

31 DAYS OF ADHD TRUTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“ADHD is a developmental impairment of the brain’s self-management system.”</p> <p>—Thomas E. Brown, Ph.D.</p>			<p>1 Kick off with Dr. Bill Dodson’s free webinar on ADHD myths at 1 pm ET today! additu.de/100125</p> 	<p>2 Subscribe now to get the next issue of <i>ADDitude</i> magazine delivered: additu.de/subscribe</p>	<p>3 Get a fact check of the troubled <i>NY-Times</i> exposé on ADHD at additu.de/nytimes</p>	<p>4 Follow @additudemag on Insta & FB for ADHD facts of the day: additu.de/insta</p>
<p>5 ADHD needs a better name. Here’s one idea: additu.de/vast</p> 	<p>6 Tell your child’s teacher about this free ADHD training for educators: additu.de/educ8r</p>	<p>7 Join the free <i>ADDitude</i> roundtable on ADHD in men today at 1 pm ET! additu.de/100725</p> 	<p>8 If you’ve faced these ADHD myths, fight back with facts! additu.de/myths-adhd</p>	<p>9 Understand the 3 defining features of ADHD that everyone overlooks: additu.de/3feat</p>	<p>10 It’s World Mental Health Day!</p> 	<p>11 “The rise in ADHD diagnoses reflects a long-overdue recognition of neurodivergence.” —Charlotte Hill, Ph.D.</p>
<p>12 Spread the word! 10 things we wish the world knew about ADHD: additu.de/bigger</p>	<p>13 Subscribe to <i>ADDitude</i>’s ADHD Experts podcast for weekly doses of science and truth.</p>	<p>14 ADHD myth or truth? Check your knowledge here: additu.de/adhd-quiz</p> 	<p>15 Free class! Share this 3-part course on ADHD causes, signs, and treatments: additu.de/adhd-class</p>	<p>16 Today at 1 pm ET: Free <i>ADDitude</i> webinar on cognitive behavioral training! additu.de/101625</p> 	<p>17 Learn what new research says about the causes of ADHD: additu.de/epigenetics</p>	<p>18 3 takeaways from the MAHA Report regarding ADHD: additu.de/maha1</p> 
<p>19 Enter to win a free one-year subscription to <i>ADDitude</i> magazine: additu.de/contests</p> 	<p>20 We know very little about ADHD in women. 10 research priorities are: additu.de/women</p>	<p>21 Today at 1 pm ET: Free <i>ADDitude</i> webinar on behavioral addictions and ADHD: additu.de/102125</p> 	<p>22 How many of these Top 25 books about ADHD have you read? additu.de/25books</p>	<p>23 Get 20% off any <i>ADDitude</i> eBook by using the coupon code TRUTH at checkout: additu.de/store</p>	<p>24 This Friday movie night, choose one of these films featuring a character with ADHD: additu.de/movies</p>	<p>25 “ADHD is a dynamic condition like hypertension, obesity, or social anxiety.” —Maggie Sibley, Ph.D.</p>
<p>26 ADHD seldom travels alone. Investigate related symptoms here: additu.de/checker</p>	<p>27 Free eBook! “We Demand Attention on Women with ADHD” additu.de/women-research</p>	<p>28 Today at 1 pm ET: Free <i>ADDitude</i> webinar with Penn and Kim Holderness! additu.de/102825</p> 	<p>29 Keep learning all year long with <i>ADDitude</i>’s free newsletters: additu.de/newsletter</p>	<p>30 “ADHD is not caused by bad parenting, too much sugar, or too many video games.” —Larry Silver, M.D.</p>	<p>31 Happy Halloween! Share your creative costumes and decorations with us @additudemag</p> 	

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