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Psych Up Live
Thursday at 11 AM Pacific
March 11th 2021: Encore Using Mindfulness: A Mini Course With Major Benefits

We continue to hear of the benefits of mindfulness but many still wonder-What exactly is it? How can I best use it? In this episode, Dr Elisha Goldstein, author of many books on mindfulness including Uncovering Happiness, The Now Effect and Mindfulness Based Stress Reduction, will offer a mini-course on Mindfulness that teaches steps, rationale and technique. He will guide us to use breathing, catch the negative thinking, resist anxious problem solving and enhance resilience. You will understand why something that seems simple can be so powerful.

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Featured Guest



Dr. Elisha Goldstein

Dr Elisha Goldstein is a psychologist, speaker and author who has published numerous articles, chapters, and blogs, including Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion, The Now Effect: How This Moment Can Change the Rest of Your Life and co-author of A Mindfulness-Based Stress Reduction Workbook foreword by Jon Kabat-Zinn and MBSR Every Day. He synthesizes the pearls of traditional psychotherapy with a progressive integration of mindfulness to achieve mental and emotional healing. He has his private practice in West Los Angeles, California

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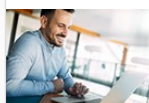
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