

Powerful Information & Recovery Stories:

ADHD

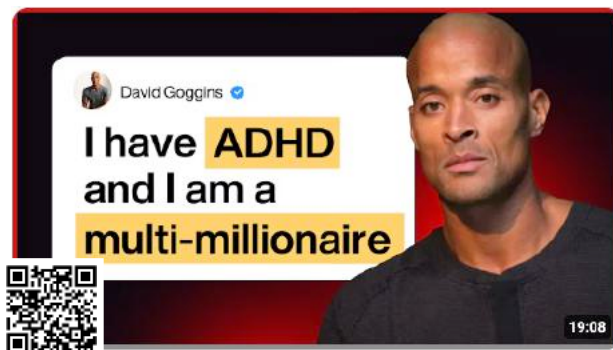


My name is Nathan Leary and I created this document to share with others because I wish I'd had something like this when I was struggling with my own disability (schizophrenia). I'm not a doctor, a scholar, or a teacher—I'm just someone who refused to give up after being through enough, and I now want to empower others like I have been. **Please, make a difference in someone else's lives by sharing this with others who may also benefit.**

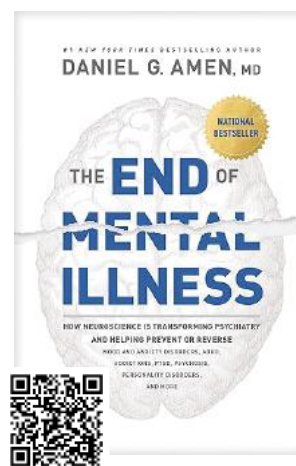
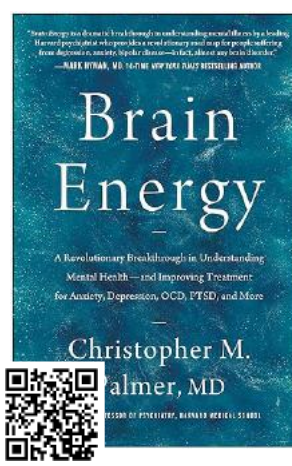
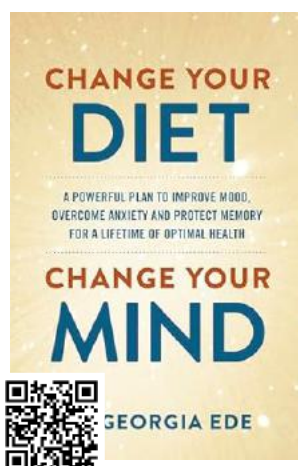
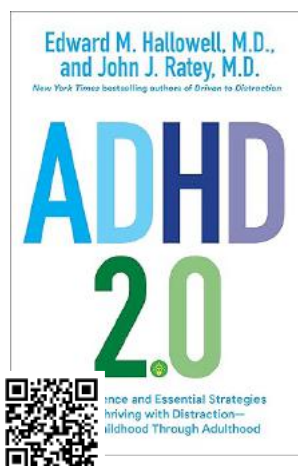
This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. [Full Disclaimer at stopthevoices.com/disclaimer/](https://stopthevoices.com/disclaimer/)

People's Healing Journeys with ADHD & How They Recovered (YouTube Links)





Books that Could Change Your Life... (Amazon Book Links)



Other Links that Might Help... (Website Links)



www.metabolicmind.org

A growing list of mental health success stories and their recovery journeys.



us.sfihealth.com

A clinically proven omega 3 formula that claims it can improve ADHD symptoms within 12 weeks.



www.brainhq.com

Possibly The Best Brain Training Program Publicly Available.