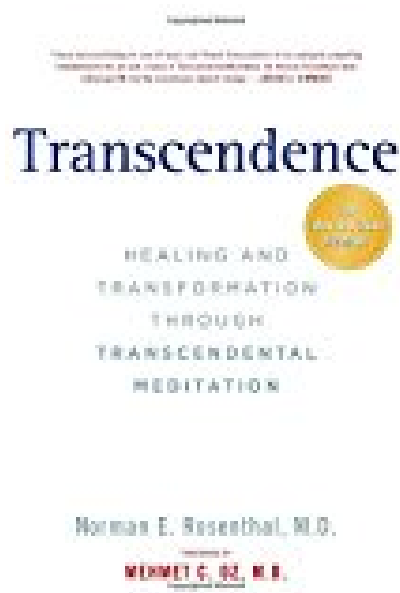


Transcendence Healing and Transformation Through Transcendental Meditation



BOOK DETAILS

- Author : Norman E Rosenthal MD
- Pages : 336 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 1585429929

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BOOK SYNOPSIS

Discusses the effectiveness of nonreligious transcendental meditation in providing relief from anxiety, depression, stress, and addiction, in a book that includes interviews with famous transcendental-meditation practitioners.

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