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## Fast Minds How To Thrive If You Have Adhd Or Think Might Craig Surman

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Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, FAST MINDS will help you: Figure out what isn't working in your life, and the keys to fixing it. Build personalized strategies for

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managing your time, tasks, and relationships. Learn organizational habits that work for you.

Fast Minds: How to Thrive If You Have ADHD (or Think You

...

This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book. FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported.

Fast Minds: How to Thrive If You Have ADHD by Craig

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## Craig Surman

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But it also takes personalized strategies to thrive with FAST MINDS. Here are some common principles that underlie those strategies:

- Emotional, negative thoughts and distracting environments can be minimized.
- Our brains engage best in interesting, meaningful tasks, with clear steps that can be held in mind.

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hyperfocus and give it a shot fast minds how to thrive if you have adhd or think you might delivers a sophisticated accessible approach to improving ones quality of life its one of the better adhd self help

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Fast Minds offers readers a path from the despair of self-criticism to the sunlight of success. Practical, moving, with many real-life examples, this book helps adults with ADHD build the life they want! Each chapter gives practical suggestions for significant others to help those they care

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