

Favorite Podcasts, YouTube Channels & Online Resources

A few thoughtful and practical resources that many clients have found helpful over the years.

Mental Health, Habits, and the Nervous System

Huberman Lab — Andrew Huberman

Conversations and practical tools related to neuroscience, stress, sleep, focus, habits, mental health, and physical wellbeing.

Ten Percent Happier — Dan Harris

Accessible conversations about mindfulness, anxiety, meditation, and emotional wellbeing.

OCD, Anxiety, and Psychological Flexibility

OCD and Anxiety — Nathan Peterson, LCSW

Practical and approachable videos focused on OCD, anxiety, exposure therapy (ERP), and reducing avoidance and reassurance-seeking patterns.

Therapy in a Nutshell — Emma McAdam, LMFT

Clear and practical videos about anxiety, emotional regulation, nervous system responses, and coping skills.

Mindfulness, Presence, and Awareness

Eckhart Tolle — Author and Spiritual Teacher

Teachings focused on presence, awareness, observing the mind, and reducing identification with thoughts and ego-driven patterns.

Attachment, Relationships, and Self-Awareness

Heidi Priebe — Attachment and Relationship Educator

Thoughtful videos exploring attachment styles, relationship dynamics, emotional patterns, boundaries, and self-awareness.