by:

- a. The devices we use
- b. The desire not to miss anything
- c. The desire to be more productive
- d. Our “always on” culture

12. Inevitably during meditation, distractions will arise that are strong enough to take your attention away from feeling your breath. Just be aware of the distractions without:

- a. Tacking on judgment
- b. Interpretations
- c. Projecting into the future
- d. All of the above

13. The act of \_\_\_\_\_ is the essential art of the meditation practice.

- a. Focused attention
- b. Beginning again
- c. Clearing your mind
- d. Calming your emotions

### **Week 2**

14. Mindfulness helps us see what we are adding to our experiences. These add-ons take several forms, including:

- a. Being open to our experience
- b. Projecting into the future
- c. Flexible ideas
- d. Both a and c

15. Which meditation exercise serves as a reminder that you can be at home in your own body?
- Walking meditation
  - Body scan meditation
  - Body sensation meditation
  - Drinking tea meditation
16. In this meditation, the author encourages us to stop what we are doing a few times a day to have a direct physical and tactile experience as we are performing everyday activities.
- Walking meditation
  - Body scan meditation
  - Everyday activity meditations
  - Body sensation meditation
17. This meditation exercise is a way of learning to be mindful and how to bring mindfulness into our daily activities.
- Walking meditation
  - Body scan meditation
  - Body sensation meditation
  - Drinking tea meditation
18. In the walking meditation, the author instructs us to notice that the very moment we realize we have become distracted, we:
- Are no longer focusing on our feet
  - Are walking more quickly
  - Have already begun again to be aware
  - Are walking more slowly

### **Week 3**

19. One of the most important uses of mindfulness is:
- Training attention
  - Helping us deal with difficult emotions
  - Putting us in touch with our spirituality
  - None of the above
20. The third step in dealing with emotions mindfully is:
- Acceptance

- b. Not identifying with the emotion
  - c. Investigate the emotion
  - d. Recognize what you are feeling
21. Mindfulness meditation eliminates difficult feelings and prolongs pleasant ones: True or false?
- a. True
  - b. False
22. In this meditation, the author instructs us to think of thoughts as “events in the mind”.
- a. Meditation on positive emotions
  - b. Thinking meditation
  - c. Meditation on emotions
  - d. Meditation on calling up difficult emotions
23. What was Joseph Goldstein’s suggestion for dealing with fear and self doubt that arises during meditation?
- a. Return your attention to the breath
  - b. Examine the causes behind the thoughts
  - c. Imagine the thoughts are coming up in the mind of the person sitting next to you.
  - d. Consider how you are going to be with these feelings

#### **Week 4**

24. Loving-kindness can’t be learned: True or false?
- a. True
  - b. False
25. Sometimes loving-kindness comes in the form of:
- a. Passion or romantic love
  - b. Compassion
  - c. Sympathetic joy
  - d. Both b and c
26. Looking for the good in someone doesn’t mean we:
- a. Ignore the bad
  - b. Condone unhealthy or dangerous behavior
  - c. Focus on goodness in our dealings with that person

- d. Both a and b
27. Customary phrases repeated during loving-kindness meditation include all of the following except:
- a. May I be safe
  - b. May I be wealthy
  - c. May I be happy
  - d. May I live with ease
28. In week 4 you are supposed to add a \_\_\_\_\_ day of practice.
- a. 4th
  - b. 5th
  - c. 6th
  - d. 7<sup>th</sup>
29. The author suggests you can add loving-kindness practice to which week 2 meditation?
- a. Body scan meditation
  - b. Walking meditation
  - c. Body sensation meditation
  - d. Drinking tea meditation
30. The author suggests ten ways to deepen your practice, which includes all of the following except:
- a. Remember that everyone wants to be happy
  - b. Focus on what feels good
  - c. Think of kindness as a strength
  - d. Look for the good in yourself

### **The Weeks Beyond**

31. The author advises that you \_\_\_\_\_ when you feel discouraged or unwilling to practice.
- a. Just put your body there
  - b. Start over
  - c. Use ordinary moments
  - d. All of the above
32. Committing to a daily practice is difficult. The author insists you set aside at least 20 minutes every day to maintain a practice: True or False?
- a. True
  - b. False