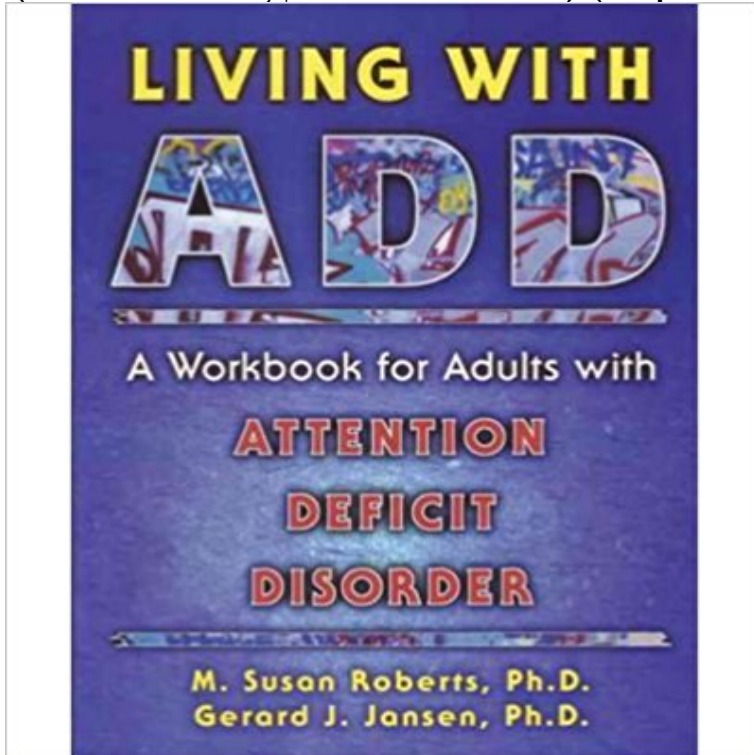


## Living with ADD: Workbook for Adults with Attention Deficit Disorder (New Harbinger Workbooks) (Paperback) - Common



This workbook enables adults with Attention Deficit Disorder (ADD) to identify the personal problems caused by the condition and deal with and minimize those problems. Although medication has been shown to help adults with ADD, this workbook provides an alternative (or complement) to conventional treatment. Charts and tables.

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