



The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma

Richard C. Miller PhD

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If you suffer from post-traumatic stress disorder (PTSD), you know how debilitating the symptoms can be. Many times, people with PTSD will suffer flashbacks, have intense nightmares and difficulty sleeping, and may feel angry, anxious, and constantly “on alert.” Living with PTSD is extremely difficult, but there *are* ways that you can manage your symptoms and, in time, recover.

In *The iRest Program for Healing PTSD*, clinical psychologist and yogic scholar Richard C. Miller-named one of the top twenty-five yoga teachers by *Yoga Journal*-offers an innovative and proven-effective ten-step yoga program for treating post-traumatic stress disorder (PTSD). The deep relaxation meditations in this book will help you overcome the common symptoms of PTSD, such as anxiety, insomnia, and depression, and maintain emotional stability so that you can return to living a full, meaningful life.

The author's iRest protocol is an integrative approach that heals the various unresolved issues, traumas, and wounds that are present in the body and mind. It recognizes the underlying sense of calm that is always present, even amidst all changing circumstances of life. Extensive research has shown that iRest effectively supports the healing process across a broad range of populations. Currently, there are iRest programs in military hospitals across the US, as well as in correctional facilities, hospices, clinics, schools, and organizations supporting personal growth and well-being. iRest has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine (CAM).

If you are ready to start healing from your trauma and get back to living the life you once knew-a life free from fear, anxiety, and sleepless nights-this book will help you find your way. To find out more about Richard C. Miller and the iRest program, visit www.irest.us.

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Wayne Millican:

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Jerry Petrus:

Information is provisions for folks to get better life, information these days can get by anyone with everywhere. The information can be a expertise or any news even an issue. What people must be consider if those information which is inside the former life are hard to be find than now could be taking seriously which one is acceptable to believe or which one the resource are convinced. If you receive the unstable resource then you understand it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma as your daily resource information.

Malcolm Moser:

Reading can called imagination hangout, why? Because if you find yourself reading a book specially book entitled The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma the mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every word written in a e-book then become one web form conclusion and explanation this maybe you never get ahead of. The The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma giving you a different experience more than blown away your thoughts but also giving you useful information for your better life in this era. So now let us explain to you the relaxing pattern is your body and mind will likely be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

Gary Campbell:

In this time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information

better to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The book that recommended to your account is The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma this e-book consist a lot of the information in the condition of this world now. This book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Typically the writer made some study when he makes this book. Here is why this book acceptable all of you.

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