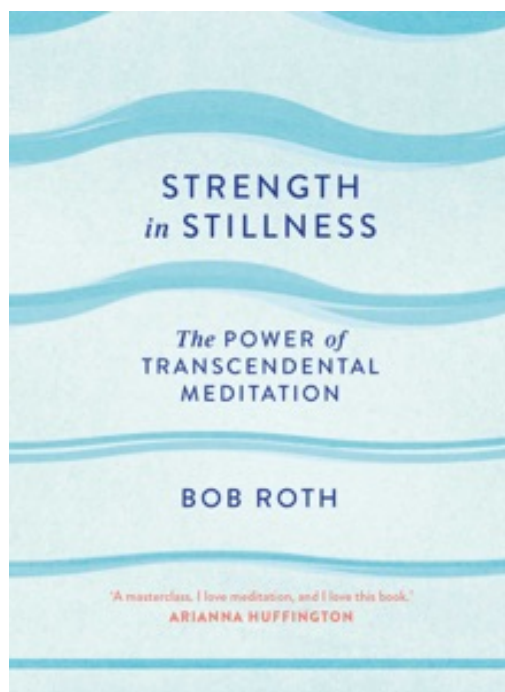


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For nearly five decades, **Bob Roth** has helped bring **Transcendental Meditation** to millions of people around the world - in 35 countries across Europe, North and South America, Asia and Africa. Once a sceptic, he learned the art from **Maharishi Mahesh Yogi**, the foremost scientist of consciousness and meditation.

As Co-Founder and Executive Director of the David Lynch Foundation, Bob teaches frequently at inner-city schools, veterans' hospitals, battered women's shelters, homeless shelters and prisons. Bob is also the go-to meditation teacher for leading figures in the worlds of media and business.

Beautifully presented, *Strength in Stillness* is a simple, classic guide to calming your mind and body.

Further praise for *Strength in Stillness*:

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'I can't say enough about Bob Roth and TM. Stillness, true stillness, of both mind and body, is a gift.' MICHAEL J. FOX

'Transcendental Meditation is the single most important reason for any success I have had in my life. *Strength in Stillness* masterfully distills the essence of this technique.' RAY DALIO

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