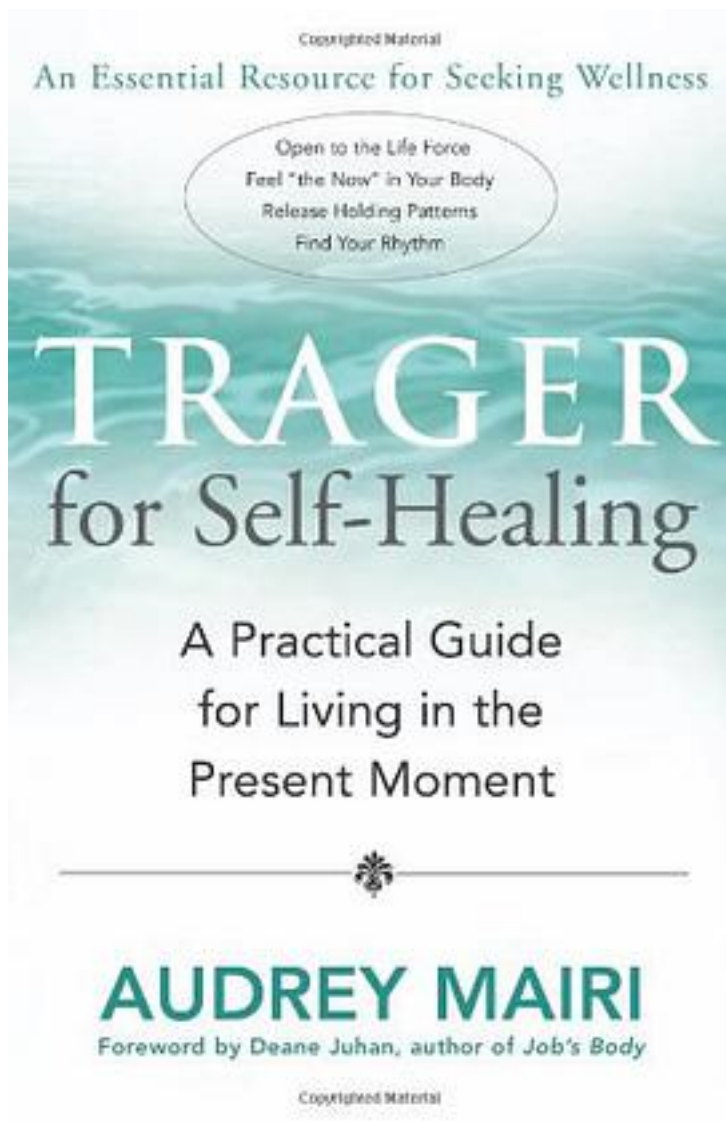


Trager for Self-Healing



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The Trager Approach is a holistic method of body/mind integration that creates greater present moment awareness. This practice cultivates a sense of lightness, joy, good health, and enduring peace. In Trager for Self-Healing, Audrey Mairi, an experienced holistic healer, shares her wealth of knowledge of this approach. In the first half of the book, Mairi details her personal journey of healing via Trager, giving the reader the necessary background for a full understanding of what it offers. Her take on enlightenment is not a philosophical puzzle to solve or a spiritual epiphany, but an everyday experience grounded in ordinary physical movements. The second half of the book provides and explains six essential Mentastics, “mental gymnastics.” Designed for all ages and fitness levels, these exercises spur consciousness of the now and imprint the body with how that “feels.”

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