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Strength in Stillness is a master class that makes Transcendental Meditation accessible for everyone. I love Bob Roth, I love meditation, and I love this book. Arianna Huffington can't say enough about Bob Roth and Transcendental Meditation. Stillness, true stillness, of both mind and body, is a gift.

Strength in Stillness | Book by Bob Roth | Official

At first I thought this book was going to teach me the Transcendental Meditation (TM) technique, and at first I was disappointed, and gave this book a 1 star review because it did not teach it. I did however bite the bullet, after reading Bobby Roth's Strength in Stillness, I read every book that was out on TM.

Strength in Stillness: The Power of Transcendental

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Join Jerry Seinfeld and Hugh Jackman for an extraordinary Facebook Live replay on Tuesday, February 6. In the video, they celebrate the publication of the life-transforming New York Times bestseller, "Strength in Stillness: The Power of Transcendental Meditation" (Simon & Schuster) by long-time meditation teacher Bob Roth.

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