

A

Since the year 2000 especially, mindfulness has flooded the public news media and scientific literature. It has boldly emerged from the fringes and become referred to often as a substitute for psychotherapy, a resilience driver, a vehicle of corporate well-being, and a widely implemented educational practice. Much of the popular media fail to accurately represent the scientific examination of mindfulness, and have made overblown assertions about its potential and use cases. There have even been some depictions of mindfulness as a panacea for suffering, despite the fact that mindfulness was not originally developed to treat illness or disease.

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A

1. The year 2000 marked a turning point in the public interest in scientific literature. T / F
2. The underlined phrase "emerged from the fringes" emphasizes the humble origins of mindfulness. T / F
3. The use of mindfulness is not limited to educational practice alone. T / F
4. The popular media might be unsuccessful to correctly characterize the systematic analysis of mindfulness. T / F
5. The underlined phrase "overblown" hints the author's stance to mindfulness if not the popular media. T / F
6. The underlined phrase "panacea" evokes something positive. T / F
7. Mindfulness was not, in the first place, meant to be the thing it turned out to be in popular imagination. T / F

The best title could be ----.

- A) The Dark Side of the Moon
- B) Time to Uncover the Truth
- C) Miracle of Our Age: One for All

B

As mindfulness has increasingly penetrated almost every realm of contemporary society, so have misconceptions about what it is, whom it helps, and how it affects the mind, body, and brain. Indeed, mindfulness scientific literature to this day still doesn't contain a clear and consistent definition of it. Misinformation and research with unsound methodology can harm, mislead, or at least disappoint the public.

B

1. That mindfulness has increasingly penetrated almost every realm of contemporary society has little to do with fallacies as to whom it helps. T / F
2. The misjudgments as to mindfulness are by no means restricted to a clear and consistent definition of it. T / F
3. The fact that mindfulness still doesn't have a clear and reliable definition is not something the author favours. T / F
4. The underlined phrase "penetrated" emphasizes the extent to which mindfulness is affected by the society. T / F
5. The underlined phrase "unsound" is close in meaning to *flawed*. T / F

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C

Despite the risks mentioned above, there are still many documented benefits of mindfulness. But, as the adage goes: *if you only have a hammer, everything can look like a nail*. The reality is that we need many tools in the "mental health toolbox" for a variety of stressful situations life will throw our way: what about the saw, screwdriver, or pliers? A contributing factor is that we live in a consumerist, capitalist country. It has been overly commodified, its origins partially distorted. Not enough people, especially health professionals and researchers, are talking about the risks, contraindications, or downsides of practice, or who specifically it's best suited for and when.

C

1. The author does acknowledge the fact that mindfulness itself embodies certain risks. T / F
2. The underlined phrase "adage" may come to mean "a maxim or proverb". T / F
3. The author makes use of the hammer analogy to refer to the need for using the means we possess for their intended purposes. T / F
4. The adage cited in the text highlights the fact that it is the limitation or deprivation that leads us to adopt an orthodox approach in life with little room for flexibility. T / F
5. The writer seems to be an avid supporter of a consumerist, capitalist country. T / F
6. The number of those whose raise their voices about the downsides of practice is not far from satisfactory. T / F
7. Mindfulness has yet to determine the target audience it intends to reach and optimal timing for the execution. T / F

D

So, it's not always the right moment to practice mindfulness. Every experienced mindfulness practitioner has had the experience of feeling worse after having practiced. Mindfulness tends to evoke or reinforce what is already going on in your mind and body. If you're worried about something that will happen in the future, or can't stop thinking about an event from the past, mindfulness may amplify your worrying, confusion, or suffering around this. When this is the case, there are other ways to self-soothe besides mindfulness; it's one of many tools in the **shed**. The saying "everything in moderation" couldn't be more applicable; too much of a good thing can always harm. We all can imagine the downsides of drinking too much water, or recommending someone only consume veggies when they're struggling with nutrition.

D

1. There may be inconvenient times when mindfulness had better not be resorted to. T / F
2. There is not a single experienced mindfulness practitioner who has not had the experience of feeling not as good as before after having practiced it. T / F
3. If there is one thing mindfulness does, it is definitely that it tends to arouse or strengthen what is already going on in your mind and body. T / F
4. Mindfulness may trigger worry or confusion. T / F
5. We are not helpless victims when mindfulness does nothing but increase our existing suffering. T / F
6. The saying "everything in moderation" is no more applicable to mindfulness. T / F
7. The author aims to highlight the importance of moderation when recommending someone what to drink or eat and how much. T / F

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