



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



FREEDOM

FRIDAYS

@cpaprivatepractice

Hey Karim,

PPD Nation—Welcome to Q4 of 2024! As always, we are on a mission to 10X your practice, productivity, and mental health. TGIFF is back to make the last quarter of 2024 your most productive and fulfilling. This edition taps into my personal podcast favourites, hand-selected to bridge the gap between high performance and peaceful restoration. Let me know which one was your favourite!! Here's to a fulfilling October ahead!

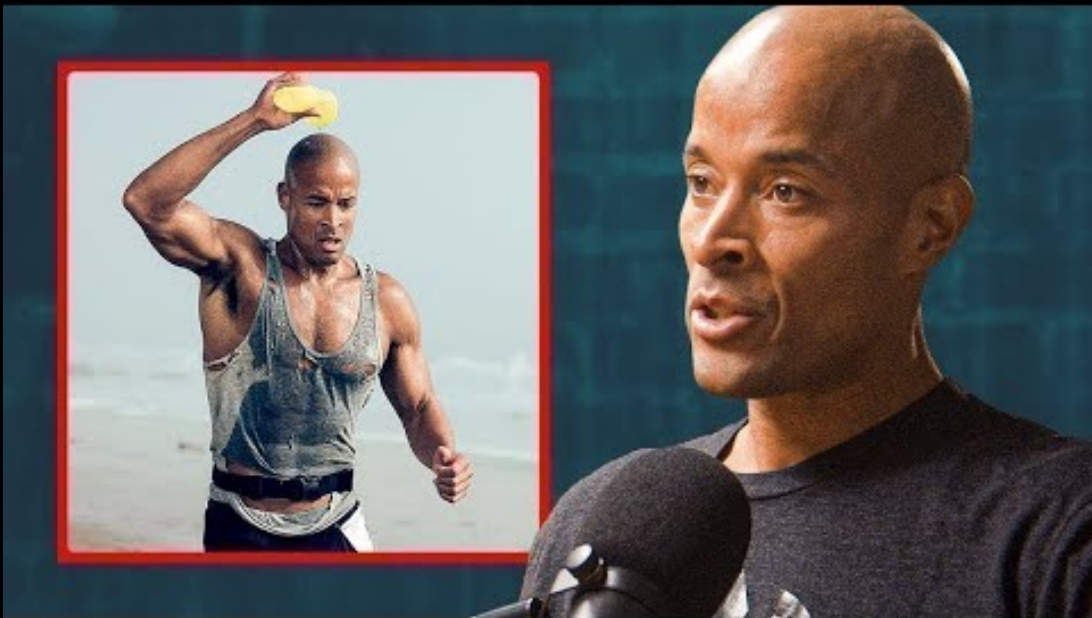
Karim S. Meghji
PPD Chairperson

[@physiokarim](#)
[@cpaprivatepractice](#)
[or email me directly here](#)

Cut these
people out
your life



How To Design Your Life To Get Ahead of 99% of People



David Goggins - How To Stop Breaking Promises To Yourself

A promotional graphic featuring two men speaking into microphones. The man on the left is white with blue eyes, and the man on the right is Black with a beard. The background is black with white text. A red box highlights the word 'transformed' in the text. The overall design is clean and professional, with a geometric pattern on the sides.

DOAC

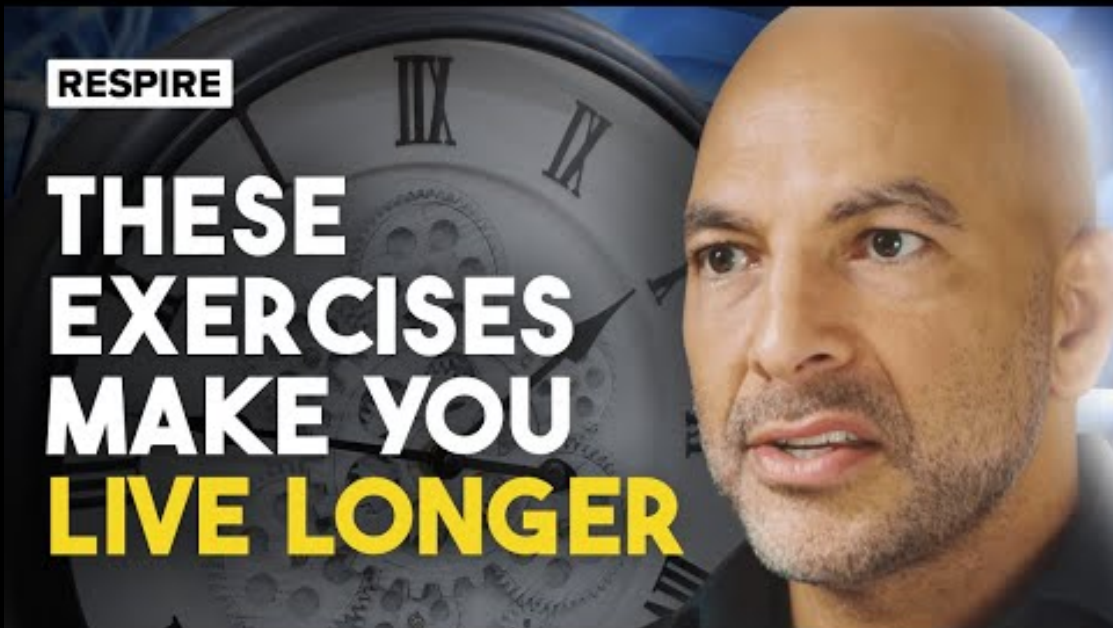
**the one
habit that's
transformed
millions
of lives!**

**2,000 Years Of Research PROVES Successful People Do
One Thing!**



THE **#1** HABIT TO DO EVERY MORNING

Hack To Increase Your Dopamine Levels & Boost
Motivation By 60%



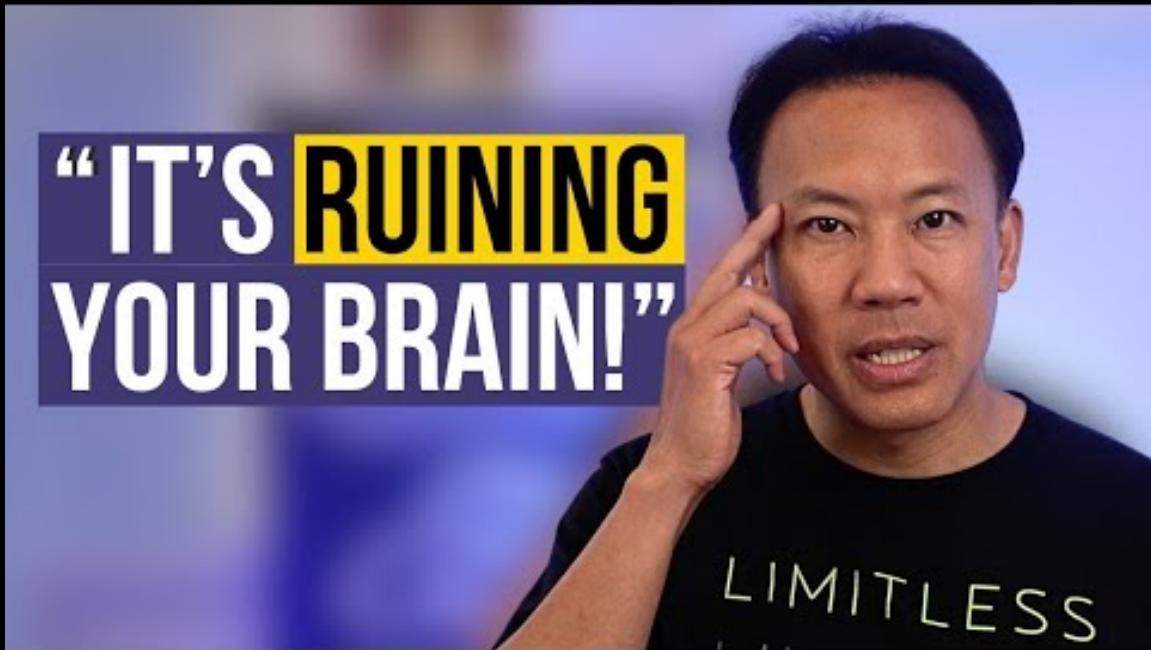
RESPIRE

THESE EXERCISES MAKE YOU **LIVE LONGER**

Peter Attia: Top 5 Exercises to Boost Longevity & Reverse



The Super Mario Effect: A Psychological Trick to Help Achieve Success Painlessly



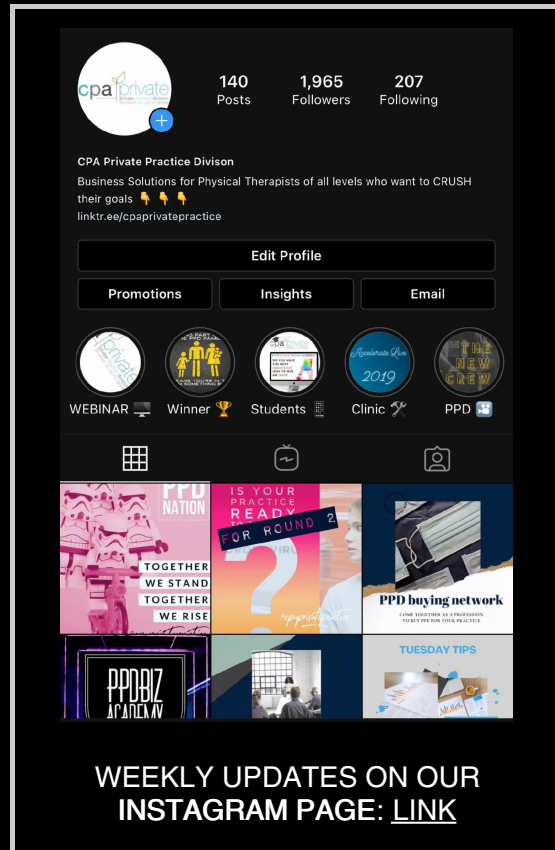
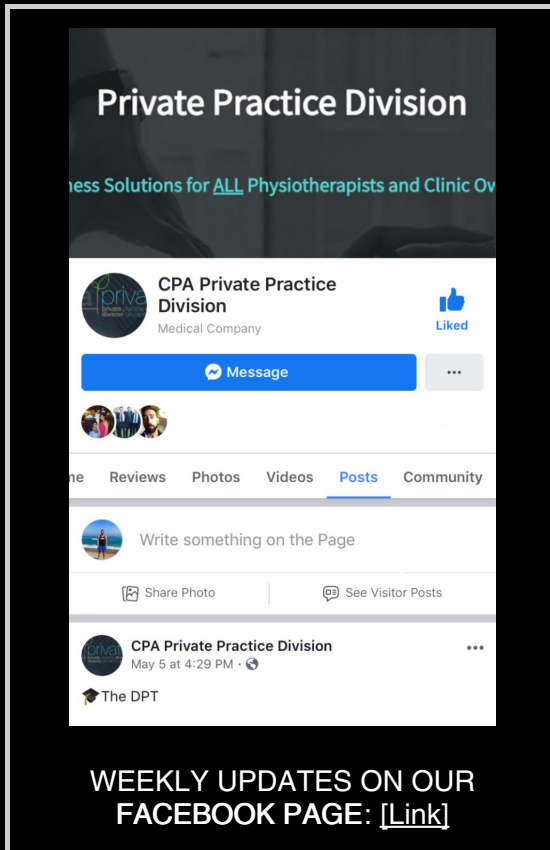
Strategies to Overcome Digital Overload



Boost Your Concentration in 2 Mins - Powerful Breathing

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