



The Link Between A.D.D and Addiction: Getting the Help You Deserve

Wendy Richardson

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As many as 50% of people with Attention Deficit Disorder (ADD) use drugs, alcohol, and other addictive behaviors to self-medicate their ADD symptoms. Here's what you need to know to get help or help others in this situation.

Includes:

- self tests
- checklists of symptoms
- practical solutions



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