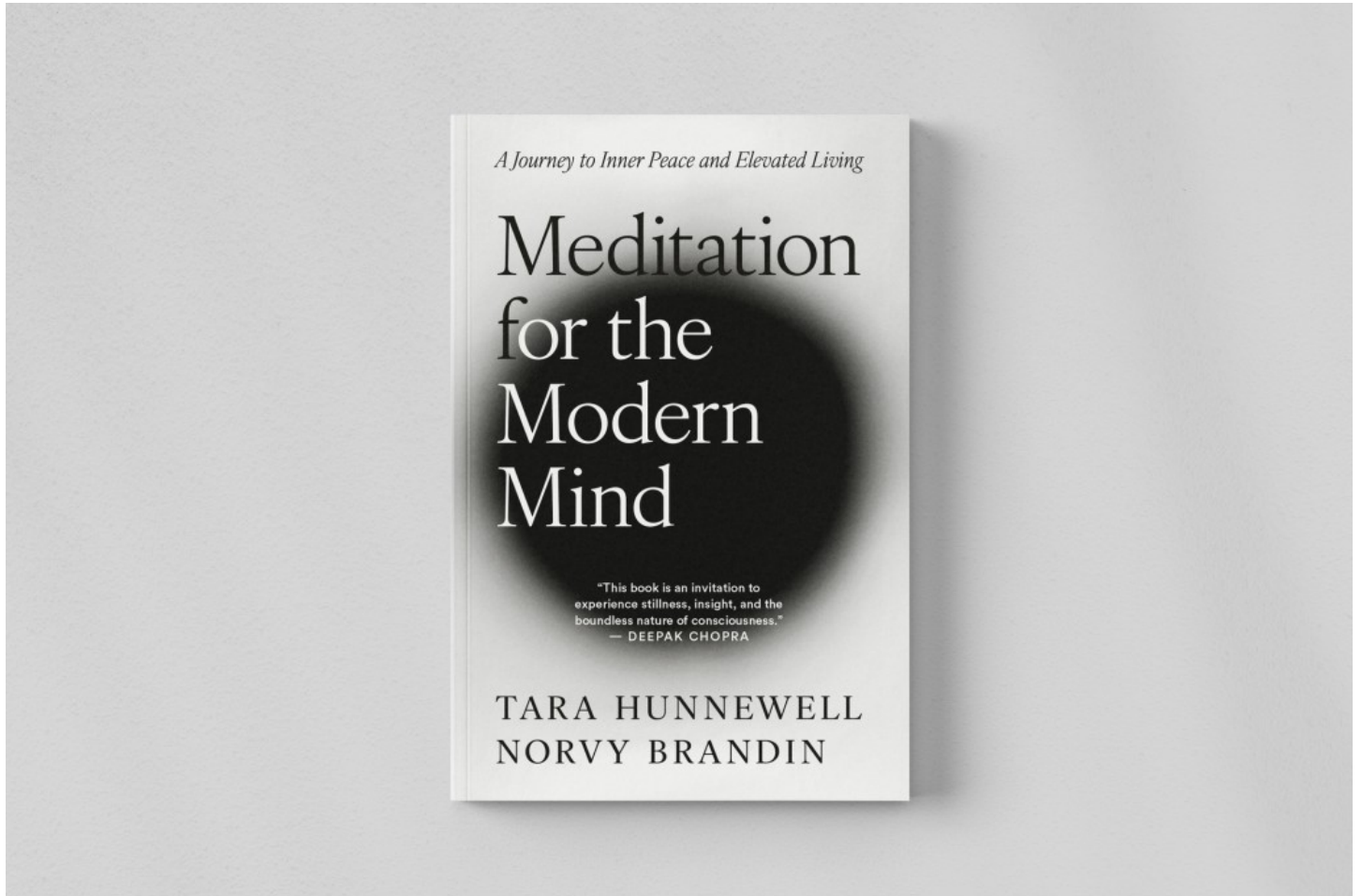


The NOW Releases “Meditation for the Modern Mind,” Offering a Grounded Path to Inner Peace in a Distracted World

Endorsed by Dr. Deepak Chopra, the new book bridges science-based meditation with real-life transformation



Los Angeles, California Jun 4, 2025 ([IssueWire.com](https://www.issuewire.com)) - A new book from personal development company **The NOW** invites readers to rediscover presence in the midst of a fast-paced and demanding world. *Meditation for the Modern Mind: A Journey to Inner Peace and Elevated Living*, authored by **Tara Hunnewell** and **Norvy Brandin**, combines grounded meditation practices with personal stories to make stillness and inner peace accessible to modern readers.

The book has received early praise, including a powerful endorsement from world-renowned author and teacher **Dr. Deepak Chopra**.

“Tara and Norvy are sincere explorers of consciousness and devoted to the path of awakening,” says **Deepak Chopra, M.D.** “In *Meditation for the Modern Mind*, they offer a gentle and grounded invitation to return to presence. This book is both a guide and a reminder that peace is not something we seek, but something we remember. Through stillness, awareness, and love, we discover who we truly are.”

The authors bring distinct and compelling backgrounds to the work. Norvy Brandin, a former championship speedway racer from Sweden, began exploring meditation through mental training for peak performance. Tara Hunnewell, a singer and actress from New England, USA, discovered mindful awareness through the arts, yoga, and transformational coaching. Their paths converge in this book to offer readers an honest, relatable, and practical guide to meditation.

Released by **The NOW**, a Sweden and California-based wellness company focused on science-based meditation and personal transformation, *Meditation for the Modern Mind: A Journey to Inner Peace and Elevated Living* is now available for **pre-order** in English and Swedish in hardcover, paperback, and ebook formats. The book officially releases on **June 25, 2025**.

Availability:

The book is distributed worldwide via [Amazon](#), [Barnes & Noble](#), [Adlibris](#), [Walmart](#), and other major online retailers.

Contact for Media Inquiries, Interviews, or Review Copies:

info@theNOW.se

www.thenow.se

Instagram: [@thenowstudio](#)



Media Contact

The NOW

*****@thenow.se

+46 709124400

Kastellgatan 16

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