



# Success Through Stillness: Meditation Made Simple

*Russell Simmons, Chris Morrow*

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**Master entrepreneur, original hip-hop mogul, and *New York Times* bestselling author Russell Simmons shares the most fundamental key to success—meditation—and guides readers to use stillness as a powerful tool to access their potential.**

In the *New York Times* bestseller *Super Rich*, Russell Simmons proved that to be rich is more than just having money in the bank—wealth is about balance, joy, and conscientious living.

In *Success Through Stillness*, Simmons shows the connection between inner peace and outward success through interviews with other successful leaders in various industries, and how learning to be still has been instrumental in his own career. Simmons attributes his meditation practice with changing his life for the better and says that there is no “bad” way to meditate, only different forms for different people.

In this highly anticipated new book, Russell Simmons guides readers into finding greater clarity and focus, and explains how to be healthier in both mind and body. Simmons breaks down what he’s learned from masters of meditation into a guide that is accessible to those unfamiliar with the practice.

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