



ADHD IN GIRLS & YOUNG WOMEN

YOU'RE NOT TOO MUCH. YOU'RE WIRED DIFFERENTLY.



- ☒ Understand your brain
- ☒ Manage the hard stuff
- ☒ Build on your strengths
- ☒ Be kinder to yourself
- ☒ Find what actually works

(THE SAME)
BIG FEELINGS
BRIGHT IDEAS
OVERTHINKER
PROCRASTINATOR
KIND HUMAN
AND THAT'S OK.

REAL TALK
USEFUL TOOLS
BRIGHTER DAYS



A Brighter Tomorrow
LEANNE ATKINSON

