



The Relaxation Response

Herbert Benson M.D., Miriam Z. Klipper

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

This revitalizing, therapeutic approach, discovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, is now routinely recommended to treat patients suffering from heart conditions, high blood pressure, chronic pain, insomnia, and many other physical ailments. Requiring only minutes to learn, and just ten to twenty minutes of practice twice a day, *the Relaxation Response* has proven to be one of the most effective ways to relieve the tensions of modern-day living for a richer, healthier, more productive life.

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