

Strength In Stillness The Power Of Transcendental Meditation

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In Strength in Stillness, Roth breaks down the science behind Transcendental Meditation in a new, accessible way. He highlights the three distinct types of meditation--Focused Attention, Open Monitoring, and Self-Transcending--and showcases the evidence that the third, Self-Transcending, or Transcendental Meditation, is a uniquely accessible, effective, and efficient way to reduce stress, access inner power, and build resilience.

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Strength in Stillness: The Power of Transcendental Meditation. by. Bob Roth. 3.10 · Rating details · 1,277 ratings · 180 reviews. Instant New York Times Bestseller. A simple, straightforward exploration of Transcendental Meditation and its benefits from world authority Bob Roth. Oprah Winfrey and Jerry Seinfeld.

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Strength in Stillness: The Power of Transcendental Meditation is his latest effort to explain what Transcendental Meditation is and what to expect if you decide to learn it. To be clear, this book does not teach Transcendental Meditation. Roth argues that this form of meditation can only be taught face to face.

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Bob Roth's book Strength in Stillness explains what Transcendental Meditation is and how it can calm the mind, spirit, and body. In this comprehensive look into Strength in Stillness: The Power of Transcendental Meditation by Bob Roth, you'll gain insight with this essential resource as a guide to aid your discussions.

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ABOUT THE BOOK Strength in Stillness: The Power of Transcendental Meditationby Bob Roth Every day, we face a growing epidemic of stress, one that is damaging our physical and emotional health at younger and younger ages.

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Beautifully presented, Strength in Stillness is a simple, classic guide to calming your mind and body. Further praise for Strength in Stillness: 'Bob's really helped us and our son, who was a stressed, anxious kid' HUGH JACKMAN 'I can't say enough about Bob Roth and TM. Stillness, true stillness, of both mind and body, is a gift.' MICHAEL J. FOX

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