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This is the only book on Attention Deficit Hyperactivity Disorder (ADHD) written in a structure that caters to the tendency for adults with ADHD to jump around.

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[From the introduction to More Attention, Less Deficit: Success Strategies for Adults with ADHD] Whenever I meet a new client with ADHD, I always feel compelled to tell her a million things that can help her understand her ADHD and enjoy life more. This book and this podcast is those million things.

Podcast - More Attention, Less Deficit

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