



The Breakout Principle: How to Activate the Natural Trigger That Maximizes Creativity, Athletic Performance, Productivity, and Personal Well-Being

By Herbert Benson, William Proctor

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Would it surprise you to learn that to solve a seemingly unsolvable problem, you need to get up and leave the room? A walk in the woods will help you finish your novel? Humming can make you a better tennis player? *Or completely giving up* is the way to succeed?

In *The Breakout Principle*, the bestselling author of *The Relaxation Response* delivers the ultimate self-help principle -- simple instructions to activate a powerful biological trigger that converts conflict and confusion into clarity and extraordinary performance, a state athletes refer to as "the zone."

More than three decades ago, Dr. Herbert Benson of the Harvard Medical School began research into why some people are devastated by stress while others thrive, turning it into brilliant achievement. Now *The Breakout Principle* reports the discovery of an easy-to-access inner switch that increases mental function, enhances creativity and productivity, maximizes athletic performance, and enriches spiritual life. The same internal mechanism that improves a tennis serve or golf putt strengthens your speaking skills, makes you a better negotiator, and fosters inner peace and belief.

Dr. Benson and coauthor William Proctor explain the cutting-edge science behind the phenomenon in accessible language, clearly describe the four distinct phases of the Breakout, and provide simple, step-by-step instructions on how to activate the Breakout "trigger." Compelling case histories and information on how to incorporate Breakouts into daily life are woven throughout the book. Dr. Benson's previous discoveries have helped millions reduce the harmful effects of stress. *The Breakout Principle* now reveals how to maximize your untapped abilities and powers.

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Editorial Review

Amazon.com Review

If self-help books usually fall short of delivering life changes, *The Breakout Principle* is a book of a different stripe: a science-based path to self-transformation. Herbert Benson, M.D. pulls together 30 years of mind-body research to describe the Breakout Principle: "a powerful mind-body impulse that severs prior mental patterns and--even in times of great stress or emotional trauma--opens an inner door to a host of personal benefits." Breakouts open the door to different kinds of peak experiences--self-awareness, creativity, productivity, athleticism, rejuvenation, and transcendence--and lead to lasting changes.

Benson explains the stages of stress/struggle, release (during which you give up unresolved destructive or negative thought patterns), breakout/peak experience, and "new-normal" state. He balances the science behind his concepts with practical, how-to tips. For example, many different activities and types of experiences can trigger your personal Breakout in the release stage, and Benson helps you figure out which ones might work for you: repetitive mental or physical activity, an absorbing personal encounter, expression of your personal belief system, "total abandon" to an intense experience, altruistic activity, or filling your mind with a dominant sensory impression. He and skillful co-author William Proctor illustrate points with case studies and personal reflections, making complex medical and philosophical issues more easily accessible.

Benson, Associate Professor of Medicine at the Harvard Medical School and founding president of the Mind/Body Medical Institute, is well known for his mind/body research, especially his work on the relaxation response. His other books include *The Relaxation Response*, *Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs*, and *Timeless Healing*. This powerful and empowering book is highly recommended as a guide for readers willing to do the work of making a life change. --Joan Price

From Publishers Weekly

In this well researched follow-up to the bestselling *The Relaxation Response*, which was first published in 1975, Benson and his co-author Proctor detail the intricate relationship between mind and body to uncover what they call a revolutionary "fundamental self-transforming principle"--the self-help solution to end all self-help solutions. The Breakout Principle holds that through a series of practiced mental and physical activities, an individual can achieve higher levels of self-awareness, creativity, productivity, athleticism, rejuvenation and personal enlightenment, as well as escape the stress and anxiety that can often block personal progress. Not the panacea it might seem, this method is a four-step method of tackling challenging life circumstances that begins with the struggle phase, followed by a "letting go," or mental release of the problem, and then by a Breakout experience (when you're completely released from familiar but unproductive thought patterns), and ending with a "new-normal" (i.e., enhanced) state of being. Benson and Proctor give plenty of "release triggers," including meditating, jogging, folding laundry and looking at nature, that may assist in bringing readers to a mentally freeing "peak experience." Anecdotes and case studies pad the text, and fairly extensive empirical evidence gives it weight. This may not be the cure-all the subtitle promises, but it's a good resource for anyone seeking a new path to self-understanding.

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Review

W. Timothy Gallwey author of *The Inner Game of Tennis* and *The Inner Game of Work* Timely and profoundly insightful, this book takes us one more important step toward the possibility of enjoying life free of injurious stress.

Rabbi Harold S. Kushner author of *When Bad Things Happen to Good People* After clearing away the debris of anxiety with *The Relaxation Response*, Dr. Benson now teaches us to build a wonderful new structure of confidence in the clearing.

Bernie Siegel, M.D. author of *Love, Medicine & Miracles* and *Prescriptions for Living* Anyone with inspiration and the desire to change will be guided in the right direction by the wisdom, experience, and words of Dr. Herbert Benson.

George Gallup, Jr. Cochairman of The Gallup Organization *The Breakout Principle* is a breakthrough book. Herbert Benson is a leading-edge thinker, and the result of his teaming up with William Proctor is a book that is not only fascinating for its insights but also of great practical value, helping readers "zone out" and view life from a totally new perspective.

Reverend Theodore M. Hesburgh, C.S.C. President Emeritus, University of Notre Dame Herbert Benson, M.D., and William Proctor have been enlightening pioneers in their studies of *The Breakout Principle*. Now their work can be shared by everyone, not just health-care practitioners. This imaginative book is highly recommended.

Sir John M. Templeton founder of the Templeton Prize for Progress and Templeton Growth Ltd. Dr. Herbert Benson and Mr. William Proctor have proven their top talents and diligence. Millions of people can benefit from *The Breakout Principle*.

Users Review

From reader reviews:

Anthony Russell:

The book with title *The Breakout Principle: How to Activate the Natural Trigger That Maximizes Creativity, Athletic Performance, Productivity, and Personal Well-Being* includes a lot of information that you can learn it. You can get a lot of benefit after read this book. That book exist new information the information that exist in this e-book represented the condition of the world now. That is important to yo7u to be aware of how the improvement of the world. This book will bring you inside new era of the the positive effect. You can read the e-book in your smart phone, so you can read that anywhere you want.

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