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June 6th, 2020 - we talked about the book add friendly ways to organize your life in the september meeting of the houston clutter coaching meetup group and a lot of people have asked for more information this is a great anizing book written specifically with add people in mind it contains lots of practical suggestions anizing techniques and coping mechanisms for people with add brains'

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with changes in our world since the book was first published in 2002 we felt it was time to update the book to include more information about
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