Sarah Edleman – Sleeping Soundly Part 1

<https://www.youtube.com/watch?v=DNwuqgr0oqU>

Sarah Edelamn – Sleeping Soundly Part 2

<https://www.youtube.com/watch?v=-1Qi6M1jIhE>

Sarah Edelman – Mindfulness of Emotions

<https://www.youtube.com/watch?v=4D-Gdac_knU>

Sarah Edelman – Letting Go of Anxiety

<https://www.youtube.com/watch?v=JHm4uo7dZaM>

Sarah Edelman – Letting Go Part 2

<https://www.youtube.com/watch?v=CPZFabQkrzs>

Sarah Edelman – Self Talk for Releasing Anxiety

<https://www.youtube.com/watch?v=J888EB6V-5s>

Russell Harris – Mindfulness Skills Part 1 ($10 purchase fee)

<https://www.actmindfully.com.au/product/mindfulness-skills-volume-1-mp3-instant-download/>