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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 managing your time, tasks, and relationships. Learn

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(ADHD). Millions of adults  
have ADHD or some of its  
traits, but they are under-  
recognized, under-treated,  
and often under-supported.

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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

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But it also takes  
personalized strategies to  
thrive with FAST MINDS. Here

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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



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