



Catching the Big Fish: 10th Anniversary Edition

David Lynch

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For the 10th anniversary of David Lynch's bestselling reflection on meditation and creativity, here is a new edition featuring the author's exclusive interviews with Paul McCartney and Ringo Starr.

When it first appeared in 2006, David Lynch's *Catching the Big Fish* was celebrated for being "as close as Lynch will ever come to an interior shot of his famously weird mind" (*Rocky Mountain News*) Now for the bestseller's 10th anniversary, Lynch dives deeper into the creative process and the benefits of Transcendental Meditation with the addition of his exclusive q-and-a interviews with **Paul McCartney** and **Ringo Starr**.

The musicians open up to Lynch about their artistry, history, and the benefits they have experienced, artistically and personally, from their decades-long practice of Transcendental Meditation -- a technique that they and their fellow *Beatles* helped popularize in the 1960s.

Catching the Big Fish is a revelation for all want to understand Lynch's personal vision. And it is equally compelling for any who wonder how they can nurture their own creativity.

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