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in this issue...

- [Annual ADHD Conference Kicks Off Today](#)
- [A Calmer Holiday Season](#)
- [Listen Now: Dispelling ADHD Myths](#)
- [ADHD in the News](#)



Annual ADHD Conference Kicks Off Today

The annual international conference on ADHD opens its doors today in St. Louis, Missouri. More than a thousand people will take part in [the largest gathering of the ADHD community in the world.](#)

A Calmer Holiday Season

We all know what it's like to rush through the holiday season, overcommitting ourselves to events and people. [Slowing down and paring down, though, might be what we need the most.](#)





Ask the NRC Podcast

What Is ADHD—Myths & Misunderstandings

10 Minute Podcast

[Listen Now](#)

The latest *Ask the NRC Podcast* is out and ready for you! Catch tips and strategies to help your family and you live a more productive and fulfilling life.

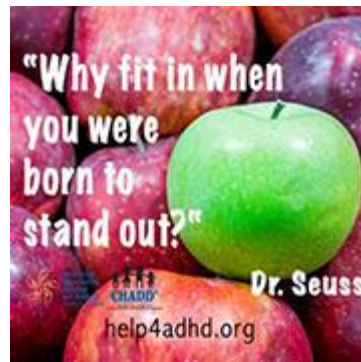
The NRC's new podcasts are designed to fit into your life, with a quick and easy to listen to format. *What Is ADHD—Myths & Misunderstandings* focuses on the basics of ADHD, dispels some of the myths, shares information on ADHD in girls, and gives you valuable information for when doubters try to tell you, "ADHD is just made up."

ADHD *in the News*

- Methylphenidate for ADHD Treatment May Be Associated With Low BMI
- Therapy putty does not improve focus in kids with ADHD
- What's 'neurodiversity'? Movement promotes rights, hiring for people with ADHD, dyslexia, on autism spectrum
- I Think Therefore I Fidget
- Some Good Words about ADHD
- Recognizing ADHD When You're an Adult

Read these and other articles in the [ADHD in the News weekly digest](#).

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