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Susan C. Pinsky download-free



ORGANIZING SOLUTIONS FOR PEOPLE WITH ADHD

Tips and Tools to Help You Take Charge of Your Life and Get Organized



If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized.

Organizing Solutions for People with ADHD, 2nd Edition—Revised and Updated presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinsky, it outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Susan's practical solutions address the most common organizing dilemmas among her ADHD clientele, while also drawing on her own personal experience as the mother of a child with ADHD. Color photos, useful tips,

and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span.

Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

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