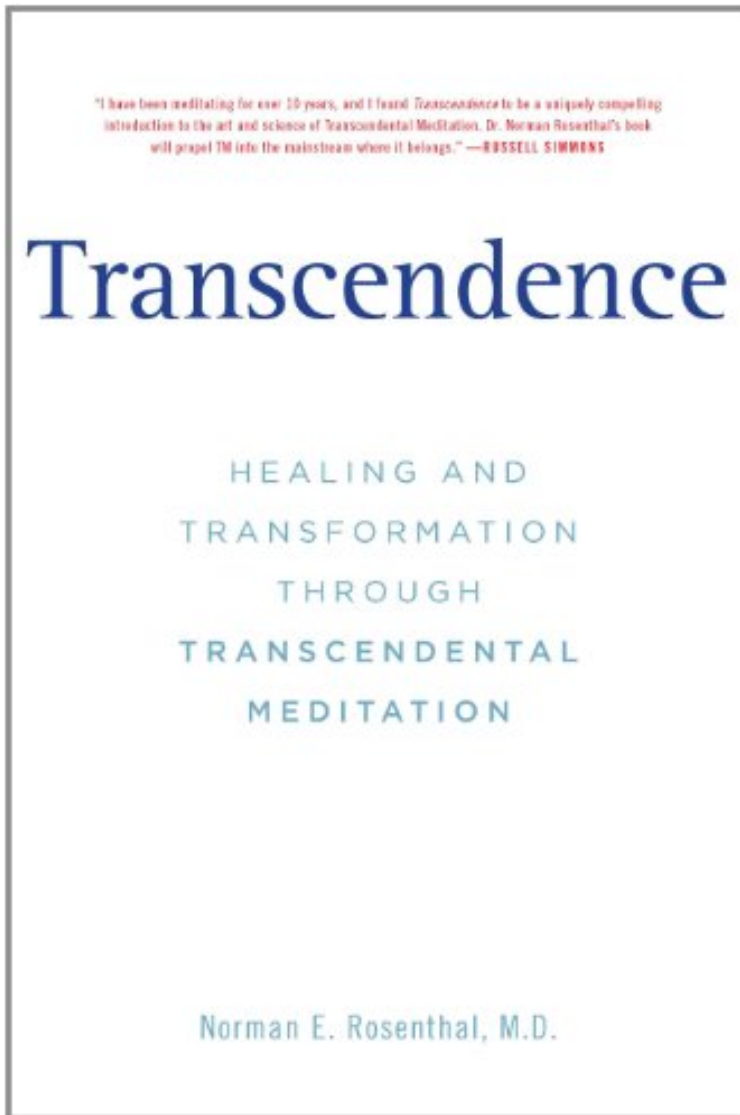


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Transcendence: Healing and Transformation Through Transcendental Meditation



*Par Norman E. Rosenthal M.D.
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Par Norman E. Rosenthal M.D. :
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Description :

Prsentation de l'diteur"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.

Revue de presse "Transcendence is a profoundly important book on a topic that you need to know a lot about... Dr. Rosenthal is one of those rare professionals who is able to mix authority and accuracy with riveting stories that read like a novel. In Transcendence, he has given us all a gift that will enlighten, entertain, and perhaps even transform. This will become the go-to book for those searching for the wisdom within meditation." Mehmet C. Oz, M.D. "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 "Whether your troubles are deep or you simply know life could be better and happier, read this book." Candy Crowley, CNN anchor

One of the striking features of this book is the empowering empathy with which Dr. Norman Rosenthal discusses the people with given health issues. It cannot but make the reader become more understanding of other humans and their anguish. In addition, there is all the neat science explained simply yet not watered down to the degree of becoming trivial. Essentially, this is book about human condition in the modern world. But unlike the existentialists, Dr. Norman Rosenthal sees light at the end of the tunnel. Transcendental Meditation The book makes a useful contribution to understanding the mind-body relationship in holistic ways, advancing ongoing dialogue among clinicians and just plain folks about how to live more healthfully.

Publishers Weekly Presentation de l'diteur "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

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