



# iRest at Ease with Richard Miller PhD

*Richard Miller PhD*

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## **iRest at Ease with Richard Miller PhD** Richard Miller PhD

iRest at Ease is a series of deeply relaxing guided meditations that provide tools for life for people experiencing PTSD, anxiety, chronic pain, insomnia and other issues, as well as for those wishing to experience a deep sense of well-being and peace in their daily life. iRest, the practice presented in these offerings, helps reduce symptoms while resolving their underlying issues, increases resiliency, reduces stress, and aids in getting a good nights sleep. Richard Miller, the developer of iRest and President of the Integrative Restoration Institute, and Kelly Boys, Director of IRI Operations, have teamed up to make this recording of iRest at Ease available in both a male and female voice to better serve the different populations of men and women who are benefiting from the practice of iRest. iRest at Ease contains an introduction and three separate iRest practices, including an on-the-go 8 minute practice, a 15 minute relaxing practice, and a 30 minute extended practice. It is tailored for military service members, veterans and their families, but can be used by anyone who wishes to develop coping skills for everyday challenges and increase their sense of well-being.

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