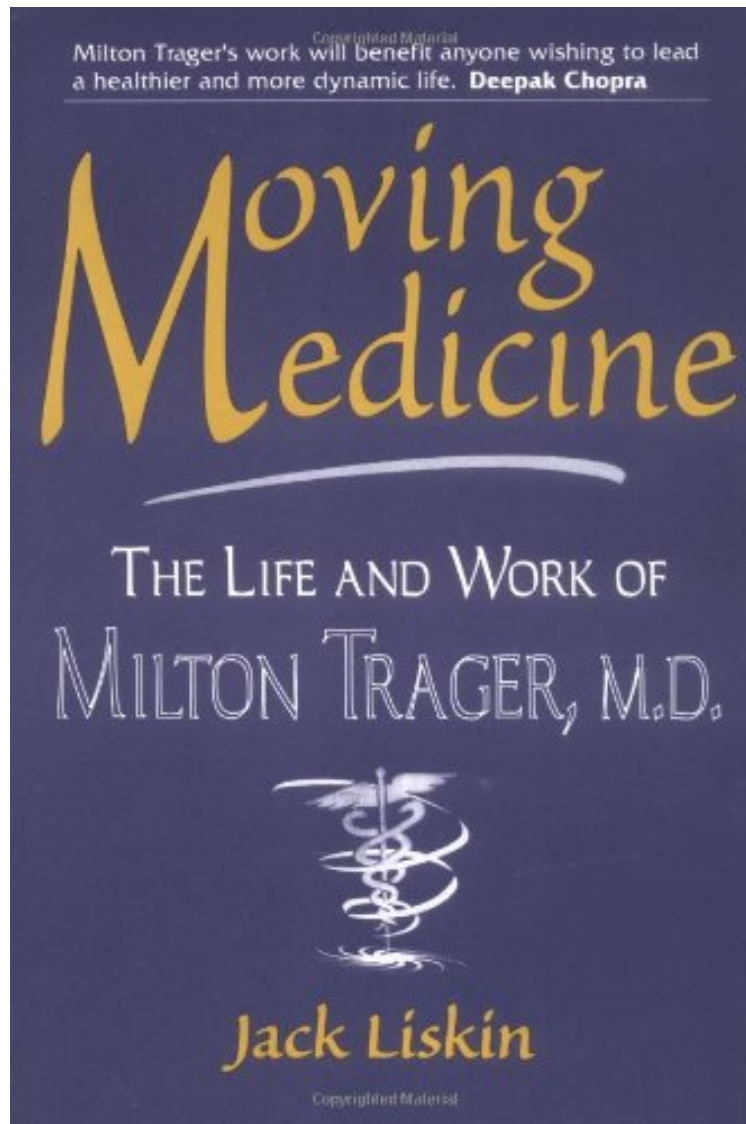


(Download) Moving Medicine: The Life Work of Milton Trager, M.D.

## Moving Medicine: The Life Work of Milton Trager, M.D.

Jack Liskin

*\*Download PDF / ePub / DOC / audiobook / ebooks*



 Download

 Read Online

#1644361 in Books Station Hill Press 1996-10Original language:EnglishPDF # 1 .89 x 6.30 x 9.26l, #File Name: 0882681966176 pages | File size: 53.Mb

**Jack Liskin : Moving Medicine: The Life Work of Milton Trager, M.D.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Moving Medicine: The Life Work of Milton Trager, M.D.:

25 of 25 people found the following review helpful. Moving Medicine: Delightful Book for All in Healing ArtsBy Charles AZ BurnellThis book is very enjoyable to read. I found myself enthralled by this odd, athletic man who fairly stumbled into a profound understanding of the mind-body connection. His life-long struggle to bring his discovery to the light of day gives this book a dramatic edge. Milton Traeger started out as an acrobat and a boxer. While working

at the post office, he took the advice of an employee notice: "Take a deep breath". The book continues: "Finding himself alone, he lowered his mailbag, paused and breathed. Many years later, he would say: "That was the beginning of me." It's a great beginning of a great story. I am an acupuncturist who has never had Traeger work, but I recognize key principles from Chinese medicine in what Traeger does and teaches. It is also similar to Chinese medicine in that most of the 'learning' cannot come from theories, it comes through the teacher. It's no wonder that his efforts to teach what he knew in his hands took him to such far away places. I enjoyed this book so much that I deliberately read only a chapter at a time to savor it. I recommend it to anyone, health care practitioner or not. I think it should be on the 'must read' list at massage schools. I wish my doctor would read it too. I hope you buy it. 12 of 13 people found the following review helpful. great insight into one of alternative medicine's heroes By A Customer this biography helped give me an insight into the field of alternative medicine, why people are so eager to go to alternative practitioners, and what non-conventional practitioners have to offer that is valuable. Milton Trager was one of a kind and defines not only what a healer is but also shows the healing capacities within each of us. well written and timely, as Dr. Trager just died this year at the age of 88

Book by Liskin, Jack

From Library Journal Here is a book in the alternative medicine field in which the inventor of the method is more interesting than the system he devised. Dr. Milton Trager is the inventor of "Tragerwork," a bodywork technique that cannot easily be defined. A Trager practitioner feels how a client is holding his or her body and applies various movements to loosen stiff joints and muscles. Before going to medical school at the age of 42, Trager had been a postal worker, an actor, a boxer, and an acrobat. Calling his technique "beach acrobatics" and "mentastics" (mental gymnastics), Trager developed his approach by observing himself and others running at the beach. In this biography, Liskin, a Trager practitioner and assistant professor of clinical family medicine at the University of Southern California School of Medicine, describes Trager's struggle in getting this method of massage accepted by mainstream medicine. Liskin makes no sensational claims about his approach and in fact describes Trager in his opening chapter as a man in his mid-eighties using a walker in a retirement facility. Still, his book tells a fascinating story. For alternative medicine collections. ?Natalie Kupferberg, Ferris State Univ. Lib., Big Rapids, Mich. Copyright 1997 Reed Business Information, Inc. From Booklist Milton Trager developed his concepts rhythmic harmonization and mentastics out of his experiences with acrobatics, boxing, and massage. The resulting Trager approach is primarily a mental process, but it also involves such physical elements as touching, stroking, and feeling. Liskin gives us a lively picture of Trager, his supportive wives Marcie and Emily, and his method and how it grew. Unfortunately, Trager, who battled his way through medical education, seems not to be well organized and relies heavily on his mental and psychological relationships rather than detailed planning. The downside of this disposition is that he does not do well in formal meetings; the upside, that he shines in one-on-one teaching and practice. A growing body of Trager students and instructors has provided structure for his method and helped it make an impact. Those who have been treated with or heard of the Trager approach will be informed and even entertained by Liskin's effort. William Beatty