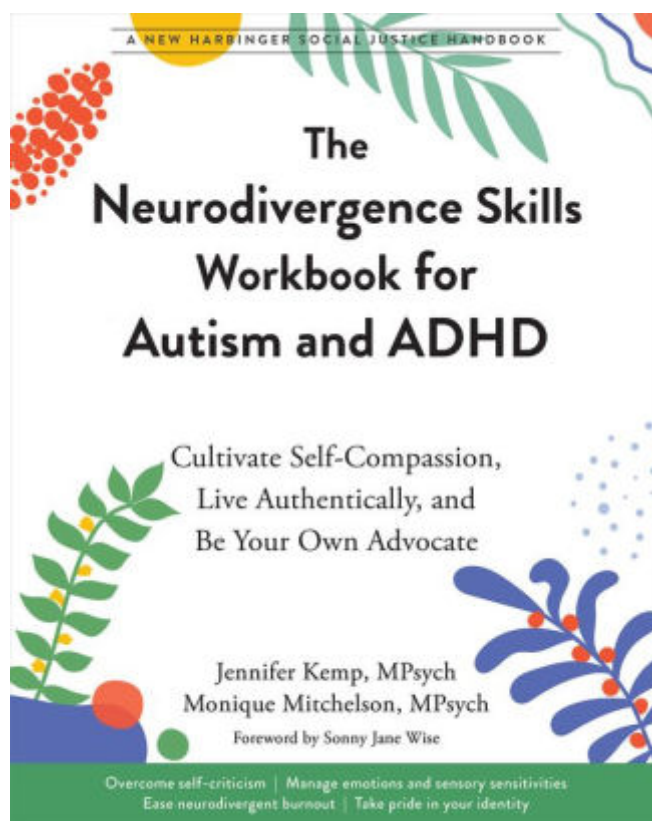


# The Neurodivergence Skills Workbook for Autism and ADHD: Cultivate Self-Compassion, Live Authentically, and Be Your Own Advocate

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