

THE PATH  
OF ADHD  
MANAGING



ADHD LIFE SYNC

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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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300 Wallpapers  
1 Coloring Book

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



- 01 **UNDERSTANDING ADHD**  
Learn about ADHD, its symptoms, and how it affects your brain.
- 02 **MANAGING YOUR ADHD**  
Discover strategies to manage your ADHD symptoms and improve your focus.
- 03 **WORKING WITH YOUR ADHD**  
Learn how to leverage your ADHD strengths and overcome challenges.
- 04 **ORGANIZING YOUR LIFE**  
Discover practical tips and tools to help you stay organized and on top of your tasks.
- 05 **EMOTIONAL WELL-BEING**  
Learn how to manage stress, anxiety, and depression associated with ADHD.

# Self Help Toolkit

**Richard Bailey**



## **Self Help Toolkit:**

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