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Gifted at 7, ADHD at 37

My Story and the Adult Costs and Benefits of Twice Exceptionality



How do you ~~survive~~ **thrive** as a 2e adult?

Build your **BLOC** to THRIVE as a 2e Adult



1. **B**uild professional and personal networks of people who “get” you, boldly and bravely.
2. **L**ean into your strengths, boldly and bravely.
3. **O**utsource your weaknesses, boldly and bravely.
4. **C**ommunicate your needs, boldly and bravely.

