

The Everything Health Guide To Adult Add/adhd - Carole Jacobs

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People with undiagnosed Adult ADD/ADHD suffer highly chaotic lives--and often struggle with problems such as fatigue, depression, drug abuse, and learning disabilities. The good news is that treatment can go a long way toward getting this condition in check. But before anyone can manage the problem, they have to be able to identify it, starting with a thorough understanding of what it looks like in adults. This guide helps you: Understand telltale signs and symptoms; Find the right specialist; Choose the right treatment; Decide whether talk therapy is right for you; Learn how to lead a happier and more productive life; and more. This guide also helps remove the guilt and blame surrounding ADD/ADHD by reassuring that it is a real syndrome with a biological cause, and not the result of laziness or a lack of motivation or discipline. From diagnosis to life after treatment, this book will guide you with a reassuring hand every step of the way. Author: Jacobs, Carole Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Health Guide to Adult ADD/ADHD Pages: 00304 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781605509990 Category: Health & Fitness : Diseases - General

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