



## Everything You Want to Know about TM -- Including How to Do It

*By John White*

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Wildly popular in the 1970s and 80s, Transcendental Meditation (TM) continues to be one of the most accessible forms of Eastern spiritual practice in the West. But does it live up to its hype? In this objective exploration of TM, consciousness researcher John White looks at what's billed as "a simple, natural, and effortless mental technique, practiced twenty minutes a day" and takes on its critics as well as its cheerleaders.

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### **Editorial Review**

#### **About the Author**

John Warren White, M.A.T., is an internationally known author, educator and lecturer in the fields of consciousness research and higher human development. He has held positions as Director of Education for The Institute of Noetic Sciences, a California-based research organization founded by Apollo 14 astronaut Edgar Mitchell to study human potential for personal and planetary transformation, and as President of Alpha Logics, a Connecticut school for self-directed growth in body, mind and spirit. He is author of *The Meeting of Science and Spirit*, *Pole Shift, A Practical Guide to Death and Dying*, *Everything You Want to Know about TM* and a children's book, *The Christmas Mice*. He has also edited nearly a dozen anthologies, including *Frontiers of Consciousness*, *Psychic Exploration* and *What Is Enlightenment?*. His writing has appeared in magazines and newspapers around the world, including *The New York Times*, *Wall Street Journal*, *Reader's Digest*, *Omni*, *Esquire* and *Woman's Day*, and his books have been translated into ten languages. He holds a bachelor's degree from Dartmouth College and a master of arts degree in teaching from Yale University. He has taught English and journalism on the secondary and college levels, and has served on the governing and consulting boards of various academic and research organizations. He has also served on the editorial boards of various scholarly and popular publications. He has lectured at various colleges and universities throughout the U.S. and Canada, and has made numerous radio and television appearances. He and his wife Barbara have four grown children and five grandchildren, and live in Cheshire, Connecticut, USA.

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