

[PDF] The Relaxation Response

Herbert Benson, Miriam Z. Klipper - pdf download free book

Books Details:

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Description:

When you look at the popularity of mind-body medicine today, it's hard to understand what a groundbreaking book this was when it was first published in 1975. Based on studies at Boston's Beth Israel Hospital and Harvard Medical School, Dr. Herbert Benson showed that relaxation techniques such as meditation have immense physical benefits, from lowered blood pressure to a reduction in heart disease. *The Relaxation Response* demystifies the mantra meditation used in the transcendental meditation program, explaining how anyone can reap its advantages with or without the help of a guru. If you want to understand the beginnings of today's alternative medicine movement, or if you're simply looking to learn a simple meditation technique without a lot of metaphysical trappings, this is a good place to start. --Ben Kallen

About the Author

Herbert Benson, M.D. is an Associate Professor of Medicine at the Harvard Medical School and Chief of the Division of Behavioral Medicine at Beth Israel Deaconess Medical Center, Mind/Body Medical Institute. He lives in Boston, Massachusetts.

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