



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

Welcome to December's edition of Freedom Friday! December is here, bringing holiday cheer, Christmas celebrations, and the exciting start of a new year. Merry Christmas to all!

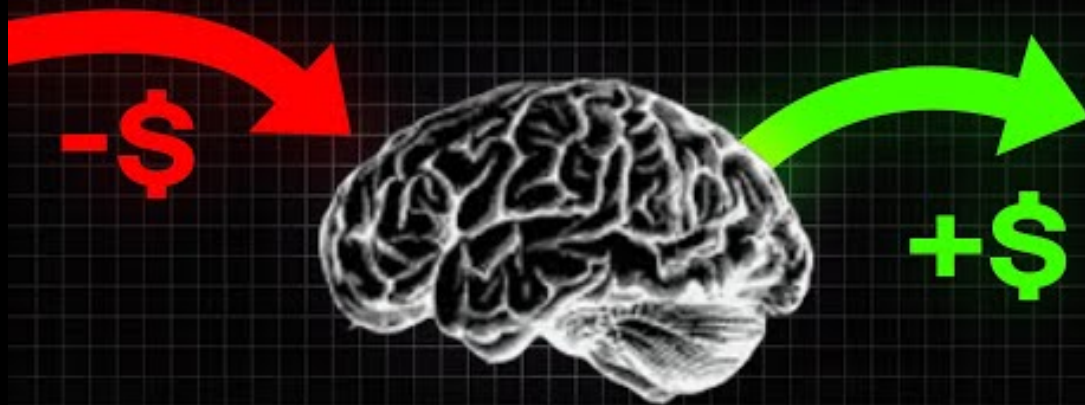
This month, we're focusing on new beginnings—new habits, a new mindset, and a new you. We hope this Freedom Friday helps you nurture your mental health, practice self-acceptance, and invest in yourself. Whether it's letting go of emotional baggage or incorporating Qi Gong or meditation, it's all about preparing for a brighter future.

Here's to celebrating yourself and stepping into the new year with renewed energy and positive change!

Karim S. Meghji
PPD Chairperson

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THE KEEP CUT RULE



How To Invest In Yourself Without Spending Money (Top 1% Method)



Don't Worry, Everything is Out of Control | Stoic Antidotes to Worry



Mapping Emotions in the Body



Mirror On The Wall



If You Feel Lost: FOCUS on THIS!



Are You Carrying 'Emotional Baggage'? Here's How to Break Free



THE
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ROBBINS**
PODCAST

Do This to Forgive What You Can't Forget



**Qigong Meditation: For Beginners, Techniques, Benefits,
and More**

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