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Train Your Brain With Exercise. By Jean Lawrence Reviewed by Amal Chakraborty, MD on June 26, 2007 WebMD Feature . (attention deficit hyperactivity disorder).

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How to train your brain to alleviate anxiety |

Jan 08, 2012 How to Train Your Brain to Alleviate Anxiety. Psych Central. Retrieved on July 29, 2015, ADHD Anxiety Bipolar Depression Schizophrenia Psychotherapy.

Grant weherley (author of tame your adhd brain)

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