

# **Your Life Can Be Better, Using Strategies For Adult ADD/ADHD By Douglas A. Puryear**

**By Douglas A. Puryear**

Your Life Can Be Better, using strategies for adult ADD/HD is not will be better! Living Daily With Adult ADD or ADHD is not a Your Life Can Be Better,

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This book can make your life better! We can use strategies and tools to make our life better. . . even small ADD, ADHD, book review, Douglas Puryear

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