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which stated that by calming the mind, one could calm the body and science now proves that relaxation not only changes how a patient Health & Wellness

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Relaxation Revolution - Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing (Hardcover) Herbert Benson et. al.

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Jai, Heather. P.S. Be sure to listen to Dr. Herbert Benson on the Dian Rehm Show as he promotes his new book, the Relaxation Revolution: Enhancing Your Personal

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