



Transcendental Meditation: The Essential Teachings of Maharishi Mahesh Yogi. The classic text revised and updated

By Jack Forem

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Transcendental Meditation (TM) is a simple, natural method of allowing the mind to go beyond thoughts and gain access to the silent inner field of creativity, energy, peace, and happiness that is our own essential nature, our Self. Widely known and prescribed by physicians for its powerful stress-reducing effects, TM is much more than that. Maharishi Mahesh Yogi (1918–2008), who brought TM to the West, said that TM offers any individual not only a gateway to the highest spiritual unfoldment (Enlightenment), but also “sound physical and mental health, greater ability in action, a greater capacity to think clearly, increased efficiency in work, and more loving and rewarding relationships with others.” Five million TM practitioners around the world and more than 360 published, peer-reviewed scientific studies have consistently corroborated these lofty claims.

Described as “a great book, by far the most comprehensive on the TM Program” when it was a bestseller in its original version, **Jack Forem**’s study of TM became a much-loved classic. This updated edition contains all the features of the original plus much more. Clear, easy-to-read diagrams explain scientific research showing TM’s beneficial effect on the brain and a broad spectrum of contemporary concerns, from health, self-actualization, and development of intelligence to post-traumatic stress (PTSD), attention deficit/hyperactivity disorder (ADHD), and much more. In these pages, Oprah Winfrey tells how she has offered TM to everyone on her staff. Dr. Mehmet Oz explains the benefits of TM for heart health. School principals describe the dramatically positive effect on their students when TM is introduced in the classroom. Interviews with celebrities as well as men and women of every age, background, and religion provide a lively testimonial to the efficacy of TM in making anyone’s life happier, healthier, and more creative.

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Editorial Review

Review

“I love Transcendental Meditation! I’ve been practicing it twice a day for almost 40 years. When you read this wonderful book by Jack Forem, you’ll understand why it means so much to me.”

— **David Lynch**, filmmaker, author, and artist

*“We are all born with the potential for great love, happiness, and creative living. In **Transcendental Meditation**, Jack Forem shows us a time-tested path to bringing it out and living it.”*

— **Marci Shimoff**, author of the *New York Times* bestsellers *Happy for No Reason* and *Love for No Reason*

“In the ongoing transmission of India’s practical wisdom to the West, nothing has had a bigger impact than Maharishi Mahesh Yogi and his Transcendental Meditation. This engaging and comprehensive update of Jack Forem’s seminal book is well timed, as the knowledge it contains is vital in our stressed-out, plugged-in era.”

— **Philip Goldberg**, author of *American Veda: From Emerson and the Beatles to Yoga and Meditation, How Indian Spirituality Changed the West*

*“Jack Forem’s groundbreaking book, **Transcendental Meditation**, inspired thousands of people, including myself, to learn meditation and investigate the scientific basis behind its effectiveness. In this new edition, he brilliantly distills all the latest advancements and hundreds of scientific papers published in leading academic and medical journals. As Maharishi himself said about the original edition, this book ‘offers a clear, comprehensive, and thoughtful presentation of the essence of our teaching,’ and that is certainly true of this new edition as well. I strongly encourage everyone to read this book and to take full advantage of the programs it describes. It is an invaluable resource for all who desire a bright future for themselves and for our world.”*

— **John Hagelin**, Quantum Physicist and Educator,
President, Global Union of Scientists for Peace
Featured in *What the Bleep Do We Know!?* and *The Secret*

“A comprehensive, reader-friendly study of the teachings of a great modern master. Jack Forem’s book isn’t just about the TM technique and its massive body of scientific research, but it reveals practical and enlightened approaches to the fields of education, health care, personal relationships, psychology, religion, and business, and a novel and powerful strategy for achieving world peace. Informative and inspiring!”

— **James S. Brooks, M.D.**, co-author of *Ayurvedic Secrets to Longevity & Total Health*, Medical Director of Mental Health Centers in Chariton and Fairfield, Iowa

“As a rabbi and longtime practitioner of the TM program, I particularly appreciate the new chapter on Religion and Spirituality in Jack Forem’s book. Jack quotes Maharishi Mahesh Yogi’s teaching that religions have ‘one common ground: that the light of God is kindled in each heart.’ This is what TM accomplished for me in my life. I never would have desired to become, nor would I have been able to succeed as a rabbi, without the spiritual awareness that the practice of TM awakened in me.”

— **Alan Green**, Senior Rabbi, Shaarey Zedek Synagogue, Winnipeg, Canada

“Many books have been written about the Transcendental Meditation technique and the array of benefits enjoyed by those who practice it. Jack Forem’s book stands out not only because it is eminently readable and entertaining, but because it is such a clear and comprehensive introduction to TM, the principles behind it, and the research demonstrating its effectiveness. It’s a joy to read and a breath of fresh air.

“In addition to delineating the value of TM for individuals, Forem explains cutting-edge, paradigm-shifting research showing that groups of people practicing TM together have significantly reduced tension and hostility in the environment. He argues persuasively that in TM, we have a technique to benefit the individual and at the same time generate harmony and reduce stress in society as a whole.

“This is a book to read and take to heart.”

— **Gary P. Kaplan M.D., Ph.D.**, Associate Professor of Neurology, Hofstra University School of Medicine

“Jack Forem’s new book on Transcendental Meditation offers a wealth of research with real-world examples of how TM can increase personal and corporate success and effectiveness. This book offers numerous examples of how this simple technique has had a tremendous effect on people from all walks of life. I know it has helped me, my family, my company, and my clients.”

— **Nancy Slomowitz**, President & CEO, Executive Management Associates, Inc., author of *Work Zone Madness! Surviving and Rising Above Workplace Dysfunction*

About the Author

Jack Forem met Maharishi Mahesh Yogi and learned Transcendental Meditation in late 1966. After studying with Maharishi in India in 1970, Forem served as head of the TM center in New York and on Maharishi’s International Staff; taught training courses for TM teachers in Europe; led conferences and seminars on the development of creativity, leadership, and higher states of consciousness; and wrote a best-selling book on Maharishi and TM.

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From reader reviews:

David Martin:

Do you have favorite book? If you have, what is your favorite's book? E-book is very important thing for us to understand everything in the world. Each book has different aim or goal; it means that publication has different type. Some people feel enjoy to spend their time for you to read a book. These are reading whatever they acquire because their hobby is reading a book. Consider the person who don't like examining a book? Sometime, individual feel need book when they found difficult problem as well as exercise. Well, probably

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