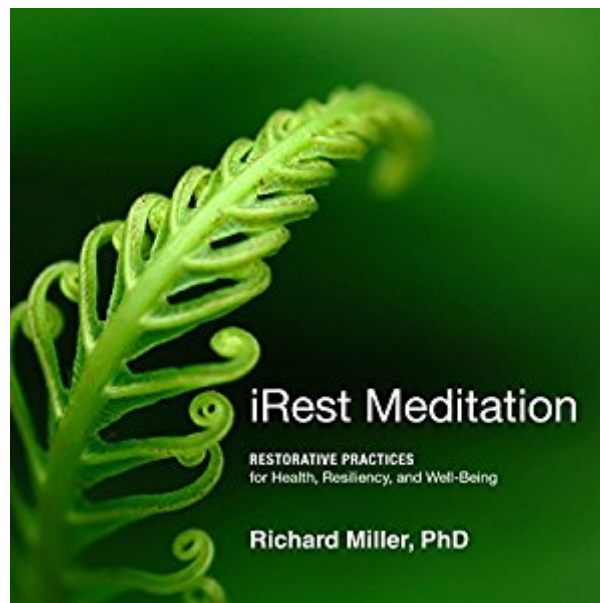


The book was found

# **iRest Meditation: Restorative Practices For Health, Resiliency, And Well-Being**



## Synopsis

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 and connecting you with deep inner resources that replenish your vital energy and sustain you regardless of your circumstances. "The practices in this program teach you how to respond rather than react to challenging situations and emotions," says Dr. Miller, "allowing you to experience all of life with unshakeable inner peace, mental clarity, and a harmonious relationship with the world around you."

## Book Information

Audible Audio Edition

Listening Length: 7 hours 5 and 11 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: October 27, 2015

Language: English

ASIN: B0176O4ZSA

Best Sellers Rank: #54 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #69 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #137 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder

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

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

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation &

Being Mindful With Transcendental-meditation The iRest Program for Healing PTSD: A

Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to

Overcome Trauma Master Dentistry - Restorative Dentistry, Paediatric Dentistry and Orthodontics:

Restorative Dentistry - Paediatric Dentistry and Orthodontics Volume 2 The Home Reference to

Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential

Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being Case Studies

in Infant Mental Health: Risk, Resiliency, and Relationships 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) Zen: Beginner's Guide to  
Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation,  
Zen Habits, Meditation for Beginners) Resting in Stillness: Integrative Restoration - iRest Yoga  
Nidra Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern  
Approaches to Healing and Well-Being Unbeatable Mind: Forge Resiliency and Mental Toughness  
to Succeed at an Elite Level (Third Edition: Updated & Revised) Shift Into Thrive: Six Strategies for  
Women to Unlock the Power of Resiliency Hope & Resiliency: Understanding the  
Psychotherapeutic Strategies of Milton H. Erickson How To Dig A Well: Pictured Guide On How To  
Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) All is Well: The  
Art of Personal Well-Being The Beginners Guide to Making Your Own Essential Oils: Complete  
Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ...  
Health, Healing, Weight Loss, Coconut Oil) The Harvard Medical School Guide to Men's Health:  
Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre  
(Collection)) Health Communication: From Theory to Practice (J-B Public Health/Health Services  
Text) - Key words: health communication, public health, health behavior, behavior change  
communications Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast  
Health, Breast Cancer Related Fatigue & Lymphedema Management Living Well, Staying Well:: Big  
Health Rewards from Small Lifestyle Changes (American Heart Association)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)