

7. What are the research findings about people who practice the exercise on a regular basis?

From the article on "The Positive Psychology of Persistence and Flexibility:"

1. According to Wong, what separates winners from losers?
2. What does Wong say is the take-home lesson from research on learned persistence?
3. What are the 3 most common traits of resilient people?
4. What does Charles Darwin say about the importance of flexibility as an important survival strategy?

From the article on "Happiness" from the Black Dog Institute:

1. What is the difference between a hedonic state and eudaimonic state on terms of happiness?
2. True \_\_\_\_ vs False \_\_\_\_ There is no connection between life satisfaction and genetics. (check one)
3. True \_\_\_\_ vs. False \_\_\_\_ Ed Diener studied very wealthy people and found that they were much happier than the general public with much less money.
4. What is the "slow movement?"

Questions #1 and #2 are based on Chapters One thru Five in the Psychology of Spending:

1. What can help you break out of unaffordable spending habits? (check one)

\_\_\_\_ Using cash for all purchases

\_\_\_\_ Using credit cards for all purchases

\_\_\_\_ Periodically examining your finances