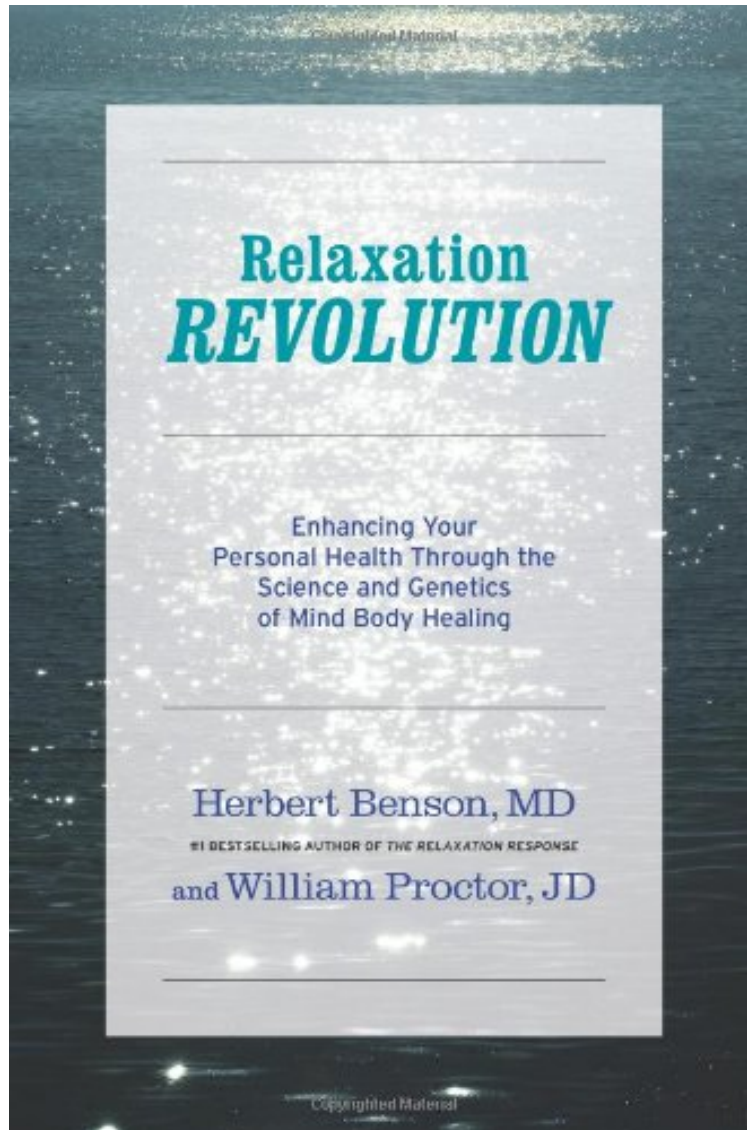


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# Relaxation Revolution: The Science and Genetics of Mind Body Healing

*Herbert Benson, William Proctor*

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**Herbert Benson, William Proctor : Relaxation Revolution: The Science and Genetics of Mind Body Healing** before purchasing it in order to gage whether or not it would be worth my time, and all praised Relaxation Revolution: The Science and Genetics of Mind Body Healing:

3 of 3 people found the following review helpful. Relaxing Revolution is a superb book that explains so well the mind-body connection!By Daisy SSince this book was written by an MD about how relaxing the body and mind has such a

profound effect upon the body, I decided to order this book in paperback and also in the Kindle platform. Since I am on a physical healing journey, this superb book has been a wonderful tool so to speak in my healing journey. And I am so totally impressed with this book that I am recommending to you for the following reasons: 1) There are 10 chapters in this book and each chapter, and each chapter is packed with very helpful information. There are three parts of this book: Part 1 is The Science of Body Mind Healing, Part 2 Designing Your Personal Mind Body Treatment Plan (my favorite section and the most helpful one) and 3 The Possibilities of Mind Body Medicine. 2) Most helpful chapter for me is: Chapter 6 Planning Your Body Mind Treatment Plan. This chapter has helped me greatly with my chronic shoulder pain from a car accident. This chapter gave me specific relaxation and meditation exercises. For me, I find when I relax, my pain greatly lessens. 3) This book has an INDEX. This is so helpful as I can look up the subject I need to find and instantly find help in that area. 4) This book is loaded with helpful information written by a doctor who really understands the body mind connection. He shows great compassion and has researched his information in this book and this is documented in his notes and sources of research in other publications. Highly recommend this book!

16 of 16 people found the following review helpful. Excellent Book for understanding the truth about Relaxation Meditation and Mindfulness By Stress UKA Great Book Herbert Benson has pioneered in the field of Mindbody Interventions over the past forty years. His clinical research has shown the powerful effects of techniques designed to counteract the impact of the Stress Response. This book elaborates on the fruits of his latest research into the genetic impact of practising techniques for eliciting the Relaxation Response. These results have huge implications for clinicians across Psychiatry, General Medical Practice, Psychology, Psychotherapy, Social Work, Occupational Therapy, Nursing, Occupational Health, and Human Resource Management. For people suffering from anything from anxiety, headaches, chronic pain, high blood pressure, to parkinsons disease and fibromyalgia, this book offers the potential for you to have an positive impact not only on your symptoms but also on underlying disease process. This book may be the revolution that puts Relaxation and Meditation into the frontline of disease interventions.

0 of 0 people found the following review helpful. Relaxation Revolution By Charles W. Like Timeless Healing, he covers some history. In "Relaxation Revolution" he writes about the 3 leading scientist of the 19th century: Louis Pasteur, Joseph Lister, and Robert Koch and the important roles they had in the early developing of medical science. He tells about the development of vaccinations and how early pharmaceuticals and treatments were discovered and used. He discussed various illnesses such as: TB, scurvy, pneumonia, malaria and treatments for them. I enjoyed his discussion of the clinical studies on how mind body medicine effected genes. The long term practitioners of the mind body medicine have experienced the switching on and off of "gene expression signatures". This results in healing and health benefits. He gives the instructions of how to elicit the relaxation response by practicing the simple mediation excise he describes. He list the types of illnesses that can be treated with this approach. There are chapters giving more details and treating some specific conditions. Herbert Benson's books are worth reading

Recent scientific breakthroughs demonstrating that mind body strategies can actually switch off or switch on gene activity associated with health and disease have triggered a mind body revolution in the medical world. 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 the bodys physiologic reaction that is the exact opposite of the stress (fight-or-flight) response. In the four decades since that initial discovery, Benson and his colleagues have established the first effective therapy to counteract the harmful effects of stress. They have explored how the relaxation response, the power of expectation and belief, and other mind body phenomena can produce healing in your own body. A new era has dawned. Genetic research now shows conclusively that the mind can influence the body down to the genetic level. Your mind has the ability to change the way your body and your genes function. We now have scientific proof that the mind can heal the body. In Relaxation Revolution, Dr. Herbert Benson and William Proctor present the latest scientific endings, revealing that we have the ability to self-heal diseases, prevent life-threatening conditions, and supplement established drug and surgical procedures with mind body techniques. In a special treatment section, Benson and Proctor describe how these mind body techniques can be applied and are being applied to treat a wide variety of conditions, including: High blood pressure Anxiety and depression Infertility Insomnia Menopausal hot flashes Many pains, including backaches and headaches Phobias And much more Relaxation Revolution details Dr. Bensons recent work with colleagues in the field of genetics, which links mind body treatments to the healing of a steadily expanding number of medical conditions. Mind and body have become part of a scientific and medical whole; together they represent a complete approach to healing and maximal well-being. In clear, straightforward language, Benson and Proctor cite the experiences of real people to show how mind body techniques have the potential not only to enhance healing but also to reduce health costs to individuals and to society as a whole. Relaxation Revolution shines a light on the future of medicine.

From Publishers Weekly While new age types and holistic healers have long argued for the connection between mental attitude and physical health, Western doctors have resisted, largely because of the difficulties with testing the efficacy of ephemeral ideas such as "the placebo effect" and the value of meditation in reducing pain, nausea, and migraines.

Benson, of Harvard Medical School, has dedicated his life to proving that meditative responses tangibly improve physical health, reduce illness, and encourage a healthy immune system. To combat skeptics, the authors utilize conventional research methods and rigorously test a variety of illnesses. The results are compelling, but good science doesn't always make for great reading; after presenting a relatively simple theory, the authors barrage readers with redundant examples of their success. While their results are confined to the scientific journals cited here (though not in detail), the authors create a quandary. Laypeople will find the repetition tedious, while scientists will be skeptical of paperless overviews. While their research may be sound, Benson and Proctor fail to strike that key balance, and readers wanting to test their methods will have to look elsewhere. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Nearly 35 years ago [Dr. Herbert Benson] became a kind of medical rock star with his bestselling book *The Relaxation Response*. It outlined a pioneering approach to relieving stress and a host of medical conditions related to it. Today it is as relevant as ever. --Linda Matchan, Boston Globe  
Dr. Benson is truly one of the seminal thinkers bringing the integrated study of the mind and body to western medicine. --Dr. Mani Bhaumik, University of California Los Angeles  
Peaceful thoughts really can influence our bodies, right down to the instructions we receive from our DNA. --ABC News  
Herbert Benson, MD, is the father of modern mind body medicine. Dr. Benson's research has demonstrated that the relaxation response is the physiological counterpoint to the fight-or-flight response and serves as a natural antidote to stress. --Daniel Redwood, Health Insights Today  
Herbert Benson, M.D. and William Proctor have been enlightening pioneers in their studies; their work can be shared by everyone, not just health-care practitioners. --Reverend Theodore M. Hesburgh, C.S.C., President Emeritus, University of Notre Dame  
About the Author  
Herbert Benson, MD, is the Mind Body Medical Institute Associate Professor of Medicine, Harvard Medical School. He is the author of the mega-bestselling book, *The Relaxation Response*, as well as ten other trade books. His groundbreaking work established the modern field of mind body medicine. Dr. Benson is the Director Emeritus of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital.  
William Proctor, JD, is a graduate of Harvard College and Harvard Law School and has written or co-written more than 80 books, including *Beyond the Relaxation Response* with Dr. Benson; *The Templeton Touch* with Sir John Templeton; and several international bestsellers with the father of aerobics, Dr. Kenneth H. Cooper.