



Irest Meditation: Restorative Practices for Health, Resiliency, and Well-Being

By Richard Miller

SOUNDS TRUE INC, United States, 2015. CD-Audio. Condition: New. Language: English . Brand New. A Proven Meditation Program for Profound Relaxation and Healing Deep rest and relaxation are critical elements in healing yet we rarely experience truly profound rest. Even with proper exercise and sleep, we continue to hold stress, tension and trauma in the body. Over the past 45 years, Dr. Richard Miller has developed a program for deep relaxation, healing, and rejuvenation called iRest (Integrative Restoration). In iRest Meditation, he offers a complete training in this proven method, which is being used by the military to treat PTSD and has been shown through research to reduce depression, anxiety, insomnia, and chronic pain as well as improve sleep, resiliency and well-being. Essential Practices for Resilient Well-Being Based on a modern evolution of the ancient practice of Yoga Nidra, the easy-to-learn iRest program provides a flexible toolbox of meditation practices that you can incorporate into your lifestyle to carry you through adversity. In these six audio sessions, Dr. Miller takes you step-by-step through a progressive series of guided exercises for managing stress utilizing the breath and body, decoding and balancing your emotional state, connecting you with deep inner resources that...

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