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The term, Relaxation Response was coined by Dr. Herbert Benson, professor, author, cardiologist, and founder of Harvard s Mind/Body Medical Institute.

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### **Steps to Elicit the Relaxation Response**

Steps to Elicit the Relaxation Response The following is the technique reprinted with permission from Dr. Herbert Benson's book The Relaxation Response pages 162-163

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### **Relaxation Response**

Comparison of Relaxation Response with Transcendental Meditation. For more information, see [www.TruthAboutTM.org](http://www.TruthAboutTM.org). Dr. Benson's research in to meditation began with the Transcendental Meditation technique as taught by Maharishi Mahesh Yogi.

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### **The Relaxation Response Amazon de Herbert Benson M D**

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

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### **Herbert Benson Wikipedia**

Benson pr gte den wissenschaftlichen Begriff der Benson-Meditation (engl. relaxation response) er schrieb auch ein Buch mit demselben Titel und benutzte diesen Begriff, um die F higkeit des K rpers zu beschreiben, Entspannung von Muskeln und Organen zu stimulieren.

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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.

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### **Herbert Benson The Relaxation Revolution Enhancing Health Through Mind Body Healing**

In the 1970s, Dr. Herbert Benson of Harvard Medical School ushered in a new era of understanding in the field of mind body medicine. Coining the term "relaxation response," Dr. Benson identified

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### **Benson Meditation Wikipedia**

Die Benson-Meditation, auch Relaxation Response genannt, ist eine Methode, um mit Stress umzugehen und zu lernen, sich zu entspannen. Diese Technik wurde in den 1970er Jahren von dem Kardiologen Herbert Benson (\* 1935) an der Harvard Medical School entwickelt.

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