



## LIKE MEDITATIONS, BUT BETTER.

Tracy's daily ten-minute or less, audio blends of coaching, teaching, inspiration, mindfulness, affirmations, music and more, all crafted for our fast-paced, ADHD brains

UNLOCK YOUR BEST DAYS

TRACY OTSUKA

ABOUT TRACY

BOOK

PODCAST

WORK WITH TRACY

LEARN

FREE RESOURCES



### You Are Not Defective. Flip Your Script

#### HI, I'M TRACY.

I teach Smart Ass ADHD women how to use their brilliant brains to build the life they want by embracing their too-muchness and focusing on their strengths.

I've coached thousands of ADHD women and have yet to meet one who isn't truly gifted in some way.

To those who think we are "too much" - too impulsive, too scattered, too disorganized... I say:

**No one ever made a difference by being too little.**

ABOUT ME

LEARN ABOUT ADHD

AS SEEN IN:

Forbes

Inc.

CBS MORNINGS

ADDITUDE

DR. HALLOWELL'S  
WONDERFUL  
WORLD OF DIFFERENT



Goal  
Digger  
THE PODCAST



well+good

NEWBEAUTY

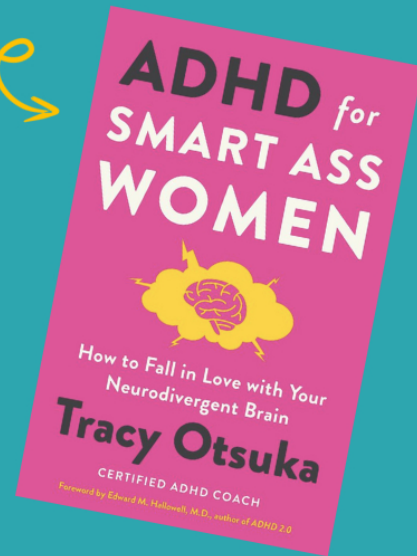
HealthCentral

verywellmind

GET MY HEARTFELT NEW BOOK

# ADHD for SMART ASS WOMEN

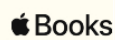
ORDER NOW!



Sarah Gelman, Editorial Director of Amazon Books, joins "CBS Mornings" to share her top recommendations to tackle your resolutions in 2024.

Forget hustle harder. Forget a mandatory 5 a.m. wake-up. Forget outlining your life plan in six-month, one-year, and five-year spans. Want to build a vision for your life that is unapologetically true to who you are and what you want? Here's where you start.

ORDER TODAY



# ADHD FOR SMART ASS WOMEN PODCAST

With over 6.5 million downloads across 160 countries, ADHD for Smart Ass Women is the #1 ADHD podcast for women.

We hear about successful ADHD men, but never about all the brilliant ADHD women. Until now!

All my guests\* are true subject matter experts who meet two criteria: 1) they're women, and 2) they have ADHD.

There are more than enough podcasts for book smart experts who want to hypothesize. I don't care how many degrees you have or books you've written. I want to talk to women about their actual experiences with ADHD, whether

## TUNE IN

women about their actual experiences with ADHD whether they're doctors, artists or entrepreneurs.

By focusing on the benefits of ADHD – creativity, curiosity, drive, resilience – we're flipping the script. If you want to fall in love with your ADHD brain and learn how to use your brilliance, this podcast is for you!

\*Full disclosure - In the history of the podcast, I've made exceptions for two male guests, my son, Markus, whose diagnosis started this journey and Dr. Ned Hallowell, the foremost expert on ADHD (no surprise that he is also brilliantly brained).

## MOST POPULAR EPISODES

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- 
- 159 ADHD, Perimenopause and Menopause with Dr. Susan Varghese →
- 
- 230 Why ADHD is a Feminist Issue →

### TAKE THE ADHD SELF ASSESSMENT QUIZ

Answer 6 simple questions to find out where you are on your ADHD journey, then let me give you the resources you need to confidently navigate ahead

**CURIOUS? TAKE THE QUIZ**



## **FREE** MASTER CLASS

You'll come away from this master class with tools to help you make better, quicker, and more confident decisions



in your personal and professional life.

[GET ACCESS](#)

THE TRACY OTSUKA COURSE LIBRARY

# LEARN *With* TRACY



I've spent years learning from the top ADHD experts, and ADHD women just like you, as well as my own experience, to create trainings and programs that will help you

- Understand who you really are
- Access boundless productivity, focus and confidence.
- Develop tools, systems and strategies to bring your brilliance to your life and the world

[LEARN MORE](#)

## A-OK Every Day Planner

The Unplanner System For Planning Success



## Free Resource

13 Unusual Signs That You Might Have ADHD



## Free Worksheet

How To Prepare For Your First Appointment With Your ADHD Diagnostician



## Free Training

How To Build Your Own User's Manual



## Free Newsletter

Tips, Tricks, And The Latest News



## HI, I'M TRACY OTSUKA

I'm a mother, author, podcaster, certified ADHD coach, and lawyer committed to changing the conversation around ADHD.

[GET MY BOOK](#)

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Get tips, inspiration and the latest news from ADHD for SMART ASS WOMEN

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