



Untapped Brilliance: How to Reach Your Full Potential as an Adult with Attention Deficit Disorder

Jacqueline Sinfield

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Did you know there are some simple and highly effective, non-pharmaceutical ways to minimize your unwanted ADHD symptoms? Well, there are! You'll be amazed to discover that a few simple strategies can lead to significant changes in your ADHD symptoms. In this practical friendly book, you'll discover the eleven specific and simple steps that help adults with ADHD flourish and reach their full potential.

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