

Knowledge is **POWER**



**PRIVATE PRACTICE DIVISION**



**Hey Karim,**

PPDNation! Welcome to the November Edition of Freedom Friday! FF is one of my very favourite personal projects on PPD. What most people don't know about me is that my background before PT was in Psychology. So, protecting the mind and optimizing mental performance is my game and my passion. This month's Freedom Friday leaves no stone unturned. Some of the highlights includes Mental Health Tool kits, relationship advice at home & at work, and a 30-minute Yoga Nidra Nervous System Reset. I hope you enjoy my personal picks to peak your performance and peace of mind.

**Karim S. Meghji**  
**PPD Chairperson**

Got Questions DM me on Instagram  
[@physiokarim](#)  
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HUBERMAN LAB



**Mental Health Toolkit: Tools to Bolster Your Mood & Mental Health**

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## 4 Methods Superstars Use To Protect Their Energy | Robin Sharma

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## The surprisingly dramatic role of nutrition in mental health | Julia Rucklidge

For the last 6 years, Julia Rucklidge has been investigating the role of micronutrients in the expression of mental illness, specifically ADHD, Bipolar Disorder and anxiety.

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### 13 Things Mentally Strong People Don't Do

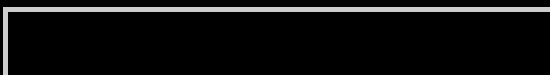
How to avoid the pitfalls that can keep you from reaching your full potential.

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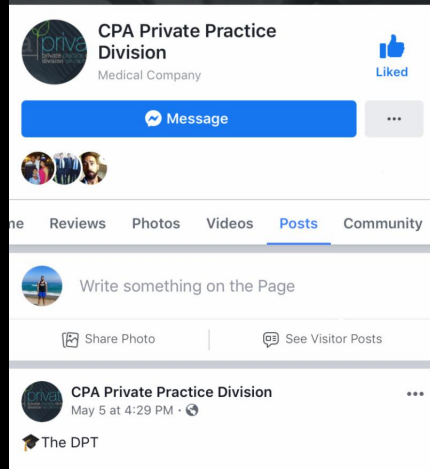
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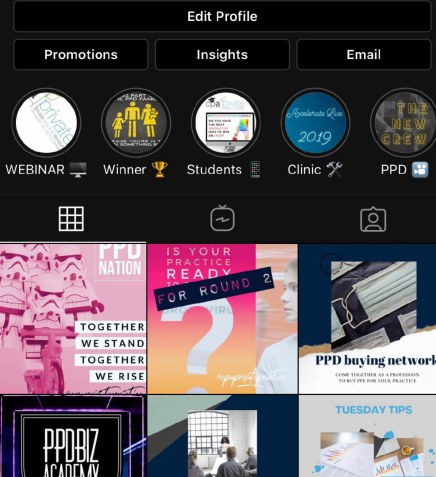


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