

The Relaxation Response

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An updated health handbook outlines techniques of concentration designed to reduce physiological stress and presents scientific data indicating the effectiveness of similar systems of relaxation. Reprint.

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

When Dr. Herbert Benson introduced this simple, effective, mind/body approach to relieving stress twenty-five years ago, his book became an instant national bestseller. Since that time, millions of people have learned the secret--without high-priced lectures or prescription medicines. The Relaxation Response has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress.

Discovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic approach is now routinely recommended to treat patients suffering from heart conditions, high blood pressure, chronic pain, insomnia, and many other physical ailments. It requires only minutes to learn, and just ten to twenty minutes of practice twice a day.

Other Books

The preoperative use of the relaxation response with ambulatory surgery patients.

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