FIDGET FOCUS

Outwit Your Boredom:

Sensory Strategies for Living with ADD



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

FIDGET STRATEGIES WORKBOOK INCLUDED!

Judith Greenbaum, Geraldine Markel

Fidget to Focus Roland Rotz, Sarah D. Wright, 2005-05 Full of tips and strategies collected over years of shared experiences Fidget to Focus is a gold mine of information and sometimes surprising sometimes heart warming stories about how to stay focused and on track even when tasks are dull tedious and boring Thom Hartmann author of Attention Deficit Disorder A Different Perception Until now the only way you could learn about the Fidget to Focus approach to successfully living with and managing Attention Deficit Disorder ADD was to attend a national conference The groundbreaking ideas in this book based on the personal experiences of hundreds of people and recent breakthroughs in neuroscience will change the way you live with this disorder Fidget to Focus is a guide to keeping your brain engaged and focused with tools and techniques available to you at any time workbook included 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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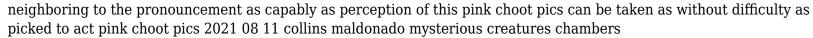
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