



Natural Relief for Adult ADHD: Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication

By Sarkis PhD, Stephanie Moulton

New Harbinger Publications. Book Condition: New. For some people with attention deficit/hyperactivity disorder (ADHD), medication may not be the right answer, and for others, medication alone may not be enough. Natural Relief for Adult ADHD offers an accessible, research-based guide on the most effective non-medication treatments for ADHD. Num Pages: 224 pages. BIC Classification: MMJ; VFJB. Category: (P) Professional & Vocational; (U) Tertiary Education (US: College). Dimension: 230 x 152 x 17. Weight in Grams: 308. . 2015. 1st Edition. Paperback. . . . Books ship from the US and Ireland.

DOWNLOAD



READ ONLINE

[4.08 MB]

Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It has been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- Beverly Hoppe

Extremely helpful for all classes of individuals. Better than never, though I am quite late in starting to read this one. I realized this publication from my dad and he suggested this ebook to discover.

-- Adela Schroeder II