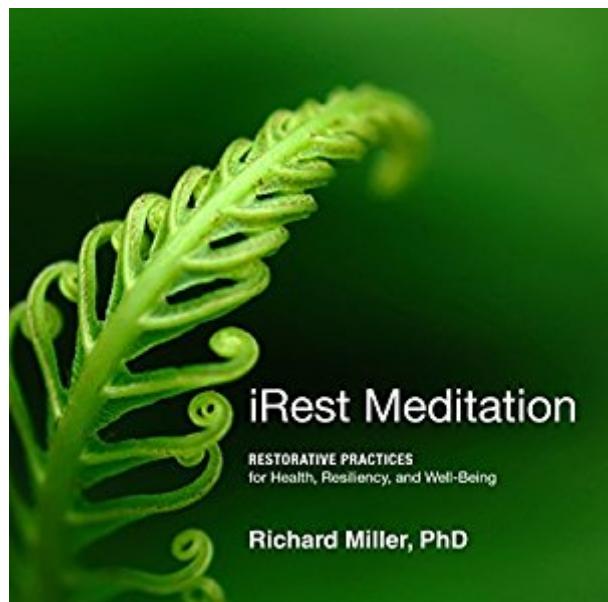


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# iRest Meditation: Restorative Practices For Health, Resiliency, And Well-Being



## 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

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