



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

*Daniel G. Amen*

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

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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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#### **Bruce Mull:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a publication. The book Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too costly but this book possesses high quality.

#### **Travis Davis:**

People live in this new day of lifestyle always attempt to and must have the time or they will get lot of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read is usually Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD.

#### **William Lebel:**

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its called reading friends.

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