

Using information from the book, select an answer from the right and write the letter in the box beside the statement.

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| 1. | Approximately this percent of all Americans say they meditate at least once per week. | | A. 2,500 |
| 2. | Meditating just this many minutes each day can curb unhealthy food cravings by about 40 percent. | | B. 2019 |
| 3. | In this year, the top 10 mindfulness apps generated sales of more than \$195 million. | | C. 75 |
| 4. | More than this many mindfulness apps have been launched since 2015. | | D. 10 |
| 5. | By this year, more than 4 million people had subscribed to the mindfulness app Calm. | | E. 40 |
| 6. | More than this percent of people who meditate do so for its general wellness benefits. | | F. 2020 |

