

## MINDFULNESS MEDITATIONS FOR THE ANXIOUS TRAVELER GOLDSTEIN ELISHA%0A

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Mindfulness Meditations for the Anxious Traveler reveals how you can calm your anxiety about traveling, cultivate self-compassion, and gain control of your fears by quieting the emotional brain and tapping into the rational brain. You can approach your traveling challenges with greater ease. The secret is in the spaces.  
**Mindfulness Meditations for the Anxious Traveler**  
It was a joy to create Mindfulness Meditations for the Anxious Traveler and my hope is that it serves as a mindful companion being a source of ease, freedom from fear, and a healthier mind.  
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Elisha Goldstein, Ph.D. is author of The Now Effect, co-author of A Mindfulness-Based Stress Reduction Workbook, Foreword by Jon Kabat-Zinn, author of Mindfulness Meditations for the Anxious Traveler: Quick

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A six-minute guided meditation from Elisha Goldstein for reducing reactivity so you can come down from a hectic day. (Atria Books, 2015), *The Now Effect* (Atria Books, 2012), *Mindfulness Meditations for the Anxious Traveler* (Atria Books, 2013), and co-author of *A Mindfulness-Based Stress Reduction Workbook* (New Harbinger, 2010). [Comments](#) [Comments](#). [mindful cities Newsletter](#). [Weekly wakeup](#)

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