Productivity with ADHD

November 11, 2026

Explore approaches to time management, workspace design, routines and self-care with ADHD in mind. The collection pairs the book with exercises and planning resources; it is educational and is not individual medical advice.

What’s included

- Main book (PDF)
- 1 checklist (PDF)
- 1 guide (PDF)
- 1 prompt pack (PDF)
- 1 toolstack (PDF)
- 1 workbook (PDF)

Download availability: After payment, download the complete ZIP package or any of the 6 included PDFs separately.