



DR. TONY NADER

PRESS KIT 2025

*Leader of
Transcendental
Meditation*
Organizations
Worldwide*

MIT-Trained Neuroscientist
Medical Doctor • Vedic Scholar

The New York Times

BESTSELLER



Awards

- *New York Times* Bestseller Author
- 2025 Excellence in Book Production Award Winner
- 2024 Pencraft Book
- 2024 International Impact Book
- 2024 American Book Fest
- 2024 American Writing
- 2024 Literary Titan Book
- 2024 Royal Dragonfly Book
- 2024 Bestsellers World

Quick Facts

- Global leader of international Transcendental Meditation* (TM*) organizations, appointed by Maharishi Mahesh Yogi*
- Leader of all certified TM teachers and the the Consciousness Advisor* program.
- Medical doctor trained at Harvard Medical School; Ph.D. in Brain & Cognitive Science from MIT.
- Former Assistant Director of Clinical Research at MIT and clinical research fellow at Massachusetts General Hospital / Harvard Medical School.
- President, Maharishi International University (MIU) in Fairfield, Iowa, an accredited university that brings Consciousness-Based* education to its students.
- Chair, Dr. Tony Nader Institute, dedicated to expanding research and training on Consciousness and its applied technologies.
- Chair, Global Union of Scientists for Peace, dedicated to the research and use of evidence-based, nonviolent approaches to preventing terrorism, war, and social violence, promoting national security, and achieving global peace.
- Bestselling author of *Consciousness Is All There Is* and other works connecting modern science and Vedic knowledge.
- Delivered the keynote address at the United Nations' first World Meditation Day.



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Dr. Tony Nader M.D., Ph.D., is a neuroscientist, medical doctor, and Vedic scholar trained at Harvard and MIT. He was appointed by Maharishi Mahesh Yogi to be the leader of the Transcendental Meditation organizations worldwide, he is a bestselling author whose work unites cutting-edge science with ancient wisdom to improve health, performance, and societal well-being.

Dr. Nader guides tens of thousands of certified TM teachers and Consciousness-Based programs worldwide. Dr. Nader also serves as President of Maharishi International University in Fairfield, Iowa (since 2024) and has served in numerous academic and organizational leadership roles. Through books, courses, and media, he translates research-backed tools such as the TM technique into practical methods for reducing stress, improving health, and enhancing collective well-being.

Earlier in his career, Dr. Nader completed a Ph.D. in Brain & Cognitive Science at MIT, served as Assistant Director of Clinical Research at MIT, and was a clinical research fellow at Massachusetts General Hospital at Harvard Medical School. Through books, courses, and media, Dr. Nader translates research-backed tools such as the TM technique into practical methods for reducing stress, improving health, and enhancing collective well-being. His *New York Times* bestseller *Consciousness Is All There Is* provides a unified view of mind, body, and environment, offering practical tools for health, clarity, and purpose.



He has published scientific and scholarly works, including *Human Physiology: Expression of Veda and Vedic Literature* and *Ramayan in Human Physiology*. He also offers accessible masterclasses such as Consciousness: A New Paradigm*, SuperHabits*, and SuperRelationships*. A frequent media guest and keynote speaker—including the United Nations' first World Meditation Day—Dr. Nader shares evidence-based approaches that help individuals and societies reduce stress and realize their full potential.

Signature Talks

Consciousness Is All There Is: A New Paradigm for Health, Performance, and Purpose

A compelling synthesis of neuroscience and Vedic science that reframes consciousness as foundational to human health and societal well-being, with practical steps anyone can apply.

From Inner Peace to World Peace: The Maharishi Effect Explained

The “Maharishi Effect” predicts that the square root of 1% of a population practicing the advanced TM-Sidhi* program as a group can reduce collective stress and raise collective Consciousness in society. More than 50 papers have been published in peer-reviewed journals or professional conference proceedings on the Maharishi Effect, including:

- One study focused on the summer of 1983 when Israeli troops occupied Beirut. When the number of TM World Peace Assembly in Jerusalem participants was high, war deaths decreased by 76%.
- A 17-year study published in 2022 showed significant reductions in murder, rape, assault, robbery, infant mortality, drug-related deaths, vehicle fatalities, and death of children by injuries when the number practitioners of the TM-Sidhi program at MIU surpassed the square root of 1% of the U.S. population.

For scientific references, see drtonynader.com/world-peace

The Proven Benefits of the Transcendental Meditation Program.

What 55+ years of research reveal about the TM technique’s physiological signature—reduced respiration, lower cortisol, improved brain coherence—and its impact on sleep, cardiovascular health, and productivity.



SuperHabits & SuperRelationships: Consciousness-Based Behavior Change

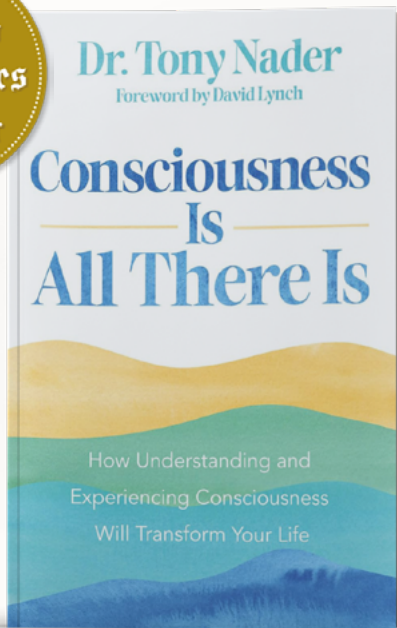
How to work at the root level of habit formation and relationships using insights from neuroscience, Ayurveda, and consciousness development.



Consciousness-Based Education* & Leadership

Bringing the development of creative potential into classrooms and organizations; lessons from MIU and large-scale adoption of TM practice.

Best-Selling Release from Dr. Nader



"I am awed by Dr. Nader's wisdom and inspired by his message. He grasps and explains the most profound concepts about existence. *Consciousness Is All There Is* will open doors of perception for you to a new and profound understanding of life."

— MARCI SHIMOFF, co-author of the #1 *New York Times* bestseller *Chicken Soup for the Woman's Soul* and author of *Happy for No Reason*

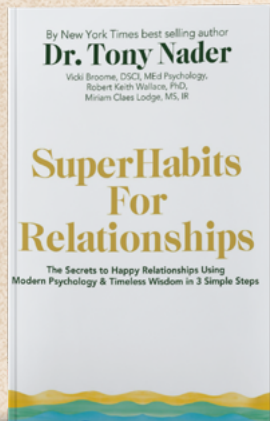
"My career is focused on creating community. The operable part of that word is unity. Today, cultivating an orientation to belonging and unity is our most precious north star. In his book *Consciousness Is All There Is*, Dr. Tony Nader doesn't just talk about unity, he describes with impeccable logic the reality that unity is the ultimate nature of life and that we are all headed there as we evolve. Read this book. It will put you on a path to something extraordinary."

— RADHA AGRAWAL, co-founder and CEO of Daybreaker community and co-founder of Thinx

"Does the brain create consciousness, as is the predominant thinking of today? No! No! No! It's the opposite. Consciousness creates the brain!!! And it's consciousness which creates everything in manifestation. This book by Dr. Tony Nader tells the story of 'CONSCIOUSNESS ALONE IS.' This book thrilled me to my core. Page after page of the truth of how it all works. Is this book a must-read? You better believe it is!!!"

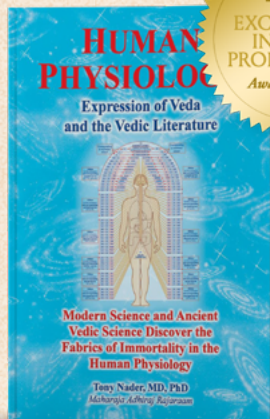
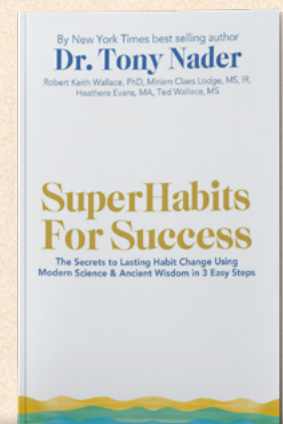
— DAVID LYNCH, Academy Award-winning filmmaker and bestselling author of *Catching the Big Fish: Meditation, Consciousness, and Creativity*

Other Books by Dr. Tony Nader



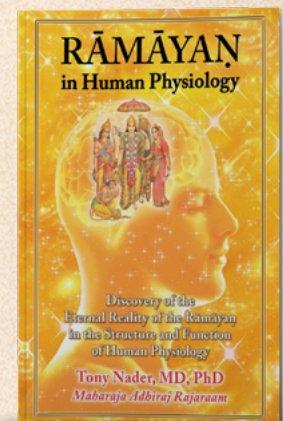
SuperHabits for Relationships — Practical tools to build deeper, more meaningful personal and professional connections, drawing on Vedic wisdom, psychology, and neuroscience.

SuperHabits for Success — A consciousness-based approach to lasting behavior change that works at the root level—beyond willpower—integrating insights from Ayurveda, neuroscience, and psychology.



Human Physiology: Expression of Veda and Vedic Literature — A groundbreaking synthesis showing how the intelligence of Veda is reflected in human physiology; includes an endorsement by Maharishi Mahesh Yogi.

Ramayan in Human Physiology — The sequel that uncovers correspondences between the structure of the Ramayan and human physiology, reframing the ancient epic as an inner narrative.



Courses

Consciousness: A New Paradigm (14 lessons) — Explores the most profound questions of human life and practical applications of a Consciousness-Based paradigm.

SuperRelationships (10 weeks) — A structured program to create better connections in romantic, family, and professional life using Consciousness-Based tools.

SuperHabits (10 parts) — Weekly tools and real-life application to build a personalized habit toolkit aligned with your goals.

Consciousness Applied — How Consciousness-Based approaches support well-being, purpose, and success across life domains.

Programs

Transcendental Meditation Technique — The Transcendental Meditation technique is taught over four consecutive days, followed by additional sessions and support by certified TM teachers. The first session is an individual, in-person session and the remainder are group sessions with your teacher, either in-person or held remotely.

Consciousness Advisor* Program — Personalized recommendations—from habits to Ayurveda, sound and light therapies—delivered through trained advisors; includes a free 30-minute session.

Consciousness-Based Education — Maharishi International University is an accredited university offering Consciousness-Based education to develop the creative potential of every student through the Transcendental Meditation technique and TM-Sidhi programs within a rich academic environment.

Peace Initiative Program — a global effort for practitioners to collectively enliven coherence in world Consciousness, thereby reducing social stress, tension, and conflict to establish permanent groups of 10,000 TM and TM-Sidhi practitioners, aiming to generate a measurable, lasting influence on world peace.

Research on the Transcendental Meditation* Technique

The TM* technique is an easy and effortless form of meditation practiced for 20 minutes twice a day. After just a few minutes of TM practice, people typically feel more refreshed, clear-minded, and ready for action. With regular practice, Consciousness develops, and we enjoy greater success, happiness, inner peace, creativity, better health, and better relationships.

Over 420 peer-reviewed published studies show that the TM technique provides important mental and physical health benefits, improves productivity, academic performance, and well-being.

Examples include:

- 48% decreased risk of heart attack, stroke, or death in heart patients
 - 30% decrease in stress-related blood cortisol
 - Increased brain integration on EEG
 - 56% decrease in hospitalizations
 - Reduced anger, depression, fatigue, confusion
 - Reduced anxiety symptoms, sleep problems, and burnout
-

The official American Heart Association 2025 blood pressure management guideline now includes the TM technique among evidence-based lifestyle approaches for prevention and treatment of elevated blood pressure and hypertension—the only meditation program to be so included.

“TM is not a philosophy that you have to believe in. It’s not a way of life that you have to adopt. It is a fundamental necessity to experience fulfillment in life, irrespective of one’s belief system, political affiliation, or social role.”

--Dr. Tony Nader

Media & Podcasts



UNITED NATIONS — WORLD MEDITATION DAY KEYNOTE — *Meditation, Collective Consciousness, and Peace*

WBBJ (JACKSON, TN) —

[Neuroscientist shares mental wellness tips as many Americans face burnout.](#)

FOX10 NEWS (MOBILE, AL) —

[Solution to Burnout & Mental Health.](#)

WANDER MAGAZINE —

[Transcendental Meditation and the Science of Consciousness.](#)

BRIDGE CHRONICLE (PUNE, INDIA) —

[Honorary doctorates on Tony Nader and Sadanand Sardeshmukh.](#)

TIMES OF ISRAEL—

[A Brain-Based Solution for Lasting Peace in Israel.](#)

PODCASTS —

Conversations with Chase Jarvis, Jack Canfield, Susan Blackmore, Michael B. Beckwith, Julie Foucher, Jim Doty, Alex Ferrari, Kelly Kessler, Connie Cheung, and more.

Endorsements

“Dr. Nader is brilliant in bringing simplicity to what most of us find complicated. You will be empowered to respond better to your circumstances.”

— DR. FABRIZIO MANCINI, international best-selling author of
The Power of Self-Healing and *The Feeling Fab Well-Adjusted Soul*

“Through his understanding of modern science and ancient Vedic Science, Dr. Nader’s approach to consciousness has the potential to save the world from war and annihilation.”

— MAYA SHAHANI, The Shahani Group

“Dr. Nader offers a powerful thesis of Consciousness—the singularity at the heart of nature and the most intimate fact of our existence.”

— HON. W. SCOTT GOULD, former Deputy Secretary,
U.S. Department of Veterans Affairs

“As the successor to Transcendental Meditation founder Maharishi Mahesh Yogi, Dr. Nader is uniquely qualified to elucidate the path to enlightenment as something real and natural, and he does so on the basis of neurophysiological refinement that utilizes the existing mechanics of human physiology.”

— ROBERT KEITH WALLACE, PHD, pioneering meditation researcher, coauthor
of *The Coherence Effect* and author of
The Neurophysiology of Enlightenment

“*Consciousness Is All There Is* dives deep into how we can make life work for everyone. Dr. Nader not only provides a clear, logical description of the ultimate structure of life, he provides the keys to resolve any problem you may be facing. In this time of turmoil and separation, this book is a lighthouse for anyone to find their way home.”

— JANET BRAY ATTWOOD, *New York Times* bestselling co-author of
The Passion Test



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