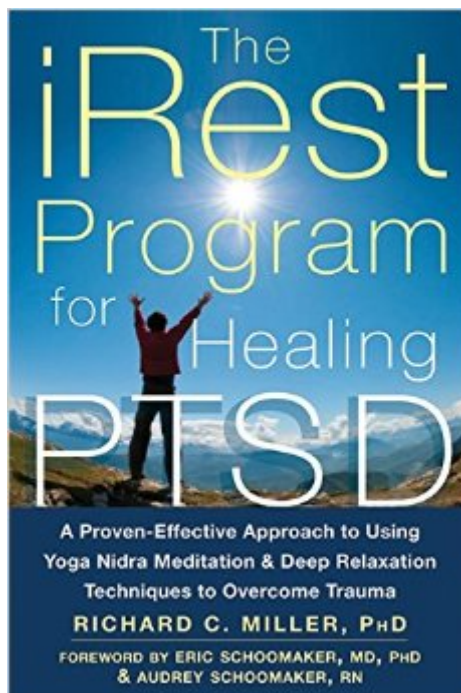


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# The iRest Program For Healing PTSD: A Proven-Effective Approach To Using Yoga Nidra Meditation And Deep Relaxation Techniques To Overcome Trauma



## Synopsis

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](http://www.irest.us).

## Book Information

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## Customer Reviews

Suffering from PTSD is a pretty horrible thing. I am sharing my personal story publicly to help clinicians, yoga teachers, bodyworkers and others who read this understand trauma a little better â “ not to criticize Miller’s work. Yoga Nidra (like ANY meditation) has been proven repeatedly to help anxiety and stress. And it did so for me pre-PTSD, amazingly so. It’s the PTSD promise that earns the 1-star. It may help some with PTSD, but it cannot heal it, ever. If you understand how trauma works in the central nervous system, you’ll understand why. I’m now getting my PhD to help others with PTSD in the same method used that healed me. Read on for what Yoga Nidra and Miller’s book (or ANY meditation practice) CAN and can’t do, and why. So what is iRest Yoga Nidra? iRest is Miller’s branded version of a practice that is thousands of years old - Yoga Nidra. He took a meditation that existed and packaged, programmed, researched and marketed it, to help bring the good it does to many around the world. These reviews of the book with practitioners claiming, "It works" are interesting. It does "work," especially for those prone to anxiety, or suffering from stress. (Just like ALL meditation works. It’s even been clinically proven in peer-reviewed medical studies.) However, as someone who practiced Yoga Nidra for over 15 years, and has (editing this now 6 months later from the original review and can now say "had" past tense with a very giant smiley face) extremely severe PTSD (hallucinations, hyper-vigilance, rage â “ the whole bit), at the moment of writing this, I can tell you that this book, nor Yoga Nidra, nor meditation will "heal" PTSD.

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