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learned a lot since her diagnosis at age 23 In her first book *The Year I Met My Brain* journalist Matilda took a deep dive into adult ADHD to understand how it all works Now she s written *The ADHD Brain Buddy* a treasure trove of practical tips activities and scientific insights to help you make it through the hard days utilise the great ones and reflect on the impact ADHD has had throughout your life All in the pursuit of making your world easier to navigate and way more fun Engaging and interactive this illustrated workbook offers Practical strategies Learn tricks and skills to help you sail through common scenarios across work health and self care finances life admin relationships and more Even boring to do lists become a gamified adventure Expert insights Benefit from the wisdom of ADHD specialists including psychologist Janelle Booker and ADHD coach Dr Michele Toner to navigate challenges with confidence Self compassion Cultivate a kinder relationship with yourself by recognising your emotions understanding your limits and celebrating your unique strengths Fun and wit Enjoy a good humoured approach that makes ADHD life both manageable and enjoyable Free from guilt shame or pressure The ADHD Brain Buddy meets you where you are whether you re surviving thriving or reflecting It s the perfect helpful companion for your neurodivergent journey Offers guidance without judgement encouragement without the pressure and a whole lot of humour and heart I wish I d had it sooner Steph Claire Smith [The Kiwanis Magazine](#) ,1922 **Building World** ,1902 **The Cultivator & Country Gentleman** ,1885 **Meal Prep Cookbook** Sophia Moore,2021-02-10 55% OFF for Bookstores Now at 36 95 instead of 47 95 Do you want to take charge of your own weekly eating by preparing your meals Your Customers never stop to use this Awesome Cookbook Good cooking requires time and patience This poses a great challenge especially when the responsibility of cooking is on the beginners Many a time the novices are forced to start cooking even if they do not like it Are you someone who has already started palpitating at the mere thought of cooking Are you getting nervous at the sight of food thinking that you have to select your own menu Many beginners are interested in cooking and at the same time want to involve in clean or healthy cooking habits Meal preparation is not about cooking just anything and everything It includes cooking food with wholesome ingredients that are capable of supporting the fitness and health goals of the individuals The goal of the book is simple The guide provides many recipes with step by step and easy to follow instructions and various tips for beginners Whether the reader is a student a working professional or a mother the meal preparation routine given in the Book helps in enjoying the benefits of healthy meal prepping The book covers the following topics Introduction to Meal Prep Why Meal prep Saving Money time and Healthier foods 50 easy and delicious recipes And much more Buy it NOW and let your customers get addicted to this amazing book **The Canadian Countryman** ,1927 **The Scottish Farmer** ,1928 **The Country Gentleman** ,1904 **Moore's Rural New-Yorker** ,1903 **The Wisconsin Agriculturist** ,1916 **Good Housekeeping** ,1925 [Food and Nutrition Quarterly Index](#) ,1986 **The Engineer** ,1885

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