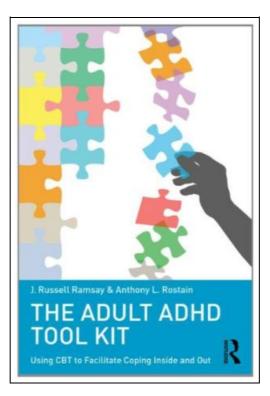
# The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out



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