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Focused Forward: Navigating The Storms Of Adult ADHD PDF

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In Focused Forward: Navigating the Storms of Adult ADHD, author and self-proclaimed "ADHD-er" James M. Ochoa, LPC, goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers back - the emotional fallout of ADHD.

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Publisher: Empowering Minds Press (February 12, 2016) Language: English ISBN-10 ...*

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