talk you through the process, starting at the head or feet and working through the body. It felt that relaxing the muscles could relax the mind as well. The technique involves tightening one muscle group while reducing the tension in others. Jacobson believed that the mind and body were connected and that focusing on the body could help to relieve stress.

The book "Progressive Relaxation" was a guide to the relaxation technique and was widely read. It helped to popularize the idea that relaxation could be a way to manage stress and anxiety. Jacobson's work influenced many other therapists and helped to establish the field of psychosomatic medicine.

In the late 1920s, Jacobson's technique became popular in the United States, and he began to teach and write extensively about his work. He founded the American Institute of Health in 1930, which became the Jacobson Institute of Educational Physiology. The institute continued to teach Jacobson's relaxation technique and to develop new methods of relaxation.

Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups. The technique is based on the idea that when the body is relaxed, the mind is also relaxed. Jacobson believed that by teaching people how to relax their muscles, they could learn to relax their minds and reduce stress.

Jacobson's work continues to be studied and debated today. Some researchers have found that his relaxation technique can be effective in reducing stress and improving mental health, while others have found that it is less effective. Regardless of the debate, Jacobson's work has had a significant impact on the field of psychology and continues to be studied and used today.