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OF ADHD  
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# ADHD SELF-HELP TOOLKIT

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A JOURNEY FOR  
LEARNING AND  
MANAGING  
ADHD  
STRUCTURED FOR FOCUS,  
BALANCE, AND  
GROWTH



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- 02 **MANAGING YOUR ADHD**  
Discover strategies to manage your ADHD symptoms.
- 03 **IMPROVING YOUR PRODUCTIVITY**  
Learn how to stay focused and organized.
- 04 **IMPROVING YOUR RELATIONSHIPS**  
Discover how to communicate effectively with others.
- 05 **IMPROVING YOUR SELF-ESTEEM**  
Learn how to build confidence and self-worth.

# Self Help Toolkit

**R Barnett**



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