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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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disease guide to enhancing personal health through therapies based on the science and genetics of mind body healing. Relaxation Revolution has garnered

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Pioneer of mind body medicine Herbert Benson explores his new book, The Relaxation Revolution: Enhancing Your Personal Health Through the Science and Genetics of Mind

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