

100-WORD SYNOPSIS

In ***Learning To Conduct, My ADHD Journey***, a bright and determined girl works harder and harder but cannot understand why school remains so difficult. Inside her mind, thoughts, worries, instructions, and responsibilities seem to compete like instruments playing without shared sheet music. As her confidence begins to fade, she gradually learns that her struggles do not mean she lacks intelligence. Through understanding ADHD, learning differences, and the way her own mind works, she begins developing the tools to direct her orchestra. The substantially autobiographical story offers young readers reassurance, hope, and a path toward self-understanding.