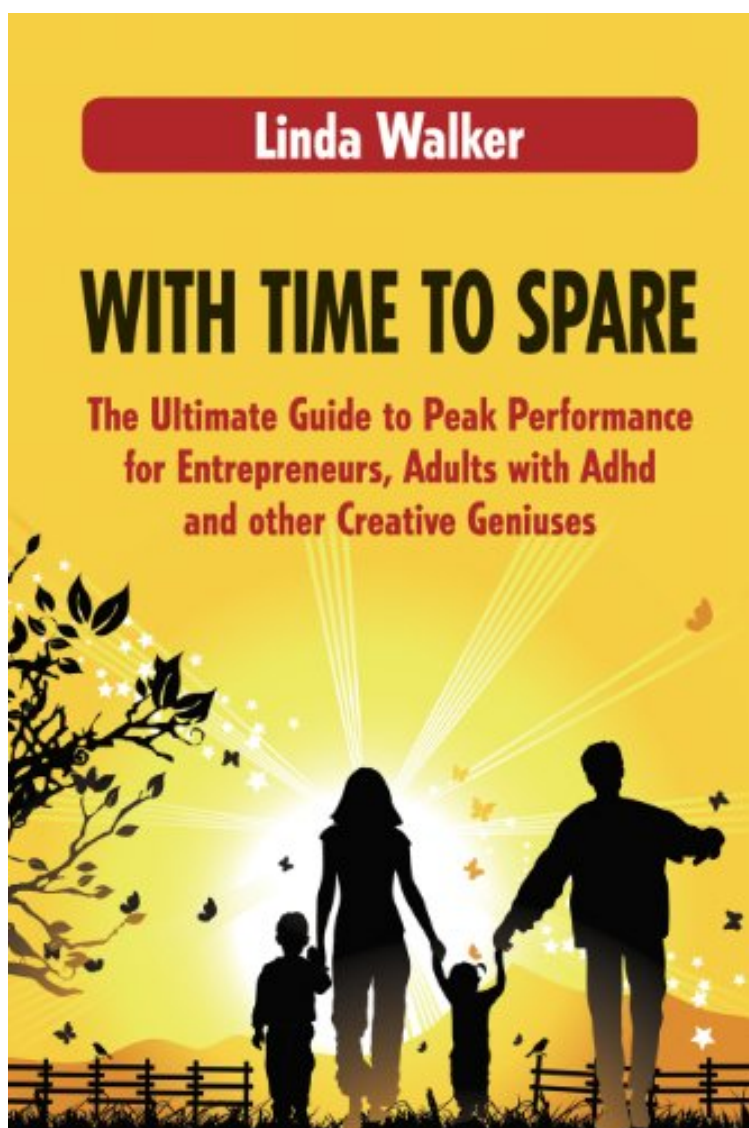


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# With Time to Spare: The Ultimate Guide to Peak Performance for Entrepreneurs, Adults with ADHD and other Creative Geniuses (English Edition)



*Par Linda Walker*

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Prsentation de l'diteurWith Time to Spare: The Ultimate Guide to Peak Performance for Entrepreneurs, Adults with ADHD and other Creative Geniuses by Linda Walker holds nothing back. It reveals the real

truth about how ADHD can impact families, entrepreneurs and adults with ADHD and how you can learn to successfully manage it. Written in a positive, uplifting style, the book is easy to read and the words will instantly provide you with a healthier way to look at your own ADHD. This is an empowering book written by an advocate, leader and outstanding ADHD coach who writes from real experiences,-- from her own struggles with her husband's ADHD to success managing his own challenges. This book will help you dispel many misguided beliefs with excellent examples to draw from and will empower you to find your unique brain wiring's strengths so you can maximize your efforts for a more productive, fulfilling life with your, or a loved one's ADHD.

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