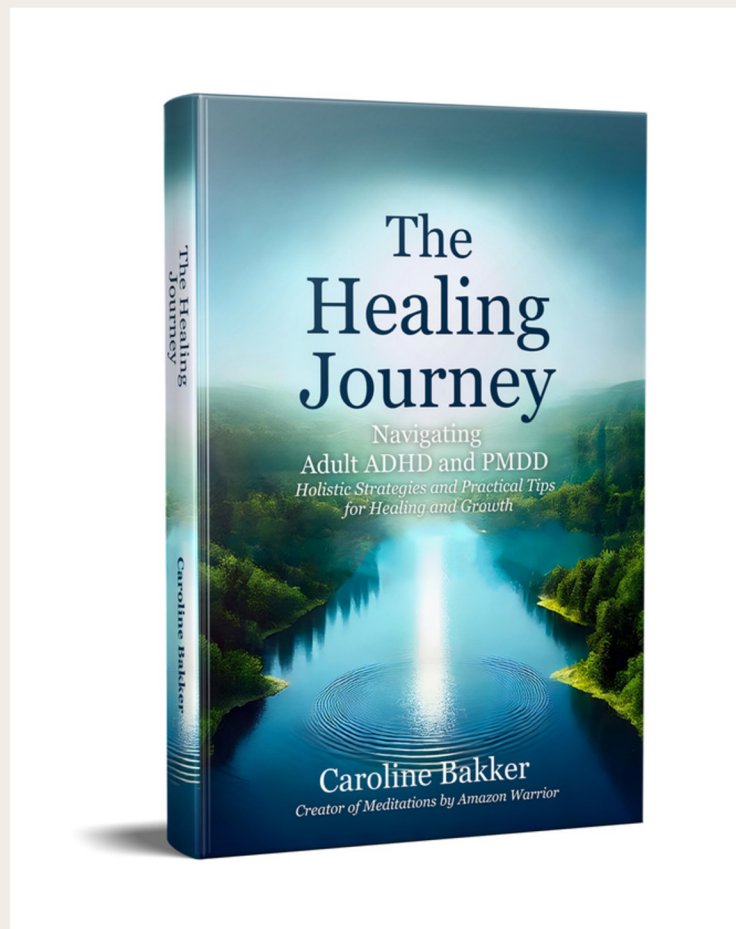


THE HEALING JOURNEY NAVIGATING ADULT ADHD & PMDD

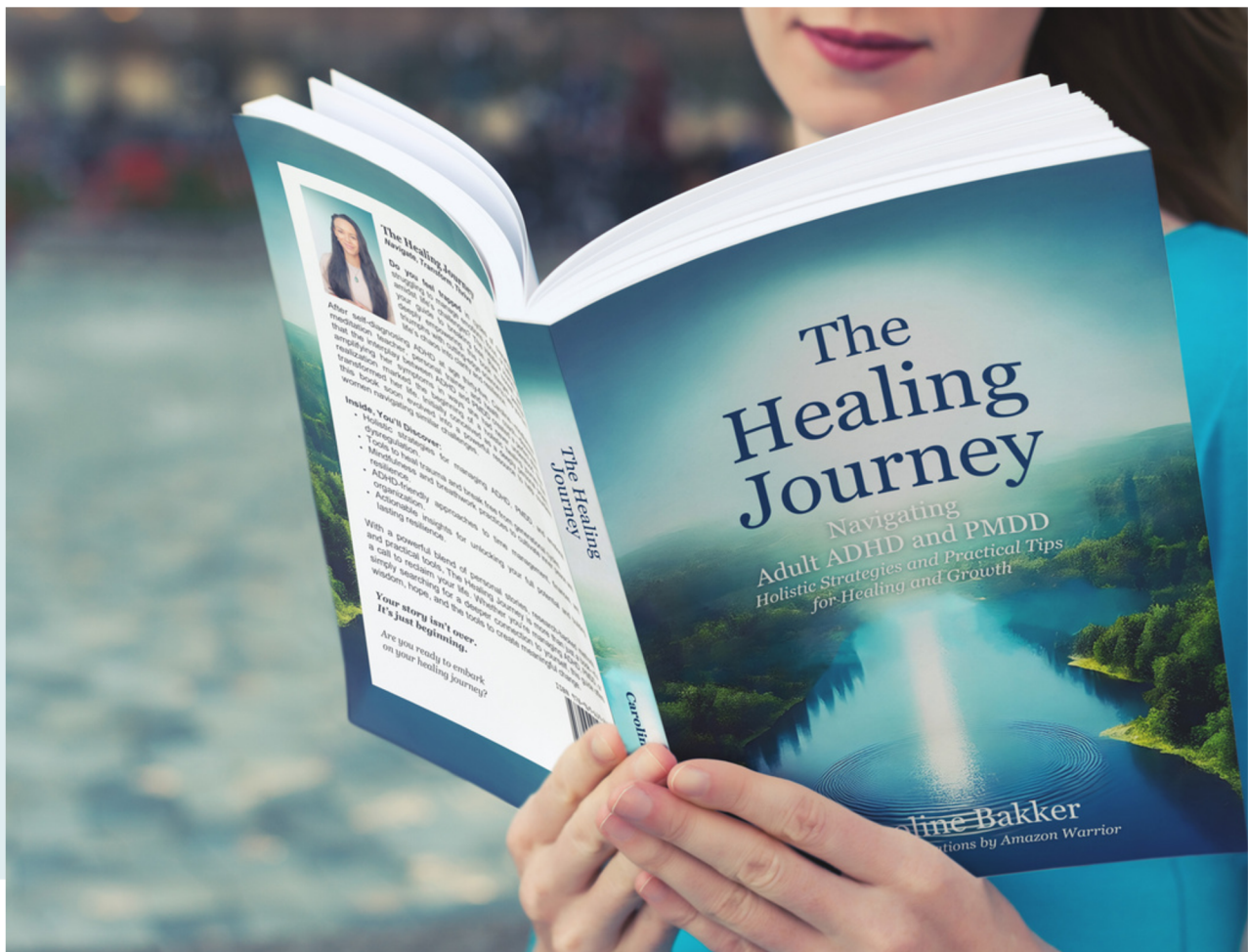


CAROLINE BAKKER

OVERVIEW

The Healing Journey: Navigating Adult ADHD is a transformative guide designed to support adults—particularly women—who discover they have ADHD later in life. Through a blend of personal storytelling, science-backed strategies, and practical tools, Caroline Bakker offers readers a compassionate roadmap to better understand, manage, and thrive with adult ADHD.

This 458-page book blends neuroscience, holistic healing, emotional regulation techniques, and cycle-syncing methods into an accessible, empowering manual for self-discovery and transformation.



BOOK SUMMARY

The Healing Journey invites readers into a nurturing, educational space where ADHD is not a limitation but a call to deeper self-understanding. Caroline takes readers through:

- Understanding late-diagnosed ADHD and how it impacts identity and life patterns
- Tools for emotional regulation, nervous system balance, and self-healing
- Cycle syncing, sleep optimization, nutrition, mindfulness, and movement strategies
- Integrating holistic approaches like nature therapy, seed cycling, breathwork, and biohacking
- Navigating hormonal fluctuations (especially ADHD & PMDD interplay)
- Rebuilding confidence, self-trust, and a life by design—not by default

Backed by scientific research and written with heartfelt compassion, The Healing Journey is a beacon of hope and empowerment.

KEY DETAILS

The Healing Journey is a 458-page guide blending personal storytelling, holistic healing, and science-backed strategies to help adults—especially women—navigate life with ADHD. It offers practical tools for emotional regulation, cycle syncing, nutrition, mindfulness, and reclaiming personal power.



Key Details:

- Title: The Healing Journey: Navigating Adult ADHD
- Pages: 458
- Formats: Paperback, PDF, ePub
- Audience: Adults with ADHD, women navigating hormones + neurodivergence
- Publication Date: March 2025
- ISBN: 978-969-619-241-1
- Size: 6.000" x 9.000"
- Price: \$19.99 USD
- Each chapter has a summary with a website link for further reading and resources.

"The Healing Journey: Navigating Adult ADHD is not just a guide—it's a lifeline of hope, resilience, and holistic empowerment for anyone ready to transform their challenges into strengths."

CAROLINE BAKKER

TARGET AUDIENCE

Target Audience:

- Adults (ages 20–55) diagnosed with ADHD
- Women navigating hormonal cycles alongside neurodivergence
- Holistic health and wellness communities
- Therapists, coaches, and counselors seeking client resources
- Families and loved ones of people with ADHD

WHY THIS BOOK MATTERS

Why This Book Matters:

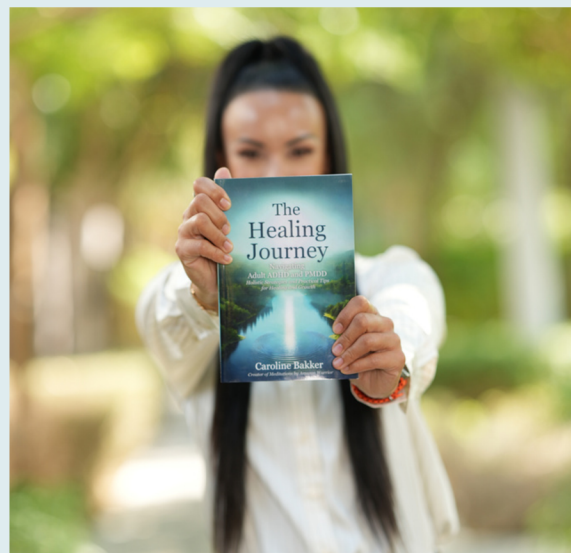
- Bridges a gap between clinical ADHD strategies and holistic emotional healing.
- Offers accessible, real-life tools for better health, emotional balance, and personal growth.
- Written from the voice of lived experience and professional health expertise.
- Aligns with growing mental health awareness, neurodiversity acceptance, and natural healing movements.

ABOUT THE AUTHOR

Caroline Bakker is a mindfulness teacher, holistic health coach, and fitness trainer with over 15 years of experience helping individuals optimize their well-being.

Diagnosed with ADHD and PMDD as an adult, Caroline blends her personal healing journey with professional expertise to offer a relatable, actionable approach to navigating neurodivergence.

She is the founder of Amazon Warrior Meditations on InsightTimer, YouTube, Spotify and Apple and Amazon Music, and a passionate advocate for intentional living, holistic healing, and reclaiming personal power.



MEDIA

Caroline Bakker Joins Sharjah Reading Festival Panel to Empower Women Writers with Insights on Self-Publishing

Apr 25, 2025, 5:07 AM ET

Caroline Bakker to speak at Sharjah Reading Festival panel on self-publishing, sharing insights on ADHD, PMDD, and building a wellness author brand.

DUBAI, UNITED ARAB EMIRATES, April 25, 2025 /EINPresswire.com/ -- Author, wellness coach, and mental health advocate [Caroline Bakker](#) will join a panel of thought leaders at the Sharjah Reading Festival on May 3, 2025, in a session sponsored by IngramSpark titled "Beyond the Manuscript: Navigating Self-Publishing Success."

The panel will feature insights from regional and international voices on writing, publishing, and personal branding for authors. Caroline will present strategies for pre- and post-launch book marketing and share her journey from first-time author to mental health advocate.

"Writing my book helped me transform personal adversity into empowerment for others," says Bakker. "I'm honored to help other women do the same—especially those navigating neurodiversity or emotional health challenges."

“Your struggles don’t define you. Your healing does.”
— — Caroline Bakker

The session will be moderated by Christopher Sako of Ingram Content Group (UK) and Hassan Ali of Lightning Source Sharjah. Fellow panelists include:



Caroline Bakker creator of Meditations by Amazon Warrior



Caroline Bakker reading her new book The Healing Journey



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CAROLINE BAKKER JOINS SHARJAH READING FESTIVAL PANEL TO EMPOWER WOMEN WRITERS WITH INSIGHTS ON SELF-PUBLISHING

Caroline Bakker to speak at Sharjah Reading Festival panel on self-publishing, sharing insights on ADHD.



Caroline Bakker - I cannot thank you enough for this book! As a woman over 40 suffering with ADHD and PMDD, I feel like this was written for me. I had to laugh as I read the part where you said readers would likely skip over and go back to parts. I did. For this reason, I will be buying the physical copy of this book to look back and refer to. I was a little put off when I read that this was written with the help of AI, but I didn't find it to read as though it was. I found the book extremely relatable and informative, and I will be sharing it with my PMDD/ADHD support groups. This is a gem! Thank you!!

SANDRA - GOODREADS

This was an informative read about managing ADHD and PMDD. I liked the practical tips and the encouraging tone. This book includes a wide variety of strategies to manage both, but the author does mostly limit her tips to things she uses and has success with herself. I think the wide variety makes it so there is something to try for almost everyone, not everything resonated with me and that's okay, but there were things I already do or want to try. The book could be a bit repetitive at times, but this did get less later in the book. The end of chapter summaries are great, but with some of the shorter chapters later on I skimmed them as I literally just read the whole chapter. All in all I am glad I read this book, it was an interesting and informative read and I learned more about ADHD and PMDD as well as how to manage the symptoms that come with it.

LOLA - GOODREADS

As a person who has been diagnosed with ADHD, PMDD, and Bipolar 2 disorder, I found this book to be very helpful and validating. Everything that I have experienced was written in these pages. I appreciated the author sharing her journey and offering a different approach to dealing with ADHD and PMDD. The author did not write as if they knew it all. I will say that there is a misconception that once diagnosed by a licensed professional, medication is the route they tend to go. In my experience, talk therapy, is what they advocate for, because taking medicine only can help only so much. In this stage of my life, I am looking to take a more holistic approach to navigating my health, so I am going to incorporate the tips offered in this book. Thank you to NetGalley, Caroline Bakker, and publisher for providing me a copy of this book in exchange for my honest opinion.

JASMINE - GOODREADS



Lea Stephens

★★★★★ **A Must-Read for Anyone Navigating ADHD and PMDD**

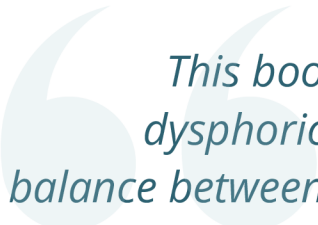
Reviewed in Australia on 8 March 2025

Verified Purchase

I highly recommend *The Healing Journey* by Caroline Bakker. This book is not only beautifully written but also incredibly insightful. Caroline provides a wealth of information and a deep understanding of both ADHD and PMDD, offering a perspective that has truly opened my eyes.

The book's layout and font make it easy to read and follow, which enhances the overall experience. What I love most is how practical it is—being able to implement the strategies Caroline suggests has been empowering. It's not just about personal growth but also about supporting those around us who may be on their own ADHD journey.

This is a book worth owning, not only for personal insight but also to better understand and help those in your life who may be going through similar experiences. I highly recommend getting a copy—you won't regret it!



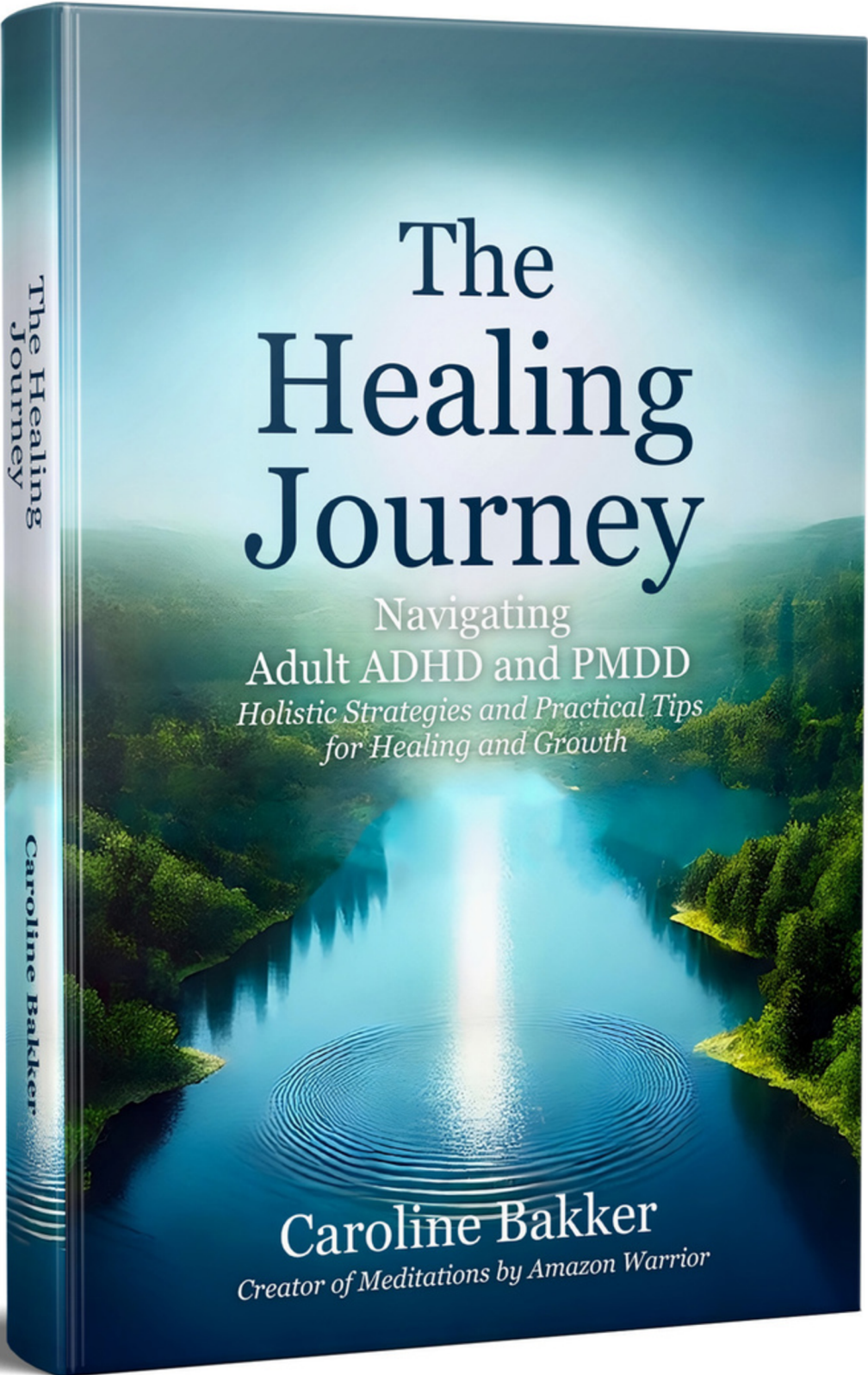
This book is deep dive into ADHD and PMDD (Premenstrual dysphoric disorder), the content is superb - getting the tricky balance between readability and informative content just right! The author draws on her own personal experience and this really works for this book, definitely adding a really engaging perspective. Each chapter concludes with a super helpful summary. I love how the author acknowledges that those of us with the type of traits for whom this book is targeted are unlikely to be able to start at the beginning and read the book right through, and utterly validates this by saying it is ok to start at whatever section of the book piques our interest (I was unable to curb my enthusiasm to start at the chapter relating to sleep and navigated there at my earliest opportunity!!)

Of course, as the title suggests this book goes way beyond providing information as the author guides us through her path to healing with some tried and tested strategies and links to resources to make the symptoms of these disorders as manageable as possible. Supplements, for example, are discussed in detail, as is the complex decision making around whether to pursue formal diagnosis or not.

I found the author's approach to modifying exercise and nutrition around the phases of the menstrual cycles unique, well considered and utterly genius - I will certainly be applying much of this to my own life and thank the author massively for sharing her own well researched and effective strategies so publicly for the greater good - this is a book that potentially can benefit so many and as such I hope it achieve the reach it deserves.

My thanks to NetGalley, author and publisher for the opportunity to review this book in exchange for an advance copy.

MORAG MURRAY - GOODREADS



The Healing Journey

Navigating
Adult ADHD and PMDD
*Holistic Strategies and Practical Tips
for Healing and Growth*

Caroline Bakker

Creator of Meditations by Amazon Warrior

The Healing
Journey

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The Healing Journey Navigate, Transform, Thrive

Do you feel trapped in cycles of overwhelm, struggling to manage emotions, focus, or balance amidst life's challenges? The Healing Journey is your guide to breaking free. This deeply empowering, this book triumphs with cutting-edge science, life's chaos into clarity and resilience.

After self-diagnosing ADHD at age thirty-five, Caroline Bakker, a meditation teacher, personal trainer, and health coach, realized that the interplay between ADHD and PMDD created a unique challenge. Amplifying her symptoms in ways she had never experienced, this realization marked the beginning of a holistic healing journey that transformed her life. Initially conceived as a deeply personal resource, this book soon evolved into a powerful resource for women navigating similar challenges.

Inside, You'll Discover:

- Holistic strategies for managing ADHD, PMDD, and dysregulation.
- Tools to heal trauma and break free from generational patterns.
- Mindfulness and breathwork practices to cultivate resilience.
- ADHD-friendly approaches to time management and organization.
- Actionable insights for unlocking your full potential and lasting resilience.

With a powerful blend of personal stories, research, and practical tools, The Healing Journey is more than just a book; it's a call to reclaim your life. Whether you're managing ADHD, PMDD, or simply searching for a deeper connection to yourself, this book offers wisdom, hope, and the tools to create meaningful change.

Your story isn't over.
It's just beginning.

Ready to embark on your healing journey?

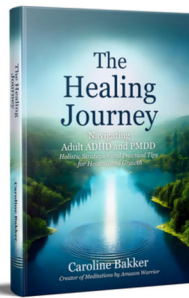
ISBN

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The Healing Journey

Navigating
Adult ADHD and PMDD
Holistic Strategies and Practical Tips
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Caroline Bakker
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