

Descriptive Statistics

Dependent Variable: Optimism

MeditationGroup	ExerciseGroup	Mean	Std. Deviation	N
Meditation	Exercise	6.92	2.234	12
	No Exercise	3.67	2.060	12
	Total	5.29	2.678	24
No Meditation	Exercise	4.00	2.335	12
	No Exercise	2.58	1.975	12
	Total	3.29	2.236	24
Total	Exercise	5.46	2.686	24
	No Exercise	3.13	2.050	24
	Total	4.29	2.641	48