



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. Rest assured, these strategies are so simple you can begin implementing them today, without feeling overwhelmed. You will discover How to make simple lifestyle changes that will minimize the negative aspects of ADHD How to create an environment that encourages you to focus. How to identify and begin achieving your life goals today! Untapped Brilliance does more than just explain what changes to make and why..it shows you how to make those changes forever

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