



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



FREEDOM

FRIDAYS

@cpaprivatepractice

Hey Karim,

PPDNation - Freedom Friday make it's return. In the whirlwind of juggling entrepreneurship, family, friends, and life's daily challenges, we often forget to tend to the cornerstone of our well-being: mental health. In the midst of this chaos, we must make space for self-love and compassion. Grounding ourselves in the present moment isn't just a luxury—it's a necessity for our mental wellness. Let's embark on this journey together, a journey that champions growth, connection, and the courage to be kind to ourselves. ♥

Karim S. Meghji
PPD Chairperson

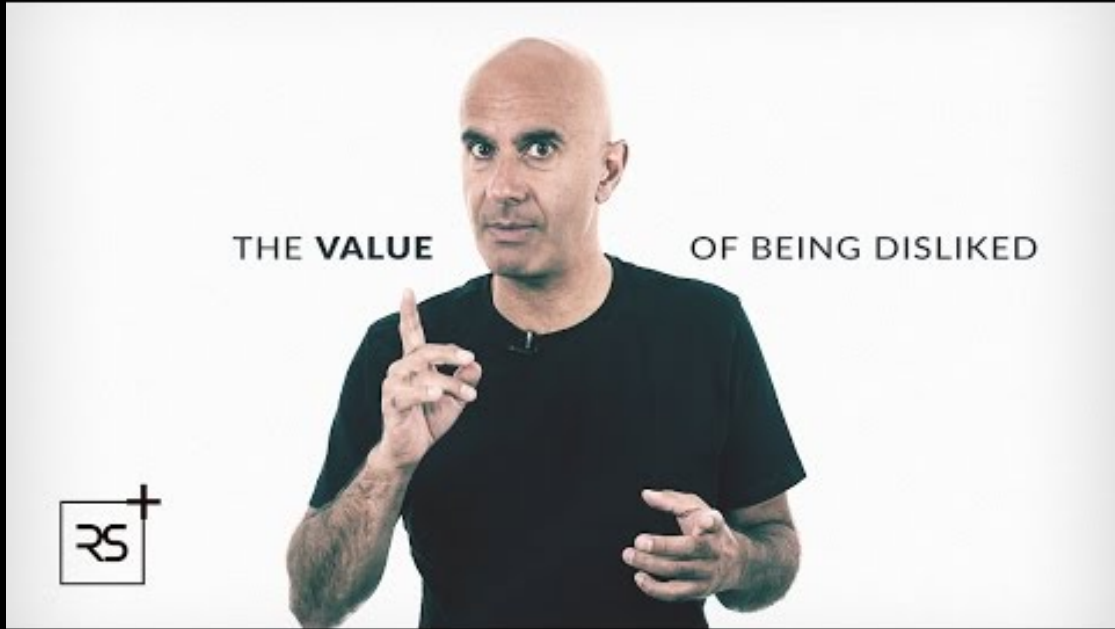
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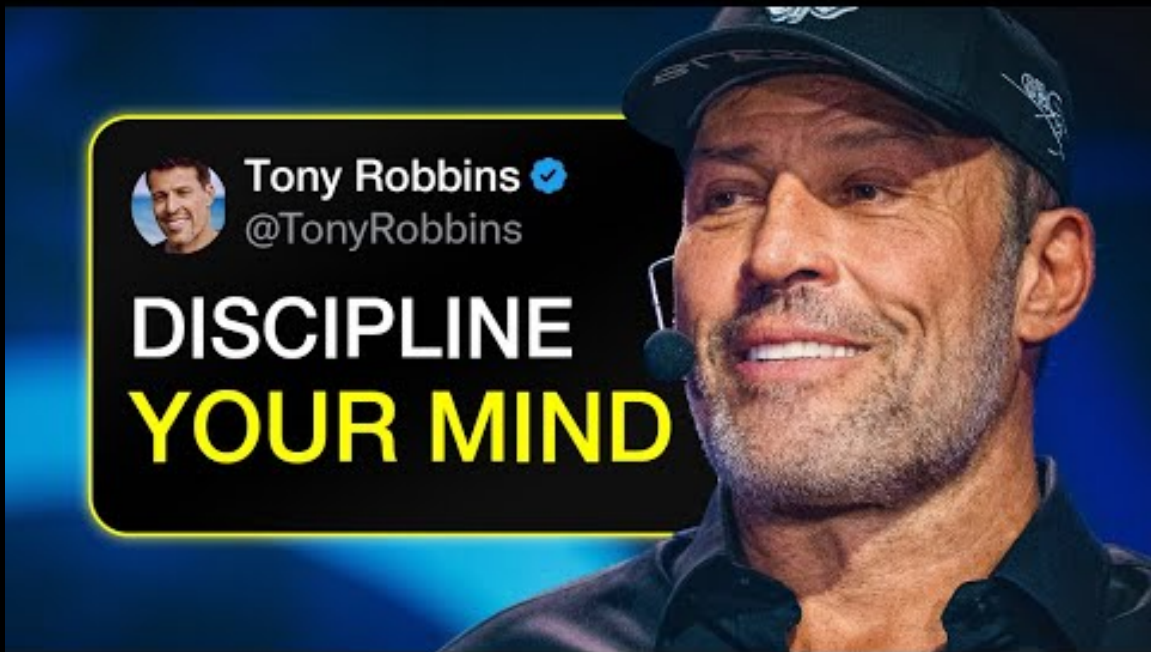
The CONFIDENCE Blueprint



How Menopause & Estrogen Impact Brain Function | Dr. Mark D'Esposito & Dr. Andrew Huberman



The Value of Being Disliked



Master Your Mind in 30 Days



How to Motivate Yourself (and Others) to Change Any



Ep #039 | Secrets to Longevity: Keys to Living Longer and Healthier



How to protect your brain from stress



How To Grow Your Self Awareness



Growth Mindset vs. Fixed Mindset

WHY YOU SHOULD CARE ABOUT BDNF

BDNF increases **NEUROGENESIS** and promotes **NEUROPLASTICITY**.

NEUROGENESIS is the process of forming new neurons - the basis for memory.

NEUROPLASTICITY is your brain's capacity to reorganize itself - it makes your brain more resilient.



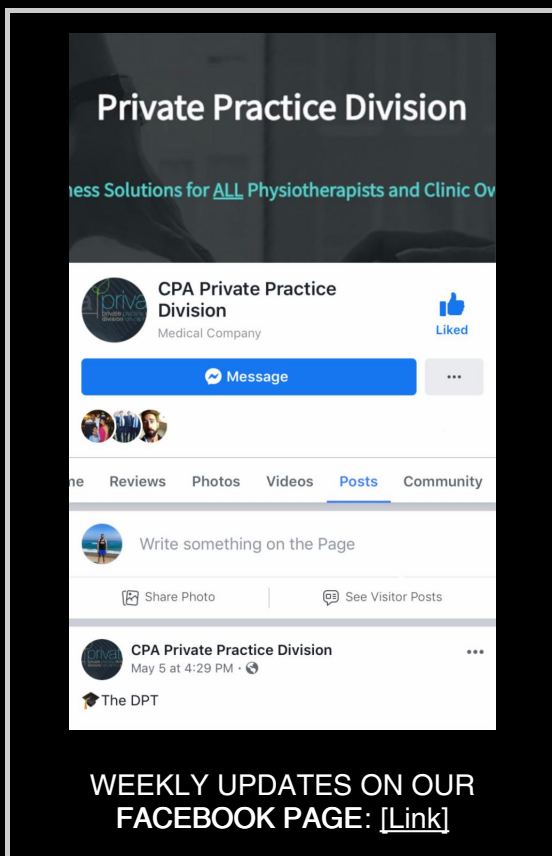
The no BS guide to understanding boundaries



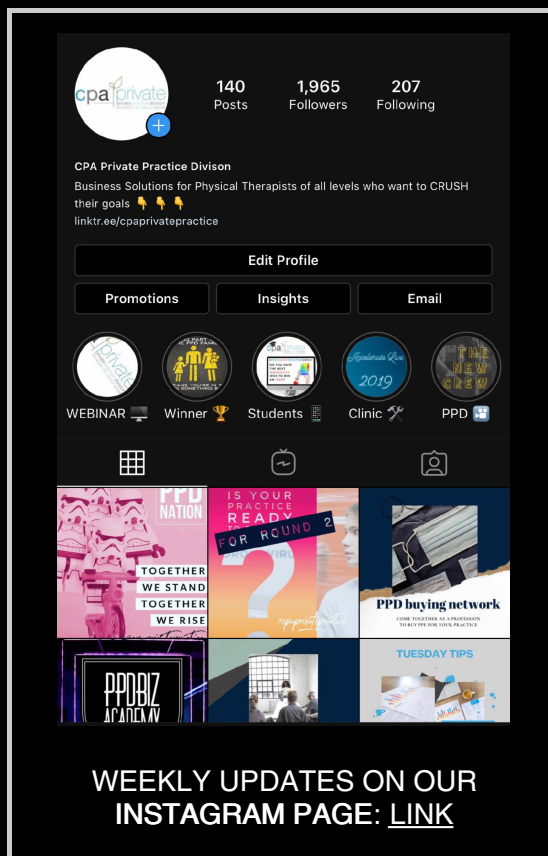
Human Connection: Why It's Important

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