

2015 Silver Medalist from Living Now Book Awards Enlightenment has long been regarded as a state reserved for a few rare individuals, a state that can only be gained by living a recluse life in a cave or in a monastery somewhere. It has been thought that enlightenment is very difficult to achieve, requiring one to give up all worldly possessions and to lead an austere life. Ann Purcell debunks these false assumptions in her new book *The Transcendental Meditation Technique The Journey of Enlightenment*. Tender and Smart, Loving and Blissful and Profound -- David Lynch By relating her own experiences and those of Transcendental Meditation practitioners throughout the world Purcell lays before us the secret to personal fulfillment, spontaneity, inner peace and balance. She deftly explains hows and whys so that every person around the world can experience enlightenment and unbounded bliss inside, no matter what their race, religion, or socio-economic background.

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