



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

*John White*

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

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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