

5 Hidden Challenges That Could Be Shortening Your Life

Recent research shows that adults with ADHD may lose up to 8 years of life expectancy. The problem? Most people don't know they're affected.

These challenges often go unnoticed, misunderstood as personality flaws, stress, or burnout.

But in many cases, they are signs of hidden, brain-based obstacles that affect your health, performance, and future.

The 5 Hidden Challenges

1. Persistent Disorganization - When everyday tasks feel overwhelming, and routines never seem to stick.
2. Inconsistent Focus - You can hyper-focus one minute and completely lose track the next.
3. Chronic Fatigue - Mental exhaustion sets in even after a full night's sleep.
4. Emotional Reactivity - Small things feel big. You may experience stress, frustration, or emotional swings more often.
5. Missed Goals - You're capable and intelligent, yet you constantly feel behind or off track.

If any of these sound familiar, it's not your fault-and you're not alone.

These are often signs of underlying brain-based challenges that can be measured and addressed.

The Clarity Essential(TM) process is designed to help you uncover what's really going on-and give you a clear path forward.

Visit www.conniemcreynolds.com/clarity-essential to learn more and take the next step.