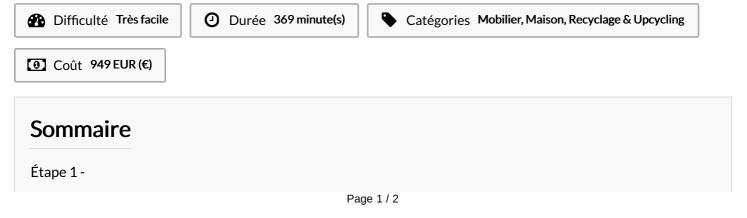
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\$'+')rxqgdwlrq1hxurglyhuvlw\&kdulw\,krshwkdwwklverrnohwzlooehrixvhwr \rxlqohduqlqjdooderxwwklvhqgohvvo\ The handbook identifies the most relevant, effective treatments for individuals with ADHD. Book ms@ st-diagnosis workshop Ê Avoid or dislike tasks that require sustained mental effort, such as schoolwork or homework, or for teens and older adults, preparing reports, completing forms, or reviewing lengthy papers. You'll also find ADHD-specific strategies for adapting your environment, routines, and systems, including: Boost the signal and rease the noise.



Matériaux	Outils
Étape 1 -	

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