

More than three decades ago, Dr. Herbert Benson of Harvard Medical School proposed a theory in his multimillion-copy best seller *The Relaxation Response*, which stated that by calming the mind, one could calm the body and alleviate stress, pain, and illness. Recent landmark research from the genome project has proven Benson's theory: using the mind to quiet the body not only eases stress, it actually alters the activity of thousands of genes, promoting wellness. In short, science now proves that relaxation not only changes how a patient feels physically and emotionally, it has the power to transform genes, molecules, cells, and other physiological functions to relieve a variety of afflictions, from high blood pressure to chronic joint pain. Using clear, straightforward language, Benson takes listeners through specific symptoms, illnesses, and treatments, and advises when and how to put the relaxation response into practice. From anxiety and depression to Parkinson's disease and menopause, all can be alleviated through his methods for overcoming stress. Say goodbye to costly visits to the doctor, side effects of drugs, and needless surgery, and tap into a power you already possess - the power of your own mind.

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