



November 1, 2006

To Whom It May Concern:

I am delighted to write this letter of recommendation on behalf of the Transcendental Stress Management program. As the Executive Director of University Health Services at Florida International University, I serve as the chief physician and administrator of a rapidly growing department as well as an adjunct professor in the College of Health Sciences and a member of the advisory team for the accreditation and curriculum development for the new medical school at the University. Obviously, to handle these multiple professional challenges, I need to perform efficiently and effectively, as well as better manage stress. Over two years ago after a recommendation by an esteemed psychologist colleague and after review of the medical literature pertaining to the many health benefits of meditation, I enrolled in a course in Transcendental Stress Management taught by Mr. Mike Scozzari. In less than one week after completing the four-day course, I began to feel a spiritual calmness and have become better in touch with my emotions, something that became quite apparent to my colleagues at work as well as members of my family.

With Transcendental Stress Management I sit and meditate twice a day for 20 minutes each sitting. During the meditation, the body is able to rest deeply while the mind remains alert. The benefits include improved health, more energy and a profound calmness, which is especially welcomed after a busy day.

I have no hesitation recommending TSM to my colleagues, medical practitioners, patients, and students. Instructor Mike Scozzari taught me the standardized meditation class in a professional and effective manner. After personally experiencing significant benefits, I have since invited Mike to speak twice before an audience of health care professionals and students at the University. I firmly believe that this method of meditation is an extremely effective method to assist anyone desiring a better, healthier life. As a medical doctor with a specialty in internal medicine, it is obvious just how damaging stress can be to one's health and success. Since TSM is easy to learn and practice, I firmly and professionally believe that anyone could receive significant physical and mental health benefits from its daily practice. I know that I certainly look forward to my regular meditation sittings each day.

Sincerely,

Robert Dollinger, M.D.
Executive Director, University Health Services
Florida International University