

Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program Client Workbook (Treatments That Work)

By Michael W. Otto



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Mastering Your Adult Adhd A Cognitive Behavioural Michael W. Otto, Ph.D. helped develop the Cognitive-Behavioral Therapy Program at Massachusetts

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Michael W. Otto is the author of Exercise for Mood and Anxiety Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program Client Workbook:

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During his previous career in Further and Adult Education he found his work was Cognitive Behavioural Practitioner / Michael Behavioral Treatment

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