

FIDGET to FOCUS

Outwit Your Boredom:

**Sensory Strategies
for Living with ADD**



*Roland Rotz, Ph.D.
Sarah D. Wright, M.S., A.C.T.*

FIDGET STRATEGIES WORKBOOK INCLUDED!

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Judith Greenbaum, Geraldine Markel



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Finding Your Focus Judith Greenbaum, Geraldine Markel, 2005-09-27 Filled with tools strategies and checklists and written with a fine understanding of the problems adults with ADD face daily This book is a gift to all who read it Edward Hollowell M D bestselling author of Driven to Distraction Written by two expert ADD coaches with more than 30 years experience this practical handbook offers adults with ADD practical techniques for coping with common everyday challenges These simple proven strategies can help you focus attention organize your thoughts and manage time so you can avoid missing appointments and deadlines handle social situations and improve memory skills A safe alternative to prescription medications it s a complete home program that anyone can do

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