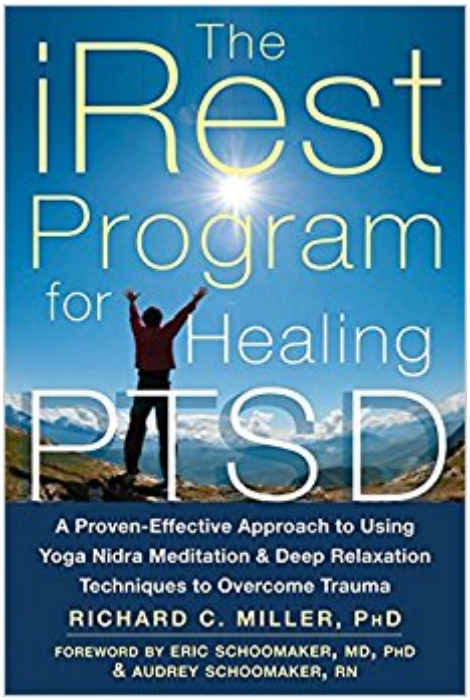
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The IRest Program For Healing PTSD: A Proven-Effective Approach To Using Yoga Nidra Meditation And Deep Relaxation Techniques To Overcome Trauma



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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 Ã¢â ¬Å“on alert.Ã¢â ¬Â• 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.Ã Â

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Customer Reviews

“Richard Miller combinesÃ Â modern science andÃ Â ancient yogic practices to give us a research-based, practical program for healing trauma. I highly recommend this comprehensive,Ã Â heartfelt, and helpful book.Ã¢â ¬Â• —Rick Hanson, PhD, author ofÃ Â Buddha's Brain “For six years, I taught iRest meditation at Walter Reed Army Medical Center with active duty service members suffering from acute post-traumatic stress disorder (PTSD). Despite my studentsÃ¢â ¬â„¢ initial skepticism about a meditation-based approach, I witnessed enormous, life changing improvements in their mental and physical health as they practiced the iRest protocol during their three-week treatment program. Miller's book clearly articulates the fascinating theory and powerful methodology of iRest meditation for healing PTSD. iRest is a culture-neutral,Ã Â trauma-sensitive, and evidence-based modality that I can't recommend highly enough for treating trauma-related conditions.Ã¢â ¬Â• —Robin Carnes, MBA, certified yoga and iRest meditation instructor“This is a very important book, to say the least. More and more, we are learning in the West that meditative practices from the East have a deep and profound ability to heal the darkest and most painful aspects of our human experience. Richard Miller is leading the way in bringing these practices into the mainstream in an easy-to-understand and experiential way. Very highly recommended.Ã¢â ¬Â• —Scott Kiloby, author of Natural Rest for Addiction“Richard Miller integrates Eastern and Western philosophies for modern trauma therapy. The protocols are written in accessible language to provide tools for professionals, as well as peace of mind for those experiencing PTSD.Ã Â Miller opens the way for health, healing, and well-being.Ã¢â ¬Â• —Mary Ellen Rose, yoga and meditation instructor at Laurel Ridge Treatment Center, Mission Resiliency Unit, San Antonio, TX“Richard Miller is an exceptionally skilled practitioner-teacher of both psychotherapy and yoga. His iRest program is a powerful synthesis of both traditions that has proven effective in helping and healing diverse groups of people.Ã¢â ¬Â• —Roger Walsh, MD, PhD, author of Essential Spirituality“Richard MillerÃ¢â ¬â„¢s book is the fruit of his lifelong dedication to serve those with PTSD. This book is like having the most loving and compassionate friend with you every step of the way toward complete healing.Ã¢â ¬Â• —Swami Dayananda, integral hatha yoga teacher and trainer, as well as director of LOTUS Center for All Faiths“Richard's teachings and the practice of iRest offer practitioners the heart of true healing. iRest uncovers the

part of you that is untouched by trauma, the part of you that is whole, healthy, and complete—just as it is. I have personally witnessed iRest help thousands of service members, veterans, and military families discover meaning in their traumatic experiences.Ã¢â ¬Â• —Molly Birkholm, cofounder of Warriors at Ease and founder of Healing River Yoga“Richard MillerÃ¢â ¬â„¢s The iRest Program for Healing PTSD is an engaging and interactive program for dealing with the underlying issues of PTSD, and not the just the symptoms. Practice and process for healing yourself—what a gift.Ã¢â ¬Â• —Lee Rodrigues, MA“What an offering Richard C. Miller has given us!Ã Â The iRest Program for Healing PTSD presents ancient wisdom in an engaging, user-friendly way, andÃ Â shows how to return to wholeness after being traumatized.Ã Â This book is the perfect guide to help readers effectively release trauma and recover from PTSD. I highly recommend it.Ã¢â ¬Â• —James Baraz, coauthor of Awakening Joy and cofounder of Spirit Rock Meditation Center“I am grateful for the wisdom of this work and the depth of its practical application. There are useable tools and resources to act as a resilience inoculation to better prepare our military for the challenges they will face, as well as proven and researched practices to assist veterans and their families through the trials and phases of transition from military service. Thank you Richard C. Miller, for your generosity of spirit and for showing us a way forward.Ã¢â ¬Â• —John Henry Parker, behavioral assessment analyst and team development consultant in the field of personal, professional and transformational development, and cofounder of Purple Star Veterans and Families, a non-profit organization providing transition resources to veterans and their immediate and extended family members

Richard C. Miller, PhD, is a clinical psychologist, author, researcher, scholar, and meditation teacher. For over forty years, he has devoted his life and work to integrating the teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism with Western psychology. Miller is founding president of the Integrative Restoration Institute and cofounder of the International Association of Yoga Therapists. He was a founding member and past president of the Institute for Spirituality and Psychology, and serves as a senior advisor to the Baumann Foundation. Foreword writer Eric B. Schoomaker, MD, PhD, is a retired US Lieutenant General, as well as former US Army Surgeon General and Commanding General of the US Army Medical Command.Ã Â He is an internal medicine physician with a PhD in human genetics. While in uniform, he held many assignments, including command of the Walter Reed Army Medical Center in Washington, DC, the ArmyÃ¢â ¬â„¢s Medical Research and Materiel Command at Fort Detrick, MD, an Army academic medical center, a community

hospital, deployable medical brigade, and two Army regional medical commands. Schoomaker is the recipient of numerous military awards, including those from France and Germany, the 2012 Dr. Nathan Davis Award from the American Medical Association for outstanding government service, and an Honorary Doctor of Science from Wake Forest University. Foreword writer Audrey Schoomaker, RN, is project coordinator for a research study in therapeutic yoga for the Defense and Veterans Center for Integrative Pain Management.Ã Â She is an experienced yoga instructor with diverse experience in the field of healing as an Army nurse, nurse educator, and certified mind-body medicine practitioner. Ã Â

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.

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 is 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 loosing our love of life.

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.

This program to help feel and release difficult emotions has helped me more than any other technique to accept and move past the after effects of trauma. I use it on other life issues with success as well.

The iRest Program for Healing PTSD is arguably Dr MillerÃƒÂ¢Ã â ¬Ã â„¢s finest writing and a ÃƒÂ¢Ã â ¬Ã Ëœmust haveÃƒÂ¢Ã â ¬Ã â„¢ book for all who are dealing with PTSD or other chronic stress-related maladies. It will also make a valuable addition to the library or reading list for those of us who teach iRest or assist people with other approaches to meditation and mind-body wellness.Dr Miller masterfully blends background and factual information with real-life accounts along with simple, clear guidance to the practices of iRest. This is more than just a book with some interesting information ÃƒÂ¢Ã â ¬Ã â œ it is a complete manual for deep healing.While the book addresses dealing with PTSD, its messages and practices are equally applicable to many other conditions such as anxiety, pain management and sleep disturbances, to name few.This book is easy to read for those without prior experience in meditation and Dr Miller uses regular reiteration of key points to provide the best opportunity for readers to understand the principles and practices of iRest. Where it has been useful for the science to be outlined Dr. Miller has done so succinctly and simply, avoiding making this book ÃƒÂ¢Ã â ¬Ã ËœheavyÃƒÂ¢Ã â ¬Ã â„¢ with facts and figures, preferring to highlight basic points and providing extensive references for those wishing to delve deeper.At the heart of this book is a set of 40+ meditation scripts that readers can use to guide their own personal practice of the various iRest tools. These scripts can be read through, read out by others, or recorded to be listened to as meditations at any time.As a person with over 40 yearsÃƒÂ¢Ã â ¬Ã â„¢ experience teaching meditation, and several years practicing and teaching iRest, I am excited by the potential of this book and encourage anyone wishing to help heal themselvesÃƒÂ¢Ã â ¬Ã â„¢ to start their healing journey today by reading this book.

This simple to read yet highly transformative book is a must read for anyone who is wanting to experience life in a deeper, more meaningful way. Dr. Miller’s 10 step protocol that is detailed in this book reads like a modern day life manual to experiencing life, and ourselves just as we are. This is not a "fix it" manual. Rather it serves as a road map into accessing the deep acceptance and well-being that naturally resides within, even amongst trauma,illness or dis-ease. Since discovering the author’s first book " Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing" I have been integrating iRest while going about my daily life. What I have experienced has been deeply enriching. I have discovered more peace, clarity and joy then I have ever imagined. My suggestion is that when you read this fantastic book... do so slowly. Savor the profound wisdom(it is disguised as simplicity) Enjoy!Jennifer B

This program has changed my life. I take this class with a teacher once a week, but I also use this with my high school students as part of a restorative class. I can’t say enough good about it, it really is amazing. Try to get the CD that goes with it, it’s great!

Remarkable program with techniques for not only dealing with trauma by becoming aware of awareness, but some that I have included in both secular meditation and Buddhist meditation classes I teach.

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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 Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep Yoga Nidra Meditation CD: Extreme Relaxation of Conscious Deep Sleep Resting in Stillness: Integrative Restoration - iRest Yoga Nidra Trauma Surgery: Volume 1: Trauma Management, Trauma Critical Care, Orthopaedic Trauma and Neuro-Trauma Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Experience Yoga Nidra: Guided Deep Relaxation (Remastered) Experience Yoga Nidra: Guided deep relaxation Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) Yoga: The Yoga Beginner’s Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) PTSD Post Traumatic Stress Disorder & CBD Oil :: Understanding the Benefits of Cannabis and Medical Marijuana: The Natural, Effective, Modern Day Treatment to Relieve PTSD Symptoms and Pain The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series) Yoga: The Top 100 Best

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