

**By Herbert Benson M.D. Harvard Medical School**  
**Stress Management: Approaches For Preventing And**  
**Reducing Stress**

**By Herbert Benson M.D.**



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Herbert Benson, M.D., and his colleagues at Harvard Medical Body Medical Institute, Harvard Medical School and of mind/body medicine are in stress

Herbert Benson (born 1935), is an American medical doctor, cardiologist, and founder of the Mind/Body Medical Institute at Massachusetts General Hospital in Boston.

Harvard and Massachusetts Medical School who is the medical editor of Stress Management: Approaches for preventing and reducing stress

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Herbert Benson MD practices Cardiovascular Disease in Boston, MA. harvard medical school. Year of Graduation: 1961 Dr. benson received medical licensing as follows:

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About the Author: Herbert Benson, MD, is the Mind Body Medical Institute Associate Professor of Medicine, Harvard

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