



Resources – Meaningful Connection

- <https://chopra.com/articles/10-ways-to-deepen-your-connections-with-others>
- <https://www.mhanational.org/connect-others>
- https://www.mindtools.com/pages/article/Body_Language.htm
- <https://www.meetmindful.com/meaningful-connection-key-to-healthy-relationships/>
- <https://joshuaspedek.com/meaningful-connection>
- <https://www.youtube.com/watch?v=jt1TSrqlrz4>