



Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD

By Daniel G. Amen

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Attention Deficit Disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Now, using breakthrough diagnostic techniques, Dr. Daniel Amen has discovered that there are six distinct types of ADD, each requiring a different treatment.

With recommendations for prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life.

Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, how to get well.

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- Sales Rank: #95536 in Books
- Published on: 2002-06-04
- Released on: 2002-06-04
- Original language: English
- Number of items: 1
- Dimensions: 8.97" h x 1.00" w x 6.01" l, 1.05 pounds
- Binding: Paperback
- 448 pages

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Editorial Review

Amazon.com Review

Hard, visual data make a compelling case for the existence of attention deficit disorder (ADD) in this pioneering work by Daniel G. Amen, M.D. Using a nuclear medicine technique called "single photon emission computed tomography" (SPECT)--a controversial step, according to some of his peers--Dr. Amen scans patients' brains to identify various abnormalities. From more than 8,000 such studies and more than 12,000 patient evaluations, Dr. Amen concludes that six--not the formerly presumed two--different types of ADD exist. This book encompasses the full spectrum of Dr. Amen's work: from symptom identification to clinical evaluation, to diet and medication recommendations, to everyday strategies for living with ADD (whether the reader is a parent of an ADD child, or has been diagnosed with the disease.)

No stranger to the skepticism surrounding this topic, Dr. Amen begins with a list of dead-on myths (including "ADD is overdiagnosed") and surprising facts ("Many people with ADD are never hyperactive"). From this intriguing beginning flows a highly readable chapter on the signs and manifestations of ADD in all ages. Dr. Amen's full description of SPECT imaging includes multiple brain scan photos that nicely support his theories. But the most satisfying element of this well-researched presentation occurs in the final half of the book; here, Amen thoroughly explores the biological (diet, exercise, medication), psychological (from personal coaching to psychotherapy), and social support (parenting and school strategies) needed to heal each type of ADD. This book will prove a valuable tool for parents, adult sufferers, and medical professionals seeking practical support for managing this increasingly recognized condition. --*Liane Thomas*

About the Author

Daniel G. Amen, M.D., is a clinical neuroscientist, a psychiatrist, and the director of clinics in California, Washington state, and Virginia. In addition to operating a private practice, he is an assistant clinical professor of psychiatry and human behavior at the University of California, Irvine, College of Medicine. He is the author of **Healing ADD**, **Healing Anxiety and Depression**, and **Change Your Brain, Change Your Life**.

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Typically the book Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD will bring you to definitely the new experience of reading the book. The author style to clarify the idea is very unique. If you try to find new book to read, this book very ideal to you. The book Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD is much recommended to you to see. You can also get the e-book from your official web site, so you can more easily to read the book.

Samuel Lester:

The actual book Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you will get the point easily after looking over this book.

Phillip Hicks:

Reading can called mind hangout, why? Because if you are reading a book particularly book entitled Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD your brain will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely can become your mind friends. Imaging each word written in a e-book then become one contact form conclusion and explanation this maybe you never get just before. The Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD giving you an additional experience more than blown away your head but also giving you useful information for your better life on this era. So now let us demonstrate the relaxing pattern at this point is your body and mind is going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Wendy Cort:

Are you kind of stressful person, only have 10 or maybe 15 minute in your moment to upgrading your mind ability or thinking skill even analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short time to read it because all this time you only find guide that need more time to be go through. Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD can be your answer because it can be read by a person who have those short spare time problems.

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