

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

By Lidia Zylowska

Read the book The Mindfulness Prescription For Adult ADHD: An 8-Step Strengthening Attention, Managing Emotions, And Achieving Your Goals by Lidia Zylowska

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<https://www.psychologytoday.com/blog/here-there-and-everywhere/201206/adhd-mindfulness-interview-lidia-zylowska-md>

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