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Debra is the author of Mindfulness Skills Workbook for Clinicians and Clients, as well as four books about ADHD: A Holistic Approach to Successful Children with Attention Deficit/Hyperactivity Disorder - A Home Study System for Parents; ADHD Treatment Options, Is It Really ADHD? Only ADHD and ADHD and Sleep. Her work has been featured on ADHD and parenting radio shows and in The Day newspaper and Self Improvement Magazine.

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