

## STRENGTH IN STILLNESS

The Power of Transcendence

By Bob Roth

With Kevin Carr O'Leary

224 pp. Simon & Schuster. 2018.

While attending Berkeley, in 1969, [Bob Roth](#) learned the Transcendental Meditation (TM) technique. In 1972, he trained with Maharishi Mahesh Yogi, TM's founder, and has been teaching ever since. Roth's *Strength in Stillness* is an accessible, concise, almost-slick presentation of the TM practice (twenty minutes, twice a day); its many benefits (primarily, stress reduction and increased mental clarity); the scientific proof (ample); and personal accounts (including Roth's own backstory). Interspersed throughout are Meditation Moments by Jerry Seinfeld, Lena Dunham, and others among the "nearly eight million people" (27) who have learned TM. The meditation technique is known as automatic self-transcending (def. accessing "the deep stillness within" [5]). In TM, transcendence is effortless. (Other meditation techniques are categorized as either focused attention or open monitoring.) With Maharishi's passing in 2008, the TM organization shifted away from its more utopian ambitions and rebranded. The David Lynch Foundation (est. 2005) directs highly successful programs for at-risk and marginalized populations, such as students in underserved inner-city communities (Quiet Time), veterans with PTS (Resilient Warrior), prisoners (Freedom Behind Bars), et al. In the four years since Roth published this instant *New York Times* bestseller, the TM organization has continued to evolve. The coronavirus pandemic-era saw more digital options for prospective TM students and existing TM meditators. Roth leads [TM Connect](#), twice-daily online group meditations. The organization's appeal, too, is broadening. TM's current [tagline](#) is "the evidence-based technique for inner peace and wellness." Or, as I say, universal self-care. —Lisa Thaler, 13 March 2022