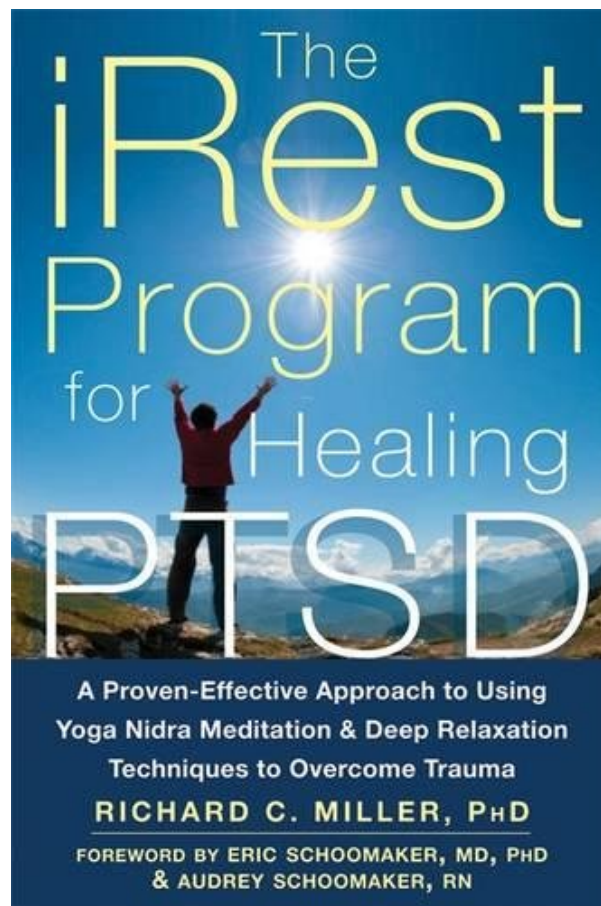
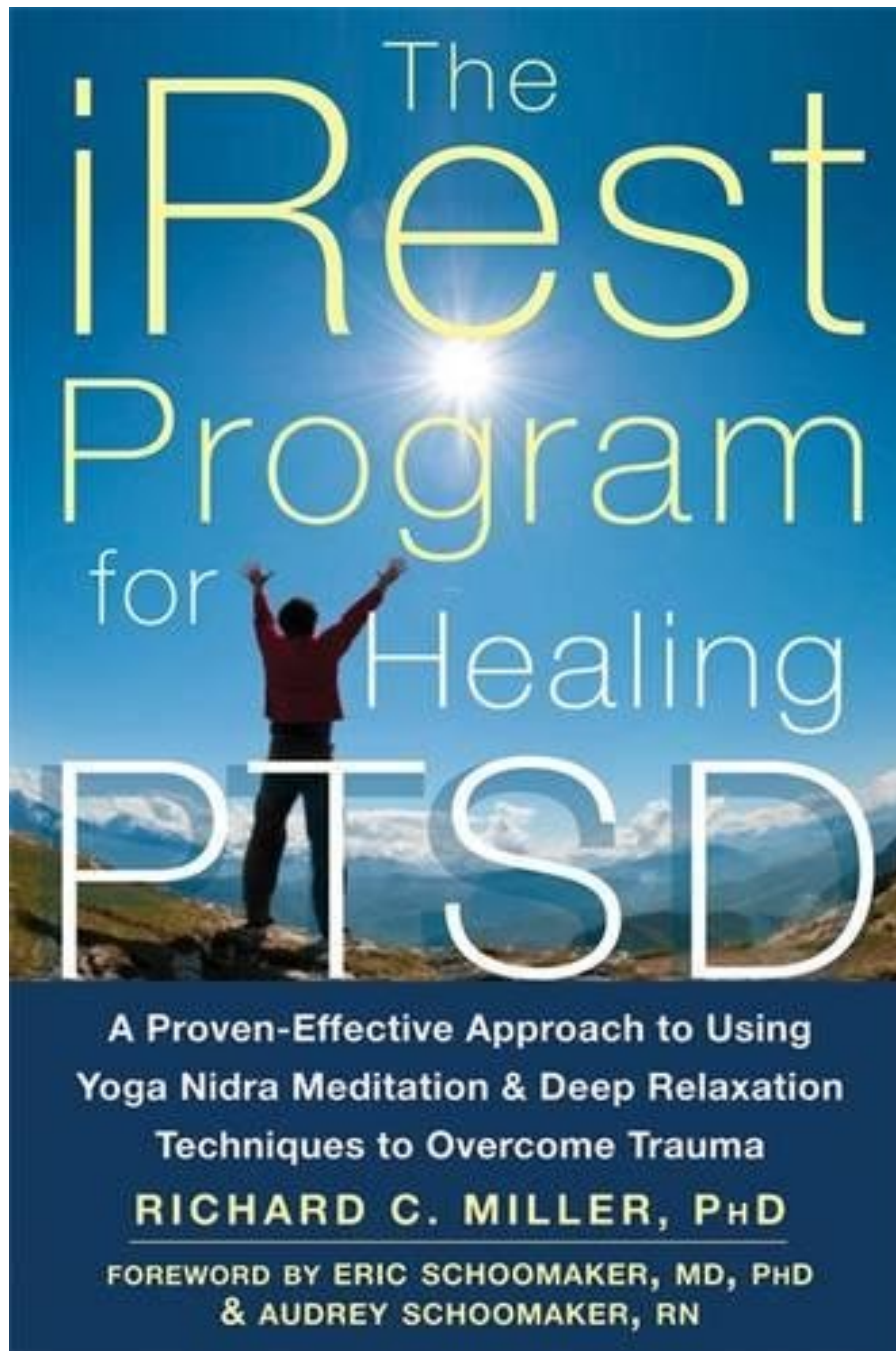


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If you suffer from post-traumatic stress disorder (PTSD), you know how debilitating the symptoms can be. Many times, people with PTSD will suffer flashbacks, have intense nightmares and difficulty sleeping, and may feel angry, anxious, and constantly “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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5 of 5 people found the following review helpful.

I say read and do as best you can and you'll probably feel some relief

By Amazon Customer

Most of the first part of the book was about insight. The author identified with the conditions in most of their manifestations. I, personally, have gone through many of the emotions, dreams, and the consequences of actions that should have not been taken. The second part of the book deals with ways of coping. I would call

it auto-hypnosis without the command to do or be whatever it is that one wants to do or be. It is simply focusing one's own reality. It's hard and very time consuming, but failing to find a magic potion I can see no other way of dealing with it. The book promises a "cure" at the end of the "road," but it does not say how long the road is nor how long it would take. Obviously it is subjective. So, I say read and do as best you can and you'll probably feel some relief, as I have.

2 of 2 people found the following review helpful.

What a wonderful book. Don't let the title fool you

By Amazon Customer

What a wonderful book. Don't let the title fool you. You don't have to have PTSD to benefit from iRest. It's fantastic for everyone.

Presented in clear, and easily accessible language, you'll learn a ton about yourself. The exercises are fantastic and Richard's voice is so soothing. (You can download a few at their website for free.)

Spoilers: Yes, you are this time bound, frightened, excitable little being floating in an endless sea of change. But you're also this unbounded, unbroken, peaceful, joyful being fascinated by this game of life. iRest gives us all the tools we need to navigate the bumps and traumas in life without losing our love of life.

4 of 4 people found the following review helpful.

Superb Treatment Approach for PTSD

By Fran

Richard Miller presents the iRest Program for Healing PTSD in an informative style that is easily understandable and applicable to practice by clinicians. I have used iRest (yoga nidra) with clients and they have found it tremendously helpful, restorative, and healing. I highly recommend this book.

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