. For example, in your text, it notes: “One of the recent breakthroughs in neuroscience is the discovery that the brains of Buddhist monks who meditate regularly—a practice that involves being mindful, open, and attentive to what is going on in the present moment—are neurally much more active and more resilient in neuroplasticity than are the brains of people who do not meditate. Many large corporations, including some Fortune 500 companies, are encouraging their executives to take meditation breaks on the job, since it has been found to improve their performance.” Slide 4 would present some scientifically supported poll about how mindfulness is effective or what population successfully uses it, etc. Slide 5 identifies at least three skilled practices of a critical thinker. For example, you might have chosen: open-minded, attentive, and creative and you will link the practice of mindfulness to these qualities. Slide 6 might identify the following three barriers to critical thinking: avoidance, anger, and denial, and then identify how mindfulness most effectively combats those behaviors. Slide 7 might address the role of compassion and empathy, and how mindfulness helps to cultivate that. (Again, one can draw upon scientific research here and the neurological changes in the brain of a regular practitioner of mindfulness). Slide 8 might discuss how mindfulness is a practice that those with either a faith-based or a secular approach might employ (remember, you are marketing this, so you want to be as persuasive as possible). Slide 9 could address how mindfulness helps one to avoid the three most common errors, such as memorable-events errors, self-serving biases, and self-fulfilling prophecies. Slide 10 might employ the strategies such as cultivating good listening skills, being aware of our strengths and weaknesses, and building our self-confidence. Again, as a skilled critical thinker employing effective, though honest, marketing tactics, you will show how mindfulness connects to these three qualities.