

The Adult Add Solution: A 30 Day Holistic Roadmap to Overcoming Adult ADD/ADHD (Paperback)



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Reviews

A fresh e-book with a brand new standpoint. Sure, it is play, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is just soon after i finished reading this pdf where in fact modified me, change the way in my opinion.

(Deondre Hackett)

THE ADULT ADD SOLUTION: A 30 DAY HOLISTIC ROADMAP TO OVERCOMING ADULT ADD/ADHD (PAPERBACK)

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Sachs Center, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My name is George Sachs. I m a clinical psychologist and expert in Adult ADD. I also have Adult ADD so much of what I teach comes from my own personal experience with Adult ADD. I believe in a holistic approach that starts with sleep, diet and exercise and includes emotional, relational and spiritual practices to truly overcome Adult ADD. This book deals with more than just tips to become more organized. We examine the impact of a life of untreated Adult ADD, and how that effects self-esteem, relationships and overall success. The key word is overall. That is our holistic approach, because Adult ADD impacts all areas of one s life. How many times have you bought a paper date planner? hoping that this time you would actually use it! I know that the normal advice many so-called experts give to adults with ADD just dont work. Maybe because those experts don t have Adult ADD. Well I Do. So I know that the typical methods for organization and productivity don t always work for us adults with ADD. That is why I offer work-arounds. These are field-tested tools, tips and techniques that work for adults with ADD and take into account the unique way that we approach life. I hope that you find the concepts I teach equally helpful and easy to understand. Adult ADD is challenging for oneself and loved ones, but with support and this program, you can overcome some of your worst symptoms and become the person you always knew you could be. Kirkus Review Forget the Ritalin and try changing lifestyle, outlook, and habits argues this energetic debut primer for adults with Attention Deficit Disorder. Sachs, a clinical...



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