

Living Daily With Adult ADD or ADHD: 365 Tips o the Day

By Douglas A. Puryear



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Doug Puryear is a psychiatrist who discovered at age sixty-four that he has ADD. Then he finally understood a lot of the problems he'd had and the strategies he'd developed to cope with them. This is what he shares in this book.

"If you are struggling with ADHD, this is the book for you. I have a bookshelf full of books on ADHD that rehash what is in all the other books on my shelf. What those books never got to was consistently good advice for dealing with my ADHD, but that is exactly what Dr. Puryear's 'Living Daily with Adult ADD or ADHD: 365 Tips o the Day' does. Here you will find practical, workable approaches for dealing with the things in your life that would otherwise drive you, those closest to you and everyone else who depends on you crazy. And it's all in small doses – one for each day of the year. Change is possible. Success is possible. Get it. Do it. You will be so glad you did."

- The Rev. Thomas B. Woodward, BA cum laude Harvard; M Div, author, ADDer

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Pamela Brock:

This Living Daily With Adult ADD or ADHD: 365 Tips o the Day book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this book incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This particular Living Daily With Adult ADD or ADHD: 365 Tips o the Day without we understand teach the one who looking at it become critical in contemplating and analyzing. Don't become worry Living Daily With Adult ADD or ADHD: 365 Tips o the Day can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it in your lovely laptop even cell phone. This Living Daily With Adult ADD or ADHD: 365 Tips o the Day having great arrangement in word as well as layout, so you will not truly feel uninterested in reading.

Brandon Justice:

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William Wright:

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Shirley Williams:

Playing with family within a park, coming to see the sea world or hanging out with friends is thing that

usually you will have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Living Daily With Adult ADD or ADHD: 365 Tips o the Day, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

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