



DAVID LYNCH FOUNDATION

INTERVIEW QUESTIONS

What is Transcendental Meditation (TM)?

How does TM differ from other types of meditation?

What is the mission of the David Lynch Foundation?

Who does the David Lynch Foundation serve with its work?

What are some of the benefits of practicing TM?

What are the effects of TM on stress, anxiety, and trauma?

In what ways does practicing TM impact the brain?

How can TM improve creativity and professional performance?

What does the latest scientific research say about TM?