



Psych Up Live
Thursday at 11 AM Pacific
June 10th 2021: "Uncover the Power Within" – A Program To Take Back Your Life

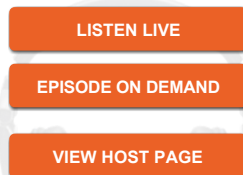
In this show Dr. Elisha Goldstein returns to Psych Up Live to describe, discuss and exemplify aspects of his important new program "Uncover the Power Within". Dr. Elisha Goldstein will share the personal journey that brings him to his tireless work of empowering people to understand the causes of depression, anxiety and unhappiness. In this episode he uncovers the battle between surviving and really living. He shares the ingredients that help us adapt practices to relax the nervous system, combat distraction, and heal self-image. He offers an understanding of the power of connection between

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Featured Guest



Elisha Goldstein PhD

Elisha Goldstein, PhD is one of the world's preeminent mindfulness teachers, a clinical psychologist, founder of the Mindful Living Collective and, creator of the breakthrough program – Uncover the Power Within. For the last 20 years as a psychologist and mindfulness educator, he has been at the forefront of integrating curriculum and training for Therapists, Educators, Business Professionals, active Military, Parents, and others in the art and science of mindful living. His books include Uncovering Happiness, The Now Effect, A Mindfulness-Based Stress Reduction Workbook, and MBSR Every day. In an increasingly fragmented society, he is working to bring people together so they may motivate an

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