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# Triumph Over ADD, ADHD & Tourette Syndrome



## Synopsis

What every person affected by ADD, ADHD and Tourette Syndrome MUST know! Now, a book that offers you a new perspective on improving attention deficit disorders and disruptive behaviors, WITHOUT prescription drugs, by an authority on natural health and nutrition. This book contains real life personal stories of struggles and triumphs. It also contains the life-altering "Triumph Over Paradigm". This easy-to-use, 3-step model shows you "How To" get started and achieve positive results in 30 days or less by: Adopting Open Thinking, Manifesting The Power Of Words and Acting On A Healthy Food Program.

## Book Information

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## Customer Reviews

Agi Lidle is a breast cancer survivor, herbalist, author, natural health educator and inspirational speaker. Having Tourette syndrome and ADD since early childhood, she brings a rare combination of life experience and expertise to this subject. This is her second book in the "Triumph Over" series. The first being "Triumph Over Cancer: A Natural Approach", in which Agi documents her personal victory over cancer, using only natural methods.

Triumph Over ADD, ADHD & Tourette Syndrome by Agi Lidle is a very useful and "user friendly" self-help guide for the non-specialist general reader to using good nutrition, open thinking, and a healthy lifestyle to combat the difficulties of ADD, ADHD & Tourette Syndrome -- instead of a sole

reliance on prescription drugs. A disclaimer at the beginning warns that the advice, recipes, and techniques herein cannot substitute for professional medical diagnosis and treatment; and with that caveat in mind, Triumph Over ADD, ADHD & Tourette Syndrome has a great deal of practical value to offer the reader. Positive anecdotes, and a straightforward guide to transforming oneself round out Triumph Over ADD, ADHD & Tourette Syndrome, all of which offers a valuable approach that should be held in high consideration. Also very strongly recommended is Agi Lidle's previous contribution: Triumph Over Cancer: A Natural Approach

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Triumph Over ADD, ADHD & Tourette Syndrome ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Could It Be You?: Overcoming dyslexia, dyspraxia, ADHD, OCD, Tourette's syndrome, Autism and Asperger's syndrome in adults Tourette Syndrome: 10 Secrets to a Happier Life: Tourette Treatment Tips Tranquility For Tourette's Syndrome: Uncommon Natural Methods For Treating Tourette's, Healing Symptoms, and Diminishing Your Tics Is That My Child?: Exploding the Myths of Dyspraxia, Dyslexia, Tourette s Syndrome of Childhood, ADD Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More!: The one-stop guide for parents, teachers, and other professionals Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More!: The one stop guide for parents, teachers, and other professionals Gut and Psychology Syndrome: Natural Treatment for Autism,ADD/ADHD,Dyslexia,Dyspraxia,Depression,Schizophrenia Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals Victory Over Tourette's Syndrome and Tic Disorders Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD How to Add

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