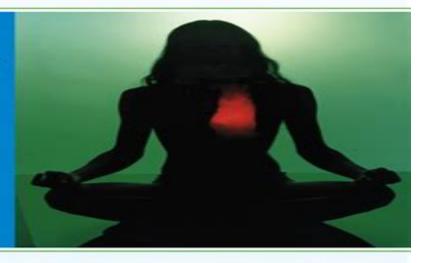
## Harvard Medical School



# Mind Your Heart

A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health



AGGIE CASEY, M.S., R.N.

HERBERT BENSON, M.D.

Bestselling Author of The Relaxation Response

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