

**The Mindfulness Prescription For Adult ADHD:  
An 8-Step Program For Strengthening Attention,  
Managing Emotions, And Achieving Your Goals**  
By Lidia Zylowska



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The author of The Mindfulness Prescription for Adult ADHD, Lidia Zylowska MD, shares her research and findings on the practice of mindfulness as a treatment for ADHD.

An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals. -Mindfulness Prescription for Adult ADHD .

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Lidia Zylowska is the author of The Mindfulness Prescription for Adult ADHD (4.05 avg rating, 76 ratings, 9 reviews, Lidia Zylowska Author profile

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

for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals. Lidia Zylowska has created an 8-step program

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