

Pandemic, Politics, Violence, War, Money... THIS is the age of anxiety, so what can we do about it?

End Anxiety!

Proven Benefits of the Transcendental Meditation® Program

BY JAMES G. MEADE, PHD

“*End Anxiety!* is an engaging read that highlights decades of practical scientific research on the TM® program, presenting it in a simple, interesting, and mercifully short volume.”

from the foreword by **Dr. Robert Keith Wallace**,
Trustee and Founding President of Maharishi International University

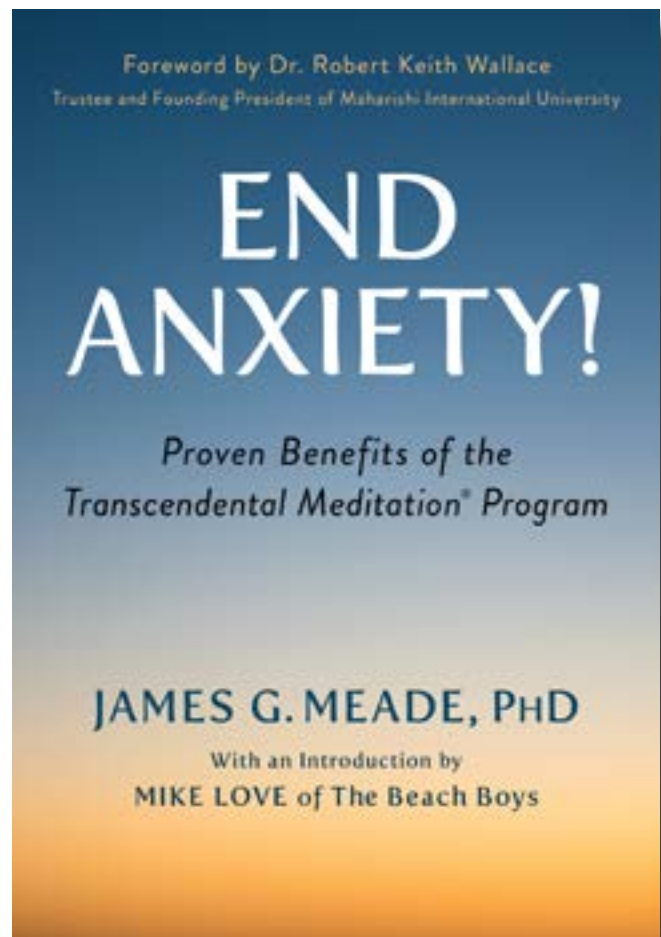
Coming soon wherever books and ebooks are sold!

This is a troubling time that we live in, and with it comes a host of mental health concerns—notably depression, stress, and anxiety.

Fortunately for us, *End Anxiety!* by James Meade, PhD offers an instant and lasting solution—the Transcendental Meditation® program, as taught by Maharishi Mahesh Yogi. This may at first seem like a novel approach to the issue, but studies on the effects of Transcendental Meditation® on the mental states of its practitioners have been ongoing for over fifty years and the findings are conclusive—Transcendental Meditation can have a real and powerful positive impact on our mental health, especially in terms of mitigating anxiety, stress, and depression.

End Anxiety! has a publication date of October 15, 2022 but we are offering our friends in the TM® community a *free promotional offer* of a chapter from the book by visiting this website:

www.selectbooks.com/downloads



Introduction by Mike Love of The BEACH BOYS

“I have known Jim Meade since we were in our 20’s. He has consistently dedicated his life to bringing about a better world by introducing people, through his writing and teaching, to technologies that can help them improve themselves and their lives.”

Prudence Farrow Bruns, Ph.D.

Prudence in the iconic song by John Lennon,
written at TM teacher training in 1968 with Maharishi in Rishikesh

Free promotional offer for the book the world needs right now!