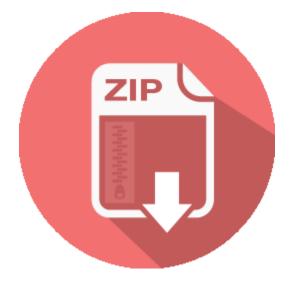
# **DR HERBERT BENSON RELAXATION RESPONSE**



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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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#### 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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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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