

## [THE RELAXATION RESPONSE BOOK](#)



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I highly recommend The Relaxation Response for anyone looking for a Western, scientific bridge to eastern wisdom. I do note, that in the years since learning The Relaxation Response and teaching it to others, I have noticed that I am unusual in having learned it from a book. Most people need a teacher and a group to get the effect.

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The Relaxation Response was the original book that brought meditation to the mainstream. Written by a Harvard MD, it goes over the major effects and benefits of inducing the "relaxation response".

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### **The Relaxation Response Wikipedia**

The Relaxation Response is a book written in 1975 by Herbert Benson, a Harvard physician, and Miriam Z. Klipper. The response is a simple, secular version of Transcendental Meditation, presented for people in the Western world.

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As of now, the less wrong story tells us that the relaxation response is responsible for these side effects.

Throughout the book, Dr. Benson never mentions the negative aspects of meditation and the relaxation response.

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### **The Relaxation Response Herbert Benson Miriam Z Klipper**

I found this book to be both interesting and informative. It s useful both as a practical guide to practice and an explanation of related information. I d recommend The Relaxation Response for anyone who is interested in learned to de-stress. It s a classic, and the new edition offers substantial updates.

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