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ADHD [Ari Tuckman] on Amazon.com. *FREE* shipping on qualifying offers. This is the only book on Attention Deficit Hyperactivity Disorder (ADHD) written in a structure that caters to the tendency for adults with ADHD to jump around. This essential guidebook begins by describing how the ADHD brain processes information and how ...

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ADHD, Ari Tuckman, Specialty
Press, Inc. 2009. I first want to
say that this cover cracks me up.
Here ' s this book about “ more
attention, ” and you have a photo of
a boss-type showing something to

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a young business man and a young business woman who appears to have ADHD.

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written in a structure that caters to the tendency for adults with ADHD to jump around.

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“ More Attention, Less Deficit is a great “ life manual ” on how to live successfully with any, and all ADHD challenges. It is full of great strategies and helps the reader to understand the underlying issues so the strategies can truly stick.

More Attention, Less Deficit:
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Welcome to adultADHDbook.com, where you will find audio excerpts of the book More Attention, Less Deficit: Success Strategies for Adults with ADHD. This free podcast contains practical

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information for adults with ADHD and those who care about them.

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Success Strategies for Adults with ADHD This essential guidebook begins by describing how the ADHD brain processes information and how that leads to typical

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challenges that people with ADHD experience, as well as why certain strategies are effective and others aren't.

More Attention, Less Deficit:
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[From the introduction to More Attention, Less Deficit: Success Strategies for Adults with ADHD] Whenever I meet a new client with ADHD, I always feel compelled to tell her a million things that can help her understand her ADHD and enjoy life more. This book and this podcast is those million things.

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impairment spanning into
adulthood. ADHD is often
associated with co-occurring
disorders including disruptive,

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podcast on demand - Practical information for adults with ADHD and those who care about them. Clear, understandable advice and strategies to help you get more done and live a better life, from psychologist and ADHD expert Dr. Ari Tuckman.

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