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Science of Being and Art of Living: Transcendental Meditation

By Maharishi Mahesh Yogi

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- Expand the mind to its unlimited cosmic potential
- Improve health and reverse the aging process
- Lower high blood pressure and risk of stroke
- Increase intelligence and creativity
- Boost memory and learning ability
- Reduce stress, tension, and anxiety
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- Nourish inner contentment, happiness, fulfillment—the state of enlightenment.

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