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



- 01 **UNDERSTANDING YOUR ADHD**
- 02 **MANAGING YOUR TIME AND TASKS**
- 03 **IMPROVING YOUR WORK AND LEARNING**
- 04 **MANAGING YOUR EMOTIONS**
- 05 **ACHIEVING YOUR GOALS**

Self Help Toolkit

Michal Rosen-Zvi



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