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GENERAL COMMENTS
Please circle the number indicating your rating of each of the following items.

Excellent    Poor
Relevance of objectives to overall goal 5 4 3 2 1
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OUTCOME EVALUATION
I have gained knowledge today that will enhance my skills and/or abilities. YES  NO
My attendance today will contribute toward improved patient/client outcomes in the future. YES  NO

PROGRAM OBJECTIVES
At the completion of this seminar, I have been able to achieve these seminar objectives:

Describe the three factors that shape a person's course through life, in terms of the stress-diathesis model. Yes  No
Describe self-compassion to clients or patients, and name at least one benefit of it for psychological well-being. Yes  No
Describe two mechanisms of experience-dependent neuroplasticity. Yes  No
Communicate at least one mindfulness technique to clients or patients. Yes  No
Explain the two-stage process of learning, from activated state to installed trait. Yes  No
Demonstrate the four step HEAL process to clients or patients for heightening the neural encoding of beneficial experiences. Yes  No
Apply one method for increasing client's acceptance of their body. Yes  No
Recall one method for increasing their client's internal sense of grit and determination. Yes  No
Define the two kinds of happiness: hedonia and eudaimonia. Yes  No
Illustrate to clients or patients one method for increasing their sense of gratitude. Yes  No
Describe the developmental role of "narcissistic supplies." Yes  No
Identify one method for clients to internalize experiences of feeling cared about to increase sense of self-worth. Yes  No
Describe one function of the parasympathetic nervous system. Yes  No
Communicate one way to help clients feel that they are basically alright right now. Yes  No
Describe the difference between liking and wanting. Yes  No
Establish one way for clients to internalize actual or anticipated rewards to increase positive motivation. Yes  No
Describe the three major patterns of attachment. Yes  No
Describe the three neural substrates of empathy. Yes  No
Describe one common difference between male and female styles of communicating. Yes  No
Explain one benefit of "unilateral virtue" to clients or patients. Yes  No
Describe two differences between "top down" and "bottom up" modes of self-discipline. Yes  No
1. Self-Compassion is promoted by feeling cared about by others.
   TRUE  FALSE

2. Being for yourself is the foundation of all practices of health, well-being, and effectiveness.
   TRUE  FALSE

3. Inner resources are critical for handling challenges and vulnerabilities, and growing well-being and effectiveness.
   TRUE  FALSE

4. Being for yourself means being against others.
   TRUE  FALSE

5. Seeing the good qualities in your character and feeling good about them will lift your mood and help heal feelings of inadequacy and shame.
   TRUE  FALSE

6. People who focus on and develop their own well-being become, on the average, more selfish and uncaring.
   TRUE  FALSE

7. Equanimity involves:
   A. not reacting to whether something feels pleasant or unpleasant
   B. becoming indifferent to the world around you
   C. holding on to feelings of joy and contentment
   TRUE  FALSE

8. The four attributes of the presumed self in Western psychology and philosophy are that it is unified, stable, independent, and the core of identity.
   TRUE  FALSE

9. It is possible to activate a sense of inner strength at will.
   TRUE  FALSE

10. Recognizing one’s accomplishments encourages a typical person to become vain or egoic due to the brain’s tendencies to pursue rewards.
    TRUE  FALSE

11. The primary source of inner strengths is positive experience.
    TRUE  FALSE
12. The importance of enjoyable experiences is:
   A. they make life worth living
   B. they calm and nourish the body
   C. they motivate us to stay on the path
   D. they usually come with and thus flag those beneficial experiences that grow inner strengths
   E. All of the above

13. To deepen mindfulness in daily life, one might:
   A. reduce multitasking
   B. regenerate the intention to maintain focus
   C. focus on the breath while doing activities
   D. all of the above

14. Unconscious mental activity shapes neural structure just as much as conscious mental activity.
   TRUE  FALSE

15. Bringing mindful attention to mental states strengthens those states and encourages them to be activated again.
   TRUE  FALSE

16. As our ancestors evolved, approaching opportunities promoted survival more than avoiding threats.
   TRUE  FALSE

17. Changes in your mind – the flow of information through your nervous system – can change the structure of that system.
   TRUE  FALSE

18. In general, during primate evolution, it promoted survival most to:
   A. Overestimate the risk of threats
   B. Underestimate opportunities for rewards
   C. See threats and opportunities accurately
   D. A and B

19. The “being” mode of the brain is activated by:
   A. Imagery
   B. Thinking about how good it would feel to relax more
   C. Nonjudgmental awareness
   D. Planning a vacation

20. Of the three motivational systems, the one that – for most people – is most able to dominate the other two is the ________ system.
   A. Approaching
   B. Attaching
   C. Avoiding

21. The three ways to engage the mind are:
   A. being with an experience, decreasing the negative, and increasing the positive
   B. sensing, feeling, and acting
   C. having a positive experience, enriching it, and absorbing it
   D. avoiding, approaching, and attaching

22. The brain’s three fundamental motivational systems do not include:
   A. approaching rewards
   B. attaching to others
   C. anchoring strong feelings
   D. avoiding harms

23. Five simple practices for stimulating and strengthening the neural substrate of mindful awareness are setting an intention, relaxing, feeling safer, ________, and ________.
   A. reflecting on your goodness, taking it in
   B. feeling happier, a panoramic view
   C. bringing attention to the breath, feeling grateful
   D. none of the above

24. Your brain contains about 100 billion ________, each of which makes an average of five thousand connections, called ________, with each other.
   A. neurons, synapses
   B. dendrites, neurotransmitters
   C. synapses, dendrites

25. Using the HEAL process can help to:
   A. compensate for your brain’s natural bias towards negative experiences
   B. gradually replace negative implicit memories with positive ones
   C. build resources for addressing very painful, even traumatic, experiences
   D. all of the above

26. The standard, first three steps of HEAL are to turn positive facts into positive experiences, savor the experience, and sense and intend the experience being absorbed.
   TRUE  FALSE

27. Positive experiences can be created by:
   A. Finding good facts in your current setting
   B. Imagining good facts
   C. Finding good facts in the past
   D. All of the above
28. Even in the middle of hardship and pain, it's usually within your power to ignite a good thought, sense perception, emotion, desire, or action.

TRUE  FALSE

29. The HEAL process can be used to take in the experiences specifically aimed at your own wants and needs.

TRUE  FALSE

30. It is as easy to unlearn a sense of helplessness as it is to acquire it.

TRUE  FALSE

31. The two major memory systems are called __________ and __________.
   A. declarative, compensatory
   B. elaborated, procedural
   C. explicit, implicit

32. When two things are held in the awareness, aspects of the more prominent of the two tend to infuse the other one.

TRUE  FALSE

33. The two capacities needed for the fourth step of taking in the good are:
   a. intelligence, sobriety
   b. divided attention, keeping painful material in the background of awareness
   c. concentration, being able to keep regenerating a felt sense of being with someone who cares about you

34. We can internalize the following into implicit memory:
   A. emotions
   B. thoughts
   C. perceptions
   D. desires
   E. all the above
   F. a and b and c

35. Certain positive experiences - ones that are the opposite of old negative material (e.g., as feeling loved today is the opposite of feeling abandoned as a child) - have a particularly potent capacity to gradually soothe and even replace old negative material.

TRUE  FALSE

36. We can enter into the Link step of HEAL beginning with either a positive or a negative experience.

TRUE  FALSE

37. Grit is the fundamental capacity to endure

TRUE  FALSE

38. If you don't have enough Vitality, it is harder to deal with threats while remaining in the “green zone” responsive mode, or setting of your brain.

TRUE  FALSE

39. The qualities of grit are:
   a. Determination
   b. Patience
   c. Persistence
   d. Feral
   e. All of the above
   f. B & C only

40. “Distress Tolerance” means being open to feeling vulnerable, impatient, frustrated, upset or in pain without feeling overwhelmed, and without acting in ways that are problematic.

TRUE  FALSE

41. Judgments about your body can have a negative impact on your health.

TRUE  FALSE

42. Agency is:
   a. The sense that you can make something happen
   b. The experience of being a cause rather than an effect
   c. The opposite of helplessness
   d. All of the above

43. Benefits of a sense of agency include:
   A. Better personal health practices
   B. Greater recognition of responsibility
   C. Greater sense of worth
   D. More fulfilling relationships
   E. All of the above

44. Conventional will power is often a finite resource, easily depleted.

TRUE  FALSE
Post Seminar Test Questions Continued

45. From childhood on, people are taught a body ideal: shape, weight, youth, face, skin, color, manner, etc.
   TRUE   FALSE

46. Feelings about one’s body are not connected to personal history (e.g. trauma), mood (e.g. depression), or health problems (e.g. obesity).
   TRUE   FALSE

47. Actual consequences of not meeting the body ideal can be:
   a. Exclusion from groups
   b. Not getting jobs or promotions
   c. Not being chosen as a partner
   d. All of the above

48. “Stewardship” is the act of protecting and conserving a space for good things to happen.
   TRUE   FALSE

49. Some benefits of gratitude are:
   a. Stronger immune system
   b. More resilience
   c. More joy, optimism, happiness, worth
   d. Stronger relationships
   e. Less anxiety and depression
   f. All of the above

50. Experiencing thankfulness denies and minimizes hassles, illness, loss and injustice.
   TRUE   FALSE

51. Seeing the gifts in the pain is a way to practice thankfulness
   TRUE   FALSE

52. Pleasure should be internalized – taken in – so that over time you feel increasingly pleased from the inside out.
   TRUE   FALSE

53. Some benefits of pleasure are:
   a. It brings value to living
   b. It helps us out of red zone stress
   c. It can increase resilience
   d. It rewards wholesome motivation
   e. All of the above

54. Increasing mindfulness of your body is one way to handle the challenges to receiving/feeling pleasure.
   TRUE   FALSE

55. Accepting the reality of pain blocks pleasure.
   TRUE   FALSE

56. Success is the state that comes just after accomplishing an aim or purpose.
   TRUE   FALSE

57. A healthy sense of success includes:
   a. Vanity
   b. Entitlement
   c. Satisfaction
   d. Superiority

58. Feeling successful – when internalized – can reduce “selfing.”
   TRUE   FALSE

59. As our ancestors evolved, their flourishing was tied up with the flourishing of others.
   TRUE   FALSE

60. “Altruistic joy” does not lay a foundation for asking for support.
   TRUE   FALSE

61. _______ and _________ have bigger brains in proportion to bodyweight than ______ and ______ due to the increased cognitive demands of caring for their offspring, bonding with mates, and cooperating in groups.
   a. Fish and birds; reptiles and mammals
   b. Mammals and birds; reptiles and fish
   c. Humans and birds; fish and reptiles
   d. Fish and reptiles; mammals and birds

62. Compared to those with “insecure” attachment, people with “secure” attachment generally have greater sense of worth, trust in others, and capacity for self-regulation.
   TRUE   FALSE

63. Five types of feeling cared about are experiences of being included, seen, appreciated, liked, loved.
   TRUE   FALSE

64. A major driver of the evolution of the brain over the past several million years has been the adaptive benefits of gradually improving capacities for empathy, bonding, cooperation, and love.
   TRUE   FALSE

65. A child’s temperament mediates the impact of interpersonal experiences in determining whether the child develops secure, insecure-anxious, or insecure-avoidant attachment styles.
   TRUE   FALSE
Post Seminar Test Questions Continued

66. In general, feeling valued by others increases individual's selfishness and vanity.
   TRUE          FALSE

67. Healthy remorse:
   a. Is a proportionate, appropriate response to genuine wrong-doing
   b. Is not excessive, ruminative, self-punishing
   c. Increases the likelihood of skillful repair of interpersonal conflicts
   d. All of the above

68. As our primate, hominid, and human ancestors evolved to become more social, it became increasingly important for survival and passing on of genes for individuals to feel valued by others.
   TRUE          FALSE

69. In childhood, we tend to internalize how others have treated us, and then treat ourselves in these ways.
   TRUE          FALSE

70. The underlying neural correlates of the sense of “I” are:
   a. Distributed, not unified
   b. Changing, not stable
   c. Dependent, not independent
   d. All of the above
   e. B and C only

71. In theories of personality, a common theme is that the personality contains three major components (among other components), described and labeled in various ways, but essentially (1) a vulnerable core, (2) an inner critic/attacker, and (3) an inner nurturer.
   TRUE          FALSE

72. Increasing self-soothing and self-compassion tends to reduce productivity and performance in workplace settings.
   TRUE          FALSE

73. Threatening situations and unpleasant experiences naturally activate our need for safety, managed by avoiding harms.
   TRUE          FALSE

74. A key part of your overall nervous system – the _________ nervous system – helps you stay on an even keel.
   a. Innate
   b. Autonomic
   c. Responsive
   d. Reactive

75. The parasympathetic wing of the nervous system is responsible for “fight or flight” reactions to stressors.
   TRUE          FALSE

76. Methods for relaxation include:
   a. Autogenic training
   b. Yoga
   c. Meditation
   d. Biofeedback
   e. All of the above
   f. B, C, and D only

77. The “freezing” reaction to stressors is managed by the sympathetic wing of the nervous system.
   TRUE          FALSE

78. Anger frequently occurs in a two-stage process: priming and trigger.
   TRUE          FALSE

79. For most people, most of their anticipatory anxiety is about feared events that never actually happen.
   TRUE          FALSE

80. In social situations, when a person expresses emotions, the one that is generally the most salient and impactful for others is:
   a. Fear
   b. Joy
   c. Anger
   d. Shame
   e. Disgust
   f. Love

81. For our hunter-gatherer hominid and human ancestors, sustained personal survival usually required living as a part of a group.
   TRUE          FALSE

82. For most people, of the three core needs – safety, satisfaction, and connection – the one that tends to be most primary, overriding the other ones when it is challenged, is:
   a. Safety
   b. Satisfaction
   c. Connection
83. Feeling threatened by others often leads to over-reactions to them that they perceive as threatening in turn, creating a vicious cycle.

TRUE  FALSE

84. Whether an individual is mildly, moderately, or severely anxious is the result of many factors, including temperament, upbringing, life experiences, social class, and culture.

TRUE  FALSE

85. Liking and wanting are inherently intertwined; it’s impossible to like something without wanting it, and impossible to want something without liking it.

TRUE  FALSE

86. The “hedonic tone” of an experience – whether it is pleasant, unpleasant, or neutral – evolved as a powerful signal to animals to survive and adapt by approaching what is pleasant and avoiding what is unpleasant.

TRUE  FALSE

87. There is a range of intensity of desire, from mild or subtle preferences to driven, intensely compelled states of craving.

TRUE  FALSE

88. Deep in the __________, the __________ contains neural nodes that play a major role in liking and wanting.

a. basal ganglia, striatum
b. temporal lobes, insula
c. thalamus, hypothalamus
d. brainstem, raphe nuclei

89. The autonomic nervous system is the “gas pedal” of adaptive responding, compensating for the “brakes” of the sympathetic nervous system.

TRUE  FALSE

90. In general, the brain is designed to “want what it likes” – to increase motivation toward whatever is rewarding.

TRUE  FALSE

91. Even when people experience a sense of enoughness, there is still a common tendency for the mind to look for something new to want.

TRUE  FALSE

92. Both healthy passion and unhealthy stress involve activation of the sympathetic nervous system, but stress tends to be also accompanied by negative emotions.

TRUE  FALSE

93. To motivate oneself toward something, it can help to:
   a. anticipate rewards you will experience
   b. feel rewards during the experience
   c. recall rewards after the experience
   d. all the above
   e. B and C only

94. Self-criticism focuses on __________, __________, and __________; on the other hand, self-guidance focuses on __________, __________, and __________.

   a. What isn’t the goal, what else is right, the inner attacker;
   b. what is the goal, harsh tone, compassion
   c. What isn’t the goal, what’s wrong, the inner attacker;
   d. what is the goal, what else is right, compassion
   e. Harsh tone, being dismissive, tearing down; kind tone, compassion, building up
   d. All the above
   e. B and C only

95. The nervous system is regulated in large part through the combination of excitation and inhibition.

TRUE  FALSE

96. Rather than “one size fits all,” a variety of approaches can help different individuals to reduce or eliminate problematic behaviors, including:

   a. social support
   b. self-awareness
   c. recognizing the costs of the problematic behavior
   d. removing temptations (e.g., not having alcohol in the home)
   e. All the above

97. The theme of autonomy focuses on:

   a. the individual
   b. what is mine
   c. differences between oneself and others
   d. interpersonal distance
   e. All the above

98. The theme of intimacy focuses on:

   a. the community
   b. what is ours
   c. similarities between oneself and others
   d. interpersonal closeness
   e. All the above
Post Seminar Test Questions Continued

99. Autonomy and intimacy are fundamentally opposed to each other; autonomy naturally undermines intimacy, and vice versa.

TRUE  FALSE

100. Empathy involves joining with the viewpoints of others and agreeing with them.

TRUE  FALSE

101. In the brain, empathy is based largely on the activities of “mirror neurons.”

TRUE  FALSE

102. Key skills for having empathy for others include:
   a. Paying attention
   b. Communicating agreement
   c. Tuning out one's own body sensations
   d. Sensing beneath the surface
   e. B and C
   f. A and D

103. Key skills for receiving empathy from others include:
   a. Being honest and authentic
   b. Not flooding others with intensity
   c. Avoiding sadness
   d. Explicitly asking for empathy
   e. All the above
   f. A, B, and D

104. In essence, compassion is the wish that others not suffer, while kindness is the wish that they be happy.

TRUE  FALSE

105. Compassion usually involves a desire to reduce suffering, so compassion is inappropriate when there is nothing you can do to help.

TRUE  FALSE

106. Compassion can be developed by
   a. recognizing suffering
   b. seeing commonalities between oneself and others
   c. having empathy
   d. separating compassion from moral judgment
   e. all the above

107. There is a natural conflict between our desires for a reliable, dependable world (including other people), and the unstable, impermanent, and often undependable nature of the physical environment, organizations, and other people.

TRUE  FALSE

108. Factors that support a healthy relationship to undependability include:
   a. Not trusting others since they will disappoint you
   b. Not trying to find those things that are dependable since it's pointless
   c. Accepting your emotional reactions to the undependability of others
   d. Generally overlooking it when others let you down

109. Relationship conflicts are frequently maintained or worsened by a kind of deadlock in which each person waits for the other person to make the first move toward repair.

TRUE  FALSE

110. Ways to practice “unilateral virtue” include:
   a. taking maximum reasonable responsibility for addressing the wants and upsets of others
   b. focusing more on how to improve yourself than what others could improve on
   c. living by your own code, even when others don’t
   d. trying not to harm others or yourself
   e. all of the above

111. “Experience talk” tends to include ____________, ____________, and ____________, while Policy talk includes ____________, ____________, and ____________.
   a. “I feel,” focusing on the relationship, speaking for yourself; “There is,” focusing on results, asserting your influence
   b. “You don’t,” focusing on the outcome, being detached; “There is,” being subjective, being impersonal
   c. “You are,” speaking for yourself, being personal, “I am,” asserting your influence, being impersonal
   d. none of the above

112. “Nonviolent communication,” developed by Marshall Rosenberg, frequently involves communicating in this framework: “When X happens, I feel Y because I need Z.”

TRUE  FALSE
113. Effective communication about charged topics frequently benefits from:
   a. avoiding attributing feelings or intentions to the other person
   b. utilizing nonviolent communication
   c. anticipating the other person's concerns and differences
   d. all the above
   e. B and C only

114. Conditions that increase the chances of effective communicating about a charged topic include:
   a. speaking loudly and clearly
   b. choosing a safe and possibly public location
   c. setting up basic ground rules
   d. all of the above
   e. b and c only

115. The Buddhist definition of “wise speech” is communication that is ____________  and ____________ .
   a. well-intended, timely
   b. true, beneficial
   c. brief, makes a point
   d. all of the above
   e. a and b only

116. If you are not able to express your wants, negotiate about them, or repair misunderstandings about them, it can be detrimental to your relationships.
   TRUE  FALSE

117. A healthy relationship:
   a. requires that everyone gets what they want
   b. usually needs occasional repairs
   c. does not require reciprocity
   d. all of the above
   e. b and c only

118. Some ways to negotiate agreements in relationships are:
   a. establish the facts of the situation
   b. stay focused on the end result
   c. name your values, goals, and priorities
   d. focus on the future and “from now on”
   e. all of the above

119. A relationship whose scale is bigger than its actual foundations is generally risky, while a relationship that is smaller than its actual foundations is often a lost opportunity.
   TRUE  FALSE

120. “Full pardon forgiveness” usually involves ____________ , ____________ , and ____________ ,
   a. compassion for yourself, a full return to relationship, apologies from the other person
   b. justice, reparations by the guilty party, letting go of resentments
   c. not seeking punishment, compassion for the other person, seeing the goodness in the other person
   d. b and c only

121. Once we have reached adulthood, we are who we are. For the most part, we do not continue to grow or change psychologically past childhood.
   TRUE  FALSE

122. The psychologist, Daniel Levinson, theorized that adult development is shaped by:
   a. cycles of organization, disorganization, and reorganization
   b. the influence of mentors
   c. innate biological factors
   d. the effects of visions of life formed in childhood
   e. environmental influences
   f. all of the above

123. A good way to identify fulfilling work is to look for something that is at the intersection of these three “circles”:
   ____________ , ____________ , and ____________ .
   a. financial rewards, needs, talents
   b. loves, talents, values
   c. relationships, convenience, skills
   d. loves, desires, interests

124. It’s common to feel self-doubting, anxious, driven, or inhibited about expressing one’s talents and skills.
   TRUE  FALSE

125. If you cannot force the outcome that you want in a situation, you still can:
   a. make sincere, sustained, and skillful efforts
   b. tend to the underlying causes of the results you want
   c. be at peace with whatever happens
   d. all the above
   e. B and C only
126. Some obstacles to avoid when making your offering are:
   a. focusing on what matters
   b. seeking approval
   c. fixating on low-priority details
   d. all of the above
   e. b and c only

127. Coming to peace with the results of a situation involves:
   a. knowing you have done everything you can
   b. feeling you'll still be alright in your core
   c. recognizing the limits of your influence
   d. all of the above
   e. a and c only

128. Humans have a natural need for recognition that includes
   __________, __________, and __________ from others.
   a. pleasure, protection, gratitude
   b. guidance, sensuality, forgiveness
   c. mirroring, attunement, prizing
   d. b and c only

129. In relationships, underneath both clinging neediness and indifferent dismissal are often fears about what could happen if one's vulnerable and heartfelt parts were truly seen.
   TRUE FALSE

130. One of the kindest, most generous things you can do for yourself is to pressure other people into thinking well of you.
   TRUE FALSE

131. It's generally beneficial for the form of a person's life to be substantially inconsistent with his or her values and priorities since that creates opportunities for serendipity and creativity.
   TRUE FALSE

132. A clear overarching purpose in life gives your life direction, clarity, and meaning.
   TRUE FALSE

133. Altruism is:
   a. exchanging services and gifts with others
   b. giving to others without seeking anything in return
   c. only the case when you are harming yourself while giving to others
   d. b and c only
   e. all of the above

134. Altruism is very common among our primate cousins (e.g., bonobos, orangutans).
   TRUE FALSE

135. In terms of Rick Hanson's framework, generosity tends to activate __________ processes in the human brain.
   a. Responsive
   b. Reactive
   c. Green Zone
   d. Red Zone
   e. a and c only

136. __________ is not having reactions, while __________ is not reacting to our reactions.
   a. Indifference, obsession
   b. Calm, equanimity
   c. Apathy, moderation
   d. Detachment, restraint
   e. None of the above

137. Compassion tends to increase when people feel emotionally flooded or overwhelmed by the sorrows of the world.
   TRUE FALSE

138. Compassion generally helps a person:
   a. feel more connected with others
   b. be more motivated to help others
   c. be less self-absorbed
   d. all of the above
   e. b and c only

139. The structural nature of the phenomenology of stress and distress is parts of the mind engaging other parts.
   TRUE FALSE

140. The midline of the cortex is associated with __________ and __________, while lateral cortical regions are associated with __________ and __________.
   a. daydreaming, little sense of self; present moment awareness, strong sense of self
   b. goal-directed activity in frontal areas, judgments and evaluations; present moment awareness, less sense of self
   c. recollections, letting go; attaching, lost in thought
   d. daydreaming in rear areas, frequent focus on past or future; a sense of things as a whole, less conceptualizing
   e. b and d only

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141. Sensory processing, especially visual, tends to oscillate between two modes: ___________ and ___________.
   a. conscious, deliberate
   b. approaching, avoiding
   c. allocentric, egocentric
   d. b and c only
   e. none of the above

142. In the brain, there are three stages of attention: ___________, ___________, and ___________.
   a. seeing, doing, accepting
   b. alerting, orienting, responding
   c. perceiving, understanding, reacting
   d. alerting, responding, accepting
   e. none of the above

143. Lifting one's gaze toward the horizon or above tends to activate the egocentric mode of visual processing. TRUE  FALSE

144. Across the world's wisdom traditions, there is a consistently strong emphasis on the moral and personal benefits of the deliberate cultivation and expression of love. TRUE  FALSE