



The To Do List Solution For Adult ADD'ers

Elizabeth Ann Trigg

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I do know exactly what it feels like to enthusiastically write a lengthy To Do list at midnight for the next day only to wake up in a different frame of mind and be so overwhelmed by the list written the night before that I feel unable to tackle the first thing on the list. What if there were an ADD-friendly daytimer? A To Do List that was compatible with ADD traits? This book CAN help!

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