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An 8-Step Program For Strengthening Attention,
Managing Emotions, And Achieving Your Goals**

By Lidia Zylowska



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Mindfulness Prescription for Adult ADHD. This book details Dr. Zylowska s 8-step program, which includes practices such as sitting meditation, body awareness

Mindfulness Prescription for ADHD. These tables and audio files accompany the book The Mindfulness Prescription for Adult ADHD by Lidia Zylowska, MD,

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Lidia Zylowska, MD. Step 1

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The mindfulness prescription for adult ADHD : an eight-step program for strengthening attention, managing emotions, and achieving your goals. [Lidia Zylowska]