



# Transcendence: Healing and Transformation Through Transcendental Meditation

*Norman E. Rosenthal M.D.*

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"Dr. Norman Rosenthal's *Transcendence* is the best-ever book on Transcendental Meditation: accessible and substantive, engaging and scientific, practical and profound. A very enjoyable read that can change your life, for good." - David Lynch

"I have been meditating for over 10 years, and I found *Transcendence* to be a uniquely compelling introduction to the art and science of Transcendental Meditation. Dr. Norman Rosenthal's book will propel TM into the mainstream where it belongs." - Russell Simmons

**In this definitive book on the scientifically proven health and stress-relieving benefits of Transcendental Meditation, a renowned psychiatrist and researcher explores why TM works, what it can do for you, and how to use it for maximum effect.**

Norman E. Rosenthal, M.D., a twenty-year researcher at the National Institute of Mental Health and the celebrated psychiatrist who pioneered the study and treatment of Season Affective Disorder (SAD), brings us the most important work on Transcendental Meditation since the Maharishi Mahesh Yogi's *Science of Being and Art of Living*-- and one of our generation's most significant books on achieving greater physical and mental health and wellness.

*Transcendence* demystifies the practice and benefits of Transcendental Meditation for a general audience who may have heard about the method but do not necessarily know what it is, how it is learned, or what they stand to gain, physically and emotionally, from achieving transcendence. Dr. Rosenthal clearly and practically explains the basic ideas behind Transcendental Meditation: It is a nonreligious practice that involves sitting comfortably for twenty minutes twice a day while using a silent mantra, or nonverbal sound, to attain a profound state of aware relaxation.

Alongside exclusive celebrity interviews--where figures like **Paul McCartney, Ringo Starr, Martin Scorsese, Russell Brand, Laura Dern, Moby, and David Lynch** openly discuss their meditation--Dr. Rosenthal draws upon experience from the lives of his patients and a wealth of clinical research amassed on TM over the past generation (340 peer-reviewed published articles). He provides the fullest and most accessible book ever on the broad range of benefits of this remarkably simple practice, from relief of anxiety, stress and depression to new hope for those experiencing addiction, attention-deficit disorder, or post-traumatic stress disorder.

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