



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION

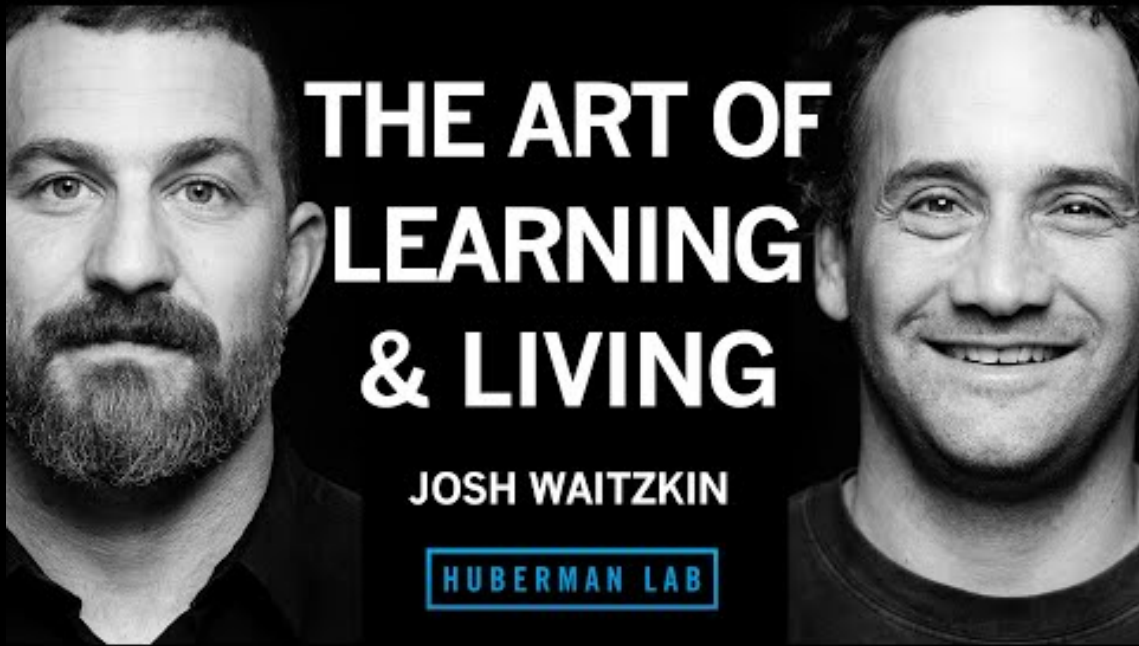


Hey Karim,

Welcome to February's edition of Freedom Friday! We hope your New Year's resolutions are already sizzl'n with energy! Remember, it's not about being perfect—it's about making progress, and progress starts with taking care of you. Small wins stack up, and soon you'll be cruising toward your best self. This month, let's dive deep into the power of the mind-body connection and practice the art of living—where self-care is at the heart of it all. When we align our thoughts, actions, and well-being, we're unstoppable! Embrace the journey, nourish your soul, and check out our handpicked links to keep your motivation burnin'. Let's make February a month of growth, healing, and joy!

Karim S. Meghji
PPD Chairperson

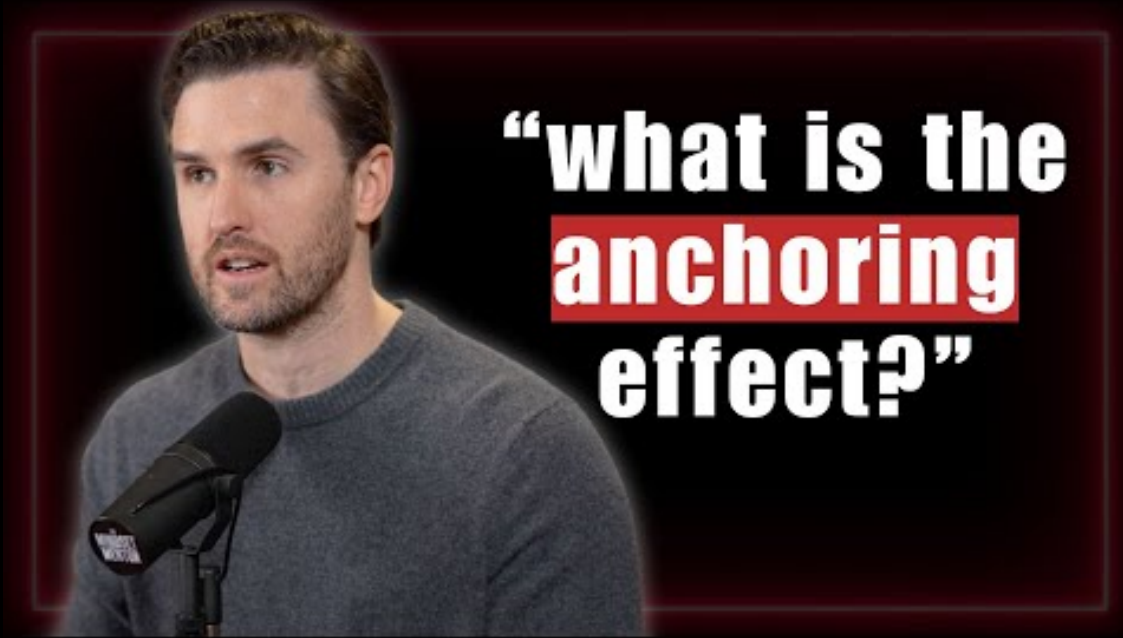
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The Art of Learning & Living Life



5 Mindset Shifts to Kill Stress Instantly



Want to Be More Persuasive? Try This!



**NATURAL
MEDICINE
FOR YOUR
BRAIN**

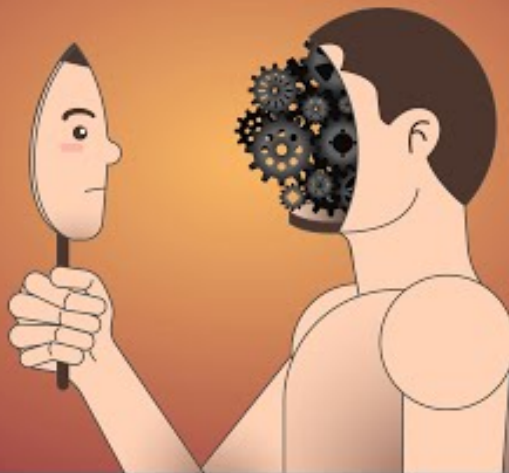


6 Natural Medicines for Brain Health



How Do Smartphones Affect the Brain?

BECOME WHO YOU'RE AFRAID TO BE



Become Who You're Afraid To Be

1% BETTER EVERY DAY

— COMPETE EVERY DAY.COM —

**The 1% Rule: How Small Daily Improvements Lead to
Massive Success**

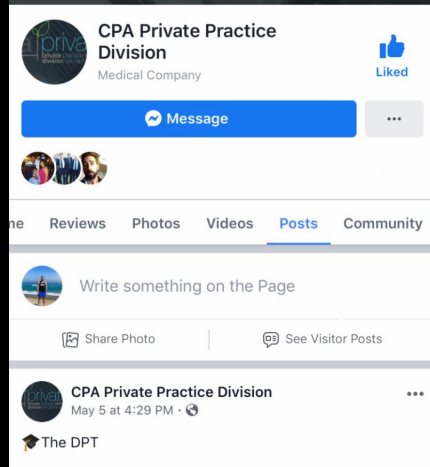
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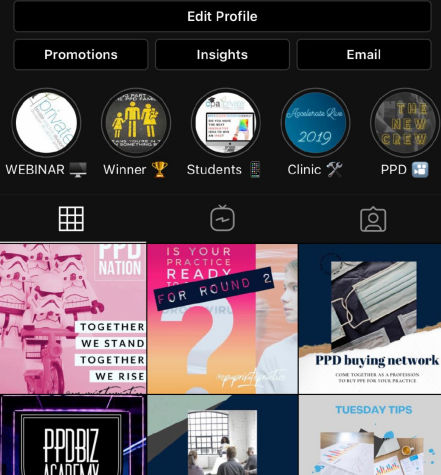


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If you have any questions for the private practice division, send us an email at:

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