

Advance Praise for Dr. Norman E. Rosenthal's *SUPER MIND*

"*Super Mind* is a wonderfully practical exploration of the benefits of Transcendental Meditation that reveals how the technique is not a belief or faith but a simple tool that, in my experience, can improve your life in ways you never thought possible."

—**Hugh Jackman**

"In *Super Mind*, Norman E. Rosenthal has written a vibrant, practical and persuasive guide to all the ways in which mediation can profoundly affect every aspect of our lives – from our emotional and spiritual well-being to our intellectual and creative abilities."

—**Arianna Huffington**

"*Super Mind* opens new doors to thinking about consciousness, and new possibilities about how consciousness can grow and change a person's life forever. Transcendental Meditation has been found to improve physical and psychological health in hundreds of published studies and Norman E. Rosenthal weaves this evidence together with powerful stories of transformation — a must-read for anyone wanting to develop a Super Mind."

—**Maria Shriver**

"Dr. Rosenthal's *Super Mind* is a thoroughly engaging, scientifically sound testament to the immediate and long-term benefits of Transcendental Meditation—a technique I have been practicing for nearly two years. TM has made me more mentally and physically energetic, sharper, less stressed and more positive. If I could write a prescription for TM to all my patients, I would."

—**Dr. Jennifer Ashton, ABC News Chief Women's Health Correspondent, Ob-Gyn**

"Norman E. Rosenthal, renowned scientist and researcher, reveals the powerful, life-enhancing effects of Transcendental Meditation in this acutely observed and poetic book. In *Transcendence*, Rosenthal gave us the science behind TM; in *Super Mind* he does that and more, showing us the broad applications and transformative stories of real people using this simple technique."

—**Richard A. Friedman, M.D., contributing Op-Ed writer for *The New York Times* and Professor of Clinical Psychiatry at Weill Cornell Medical College**

Praise for *Transcendence*

"I think that TM basically turns down the craziness and noise that's going on in most of our heads, that we might not even be aware of. It gives us a sense of calm, and from that calm a better perspective, so that we realize whence our choices are proceeding."

—**Moby (pg. 156)**

“In moments of madness, meditation has helped me find moments of serenity—and I would like to think that it would help provide young people a quiet haven in a not-so-quiet world.”

—**Paul McCartney (pg. 226)**

“What meditation is for me is...a moment to stop the thinking and let my heart come forward. That’s how I always felt about it, because you know my thinking will drive me barmy.”

—**Ringo Starr (pg. 226)**

“[TM] gives a narrative to my life, a different perspective on reality, a recognition of transience, that both good and bad will pass...it is part of my program of self-maintenance. I have powerful libidinous drives, and if I don’t practice self-governance and spiritual values, I can become very attached to the physical and material.”

—**Russell Brand (pg. 232)**

When he starts to meditate, there are “a thousand thoughts, which eventually settle down into a calm, floating space. It is an extraordinary experience.”

—**Martin Scorsese (pg. 227)**

“I’ve never been diagnosed with ADD but I relate to it immensely. In the world we live in, I think it’s become sort of a cultural challenge. We have so much coming at us all of the time. I feel like meditation affords me a luxurious opportunity to relieve my mind of all that unnecessary weight.”

—**Laura Dern (pg. 229)**

“When I had my first meditation, this inner bliss revealed itself so powerfully—thick happiness came rushing in. And I said, “This is it.”... everything just started getting better—way more fun, way more joy in the doing.”

—**David Lynch (p. 94)**

“TM has helped with organizing, prioritizing, and just being calmer overall. I just feel better. My whole body feels better.”

—**Todd, an Iraq war veteran (pg. 99)**

“It drowns out your negativity, like a cleansing. Even in a hectic situation, it’s about finding the calm within you, not in your environment. You just feel completely relaxed. TM has no down side. It’s really great.”

—**Leslie, student who learned TM in eighth grade (pg. 184)**

Media contacts: Brianna Yamashita, 212-366-2519 or byamashita@penguinrandomhouse.com or
Angela Januzzi, 212-366-2536 or ajanuzzi@penguinrandomhouse.com