



The Relaxation Response

Herbert Benson M.D., Miriam Z. Klipper

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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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