



Mindfulness Meditations for the Troubled Sleeper (with embedded videos): The Now Effect

Elisha Goldstein

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A short eBook designed to quiet your mind and settle your body.

You don't have to suffer from insomnia anymore. You don't have to lie in bed thinking about how terrible the next day is going to be because you can't get any rest. You can gain clarity and freedom over your troubled mind and tap into a place of harmony that is going to lead you to a good night's sleep. Learn how to quiet your busy mind and break the cycle that keeps you in a state of agitation.

A leader in mindfulness psychology, Dr. Elisha Goldstein demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that keep you from sleeping well. These techniques will allow you to connect to the present moment to make deep, permanent life changes. In essence, this book teaches the foundation for how the now—this very moment—can change the rest of your life.

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