



# **Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness)**

*Thomas Brown*

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## **Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness) Thomas Brown**

A leading expert in the assessment and treatment of Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder dispels myths and offers reassuring, practical information about treatments. Drawing on recent findings in neuroscience and a rich variety of case studies from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated.

This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to “pay attention,” yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the “willpower” explanation and explains how inherited malfunctions of the brain’s management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His book is an authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD.

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