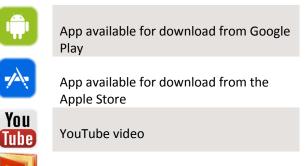
## Self-Help for Procrastination, Organization & ADHD

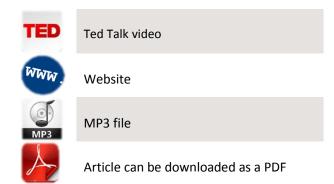
(Click icons to link to resources)

	*	In Class	School organization tool.	Free
-/>	<b>P</b>	Wunderlist	Organization tool with to-do-lists.	Free
	*	30/30	Time management technique tool.	Free
-/>	<b>P</b>	Coach.me	Get coaching to achieve goals	Varies
	*	Daily Tracker	All-in-one life organizer	\$19.99
	WWW.	Stay Focused	Web extension for Google Chrome	Free
		Taking Charge of Adult ADHD	By Russel Barkley	Varies
		Succeeding with Adult ADHD	By Abigail Levrini	Varies
		Productive Procrastination	By Kerul Kassel	Varies
	TED	Less Stuff, More Happiness	By Graham Hill	Free

## KEY



Book





## Compiled by the Johns Hopkins University Counseling Center, 2015

Please note that while every effort has been made by the Counseling Center to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.