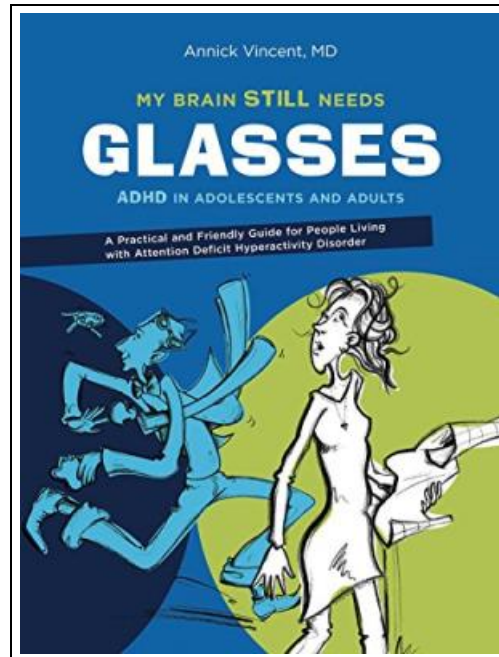


My Brain Still Needs Glasses



Filesize: 6.04 MB

Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Morris Cruickshank)

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Juniper Publishing. Paperback. Condition: New. 96 pages. Dimensions: 10.5in. x 7.5in. x 0.6in. A practical guide on how to live with attention deficit hyperactivity disorder. ADHD manifests in childhood with symptoms of inattention, hyperactivity and impulsivity. Tools for reducing these symptoms are like glasses for the brain that help you concentrate or sit still. More than half of children with ADHD still have traces of it in adolescence or adulthood. These grown-ups STILL require glasses they need access to the right tools. Through humorous illustrations and lively firsthand accounts, the reader will learn about the clinical symptoms, the scientific literature and the drug treatments for this neurological condition. This guide also offers a wealth of effective tips and strategies specially designed to help those affected and those around them to better cope with ADHD from day to day. Staying true to the tone and spirit of the original book, which was awarded a prize by the Quebec Psychiatrists Association, this edition is enhanced to better meet the needs of readers today. The scientific information is based on the most recent conclusive data. The strategies and tools to better cope with ADHD are supplemented with the most recent advice, particularly on the subjects of healthy living and management of time, space and emotions. The section on medication is enriched with information on the different options available, how to assess the need to medicate, and managing adjustments to optimize well-being from day to day. For anyone affected, this book is an invaluable tool. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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