

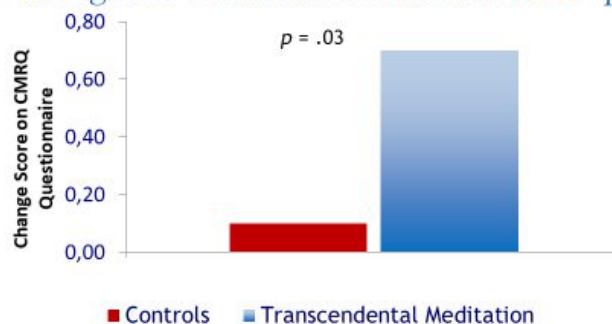
## Positieve Attitude en Enthousiasme op het werk

**Study of executives and workers in two companies in the US automotive industry; longitudinal study before and after three months compared to controls not learning the practice.**

Alexander CN, Swanson GC, Rainforth MV, Carlisle TW, Todd CC, Oates RM. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. **Reference:** *Anxiety, Stress, and Coping* 1993 6:245-262.

### Increased Satisfaction with Professional and Personal Life

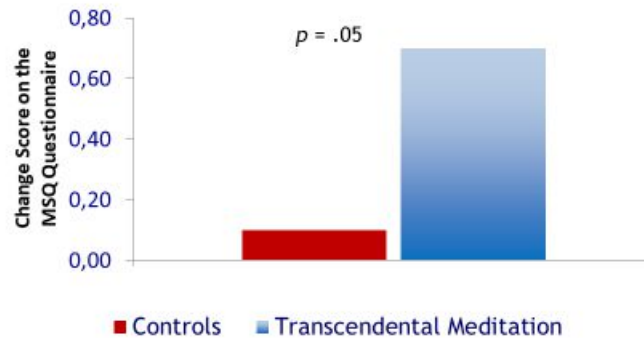
through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation technique, participants showed increased professional and personal satisfaction, in comparison to controls from the same work sites.

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

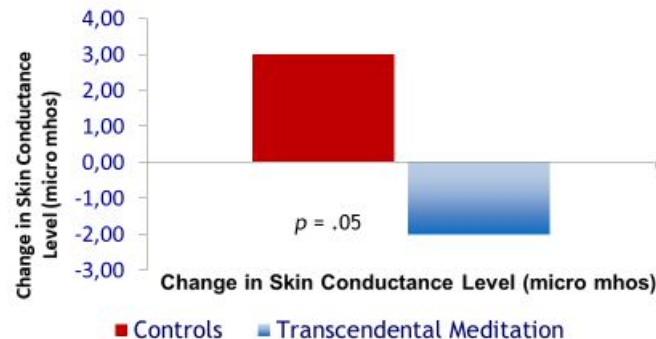
## Improved Work and Personal Relationships through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation technique, participants showed improved work and personal relationships in comparison to controls from the same work sites.

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

## Decreased Stress during Task Performance through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation Program, participants showed decreased physiological stress (reduced skin conductance) during performance of a task, in comparison to controls from the same work sites.

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

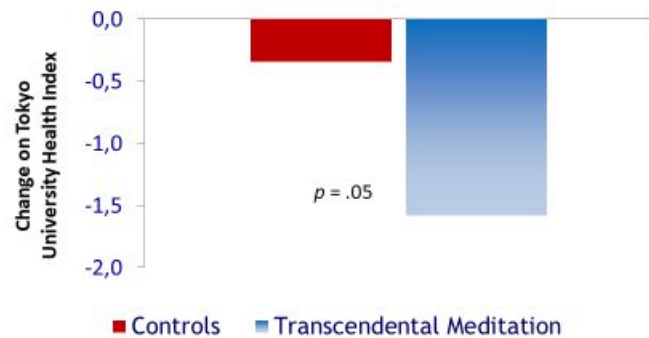
**Study of a large group of industrial workers at Sumitomo Heavy Industries in Japan; changes after five months with 427 learning Transcendental Meditation and 308 controls in the same factories.**

Haratani T, Hemmi T. Effects of Transcendental Meditation on health behavior of industrial workers. *Japanese Journal of Public Health* 1990 37:729.

Haratani T, Hemmi T. Effects of Transcendental Meditation on mental health of industrial workers. *Japanese Journal of Industrial Health* 1990 32:656.

## Decreased Emotional Instability in Industrial Workers

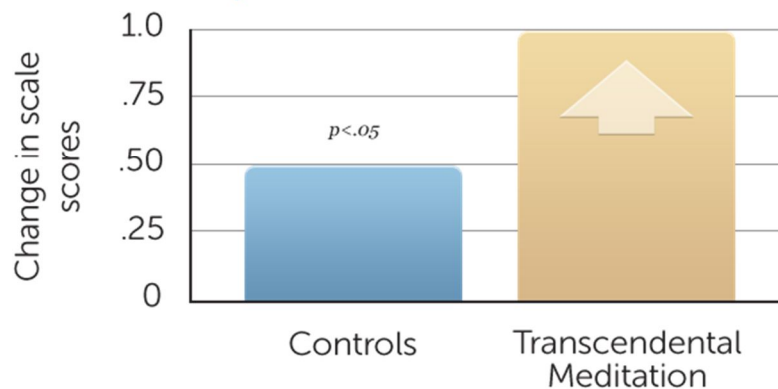
through the *Transcendental Meditation* technique



A study conducted at Sumitomo Heavy Industries by the Japanese National Institute of Industrial Health found decreased emotional instability in workers who learned the Transcendental Meditation Program in comparison to control workers.

**Reference:** *Japanese Journal of Industrial Health* 32: 656, 1990.

## Improved Relationships with Supervisors



*Anxiety, Stress and Coping: An International Journal* 6: 245-262, 1993