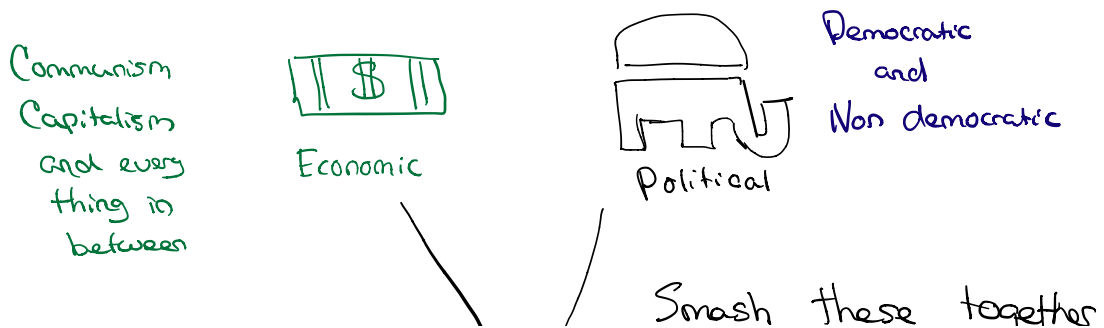
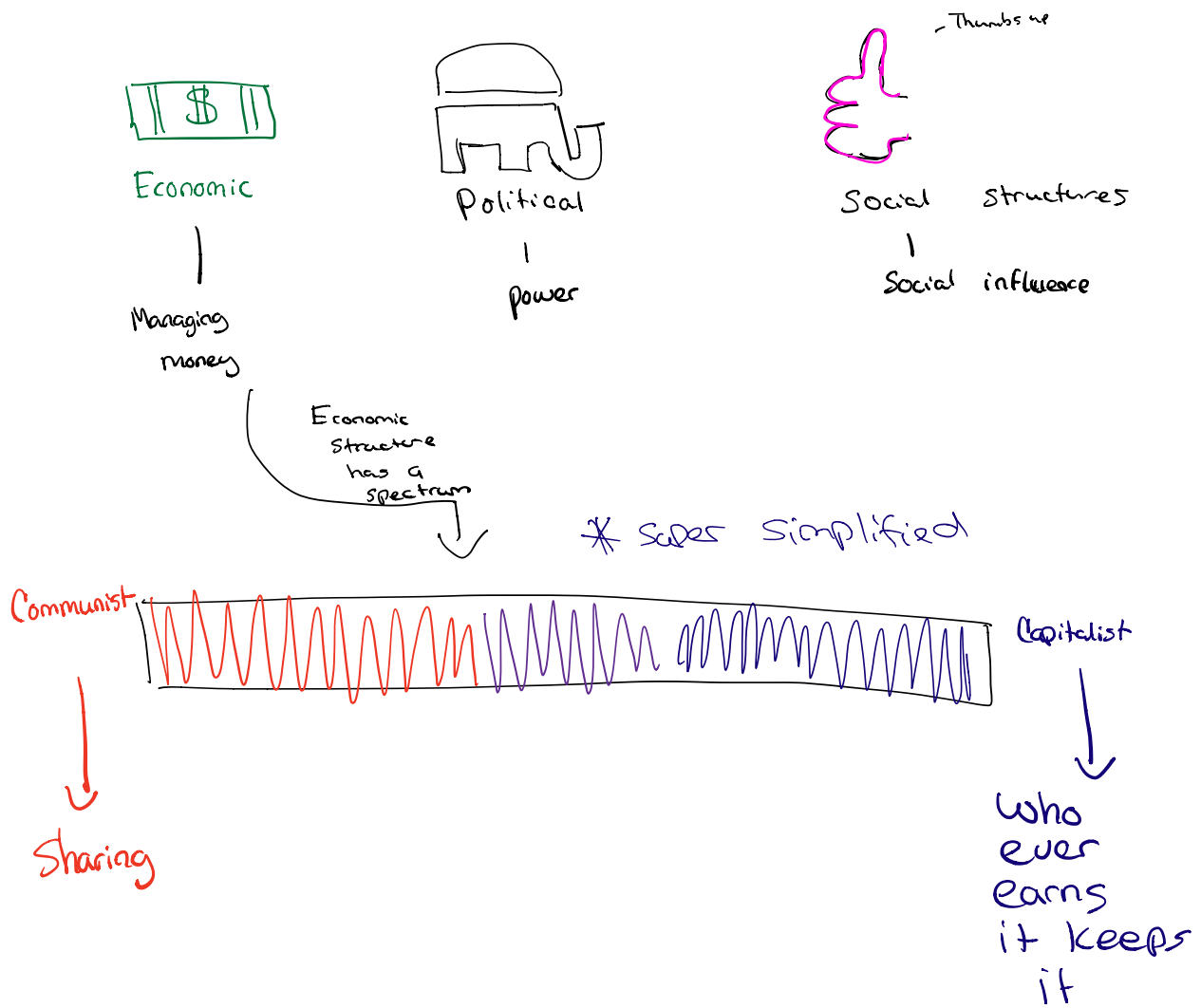
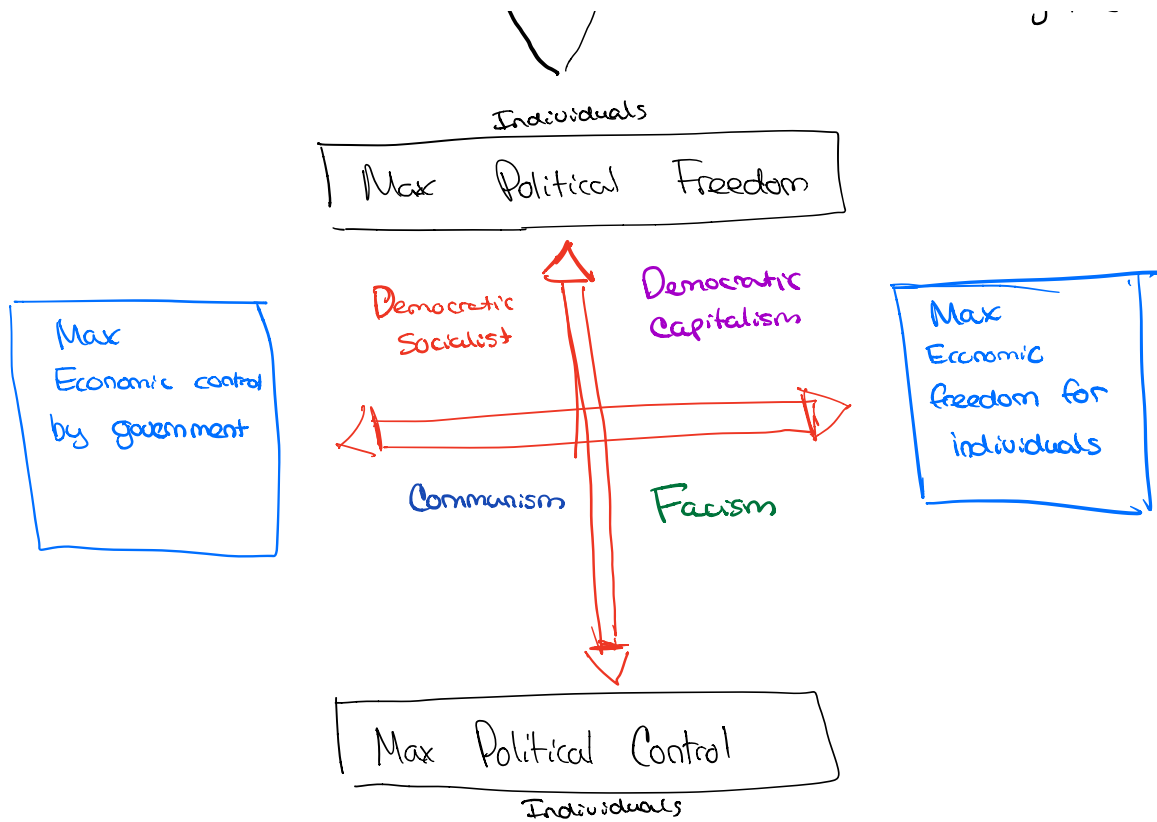


Alright quick notes for all my ADHD buddies

## 3 types of structures in society





- Read the journals for more info!