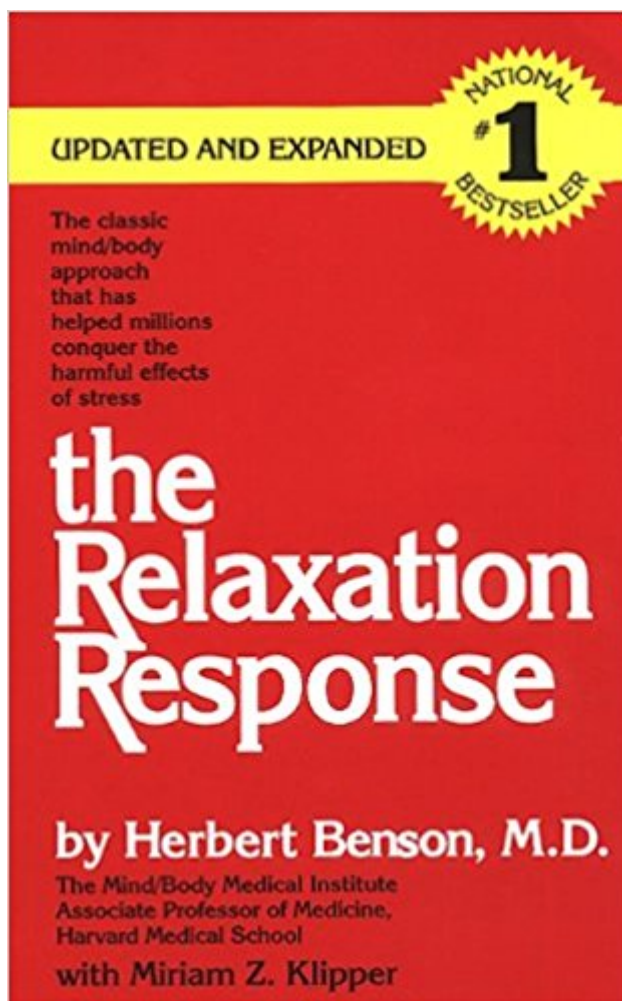


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# The Relaxation Response



## Synopsis

When Dr. Herbert Benson introduced this simple, effective, mind/body approach to relieving stress 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. The Relaxation Response has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress. Discovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic approach is now routinely recommended to treat patients suffering from stress, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day."

## Book Information

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Best Sellers Rank: #370,281 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #1069 in Books > Self-Help > Stress Management #1205 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

When you look at the popularity of mind-body medicine today, it's hard to understand what a groundbreaking book this was when it was first published in 1975. 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. The Relaxation Response demystifies the mantra meditation used in the transcendental meditation program, explaining how anyone can reap its advantages with or without the help of a guru. If you want to understand the beginnings of today's alternative medicine movement, or if you're simply looking to learn a simple meditation technique without a lot of metaphysical trappings, this is a good place to start. --Ben Kallen

• This is the book that started it all, demystifying meditation and ushering it into the mainstream. Dr. Benson offers a simple technique for quieting the mind--and we need it now more than ever. •  
(Amy Bernstein, editor of the Harvard Business Review)

I understand why some say this could be shorter and why some say not. For those struggling with anxiety this could be an overwhelming read. Please read chapter 7 and nothing else if that is the case. If you are really wanting all the information given that's great but I wasn't really wanting a lesson on how stress effects the body. I am excited to actually start using the technique but wish the book would have been more about that. Like going through each point given about the technique and what could be used as a mental device. Like if you chose to "gaze" what would be a good thing to look at? I wrote out on paper the notes I need to actually do the technique because that's all I really wanted from the book anyways! I do think this has great potential and the entire book was an easy read but like I said for some could be overwhelming or even cause anxiety.

This is a quick simple way to learn how to practice Transcendental Meditation or to refresh yourself if you've drifted away from the technique.

One of those books that should be in everyone's library; has been on mine since originally published. We are always told, "relax." This book teaches how to relax and ultimately what it takes to sleep restfully.

This is a great book and clearly ahead of it's time. I believe Dr. Benson's insights will be Nobel Prize material in the future, as his vision for what triggering the relaxation response can create is ground breaking and this will become more evident every day. If you want to truly know why meditation of all types can be so powerful, Dr. Benson's been preaching the truth and has the facts to back it. Mark my word, NOBEL PRIZE material...

This book is a classic in the relaxation literature. It is brief and easy to read and easy to understand and very helpful in this busy, high pressure world.

This book changed my life and continues to do so. Dr Benson is an unsung hero.

I'd already bought into the fact that "meditating is good for your health" when someone recommended I read this book. Because many reviewers wrote the book "changed my life!" I thought it would be more of a how-to-meditate guide. Instead, it was mostly a review of studies that proved that meditating was good for you. It had a few tips that make up the cornerstone of successful meditation practices, and those same tips are repeated throughout the book several times. I don't want to knock this book too much, because it was groundbreaking at the time it was published, as is the author's original research. However, I ended up skimming it for the info that was relevant to me. If you need to prove to yourself or others that meditating/the relaxation response is good for your body how it works, this book is for you. If you want to learn to meditate, I'd look elsewhere.

This is a book for the rational minded person. It is a book about the benefits of meditation and mantra chanting proven empirically by an Associate Professor of the Harvard University for the stressed out world. These techniques followed for ages by Indian, Chinese and ancient Europeans, Christian and Muslim mystics were not readily acceptable by the "new world". Dr. Benson, who is a long term researcher and contributor to renowned magazines such as JAMA, shows by his research, blind studies and several experiments that these techniques are very valuable and clearly make a big difference to the individual practicing it. This book would change a "pill popping" individual to a more responsible one if the techniques are followed. There is a rational (I mean people who believe only what they sense through the five senses - taste, hearing, touch, sight and smell) population in this world which cannot accept anything (in Dr. Benson's words) that is not measurable, predictable and reproducible satisfying the rational intellect. This book proves to these people that there is truth in the beneficial results of this ancient practice of meditation. I gave it a four star because Dr. Benson tries to stick to this rational mind set without crossing the gap to the other side of experiential knowledge that comes with meditation. He goes so far as to claim that prolonged and continuous meditation causes hallucination without any statistics or experiments. It is a well known fact in the eastern and among several mystics of the world that the apparent "hallucination" witnessed by observers is actually taking the mind through deeper layer to eternal peace (referred to as the "dark night of the soul"). This period, often described by those great souls who have reached a state of mind where they feel they are one with universe, is transitory. Overall a great book worth reading. This book could be a paradigm shift for those people who are stuck in the rational rut.

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