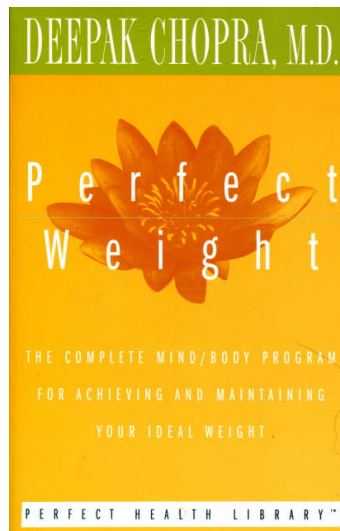




## Home Study Continuing Education Program



### **Perfect Weight**

**The Complete Mind/Body Program for Achieving Your Ideal Weight**

**By Deepak Chopra, M.D.**

**Certification Test ID #:**



# Home Study Program

## Instructions

1. Purchase/obtain the book or article.
2. Read the book or article.
3. Complete the test with a score of 75% or better.
  - a. You may take it online if you wish. Please refer to the instructions on the registration page of the test packet.
  - b. You may take the test more than once at no cost.
4. Sign the test form.
5. Send/fax the test and evaluation to:

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: 800) 376-3345 or email at  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

**Approved for Social Workers, Psychologists, Licensed Mental Health Counselors, LADCs, Certified Counselors and NAADAC members.**

# Commonwealth Educational Seminars Certification Exam

## Perfect Weight by Deepak Chopra MD

Select one response for each question below.

1. As long as clinical obesity is not present, what you should weigh is really more a subjective matter than has been widely recognized.

- a. True     b. False

2. Your body's metabolism operates under both macro and micro influences.

- a. True     b. False

3. Knowing your body type will not allow you to get in touch with your inner intelligence nor help you to respond more precisely to your internal signals.

- a. True     b. False

4. Overweight represents a general imbalance in physiology, which is another way of saying that a weight problem is not just a problem of weight.

- a. True     b. False

5. Ayurveda considers breakfast to be a necessary meal.

- a. True     b. False

6. When we fight our appetite, we are fighting nature.

- a. True     b. False

7. Cooked foods are generally harder to digest.

- a. True     b. False

8. A biochemical approach to dieting ignores some very human issues such as fulfillment and pleasure.

- a. True     b. False

9. Ayurvedic herbal supplements are useful for weight control.

- a. True     b. False

10. A tendency toward compulsive eating does not come from old habits that are emotionally based.

- a. True     b. False

11. The key to defeating emotionally based eating is to balance biological rhythms throughout the day.

- a. True     b. False

12. Deep breathing burns calories in very large numbers.

- a. True     b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

13. I have completed all the requirements for this home study course without any assistance from others.

- a. True     b. False

14. The content of this course was appropriate for my profession.

- a. True     b. False

15. The course information was relevant and can be applied to practice.

- a. True     b. False

16. The course information contributed to achieving personal, professional goals.

- a. True     b. False

17. I would recommend this program to others.

- a. True     b. False

**Perfect Weight  
Certification Test**

**After purchasing it, you may take this certification test online.**

- 1. Log on to [CommonwealthSeminars.com](http://CommonwealthSeminars.com)**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Perfect Weight* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number you received in your email response after purchasing the test as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.  
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648  
Fax: (508) 420-3360**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_

e-mail: \_\_\_\_\_@\_\_\_\_\_

**Please complete the next page.**

**I am seeking CE credit for the following profession(s):**

**Profession**                      **License Number**                      **State**

\_\_\_\_ **Psychologist (APA):** \_\_\_\_\_

\_\_\_\_ **Social Work (ASWB):** \_\_\_\_\_

\_\_\_\_ **Certified Counselor (NBCC):** \_\_\_\_\_

\_\_\_\_ **LMHC/LPC (NBCC):** \_\_\_\_\_

\_\_\_\_ **Drug/Alcohol Counselor/LADC:(NAADAC):** \_\_\_\_\_

\_\_\_\_ **Licensed Marriage/Family Therapist (NBCC):** \_\_\_\_\_

**Certification Number**