



I'm not robot



I am not robot!

Your involvement will help improve mental health care for everyone. If you're reading this and wondering if this anti planner can help you – I don't know you, but I'm calling this little wonderbook my pocket emergency therapist replacement for when "there are no fan blades vast enough for the excrement to strike" Jesse J. Anderson is a writer, speaker, ADHD advocate, and maker of things Diagnosed at, Jesse writes about his insights and experiences living with ADHD in the weekly newsletter, Extra Focus, helping over sixty thousand readers navigate their own ADHD journeys or better understand their loved ones. Email the Missing: pdf Show your support Donations from wonderful humans like you are the reason I was able to leave my job to make ADHD content full-time. Patreon members receive exclusive benefits such as: early access to comics, shop discount codes, members-only NeurodiverseSquad Discord community, and much more Break Free from Planning: The Anti-Planner is a vibrant activity book with over strategies designed for those who find traditional planners boring or hard to use. Provide this form to your local practitioner. You could: Send this link. believe our insights and stories have the power to transform the world. lead and champion the movement of neurodiversity Patreon members receive exclusive Patron-only live-streams + chat Early access to Q&A videos Vlog videos Behind-the-scenes videos of my creative process + PLUS all perks from previous tiers The Anti Planner now has a set place on the living room coffetable. Explore Creative Task Completion: Engage with over activities that make your daily to-dos a fun experience and help you with emotional and productivity roadblocks to tackle The world needs ADHD people who: stand up, amplify our voices, and humanize our struggles. want to make a difference in the self-worth of struggling children and adults. The Anti-Planner is an activity book specifically designed to help procrastinators Try unique, entertaining ways of completing tasks Untangle emotions that make it hard to Missing: pdf She recently self-published an activity book for procrastinators called The Anti-Planner: How to Get Sh*t Done When You Don't Feel Like It, and her influence has helped Why participate? He is known for his humorous, relatable, Donations from wonderful humans like you are the reason I was able to leave my job to make ADHD content full-time. Learn more.