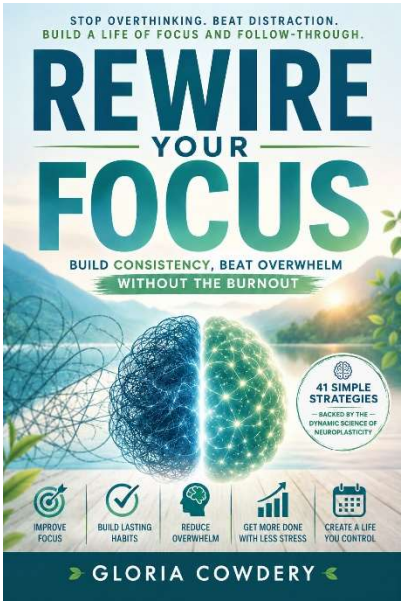
Rewire Your Focus:

Build Consistency, Beat Overwhelm Without the Burnout

By Gloria Cowdery



You don't need more willpower. You need a brain that finally has a system it can work with.

If you've tried planners, apps, routines, and sheer determination — and still find yourself stuck in the same cycle of starting strong and stalling out — it's not a discipline problem. It's that most productivity advice was never built for a brain like yours.

Rewire Your Focus is a simple, neuroscience-backed guide for anyone whose brain works differently. Drawing on the science of neuroplasticity, Gloria Cowdery lays out 41 practical strategies that help you build lasting focus, structure your days, and turn consistent action into automatic habit — without relying on willpower, and without the burnout that comes from fighting yourself every day.

Rather than generic productivity tips, this book meets the real, everyday challenges of a neurodivergent brain head-on: regulating energy before demanding focus, quieting overwhelm instead of pushing through it, breaking the all-or-nothing cycle, and rebuilding trust in your own follow-through. Every strategy is grounded in how the brain actually forms habits — so the changes you make are the kind that stick.

This isn't a roadmap for becoming a different person. It's a roadmap for working with the brain you already have.

What You'll Build:

🎯 Improve Focus — get started faster and stay engaged longer

✅ Build Lasting Habits — through repetition, not perfection

🧠 Reduce Overwhelm — simplify tasks so your brain doesn't shut down

📈 Get More Done With Less Stress — systems instead of sheer effort

🗓️ Create a Life You Control — consistency that survives your hardest days

41 simple strategies. Backed by the dynamic science of neuroplasticity.

About the Author



Gloria Cowdery is a mental health coach who helps people with ADHD and autism understand how their brains work and build real, lasting change. After years in healthcare and in the school system — and after her own family's neurodivergent journey brought the topic close to home — she dove deep into the science of neuroplasticity, turning what she learned into practical, natural techniques that go beyond simply managing symptoms. Today, she coaches people through these same methods, bringing the combined perspective of a healthcare worker, an educator, and someone who has lived it.

"You don't have to struggle against your brain; instead, think of ways to support it. One of the best questions you can ask yourself before starting any task is: 'What could make this easier to begin?'" — Gloria Cowdery

Get your copy of Rewire Your Focus today and start building a life of focus and follow-through — one small step at a time.