

Maharishi Foundation

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Press release

Top doctors advise: Meditate to avoid recession depression

Live webcast

Friday 9 October 5pm (BST)

[replays available after this date]

www.TMBusiness.org

A leading psychologist and psychiatrist are teaming up to bring the benefits of Transcendental Meditation to the attention of professionals at this time. Psychotherapist Nancy Liebler and psychiatrist Norman Rosenthal will speak on “Overcoming Depression in the Recession” at the Center for Leadership Performance, 70 Broad Street, in Manhattan.

According to a study published in 2003 in *The British Journal of Psychiatry* (183: 514-519), the total annual cost of adult depression at that time was over £9 billion, of which £370 million represented direct treatment costs. There were 110 million working days lost and 2600 deaths due to depression in 2000. It concluded that depression was a considerable burden on both society and the individual, especially in terms of incapacity to work. This is all the more poignant in these days of economic recession. By the year 2020, it is estimated, depression will be the second most common health problem in the world.

Please see original press release below for full details.

Key facts about Transcendental Meditation

- Transcendental Meditation, as taught by Maharishi Mahesh Yogi, is an effortless technique practised for 20 minutes twice a day sitting comfortably with eyes closed.
- Transcendental Meditation is not a religion or philosophy and does not involve any belief or change in lifestyle.
- More than 300 independently published research studies and reviews of

research on Transcendental Meditation confirm a range of benefits for mind, body, and behaviour. For a printable research review, and a bibliography of 340 papers from independent peer-reviewed journals and other edited scientific publications, see <http://www.t-m.org.uk/research.shtml>.

- Several studies have compared the effects of different meditation practices and found that Transcendental Meditation provides deeper relaxation and is more effective at reducing anxiety, high blood pressure, smoking, alcohol consumption, and drug abuse, and improving cognitive performance and overall psychological health and well-being than other forms of meditation and relaxation. In addition, no other meditation practice shows the widespread coherence throughout all areas the brain that is seen with Transcendental Meditation.

- More information on Transcendental Meditation can be obtained in the UK by calling 01695 51213 or visiting <http://www.t-m.org.uk>.

Transcendental Meditation™, founded by Maharishi Mahesh Yogi® is available in the UK only from Maharishi Foundation®, registered educational charity number 270157 (in Northern Ireland charity number X0610/9, an affiliate of Maharishi Foundation). Please note that no other organisation in the UK offers courses in Transcendental Meditation, as taught by Maharishi Mahesh Yogi.

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Office of the National Director of Communication

Overcoming Depression in a Recession

Doctors bring the Transcendental Meditation® Program to Wall Street and Main Street

Friday, October 9 &bull 12 Noon (ET)

To view this live national webcast at that time go to:

www.TMBusiness.org

<<http://click.icptrack.com/icp/relay.php?r=51714054&msgid=716326&act=STBE&c=329287&admin=0&destination=http%3A%2F%2Fwww.TMBusiness.org>>

Major depression affects approximately 15 million American adults or about 8% of the U.S. population age 18 and older in any given year. Women experience depression about twice as often as men. Approximately 80 percent of people experiencing depression are not currently receiving any treatment. By the year 2020, depression will be the second most common health problem in the world.

Now a leading psychologist and psychiatrist are teaming up to bring the benefits of the Transcendental Meditation technique to professionals throughout the country. On Friday, October 9, at 12 noon (ET), psychotherapist Nancy Liebler and psychiatrist Norman Rosenthal will speak on “Overcoming Depression in the Recession” at the Center for Leadership Performance, 70 Broad Street, in Manhattan.

Research has shown that the Transcendental Meditation technique has a stabilizing effect on the physiology, reducing anxiety and depression, and promoting greater calm and increased energy. Meditating employees are healthier, more effective problem solvers, and think in more creative ways.

To view an official announcement of this national conference see the attached flyer.

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