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



- 01 **UNDERSTANDING YOUR ADHD**
- 02 **IDENTIFYING YOUR STRENGTHS AND WEAKNESSES**
- 03 **DEVELOPING YOUR STRATEGIES AND SUPPORT SYSTEMS**
- 04 **IMPLEMENTING YOUR PLAN**
- 05 **REVIEWING AND ADJUSTING YOUR APPROACH**

Self Help Toolkit

O García



Self Help Toolkit:

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