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By Kirsten Miliken

BookBaby, United States, 2016. Paperback. Book Condition:

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There are many other books that can guide you to develop better habits and routines when it comes to managing ADHD with diet, medication, sleep, and exercise. This book will not tell you what to eat, whether you should take medications, how to develop better sleep habits, or how fantastic exercise is for you. Though I will present some of the basics, you will not learn the detailed science and research about ADHD in this book. There is no cure" for ADHD, so there wont be one in this book. Finally, if youre looking for how to catch fish, that wont be in here either. If you are an adult with ADHD, this book is your prescription to play. Other experts in the field may tell you to take a pill, get more rest, exercise, train your brain, or whatever else it takes to manage impulsivity, inattention, poor time management, lack of motivation, memory struggles, and other symptoms related to ADHD. But they might not talk much about how fun and play can have a substantial effect on how you manage your...



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