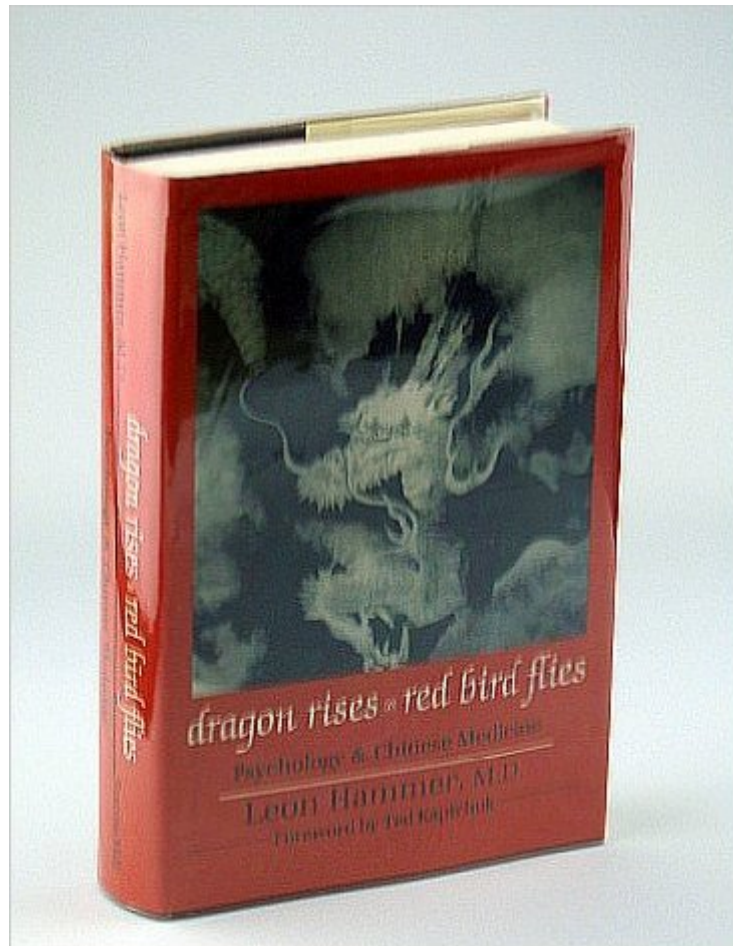


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# Dragon Rises, Red Bird Flies: Psychology And Chinese Medicine



## Synopsis

alternative medicine --This text refers to an out of print or unavailable edition of this title.

## Book Information

Hardcover: 464 pages

Publisher: Station Hill Pr (April 1990)

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Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #1,627,898 in Books (See Top 100 in Books) #448 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #2137 inÂ Books > Medical Books > History #313267 inÂ Books > Religion & Spirituality

## Customer Reviews

I bought this book as a first year acupuncture student and have referred to it many times. As the other reviewer says, it is quite dark and does discuss extremes, but then mental illness is about extremes. It is really useful to look at the extreme yin or yang aspect of an Element and its Officials to fully understand how the Element can manifest when out of balance. I don't know of any other book which provides such an in depth picture of each of the 5 Element types. Sounds heavy, but is in fact relatively easy to read if you have a reasonable understanding of psychology. Definately one of my top 5 Chinese Medicine books, this is a book that you read again and again.

I have read this book a few times, and in each reading, I find concepts and "observations", that are profoundly rich in their effort to put the reader in touch with some of the most difficult to grasp ideas about non-Traditional Chinese Medicine. Dr. Hammers background is much deeper and wider than what is taught in the schools here and in China. (If you don't know what I mean by that, explore what happened to the practice of indigenous Chinese Medicine during the cultural revolution.)This is not a book for folks who are unfamiliar with the basic "tenets" of Chinese Medicine. It is a bit more "esoteric" in it's reach, and really tries to conceptualize "in the minds eye" relationships and interactions, energetically or "psychologically" if you prefer, that the TCM model attempts to form poorly, or not at all.I must, respectfully, take the reviewer from Seattle to task about it being "dark". I

certainly know what he means, but the only way to find fault in the extremes of the book, is if you didn't happen to read Dr. Hammers admission within the book, that he has exaggerated the conditions he describes, and that the patients are not real people. Rather, they are constructs of clients, created for the sake of fleshing out the concepts presented in the book. Though sometimes portions need a re-read, I just can't find fault with Dr. Hammer for doing what he suggests I should be aware he is going to do. As another reviewer has said, this is one you'll return to over and over. A most wonderful book!!

The question of mind-body duality has fueled many long and heated debates. Dr. Hammer, who is well trained in traditional Western medicine and psychology, recognized the importance of working with the person, and not just a part of that person. In an effort to be true to his view, and to the patients he treated, he trained in and added Traditional Chinese Medicine to his treatment skills, thus allowing him to treat the whole person in an integrated, rather than a fragmented manner. This book presents Dr. Hammer's integrated understanding of how the body impacts the mind, and the mind impacts the body. In a clear and concise manner, and with useful clinical examples, Dr. Hammer takes the reader through fundamental principles and concepts of Traditional Chinese Medicine, and then applies them to the specific area of Psychology. This is not a "how to" book, rather it is a thought provoking volume on how to integrate two seemingly disparate fields of health care (Traditional Chinese Medicine, and Western Psychoanalytic thought). Through his examination of these models and his description of how he thinks, as he works with his patients, the reader is able to gain insight into this integrated process. While the book is by no means an exhaustive treatise on the subject, it lays a solid foundation on which others can easily build, both academically and in clinical practice. I look forward to reading more of Dr. Hammer's writings in the future, and hope that other clinicians will follow his lead.

I bought this for a gift for a friend who is an open minded psychiatrist. It's fascinating stuff. Emotional problems and mental illness are viewed and described through the prism of Oriental Medicine, which is interested in getting to the root cause. Some of it is a bit technical for those of us who don't have a background in Oriental thinking and medicine, but most of the book describes cases and is an interesting and thought provoking read for the intelligent layperson. Highly recommended for everyone interested in or dealing with mental/emotional problems. Fascinating and different.

This holistic and insightful book came highly recommended from a highly educated, talented and

globally-savvy health practitioner... I work in healthcare and health research, and this is one of those books (if not THE book) that any practitioner working in a healing modality or health/mental healthcare field (whether eastern or western, complimentary or combined) would benefit from...to me, it's a MUST read... Will improve the understandings and hence healing outcomes of any practitioner -- great read for anyone interested in healing or who is going through a challenge. A magnificent read.

Dr. Hammer is very informed & experienced with Chinese medicine. Great effort integrating Eastern time honored methods & principles with Western medicine. I wish he would address more regarding psychodynamic therapy given his training as a psychoanalyst as well. I believe that psychodynamic therapy, the ability to very deeply understand another, is as transforming as Chinese medicine.

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