

PRAISE FOR *SUPER MIND*



—Hugh Jackman, Actor & Singer

"*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 is a simple tool that, in my experience, can improve your life in ways you never thought possible"



—Arianna Huffington, editor-in-chief, *The Huffington Post*

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

***SUPER MIND* BY BESTSELLING AUTHOR, PSYCHIATRIST AND RESEARCHER NORMAN E. ROSENTHAL, MD**

In his *New York Times* bestselling book, *Transcendence*, Norman E. Rosenthal, MD showed that, far from being a fad from the past, Transcendental Meditation (TM) is a timely tool for overcoming stress—even severe PTSD—and enriching all areas of life. In his new book, ***SUPER MIND: How to Boost Performance and Live a Richer and Happier Life through Transcendental Meditation*** (TarcherPerigee hardcover, on-sale May 17), Dr. Rosenthal weaves the latest clinical research together with the results of over 600 personal accounts to define the *SUPER MIND* state, achieved by meditators through their regular practice.

As many familiar with the '60s, the Beatles, and TM founder Maharishi Mahesh Yogi may recall, people practiced TM for more than just health benefits. They sought (and many achieved) an expanded state of consciousness that enabled them to excel in their careers and relationships, and become "super performers," like well-known TMers Hugh Jackman, Arianna Huffington, David Lynch, Katy Perry, Jerry Seinfeld, Dr. Mehmet Oz, Martin Scorsese, Cameron Diaz, and Russell Brand.

Dr. Rosenthal has seen the practical benefits of *SUPER MIND* in his own life. The practice has bestowed "gifts" that are far beyond anything he had imagined. "I thought I'd shared all I had to say about TM in *Transcendence*, but I was very wrong," says Dr. Rosenthal. "The personal growth continues to unfold in terms of success and synchronistic good luck accompanied by inner happiness and peace. It feels like the perfect antidote for the craziness that's all around us!"

***SUPER MIND* addresses:**

- What is *SUPER MIND*, and how it can be systematically developed.
- Scientific evidence proving that expanded states of consciousness exist—optimizing body and brain functioning to transform the fabric of everyday experience.
- Ancient wisdom supporting the *SUPER MIND* reality and its far-reaching implications for personal and collective transformation.
- How meditation and specifically TM helps you develop a *SUPER MIND* that nurtures profound personal growth, deeper connection to the core of life, and cultivates an uncanny state of good luck that keeps you at the top of your game.
- What differentiates TM from mindfulness, yoga and concentration practices.
- Lessons we can learn from super-performers like Bridgewater Associates founder Ray Dalio, actor Hugh Jackman, entrepreneur Josh Zabar, baseball great Barry Zito and others.

“Now more than ever in our frenetic, divided, 21st Century lives, it’s time to find a way to de-stress and calm our minds,” says Dr. Rosenthal. “When we expand our state of consciousness beyond sleeping, waking and dreaming, we experience the SUPER MIND state of heightened awareness. This is where we’re optimized for problem-solving, emotional balance and resiliency to stress, as well an unshakeable state of inner happiness.”

SUPER MIND is a powerful resource to help anyone achieve a richer, more creative and fulfilling life. Please consider SUPER MIND for your spring/summer coverage. If you have any questions or would like to speak with Dr. Rosenthal, please let me know.

Best regards,

Dean Draznin
641-472-2257
dean@drazninpr.com

Michelle Delino
202-486-7622
contact@michelledelinomedia.com

ABOUT THE AUTHOR

NORMAN E. ROSENTHAL, M.D., is a clinical professor of psychiatry at Georgetown Medical School and the New York Times bestselling author of books including *Transcendence: Healing and Transformation Through Transcendental Meditation* and *The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections*. He conducted research at the National Institute of Mental Health as a research fellow, researcher, and senior researcher for more than twenty years, and was the first psychiatrist to describe and diagnose Seasonal Affective Disorder (SAD). His current work studying the effects of botulinum toxin as a treatment for depression has earned him national attention in the media and in the world of psychology. www.NormanRosenthal.com.