



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

PPDNation! Welcome to 2024! A new chapter, a new page; a new story waiting to be written. The new year is a great time to set goals for ourselves and work towards them. What better way to inspire our minds than with the latest edition of Freedom Fridays. Here's to our best version of ourselves & peak performance in 2024!!

Karim S. Meghji
PPD Chairperson

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EP 131

MAKE 2024 THE BEST YEAR

THE
**MEL
ROBBINS**
PODCAST



How to Make 2024 the Best Year: 6 Questions to Ask Yourself

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PRODUCTIVITY**



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QUANTAL CLIPS



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**SET GOALS
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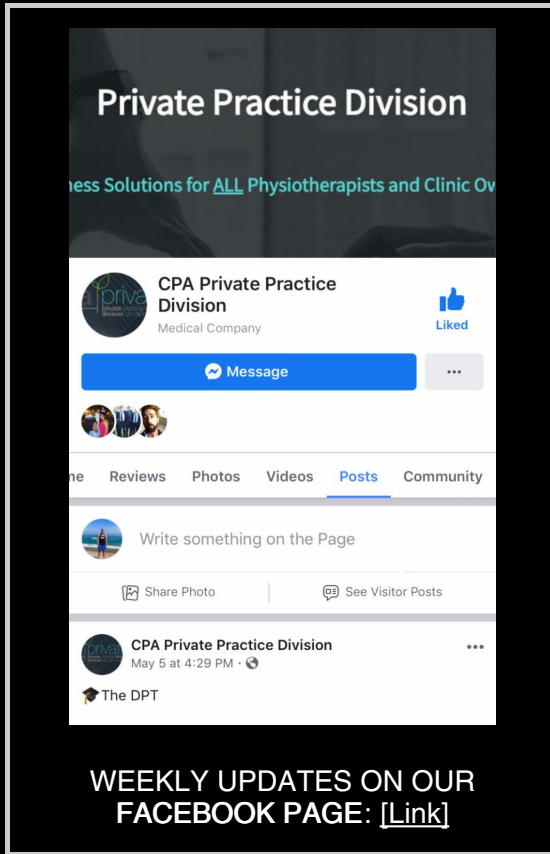


CBT Techniques: Tools for Cognitive Behavioral Therapy

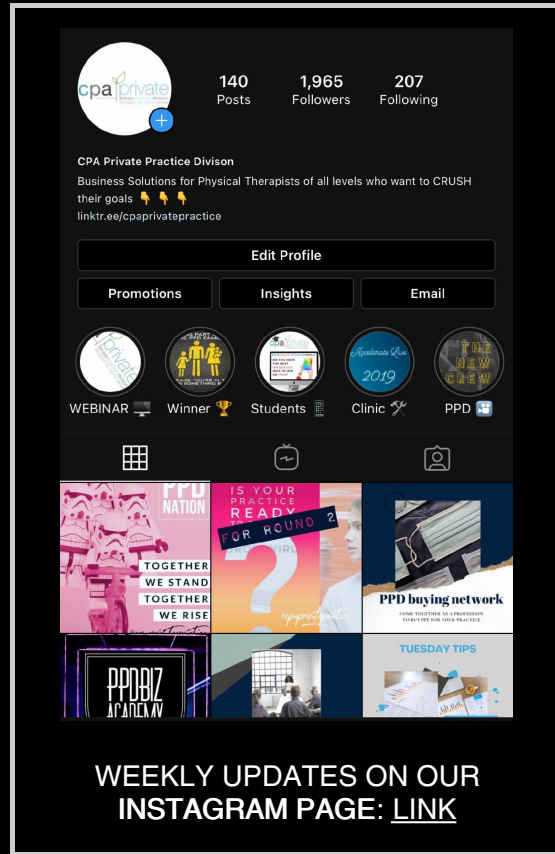
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