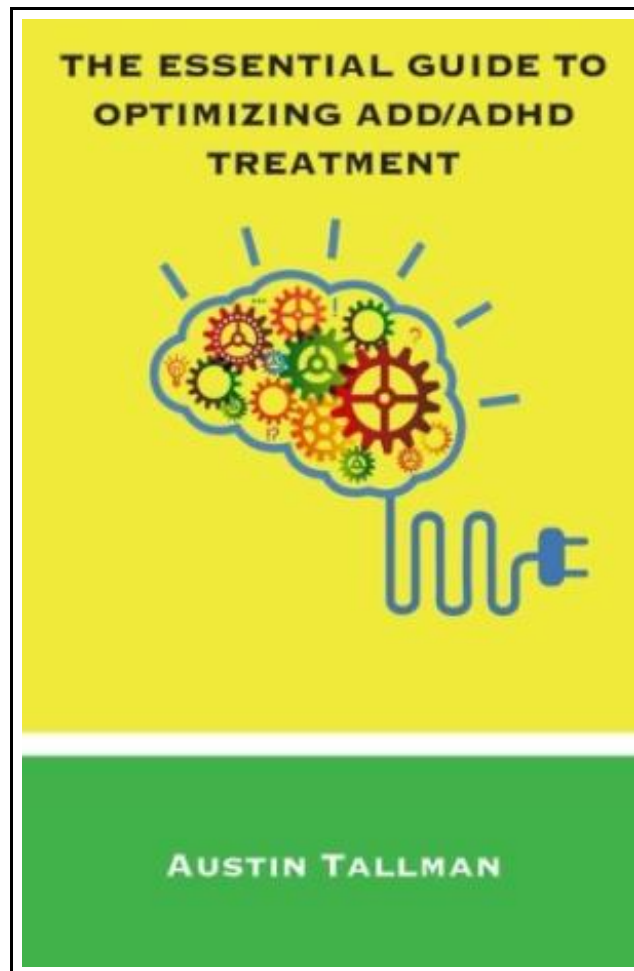# The Essential Guide to Optimizing ADD/ADHD Treatment (Paperback)

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Reviews

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THE ESSENTIAL GUIDE TO OPTIMIZING ADD/ADHD TREATMENT (PAPERBACK)

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Tallman Publications, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Written by a lifetime sufferer of inattentive type ADHD, The Essential Guide to Optimizing ADD/ADHD Treatment presents a new and innovative approach to treating ADHD. Instead of pushing a one size fits all solution, the book teaches the reader how to investigate and optimize treatment at the individual level. Using simple statistical functions within Microsoft Excel, the author takes readers step-by-step through the process of analyzing factors that frequently impact ADHD symptoms. By using computer software to study lifestyle habits and the daily symptoms of ADHD in a specific individual, readers are able to develop a truly customized treatment plan. One of the main advantages of this technique is its adaptability. People who do not wish to take prescription medication for ADHD will have the ability to find ways of improving symptoms by making lifestyle changes. For those who do use medication, the book teaches strategies for maximizing the efficacy of a medication in a specific person. For the first time, individuals and parents of children with ADHD have the ability to perform research into a specific person s ADHD treatment. NOTE: Although there are several resources that are compatible with the strategies taught in this book, the author recommends obtaining access to Microsoft Excel in order to fully utilize the capabilities of this technique.

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