
Strength In Stillness The Power Of Transcendental Meditation

Workbook for Strength in Stillness: The Power of Transcendental Meditation (Max-Help Books)

Reflect, Release, Renew

Super Mind

Embrace Your Body, Own Your Power

The Power of Transcendental Meditation

Of Stillness and Storm

The Power of Transcendental Meditation by Bob Roth: Trivia/Quiz for Fans

The Power of Now

Embracing a Life of Love, Risk and True Flourishing

Power Yoga

Mindful Living for Latter-Day Saints

The Power of Stillness

Behind TheTM Curtain--bogus Science, Hidden Agendas, and David Lynch's

Campaign to Push a Million Public School Kids Into Transcendental Meditation While

Falsely Claiming it is Not a Religion.
Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--
Includes the complete Primary Series
Kaa's Hunting (The First Jungle Book)
The Power of Meditation
The Final Century of Our Relationship
Strong and Weak
Pathways to Stillness
The Total Strength and Flexibility Workout
Meditation, Consciousness, and Creativity: 10th Anniversary Edition
The Wim Hof Method
Transcendental Deception
An Antidote to Violence
Everything You Want to Know about TM -- Including How to Do It
Adventures in Going Nowhere
Strength in Stillness
The Power of Transcendental Meditation
Tuning the Student Mind
The Art of Stillness
Stillness Is the Key

Get Out of Your Head Leader's Guide

Transcendence

Summary of Strength in Stillness

An Ancient Technique to Access Your Inner Power

Unlocking Your Brain's Ability to Embrace Change

Transcendental Meditation

Evaluating The Evidence

Catching the Big Fish

Summary: Bob Roth's Strength in Stillness: The Power of Transcendental Meditation
(Discussion Prompts)

*Strength In Stillness
The Power Of
Transcendental
Meditation*

Downloaded from
ftp.wtvq.com by guest

ESTHER HARVEY

*Workbook for Strength in Stillness: The
Power of Transcendental Meditation*
(Max-Help Books) Penguin
INSTANT NEW YORK TIMES BESTSELLER

The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can

literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate

style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim’s**

Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Reflect, Release, Renew HarperChristian Resources

Former TM insider inundated with

publicity about TM being a scientific relaxation technology that is a cure for just about everything and, since non-religious, should be in our public schools. It was a false narrative. Someone needed to set the record straight, and with his background in public health and behavioral science, he decided to do it.

Super Mind Plume

A follow up to Pico Iyer’s essay “The Joy of Quiet,” *The Art of Stillness* considers the unexpected adventure of staying put and reveals a counterintuitive truth: The more ways we have to connect, the more we seem desperate to unplug. Why might a lifelong traveler like Pico Iyer, who has journeyed from Easter Island to Ethiopia, Cuba to Kathmandu, think that sitting quietly in a room might be the ultimate adventure? Because in our

madly accelerating world, our lives are crowded, chaotic and noisy. There's never been a greater need to slow down, tune out and give ourselves permission to be still. In *The Art of Stillness*—a TED Books release—Iyer investigate the lives of people who have made a life seeking stillness: from Matthieu Ricard, a Frenchman with a PhD in molecular biology who left a promising scientific career to become a Tibetan monk, to revered singer-songwriter Leonard Cohen, who traded the pleasures of the senses for several years of living the near-silent life of meditation as a Zen monk. Iyer also draws on his own experiences as a travel writer to explore why advances in technology are making us more likely to retreat. He reflects that this is perhaps the reason why many

people—even those with no religious commitment—seem to be turning to yoga, or meditation, or seeking silent retreats. These aren't New Age fads so much as ways to rediscover the wisdom of an earlier age. Growing trends like observing an “Internet Sabbath”—turning off online connections from Friday night to Monday morning—highlight how increasingly desperate many of us are to unplug and bring stillness into our lives. *The Art of Stillness* paints a picture of why so many—from Marcel Proust to Mahatma Gandhi to Emily Dickinson—have found richness in stillness. Ultimately, Iyer shows that, in this age of constant movement and connectedness, perhaps staying in one place is a more exciting prospect, and a greater necessity than

ever before. In 2013, Pico Iyer gave a blockbuster TED Talk. This lyrical and inspiring book expands on a new idea, offering a way forward for all those feeling affected by the frenetic pace of our modern world.

Embrace Your Body, Own Your Power
InterVarsity Press

The world around us teems with chaos and noise. We can change this turmoil by first changing the turmoil within us. That's what Quiet Prayer is all about. In Quiet Prayer, bestselling author Marie Chapiro introduces readers to the ancient Christian tradition of solitude and meditation—a way of being in the presence of God based on silence and stillness. She answers questions Christians may have, such as: Is it Christian to meditate? What is Quiet

Prayer meditation? What are the benefits of Quiet Prayer? Through learning about the history of Christian meditation and practicing with Marie's step-by-step guided meditations in the book, you can lean deeper into the Lord's call to "Be still, and know that I am God" (Psalm 46:10).

The Power of Transcendental Meditation
Strelbytskyy Multimedia Publishing
Complete beginners can use this workbook for Strength in Stillness: The Power of Transcendental Meditation by Bob Roth and find immediate help in applying its major lessons. The stress epidemic has rendered most people mentally and physically sick. Transcendental Meditation is a simple, natural, and effortless solution. Individuals are hit by stress on three

levels - on the muscular or structural level, on the cognitive level, and on the cortisol level. TM has many important benefits. It enables meditators to be better at learning and decision-making. Bob Roth wrote *Strength in Stillness* in order to address the epidemic of stress that is currently afflicting people all over the world. He says people today face toxic stress more than any other time in history. TM helps them achieve a deep state of restfulness and awareness. Your mind is not a monkey that needs to be controlled; it does not wander aimlessly. *Strength in Stillness* is an instant New York Times bestseller. It has been endorsed by avid TM practitioners Oprah Winfrey, Ellen Degeneres, Jerry Seinfeld, and Howard Stein. Do you want to apply the major lessons to your daily life? The

goal of this workbook is to help even the newest readers apply what may be the most critical lessons found in *Strength in Stillness: The Power of Transcendental Meditation* by Bob Roth. Results have shown that learning is retained best through repeated hands-on applications. With Max Help Workbooks, readers will be able to find distilled information categorized into major lessons with applicable exercise worksheets to maximize learning. Don't Miss the Following Content: - Succinct breakdown of the book categorized into major lessons - Read and use the exercises yourself or as a group - Easy-to-understand analysis of each lessons distilled for even the newest of readers - Simple and practical worksheets to further reader's application - Quiz

questions as a resource to be used for yourself or others So, what are you **Of Stillness and Storm** Blurb For the 10th anniversary of David Lynch's bestselling reflection on meditation and creativity, this new edition features interviews with Paul McCartney and Ringo Starr. When it first appeared in 2006, David Lynch's *Catching the Big Fish* was celebrated for being "as close as Lynch will ever come to an interior shot of his famously weird mind" (Rocky Mountain News) Now for the bestseller's 10th anniversary, Lynch dives deeper into the creative process and the benefits of Transcendental Meditation with the addition of his exclusive q-and-a interviews with Paul McCartney and Ringo Starr. The musicians open up to Lynch about their

artistry, history, and the benefits they have experienced, artistically and personally, from their decades-long practice of Transcendental Meditation -- a technique that they and their fellow Beatles helped popularize in the 1960s. *Catching the Big Fish* is a revelation for all want to understand Lynch's personal vision. And it is equally compelling for any who wonder how they can nurture their own creativity.

[The Power of Transcendental Meditation by Bob Roth: Trivia/Quiz for Fans](#)
Penguin

"Dr. Norman Rosenthal's *Transcendence* is the best-ever book on Transcendental Meditation: accessible and substantive, engaging and scientific, practical and profound. A very enjoyable read that can change your life, for good." - David

Lynch "I have been meditating for over 10 years, and I found Transcendence to be a uniquely compelling introduction to the art and science of Transcendental Meditation. Dr. Norman Rosenthal's book will propel TM into the mainstream where it belongs." - Russell Simmons In this definitive book on the scientifically proven health and stress-relieving benefits of Transcendental Meditation, a renowned psychiatrist and researcher explores why TM works, what it can do for you, and how to use it for maximum effect. Norman E. Rosenthal, M.D., a twenty-year researcher at the National Institute of Mental Health and the celebrated psychiatrist who pioneered the study and treatment of Season Affective Disorder (SAD), brings us the most important work on Transcendental

Meditation since the Maharishi Mahesh Yogi's Science of Being and Art of Living - and one of our generation's most significant books on achieving greater physical and mental health and wellness. Transcendence demystifies the practice and benefits of Transcendental Meditation for a general audience who may have heard about the method but do not necessarily know what it is, how it is learned, or what they stand to gain, physically and emotionally, from achieving transcendence. Dr. Rosenthal clearly and practically explains the basic ideas behind Transcendental Meditation: It is a nonreligious practice that involves sitting comfortably for twenty minutes twice a day while using a silent mantra, or nonverbal sound, to attain a profound state of aware relaxation. Alongside

exclusive celebrity interviews-where figures like Paul McCartney, Ringo Starr, Martin Scorsese, Russell Brand, Laura Dern, Moby, and David Lynch openly discuss their meditation-Dr. Rosenthal draws upon experience from the lives of his patients and a wealth of clinical research amassed on TM over the past generation (340 peer-reviewed published articles). He provides the fullest and most accessible book ever on the broad range of benefits of this remarkably simple practice, from relief of anxiety, stress and depression to new hope for those experiencing addiction, attention-deficit disorder, or post-traumatic stress disorder.

The Power of Now Knopf Books for Young Readers

The best-selling author of *Subliminal* and

The Drunkard's Walk teaches you how to tap into the hidden power of your brain. "Elastic is a book that will help you survive the whirlwind." —Daniel H. Pink, author of *When and A Whole New Mind Named to the 800-CEO-READ Business Book Awards Longlist* In this startling and provocative look at how the human mind deals with change, Leonard Mlodinow shows us to unleash the natural abilities we all possess so we can thrive in dynamic and troubled times. Truly original minds capitalize when everyone else struggles. And most of us assume that these abilities are innate, reserved for a select few. But Mlodinow reveals that we all possess them, that we all have encoded in our brains a skill he terms elastic thinking—and he guides us in how to harness it. Drawing on

groundbreaking research, Mlodinow outlines how we can learn to let go of comfortable ideas and become accustomed to ambiguity and contradiction; how we can rise above conventional mindsets and reframe the questions we ask; and how we can improve our ability to solve problems and generate new ideas—critical skills for achieving professional and personal success in our quickly morphing world. Embracing a Life of Love, Risk and True Flourishing Simon and Schuster Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Silver Award in the category of Religion /Spirituality: Eastern Traditions. This wise and delightful guide to the benefits of meditation practices will help readers cultivate a calm,

peaceful, and enlightened lifestyle. Drawing from his years of experience as a teacher, spiritual leader, and avid meditator, Edward Viljoen directs readers down the path to enlightenment using wisdom such as: Mindfulness practices—Train yourself to become absorbed in a purposefully chosen activity. Sitting practices—Reduce the use of mental and physical resources as much as possible by sitting still and silently. Creative practices—Employ such devices as journaling, observing, and focusing on a favorite literary or spiritual passage. Featuring personal anecdotes and stories from the author’s spiritual teachings, *The Power of Meditation* goes beyond a simple how-to book and offers a wonderful reading experience that will inspire readers to live more wise and

fulfilling lives.

Power Yoga Blurb

Instant New York Times Bestseller A simple, straightforward exploration of Transcendental Meditation and its benefits from world authority Bob Roth. Oprah Winfrey and Jerry Seinfeld. Ray Dalio and Ellen DeGeneres. Gwyneth Paltrow and Howard Stern. Tom Hanks and Gisele Bündchen. What do they have in common? The answer is a Transcendental Meditation teacher named Bob Roth, who has spent the past forty-five years helping many thousands of people access their innate creativity and power through this simple, nonreligious technique. Roth's students range from titans of business and the arts to federal prisoners, from war-scarred veterans to overworked moms

and dads. Medical experts agree that the epidemic of stress is damaging our physical and emotional health at younger and younger ages. While there is no one single cure, the Transcendental Meditation technique is a simple practice that dramatically changes how we respond to stress and life's challenges. With scientifically proven benefits—reduced stress and anxiety, and improved focus, sleep, resilience, creativity, and memory, to name a few—this five-thousand-year-old technique has a clear and direct impact on our very modern problems. Once a skeptic, Roth trained under Maharishi Mahesh Yogi, the twentieth century's foremost scientist of consciousness and meditation, and has since become one of the most experienced and sought-after

meditation teachers in the world. In *Strength in Stillness*, Roth breaks down the science behind Transcendental Meditation in a new, accessible way. He highlights the three distinct types of meditation—Focused Attention, Open Monitoring, and Self-Transcending—and showcases the evidence that the third, Self-Transcending, or Transcendental Meditation, is a uniquely accessible, effective, and efficient way to reduce stress, access inner power, and build resilience. Free of gimmicks, mystical verbiage, and obscure theory, *Strength in Stillness* offers a clear explanation for how Transcendental Meditation can calm the mind, body, and spirit.

Mindful Living for Latter-Day Saints

Thomas Nelson

THE SUNDAY TIMES HISTORY BOOK OF

THE YEAR 2017 'A beautiful and thoughtful exploration of the role of the horse in creating our world' James Rebanks 'Scintillating, exhilarating ... you have never read a book like it ... a new way of considering history' Observer
The relationship between horses and humans is an ancient, profound and complex one. For millennia horses provided the strength and speed that humans lacked. How we travelled, farmed and fought was dictated by the needs of this extraordinary animal. And then, suddenly, in the 20th century the links were broken and the millions of horses that shared our existence almost vanished, eking out a marginal existence on race-tracks and pony clubs. *Farewell to the Horse* is an engaging, brilliantly written and moving discussion of what

horses once meant to us. Cities, farmland, entire industries were once shaped as much by the needs of horses as humans. The intervention of horses was fundamental in countless historical events. They were sculpted, painted, cherished, admired; they were thrashed, abused and exposed to terrible danger. From the Roman Empire to the Napoleonic Empire every world-conqueror needed to be shown on a horse. Tolstoy once reckoned that he had cumulatively spent some nine years of his life on horseback. Ulrich Raulff's book, a bestseller in Germany, is a superb monument to the endlessly various creature who has so often shared and shaped our fate.

The Power of Stillness Simon and Schuster

Award-winning and highly acclaimed author, Michèle Phoenix, pens a story of marriage and missions, and what happens when they don't always align. "The Poisonwood Bible for a new generation." —Elizabeth Musser, author of *The Long Highway Home* "I felt torn between two worlds. Each with its own mystery. One more captivating than the other, but the other more real and breathing." It took Lauren and her husband ten years to achieve their dream—reaching primitive tribes in remote regions of Nepal. But while Sam treks into the Himalayas for weeks at a time, finding passion and purpose in his work among the needy, Lauren and Ryan stay behind, their daily reality more taxing than inspiring. For them, what started as a calling begins to feel like the

family's undoing. At the peak of her isolation and disillusion, a friend from Lauren's past enters her life again. But as her communication with Aidan intensifies, so does the tension of coping with the present while reengaging with the past. It's thirteen-year-old Ryan who most keenly bears the brunt of her distraction. Intimate and bold, *Of Stillness and Storm* weaves profound dilemmas into a tale of troubled love and honorable intentions gone awry. "In this fine novel, Phoenix realistically captures the deep struggles enveloping a missionary family." —Publishers Weekly

[Behind TheTM Curtain--bogus Science, Hidden Agendas, and David Lynch's Campaign to Push a Million Public School Kids Into Transcendental Meditation While Falsely Claiming it is Not a](#)

[Religion](#). Ignatius Press

Susan Shumsky is a successful author in the human potential field. But in the 1970s, in India, the Swiss Alps, and elsewhere, she served on the personal staff of the most famous guru of the 20th century—Maharishi Mahesh Yogi. Maharishi died in 2008 at age ninety, but his influence endures through the spiritual movement he founded: TM (Transcendental Meditation). Other books have been written about him, but this spellbinding page-turner offers a rare insider's view of life with the guru, including the time the Beatles studied at his feet in Rishikesh, India, and wrote dozens of songs under his influence. Both inspirational and disturbing, *Maharishi and Me* illuminates Susan's two decades living in Maharishi's

ashrams, where she grew from a painfully shy teenage seeker into a spiritually aware teacher and author. It features behind-the-scenes, myth-busting stories, and over 100 photos of Maharishi and his celebrity disciples (the Beatles, Deepak Chopra, Mia Farrow, Beach Boys, and many more). Susan's candid, honest portrayal draws back the curtain on her shattering, extreme emotional seesaws of heaven and hell at her guru's hands. This compelling, haunting memoir will continue to challenge readers long after they turn its last page. It dismantles all previous beliefs about the spiritual path and how spiritual masters are supposed to behave. Susan shares: "Merely by being in his presence, we disciples entered an utterly timeless place and rapturous

feeling, and, at the same time, realized the utter futility and insanity of the mundane world." Susan's heartfelt masterwork blends her experiences, exacting research, artistically descriptive and humorous writing, emotional intelligence, and intensely personal inner exploration into a feast for thought and contemplation. Neither starry-eyed nor antagonistic, it captures, from a balanced viewpoint, the essence of life in an ashram.

Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace-- Includes the complete Primary Series
Simon and Schuster

Strength in Stillness: The Power of Transcendental Meditation by Bob Roth:
Trivia/Quiz for Fans Transcendental
Meditation teacher Bob Roth shares his

decades-long experience of practice and teaching meditation to celebrities, industry leaders, students and to common folk. He explains its benefits, primarily as an effective tool against stress and for improving quality of life. First hand accounts of practitioners like Hugh Jackman, Ellen DeGeneres, and Michael J. Fox are recounted along with Roth's life-long meditation practice since he started as a stressed and anxious college student 45 years ago. CEO of the David Lynch Foundation, Roth teaches TM to underserved children around the world and in the US, as well as to victims of violence and post-traumatic stress, and war veterans. Features You'll Discover Inside: - A comprehensive guide to aid in discussion & discovery - 30 multiple choice

questions on the book, plots, characters, and author - Insightful resource for teachers, groups, or individuals - Keep track of scores with results to determine "fan status" - Share with other book fans and readers for mutual enjoyment

Disclaimer: This is an unofficial summary, analysis and trivia book to enhance a reader's experience to books they already love and appreciate. We encourage our readers to purchase the original book first before downloading this copy for your enjoyment.

Kaa's Hunting (The First Jungle Book) Permuted Press

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to

having land of their own.

The Power of Meditation Shambhala Publications

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of

those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

The Final Century of Our Relationship
Thomas Nelson

During the time Mowgli was with the wolf pack, he is abducted by the Bandar-log monkeys to the ruined city. Baloo and Bagheera set out to rescue him with Kaa the python. Kaa defeats the Bandar-log, frees Mowgli, and hypnotises the monkeys and the other animals with his dance. Mowgli rescues Baloo and Bagheera from the spell. *The Jungle Book* (1894) is a collection of stories by English author Rudyard Kipling. The stories were first published in magazines in 1893-94. The original publications contain illustrations, some by Rudyard's

father, John Lockwood Kipling. Kipling was born in India and spent the first six years of his childhood there. After about ten years in England, he went back to India and worked there for about six-and-a-half years. These stories were written when Kipling lived in Vermont. Famous stories of The Jungle Book
 Rudyard Kipling: Mowgli's Brothers, Kaa's Hunting, Tiger! Tiger!, The White Seal, Rikki-Tikki-Tavi, Toomai of the Elephants, Her Majesty's Servants.
Strong and Weak Simon and Schuster
 For nearly fifty years, the Transcendental Meditation (TM) program of Maharishi Mahesh Yogi has helped followers use meditation as a path to gain deep relaxation, eliminate stress, promote health, increase creativity and intelligence, and attain inner happiness

and fulfillment. Today, it is the single most effective technique available. Robert Roth, who completed his training directly under the supervision of Maharishi Mahesh, is one of the most knowledgeable exponents of these practices in North America. In Maharishi Mahesh Yogi's TM: Transcendental Meditation Roth addresses the benefits and techniques of TM, as well as its value for stress reduction and personal development. It is a unique guide to an enormously popular and successful program. *Pathways to Stillness* HarperCollins
 It's widely accepted that Transcendental Meditation (TM) can create peace for the individual, but can it create peace in society as a whole? And if it can, what could possibly be the mechanism? In An

Antidote to Violence Barry Spivack and Patricia Saunders examine the peer-reviewed research and suggest that TM can influence the collective consciousness of a society which leads to a decrease in negative social trends, such as a decline in war fatalities, and to an increase in cooperation between nations. Weaving together psychology, sociology, philosophy, statistics, politics, physics and meditation, An Antidote to Violence provides evidence that we have the knowledge to reduce all kinds of violence in society.

The Total Strength and Flexibility Workout Sounds True

Winner of the Marshall McLuhan Outstanding Book Award People's New Book Worth Reading Real Simple's Great Books You Won't Be Able to Put Down

Entrepreneur's 12 Productivity and Time-Management Books to Read "I'm won over to a day with people, not screens....I tried Shlain's idea. I highly recommend it." —The New York Times "Tiffany Shlain is a modern-day prophet, brilliant and incredibly funny in equal measure...24/6 is timeless and timely wisdom." — Angela Duckworth, #1 New York Times bestselling author This "wise, wonderful work" (Publishers Weekly starred review) demonstrates how turning off screens one day a week can work wonders on your brain, body, and soul. Do you wish you had more time to do what you love, think deeply, and focus on the people and things that matter most? By giving up screens one day a week for over a decade, Internet pioneer and renowned filmmaker Tiffany

Shlain and her family have gained more time, productivity, connection, and presence. Shlain takes us on a thought-provoking and entertaining journey through time and technology, introducing a strategy for flourishing in our 24/7 world. Drawn from the ancient ritual of Shabbat, living 24/6 can work for anyone from any background. With humor and wisdom, Shlain shares her

story, offering the accessible lessons she has learned and providing a blueprint for how to do it yourself. “Bolstered with fascinating and germane facts about neuroscience, philosophy, psychology, and the history of the concept of a day of rest” (Publishers Weekly), 24/6 makes the case for incorporating this weekly reset into our 24/7 lives, issuing a call to rebalance ourselves and our society.