

The #1 PODCAST for ADHD is finally on Youtube

WYOMISSING, PA, UNITED STATES, September 17, 2024 /EINPresswire.com/ -- The I Have [ADHD Podcast](#), the #1 top-rated ADHD podcast, is excited to announce the expansion to video episodes now on YouTube. With the new offering, listeners can now listen on their favorite platform or watch the video.

"It's so cool to see you in real life (on video)!!! I'm a long-time listener of your pod, and I am so so so grateful for you bringing me so much validation and helping me to navigate my ADHD! Love that you're here on the YouTube!! Yay!!!" -@califae_healingarts

Listeners are so excited for the additional benefit of seeing and hearing advice about all of their ADHD symptoms and struggles now on video. No matter your learning style, we've got it covered.

"Loving this new format - same incredible content elevated!" -@kamden_adhd6647



The I Have ADHD Podcast is the #1 top-rated ADHD podcast. Whether you're officially diagnosed, have some ADHD symptoms or are just curious about ADHD, this podcast will change your life. With millions of downloads and thousands of 5-star reviews, it's obvious that adults with ADHD are loving the I HAVE ADHD podcast!

Join experienced [ADHD expert](#) and dually-certified coach Kristen Carder as she gives all of the tips, tricks, and no-nonsense coaching.

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