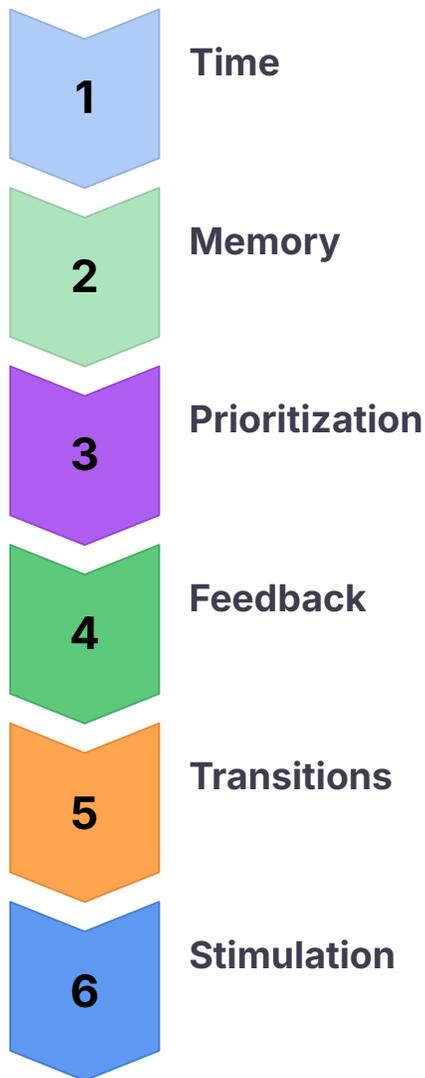


# How ADHD Brains Work Differently

ADHD affects how your brain handles:



None of this makes you "less than." But when your brain works differently in a world that expects sameness, it can lead to chronic overwhelm, burnout, and shame.