**Masterpiece Academy Table of Contents**

Articles include various topics written by successful aging subject matter experts and can be easily incorporated into newsletters and used in meaningful client engagement. Videos are 2-5 minutes in length and can be utilized as an education and engagement resource for colleagues, prospects, and clients. Blogs are conversational in nature and can be used across social media or in print materials.

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| **SUCCESSFUL AGING GENERAL TOPICS** | **COVID-19** |
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I Want to Be Social but People are Scary[Abundance or Scarcity: Which Will You Choose?](https://mymasterpieceliving.com/resource/abundance-or-scarcity-which-will-you-choose/)[Alone but Not Lonely (In Times of Isolation)](https://mymasterpieceliving.com/resource/alone-but-not-lonely-in-times-of-isolation/)[Anger, Covid-style](https://mymasterpieceliving.com/resource/anger-covid-style/)[Challenges that Change Us](https://mymasterpieceliving.com/resource/challenges-that-change-us/)[Changes in a Time of Coronavirus](https://mymasterpieceliving.com/resource/changes-in-a-time-of-coronavirus/)[Conflicts and Core Beliefs During COVID](https://mymasterpieceliving.com/resource/conflicts-and-core-beliefs-during-covid/)[Corona Strong](https://mymasterpieceliving.com/resource/corona-strong/)[Creativity During COVID](https://mymasterpieceliving.com/resource/creativity-during-covid/) (Part 1)Discovering Your Musical Center (Part 2)Dear Diary: The Benefits of Journaling and the Lost Art of Letter Writing (Part 3)[EQ During C-19](https://mymasterpieceliving.com/resource/eq-during-c-19/)Forgiveness: An Inside Journey[Go for the Red During Covid-19](https://mymasterpieceliving.com/resource/go-for-the-red-during-covid-19/)[Grief, Covid-style](https://mymasterpieceliving.com/resource/grief-covid-style/)[It’s Okay to Laugh](https://mymasterpieceliving.com/resource/its-okay-to-laugh/)[Kindness in Crisis](https://mymasterpieceliving.com/resource/kindness-in-crisis/)[Own Your Stress](https://mymasterpieceliving.com/resource/own-your-stress/)* **RESPECT**

[So, What Have We Learned?](https://mymasterpieceliving.com/resource/so-what-have-we-learned/)[What Corona Taught Me About the Rest of My Life](https://mymasterpieceliving.com/resource/what-corona-taught-me-about-the-rest-of-my-life/)When You Think You’re Positive (But You’re Really Not)* [**Why Am I Doing This Again?**](https://mymasterpieceliving.com/resource/why-am-i-doing-this-again/)

[You: The Boss of Your Brain](https://mymasterpieceliving.com/resource/you-the-boss-of-your-brain/) |
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