



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

Welcome to January's edition of Freedom Friday—let's make it count! We're kicking off 2025 with the very first Friday of the year! January is all about new beginnings—setting fresh goals, staying motivated, and prioritizing mental wellness. Let's embrace the start of this exciting new chapter and make 2025 a year of growth, both inside and out. Check out our handpicked links to help you stay inspired and on track this month!

Here's to a year of growth—mentally, physically, and spiritually!

Karim S. Meghji
PPD Chairperson

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6 Habits to Make 2025 Your Best Year Yet

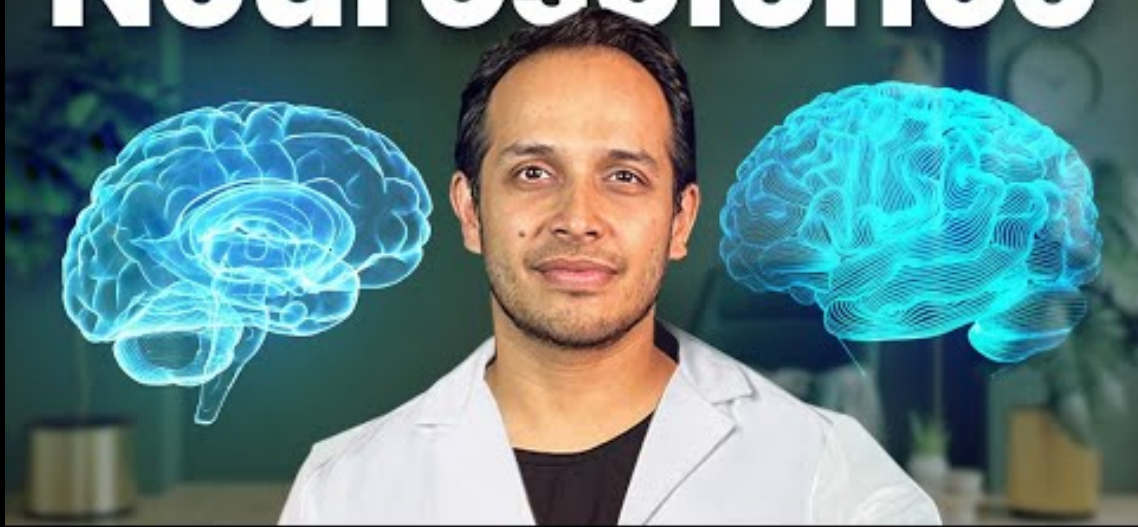


Optimize Your Learning & Creativity With Science-Based Tools



Your Brain is Like a Phone Battery! (9 Ways to Instantly Recharge)

Neuroscience



Learn How your BRAIN Works



A Simple Secret to Personal Development



How Adults with ADHD Can "Manufacture" Motivation



How To Take a Break



Alternate Nostril Breathing: Benefits, How To, and More

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Business Solutions for Physical Therapists of all levels who want to CRUSH their goals 🙌🙌🙌
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