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David Lynch Foundation Executive Director Bob Roth Launches "Success without Stress" Series on SiriusXM

On limited-run six-week series based on the power and principles of Transcendental Meditation, Roth offers listeners the tools to combat stress, unlock creative potential and achieve personal and professional success

Iconic guests including Jerry Seinfeld and David Lynch sit down with Roth to reveal their personal experiences with TM and the role it has played in their lives and careers

NEW YORK, Jan. 15, 2014 /PRNewswire/ -- SiriusXM announced that it will launch *Success without Stress*, a six-week, limited run series hosted by Bob Roth, Executive Director of the David Lynch Foundation, one of the leading forces in the world of Transcendental Meditation (TM) and a teacher of the method for forty years.

(Logo: <https://photos.prnewswire.com/prnh/20101014/NY82093LOGO>)

Through his work with the David Lynch Foundation, Roth teaches Transcendental Meditation to people from all backgrounds—from veterans with post-traumatic stress syndrome to at-risk students to single mothers to CEOs to celebrities—to help them live healthy and happy lives. On *Success without Stress*, Roth will guide listeners through the basic principles and transformative powers of the 5000 year-old practice and illustrate how it can improve their daily lives mentally, physically and emotionally.

Success without Stress will launch on Wednesday, January 22 at 7:00 pm ET and air Wednesdays at this time through February 26 via satellite on Indie, SiriusXM channel 104, and through the SiriusXM Internet Radio App on smartphones and other connected devices, as well as online at siriusxm.com. It will be available on SiriusXM On Demand for subscribers listening via the SiriusXM Internet Radio App for smartphones and other mobile devices or online at siriusxm.com.

On the show, Roth will interview some of the most creative and successful people in the world including Jerry Seinfeld and David Lynch, as well as leaders from the worlds of military, business, finance and education, about their experience with TM, the role it plays in their lives, effects it has on their work and the impact of stress on success. Seinfeld's one-hour, in-depth conversation with Roth will kick off the series on January 22.

"Stress is the black plague of the 21st century, and published research reveals the antidote may be meditation, not medication," said Bob Roth. "Transcendental Meditation can unlock the clarity, peace of mind, energy, intuition, creativity and motivation we all have within

ourselves, and I am thrilled to have the opportunity to give SiriusXM listeners the keys to unlock their potential and reach their goals on *Success without Stress*."

"Bob Roth has helped some of the country's best known people to achieve their best life and great success through transcendental meditation," said Scott Greenstein, President and Chief Content Officer, SiriusXM. "Now through his new SiriusXM series, Bob brings that advice and wisdom to our listeners across the country to help them start the new year stress-free and inspired to accomplish whatever they want."

The benefits of meditation have been studied and found effective by the Harvard School of Medicine, the National Institutes of Health, the U.S. Department of Defense, the American Heart Association and the American Medical Association. Transcendental Meditation has been proven to reduce acute and chronic stress and stress-related disorders, decrease anxiety and depression, help individuals overcome addictions and simultaneously develop the brain and creative potential of the individual.

As the Executive Director of the David Lynch Foundation, Roth has helped to direct the introduction of the Transcendental Meditation (TM) program to over 250,000 at-risk students in 130 public and charter schools in the United States, Latin America, the Middle East and Africa. He also serves as national director of the Center for Leadership Performance, where he helped to oversee the introduction of the TM program in business, industry and governmental organizations. Roth has been a teacher of transcendental meditation for 40 years and is the author of the definitive book on the technique, *Transcendental Meditation*, which has been published in 21 languages.

For more information, visit www.siriusxm.com and www.davidlynchfoundation.org.

About SiriusXM

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This communication contains "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Such statements include, but are not limited to, statements about future financial and operating results, our plans, objectives, expectations and intentions with respect to future operations, products and services; and other statements identified by words such as "will likely result," "are expected to," "will continue,"

"is anticipated," "estimated," "believe," "intend," "plan," "projection," "outlook" or words of similar meaning. Such forward-looking statements are based upon the current beliefs and expectations of our management and are inherently subject to significant business, economic and competitive uncertainties and contingencies, many of which are difficult to predict and generally beyond our control. Actual results may differ materially from the results anticipated in these forward-looking statements.

The following factors, among others, could cause actual results to differ materially from the anticipated results or other expectations expressed in the forward-looking statements: our competitive position versus other forms of radio and audio services; our dependence upon automakers; general economic conditions; failure of our satellites, which, in most cases, are not insured; our ability to attract and retain subscribers at a profitable level; royalties we pay for music rights; the unfavorable outcome of pending or future litigation; rapid technological and industry change; failure of third parties to perform; changes in consumer protection laws and their enforcement; and our substantial indebtedness. Additional factors that could cause our results to differ materially from those described in the forward-looking statements can be found in our Annual Report on Form 10-K for the year ended December 31, 2012, which is filed with the Securities and Exchange Commission (the "SEC") and available at the SEC's Internet site (<http://www.sec.gov>). The information set forth herein speaks only as of the date hereof, and we disclaim any intention or obligation to update any forward looking statements as a result of developments occurring after the date of this communication.

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