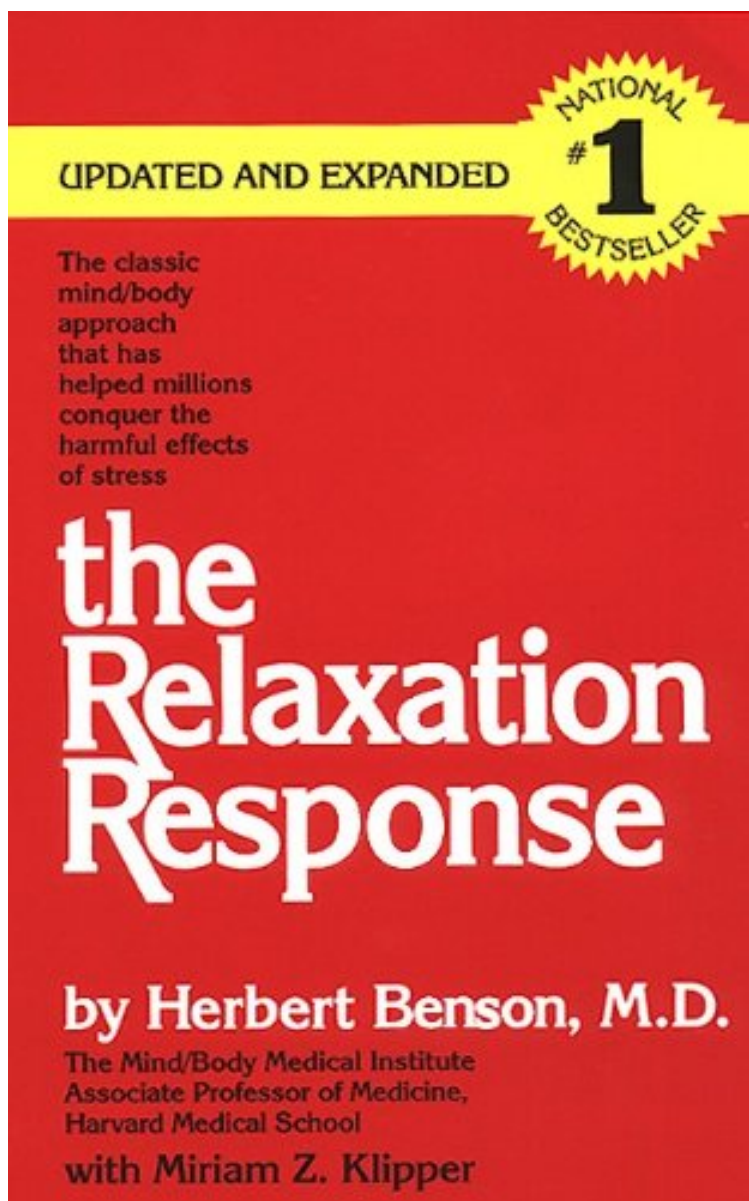


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The Relaxation Response



Par Herbert Benson M.D., Miriam Z. Klipper

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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 and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day. *Revue de presse* This is the book that started it all, demystifying meditation and ushering it into the mainstream. Dr.

Benson offers a simple technique for quieting the mind--and we need it now more than ever. (Amy Bernstein, editor of the Harvard Business Review) For the first time, the ebook includes a video of Dr. Benson teaching how to elicit the relaxation response. This video allows the reader to access his or her innate capacity to counteract the harmful effects of stress. When Dr. Herbert Benson introduced this simple, effective, mind/body approach to relieving stress forty 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 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 and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.