



ADHD in Adults

Cindy Stringer Wismer

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'ADHD in Adults, Strategies that Work,' is the complete guide to adult ADHD. The author has included the definitions of ADHD, symptoms and comorbid conditions. The strategies in this book will help you to make your life more organized, less stressful, and more successful. GET RID OF THE CHAOS! TAKE CONTROL OF YOUR LIFE!

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