

General Articles about *Trager*

- [Beyond Relaxation - The Work of Milton Trager](#)
- [Trager Psychophysical Integration - An Overview](#) * (.pdf)
- [Hooking Up - The Power Of Presence In Bodywork](#) * (.pdf)
- [Trager At The Table - Jack Blackburn](#) * (.pdf)
- [Trager Mentastics - Presence in Motion, Jack Blackburn](#) * (.pdf)
- [Principles of the Trager Approach Part I - Jack Liskin](#) * (.pdf)
- [Principles of the Trager Approach Part II - Jack Liskin](#) * (.pdf)
- [Principles of the Trager Approach Part III - Jack Liskin](#) * (.pdf)

Trager Articles about Stress and Aging

- [Melt Away Stress](#) * (.pdf)
- [The Trager Approach to Relieving Stress](#) * (.pdf)
- [Aging Gracefully](#) (.pdf)