

<b>Date</b>	<b>Title</b>	<b>Read Time</b>
9-13-2021	How to Be "In the Moment"	5 minutes 29 seconds
9-20-2021	Turning Weaknesses Into Strengths	2 minutes 3 seconds
9-27-2021	How to be Emotionally Resilient	2 minutes 39 seconds
10-04-2021	How to Stop Overthinking	3 minutes 32 seconds