



THE PATH
OF ADHD
MANAGING



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4 Workbooks
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1 Coloring Book

ADHD SELF-HELP TOOLKIT

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



- 01 Identify your ADHD symptoms
- 02 Understand how ADHD affects your brain
- 03 Develop strategies to manage your ADHD
- 04 Build a support system
- 05 Monitor your progress

Self Help Toolkit

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