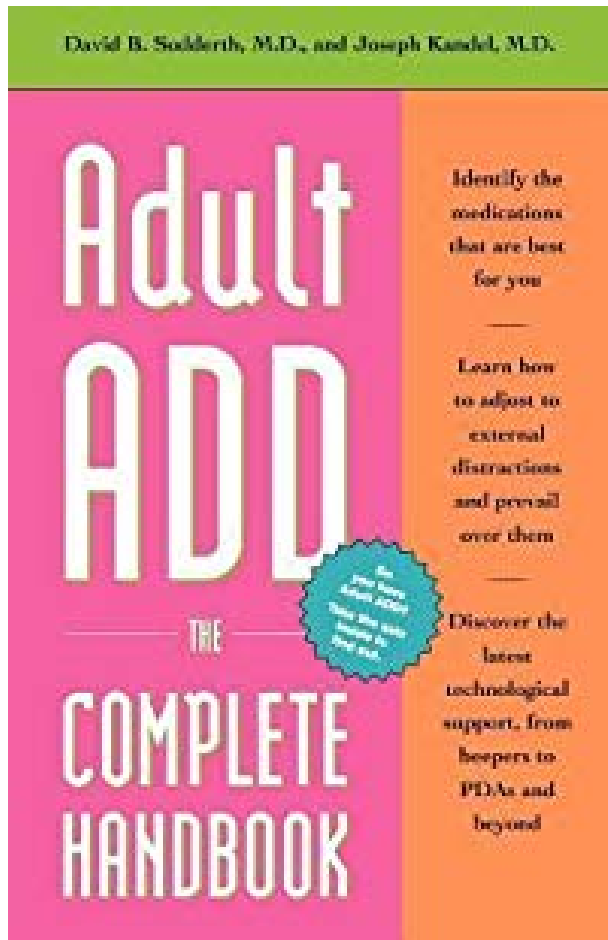


Adult Add: The Complete Handbook



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Impulsivity, hyperactivity, inattention" and "distractability" words that ring a bell? For the estimated six million Americans suffering from Attention Deficit Disorder, such words interfere with daily life! For another 40 million people, such words alone make them "think" they have ADD. A disorder that "doesn't" go away on its own, ADD turns untreated children into frustrated adults. And, adults who have children with ADD, probably have it as well. From the co-authors of "Migraines: What Works! and Back Pain: What Works!" (both Prima), comes "Adult ADD The Complete Handbook." Although ADD books have appeared on bestseller lists before, this is the "first" ADD book "ever" written by neurologists. In simple and friendly terms, co-authors David Sudderth and Joseph Kandel offer help to those leading frustrating lives. They provide coping mechanisms, both psychological "and" an up-to-date guide to the latest technology that people with ADD will benefit from. In addition to providing a list of primary ADD symptoms and theoretic causes, the handbook also: .Suggests where they should start and which doctor they should choose .Explains which medicines (including Ritalin) are effective for ADD treatment .Offers complimentary treatments, such as changing sleep habits and diet, counseling, and biofeedback .Provides self-help strategies and coping mechanisms for daily problems For more information about Adult ADD, visit [www.](http://www.neurologist.com)

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