

**A Mindfulness-Based Stress Reduction Workbook By
Elisha Goldstein**

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Elisha goldstein - the mindfulness summit

Elisha Goldstein, Ph.D. is cofounder Mindfulness Meditations for the Anxious Traveler and co-author of
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Ph.D. is in private practice in West Los Angeles and co-author of A Mindfulness-Based Stress Reduction Workbook, Elisha Goldstein, Elisha. Reply. Lisa

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