



Harvard Medical School Guide to Lowering Your Blood Pressure (Harvard Medical School Guides)

Aggie Casey, Herbert Benson

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An innovative approach to lowering blood pressure that builds on the national bestseller The Relaxation Response

For the 100 million people worldwide dealing with high blood pressure, bestselling author Dr. Herbert Benson and cardiac wellness expert Aggie Casey have created a proven plan for lowering blood pressure. Based on the groundbreaking work done at the Mind/Body Medical Institute, the authors' program goes beyond advice about nutrition and exercise to incorporate a proven stress-management program--including the relaxation response.

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