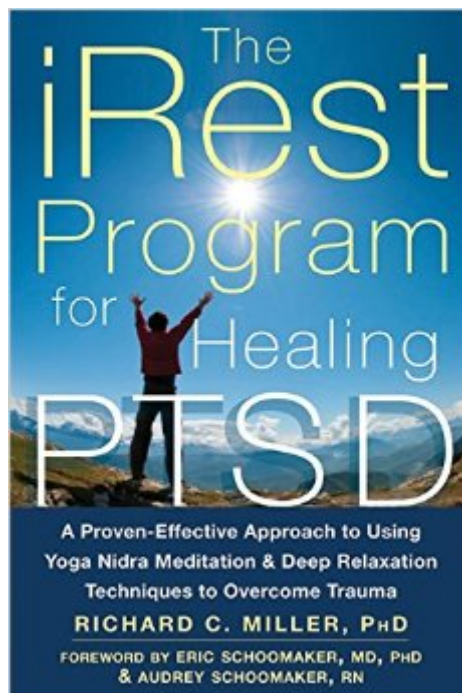


The book was found

# 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

Paperback: 224 pages

Publisher: New Harbinger Publications; 1 edition (January 2, 2015)

Language: English

ISBN-10: 1626250243

ISBN-13: 978-1626250246

Product Dimensions: 7 x 0.5 x 8.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars • See all reviews • (20 customer reviews)

Best Sellers Rank: #132,460 in Books (See Top 100 in Books) #136 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #150 in Books > Self-Help > Anxieties

## 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.

[Download to continue reading...](#)

The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma  
Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation)  
Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras)  
Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)  
YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal)  
Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate)  
Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness,

Yoga, Relaxation Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness)

[Dmca](#)