

Moving Beyond Add/adhd (2nd Ed.) - , Avery Hart, Phd

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This all natural, holistic approach to ADD/ADHD teaches how those with ADD/ADHD and their loved ones can correct nonproductive communication and behavior patterns that cause ADD and implement holistic health techniques, such as imagery and meditation, that naturally improve concentration levels. In this second edition, the authors give up-to-date information about current drug therapies with penetrating insights about their use and abuse, challenging readers to either integrate or holistic and conventional medical approaches or abandon aopathics all together. Author: Kirsch, PhD, Rita Author: Hart, PhD, Avery Publisher: Transpersonal Publishing Illustration: N Language: ENG Title: Moving Beyond ADD/ADHD (2nd ed.) Pages: 00000 (Encrypted PDF) On Sale: 2007-11-01 SKU-13/ISBN: 9781929661190 Category: Health & Fitness : General

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