Key Studies on the Mind-Body Connection

Below are listed key studies, historical and current on the physiology of the mind-body connection. Research on specific therapies and practices is covered in those sections.

Fight or Flight: Physiology of the Acute Stress Response

Psychiatry and Psychosomatic Medicine: Clinical Observations Connecting Physical Symptoms with Emotional Stress

Physiology of the Chronic Stress Response

Psychoneuroimmunology


**The Relaxation Response: Physiology of Relaxation**


**Recent Studies**


