

Mp3 Elisha Goldstein, Ph.d. - Mindful Solutions For Stress, Anxiety, And Depression

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Based on thousands of years of wisdom combined with modern psychological research, this CD offers educational and experiential tools to effectively work with Stress, Anxiety, and Depression, giving you the space to live the life you want. 7 MP3 Songs in this album (79:27) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Elisha Goldstein, Ph.D. is a pioneer in the integration of mindfulness meditative techniques into the clinical therapeutic setting. He is author of the audio CD "Mindful Solutions for Stress, Anxiety, and Depression", co-author of the CD "Mindful Solutions for Addiction and Relapse Prevention", co-author of the upcoming workbook "Mindfulness Stress Reduction" and co-author of the multimedia Guide and Community "Mindfulness, Anxiety, and Stress" found in Aliveworld. He holds a private practice in West Los Angeles, is a public speaker, and a Consultant to Aliveworld. He is also a teacher of the popular program Mindfulness-Based Stress Reduction(MBSR).

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