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# Sarah Edelman Guided Meditation Audio CD Mindfulness

Sarah Edelman, PhD. is an author, lecturer and a psychologist in private practice. She worked for many years as a research psychologist at the University of Technology Sydney, and has published several articles on the use of CBT with cancer patients. She also conducts workshops for mental health practitioners and employees in industry, and provides training for psychologists at the Black Dog Institute, Sydney. In 2002, Sarah published a book, now in its second edition, titled 'Change your Thinking – positive and practical ways to overcome stress, negative emotions and self defeating behaviour using CBT, it was reprinted in 2006 '

AudioBooks

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## Magic Moments - Sarah Edelman - Guided Meditation and Relaxation



Magic Moments by Sarah Edelman PhD Guided Meditation and Relaxation View all our Sarah Edelman Audio CD click here Magic Moments - Sarah Edelman - Audio CD Brand New (still shrink wrapped): 1 CDs This CD contains two meditation "sessions" that run for 32 minutes each with each session comprising four separate tracks of 6-10 minutes duration (eight tracks in all). The listener can choose to do a full meditation session comprising all four tracks or create their own session by selecting the specific tracks they prefer. A soothing voice set to background music by Dale Nougher guides the listener through deep relaxation exercises followed by guided meditations. These include visual imagery (a mo [more details.....](#)

■ [. : Meditation Letting Guided Edelman](#)

## Letting Go - Sarah Edelman - Guided Meditation and Deep Relaxation

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Letting Go by Sarah Edelman PhD Guided Meditation and Deep Relaxation View all our Sarah Edelman Audio CD click here Letting Go - Sarah Edelman - Audio CD Brand New (still shrink wrapped): 1 CDs This CD contains a range of guided relaxation and meditation exercises spoken to a background of ambient music. These exercises are particularly helpful for reducing tension anxiety and physical arousal and for achieving a state of inner calm. A soothing voice guides the listener through a range of exercises including deep relaxation breathing meditation and calming visual imagery. This CD contains two tracks that run for approximately 30 minutes each with ambient background music by Malcolm Harrison [more details.....](#)

■ . | [Guided Meditation Sleep Soundly](#)

## Sleep Soundly - Sarah Edelman - Guided Meditation



Sleep Soundly by Sarah Edelman PhD Guided Relaxation Imagery and Meditation for promoting sleep View all our Sarah Edelman Audio CD click here Sleep Soundly - Sarah Edelman - Audio CD Brand New (still shrink wrapped): 1 CDs Sleep soundly contains guided relaxation visualisation and meditation specifically designed for promoting sleep. Australian psychologist Sarah Edelman's soothing voice accompanied by Malcolm Harrison's relaxing music guides the listener through a range of calming imagery and gentle exercises. These calm and sedate the listener by distracting attention away from thoughts reducing anxiety and releasing tension and physical arousal which are common obstacles to sleep. It is [more here.....](#)

■ . | [Anxiety Relaxation Edelman](#)

## Letting go of Anxiety - Sarah Edelman

### - Deep Relaxation



Letting go of Anxiety by Sarah Edelman PhD Deep Relaxation Imagery and Breathing Exercises and Releasing Anxiety View all our Sarah Edelman Audio CD click here Letting go of Anxiety - Sarah Edelman - Audio CD Brand New (still shrink wrapped): 1 CDs This CD contains a series of exercises designed to help the listener release the unpleasant feelings that accompany anxiety including physical tension arousal worrying thoughts and emotional uneasiness. A soothing voice guides the listener through a range of exercises including deep relaxation calming imagery breathing exercises and self-talk for releasing anxiety. This CD contains six tracks that run for approximately 10 minutes each with ambient [extra info.....](#)

■ . | [Stillness Relaxation Sarah Meditation Guided Edelman Moments](#)

## Moments of Stillness - Sarah Edelman - Guided Meditation and Relaxation



Moments of Stillness by Sarah Edelman PhD Guided Meditation and Deep Relaxation Exercises View all our Sarah Edelman Audio CD click here Moments of Stillness - Sarah Edelman - Audio CD Brand New (still shrink wrapped): 1 CDs Moments of Stillness contains two half-hour tracks comprising a series of relaxation and meditation exercises spoken by psychologist Sarah Edelman to a background of ambient music by Peter Dixon. Both tracks contain a range of exercises designed to create deep physical relaxation and internal stillness. The guided meditations include a focus on the breath mantra meditation a healing blue light affirmations and observing the present moment. These exercises are ideal for bo [more information.....](#)

Sarah Edelman says CBT is not so much about changing personality, but adjusting cognition and belief with evidence. Many of our thinking patterns are established in childhood and can remain stubborn to change, but Sarah Edelman points out that our thoughts and beliefs are influenced for better or worse throughout our adult lives: influences include the social environment, culture, friends and partners. CBT's mantra is that dysfunctional beliefs can cause unnecessary emotional pain, but we can change those beliefs. In the case of anger, CBT entails the person writing down the advantages and disadvantages of staying angry. With panic attacks, Sarah Edelman encourages people to feel the physical sensations, and help them realise the sensations usually quickly pass. For the shy, Sarah Edelman gets people to rate social events from least feared to most, then go about attending such events, all the while challenging their fear that a social gathering will end in catastrophe.

CBT can alleviate every-day problems stemming from irrational beliefs, says Dr Melissa Green, a clinical research fellow with the Macquarie Centre for Cognitive Science. These problems include frustration, anxiety, even road rage.

Dr Sarah Edelman's book Change Your Thinking (ABC Books, 2006) is a practical and reassuring guide to help overcome stress, negative emotions and self-defeating behaviour using CBT (Cognitive Behaviour Therapy). It demonstrates how to dispute that nagging voice in your head and deal more rationally with feelings of anger, depression, frustration and anxiety.

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