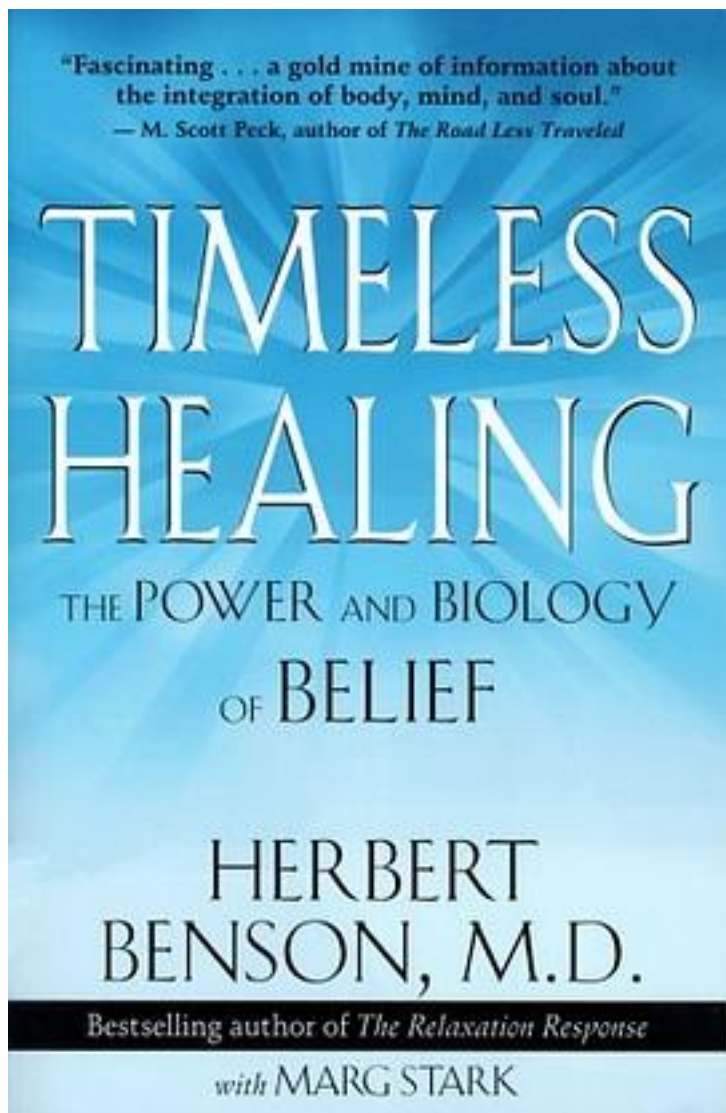


# Timeless Healing



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著者:Herbert Benson

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## TIMELESS HEALING THE POWER

A life-changing work from the bestselling author of "The Relaxation Response"

Herbert Benson, M.D. explores the true intersection and connections between objective sciences and the mystifying power of the human spirit. He tells how affirming beliefs, particularly belief in a higher power, makes a critical contribution to our physical health. In essence, Dr. Benson's messages is that our bodies are "wired for God."

A Harvard physician, Dr. Benson documents that when people call upon faith, they activate neurologic pathways for self-healing, and he shows how you, along with a caring physician or healer, can tap into your reservoir of "remembered wellness" to affect and cure 60 to 90 percent of medical complaints. Dr. Benson does not dismiss modern health care. Instead, he proposes practical ways in which patients and the medical community can make faith an integral part of it.

Along "Timeless Healing" 's journey of intellectual enlightenment, Dr. Benson creates a wonderful web of personal anecdotes, scientific research, social commentary, and spiritual wisdom that outlines a life-transforming and society-changing blueprint for healing.

作者介绍:

赫伯特·本森 (HerbertBenson)

身心医学研究所 (Mind/BodyMedicalInstitute) 的创始者。他毕业于哈佛医学院，目前也任教于哈佛医学院，并且是贝斯以色列女执事 (BethIsraelDeaconess) 医疗中心的心脏科医生。作为170篇科学研究文章及10本书的作者或协同作者，其著作已经被翻译成多国语言，在全球售出超400万本。

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