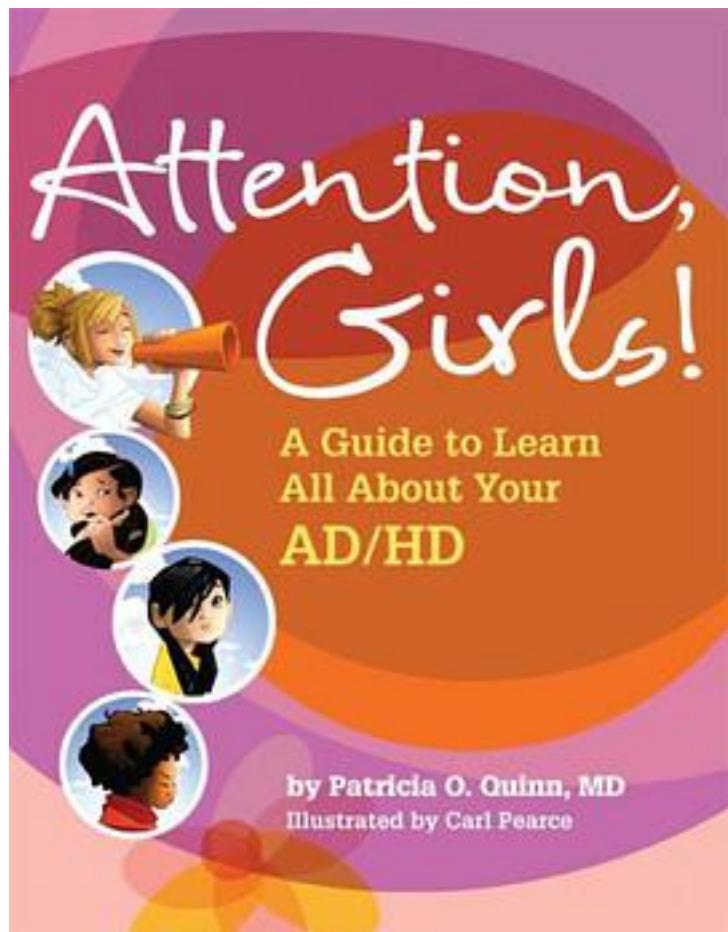


# Attention, Girls!



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Attention, girls You can have AD/HD too But AD/HD doesn't have to run your life. This book has tons of practical ways to improve organization, focus, and study and homework skills as well as information on making and keeping friends, dealing with

emotions, improving your self-esteem, overcoming sleep problems, understanding medication, and managing anxiety (these weren't parallel some could be eliminated if it's too much) so that you can take charge of your AD/HD get back to being a girl

作者介绍:

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