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MANAGING  
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STRUCTURED FOR FOCUS,  
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- 01 **UNDERSTANDING YOUR ADHD**
- 02 **IDENTIFYING YOUR STRENGTHS AND WEAKNESSES**
- 03 **DEVELOPING YOUR STRATEGIES AND SUPPORT SYSTEM**
- 04 **IMPLEMENTING YOUR PLAN**
- 05 **REVIEWING AND ADJUSTING YOUR APPROACH**

# Self Help Toolkit

**Michael Hoelscher**



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