



# **Mindfulness Meditations for the Anxious Traveler (with embedded videos): Quick Exercises to Calm Your Mind**

*Elisha Goldstein*

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**A short eBook designed to ease your mind about traveling.**

Drawing on cutting edge psychology, neuroscience and mindfulness practices, *Mindfulness Meditations for the Anxious Traveler* offers you fresh, simple, practical exercises to become more aware of the space in between stimulus and response and to use those spaces in your life to break free from habitual beliefs and thoughts that don't serve you. These techniques will enable you to travel without unnecessary anxiety.

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