



4 Weeks To An Organized Life With AD/HD

Jeffrey Freed, Joan Shapiro

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This innovative program offers practical, useful strategies for people with AD/HD, so that they can make use of their brain functions that do work well and learn day-to-day skills that may otherwise be too difficult to master. Based on the concept of visual thinking and filled with tips on how to keep the body at its highest functioning level, this program helps AD/HD sufferers become successful in their everyday lives. The authors share simple yet powerful techniques to develop and harness the strengths of the visual right brain, while at the same time demonstrating how treatment for AD/HD can maximize success.

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