

Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

PPDNation! Welcome to this edition of Freedom Friday! Do you believe in the power of energy? Have you ever had one of those days where you felt on top of the world, luck was on your side, and things worked out better than you could've imagined? That's energy. And guess what? You get to create your own energy. In order to do so, you must first prioritize your mental health. That's right, YOU have to take care of YOU! Self-care is the gateway to being limitless. Join me in starting the month of September with intentional peace, love and self-care ♥ [@Physiokarim](#).

Don't Forget to Renew

It's time to renew your membership to the PPDNation. It takes just 3 minutes to renew your PPD membership and remain part of our community. You can renew your membership online through the CPA Account Centre. To get started, you can click [here](#).

Karim S. Meghji
PPD Chairperson

Got Questions DM me on Instagram
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Beautiful minds are free from fear: Robert Grant at TEDxOrangeCoast

Have you ever felt like you were holding back? Have you ever felt too scared to just give it a go? Robert E. Grant is sharing what makes a beautiful mind: any moment free from fear is an opportunity to taste immortality and new possibilities.

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LAW OF ATTRACTION



The Neuroscience Behind The Law Of Attraction - Dr. Andrew Huberman

Like attracts like; this essentially sums up the law of attraction. The energy of your thoughts to some extent is said to affect your experiences. Similar things are attracted to one another. Join Dr. Andrew Huberman as he explores the power of the law of attraction.

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The Intentional Advantage: Targeting Your Intuition with Laura Day on Apple Podcasts

You hear about it all the time, but do you know what Intuition really is? Here's the truth: Intuition is a powerful ability we all have, and when we understand how to target it, we can use it to leverage the success we want to achieve.

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Key Self Care Basics & How You Can Integrate Them Into Your Life Now with Podcaster & Author...

In this episode, Jennifer George is joined by Suzanne Falter, an author and podcaster who helps busy women find happiness through self-care. After losing her 22 year old daughter, Teal, in 2012, Suzanne's work has evolved to help busy women learn more about self-care - a lesson she learned in coping with her grief.

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Nourishment of Self-esteem

Healthy Self-esteem is literally the determinant in how successful one is, how much money you make and how well you cope with failures. Listen in as Margo Jordan, award winning serial social entrepreneur and founder of self-esteem development platform Enrichly, dives into the nourishment of self esteem.

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To Be Happy, Think Like an Old Person

If you've ever seen an old person walking down the street, smiling, maybe humming an old tune, you'll quickly realize older people are happier. Though it may seem counterintuitive, read on to see why mental health improves with age...

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Why You May Do Your Best Thinking in the Shower

A "mindless" activity like a shower puts us in a state of flow. It helps you disconnect and enter into an almost meditative state. A break from deliberate thinking leads to surprising insights.

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[How to stay calm when you know you'll be stressed |](#)

Daniel Levitin

You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful situations, inhibiting rational, logical thinking but potentially helping you survive, say, being attacked by a lion. Daniel Levitin helps you avoid making critical mistakes in high stress situations.

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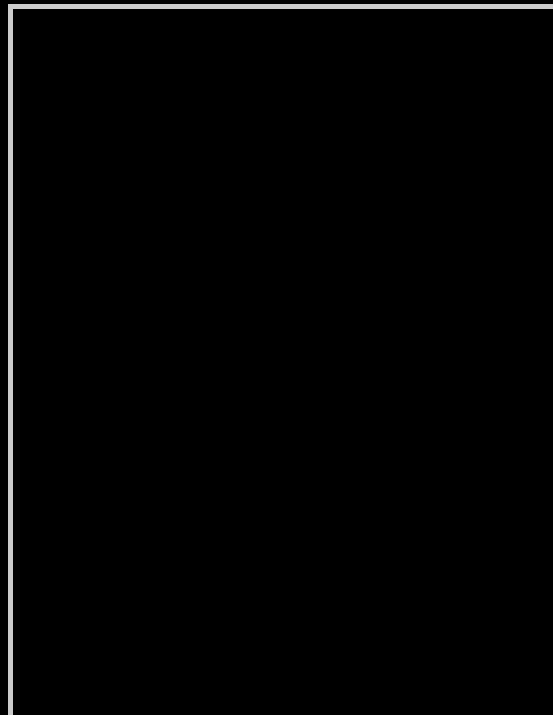
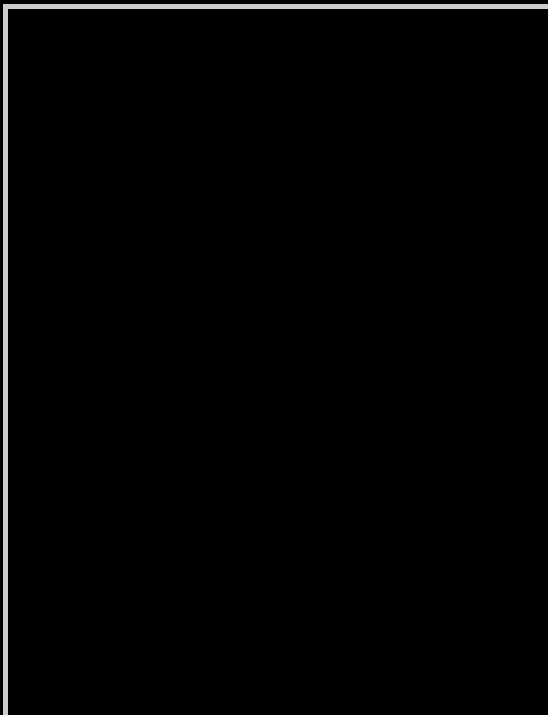
Natural Remedies For Anxiety: 5 Ideas

Anxiety disorders are the most common mental health conditions. Have a look at these Natural Remedies For Anxiety...

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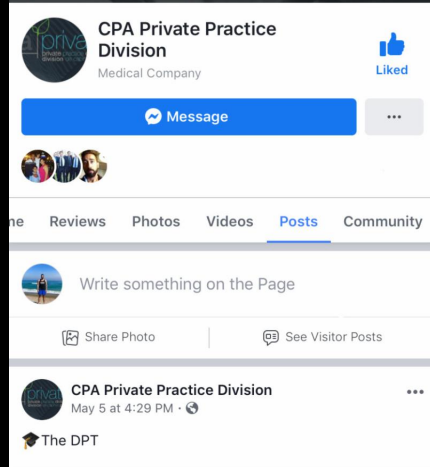
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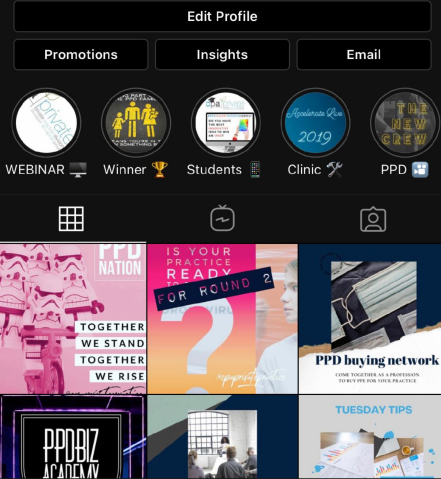


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