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Relaxation Response

The Relaxation Response - Updated and Expanded (25th Anniversary Edition), 2000 More than four million copies of his books have been printed in many languages. Dr. Benson is a pioneer in mind/body medicine, as well as in bringing spirituality and healing into medicine.

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The Relaxation Response Amazon de Herbert Benson M D

Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in The Relaxation Response. When Dr. Benson introduced this approach to relieving stress over 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.

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Dr Herbert Benson s Relaxation Response Psychology Today

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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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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Herbert Benson Wikipedia

Herbert Benson(* 1935 in Yonkers, New York) ist ein amerikanischer Arzt, Kardiologe und Gr nder des Benson-Henry Institute for Mind Body Medicine im Massachusetts General Hospital (MGH) in Boston.

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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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