



BREAK THROUGH THE NOISE

READING PLAN

WEEK 1

- 1 Break Through the Noise | Introduction
- 2 Break Through the Noise | Week 1 | Drugs and Alcohol

WEEK 2

- 1 Break Through the Noise | Week 2 | Social Media

WEEK 3

- 1 Break Through the Noise | Week 3 | AI

WEEK 4

- 1 Break Through the Noise | Week 4 | Mental Health