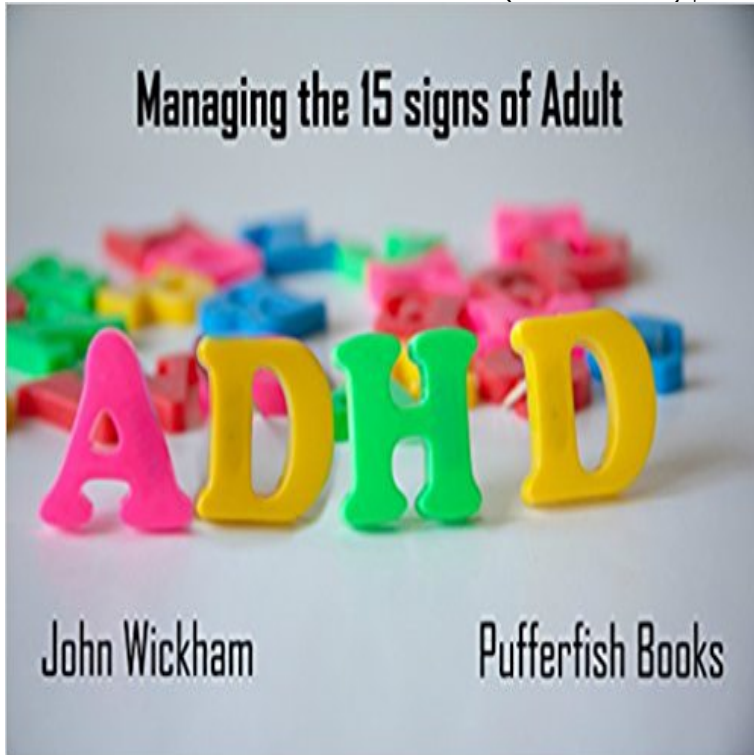


## Managing the 15 Signs of Adult ADHD: A thematic summary of inattentiveness in Adults (including checklists and management tools)



Our Pufferfish Health guide is the first book of its kind to organize the signs and symptoms into the four major themes that are presented by individuals with Adult ADHD. We not only talk about the signs but we present useful tools to help you manage each one of the potential signs of Adult ADHD. John Wickham is not a trained clinician; however he has worked in the healthcare publishing industry since 2010 and has published countless blogs, and videos on topics as varied as gastroenterology through to mental health. If you feel you have Adult ADHD then we would recommend that you go to a physician and discuss your symptoms for a positive or negative diagnosis.

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