



Le TDAH chez l'adulte : Comment reconnaître & faire face au TDAH chez l'adulte en 30 étapes faciles. (French Edition)

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Ce livre est un guide précieux pour vous aider à découvrir le TDAH (Trouble du Déficit d'Attention avec ou sans Hyperactivité). Grâce à lui, vous pourrez y voir plus clair et trouverez des solutions faciles à appliquer.

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