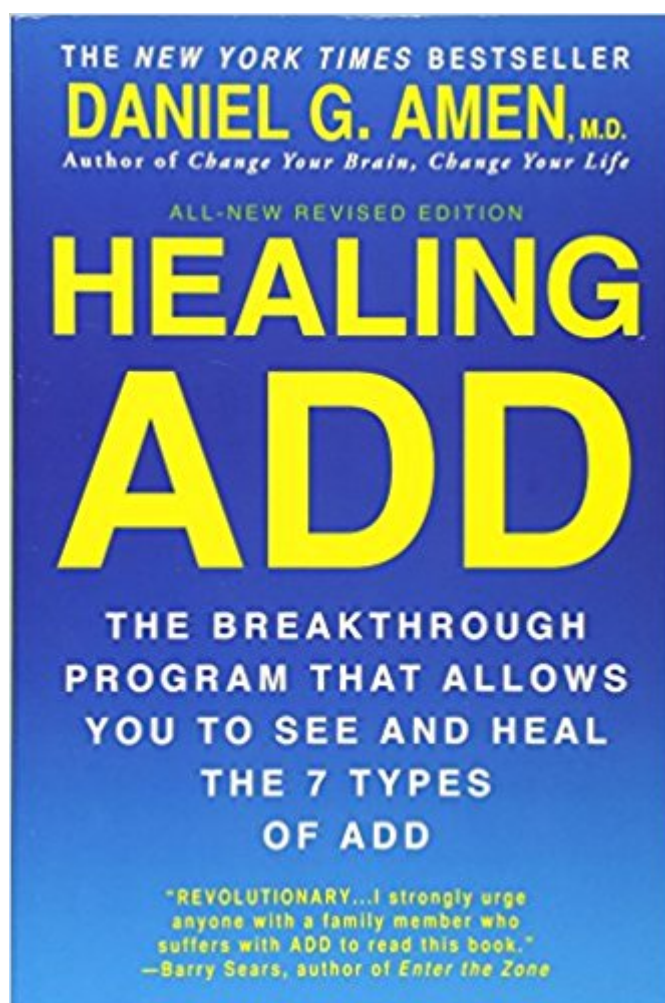


The book was found

Healing ADD Revised Edition: The Breakthrough Program That Allows You To See And Heal The 7 Types Of ADD



Synopsis

An all-new revised edition of the New York Times bestseller that will help you conquer ADD.

Attention deficit disorder (ADD) is a national health crisis that continues to grow – yet it remains one of the most misunderstood and incorrectly treated illnesses today. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain imaging study ever completed on patients with ADD, to identify, examine, and demystify the 7 distinct types of ADD and their specific treatments. With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, and more, Dr. Amen’s revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, “The harder I try, the worse it gets.” Dr. Amen tells them, for the first time, why, and more importantly how to heal ADD.

Book Information

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Customer Reviews

“REVOLUTIONARY” I strongly urge anyone with a family member who suffers with ADD to read this book. – Barry Sears, author of The Zone “For parents of children with ADD, adults with ADD, therapists, and physicians. The subtypes Dr. Amen has firmly

established will help clinicians everywhere tailor ADD treatments to each and every individual. One size does not fit all.

•George Delgado, M.D., FAAFP, associate clinical professor, University of California, Davis
“I highly recommend this book to all who want the most up-to-date information on ADD from one of the most highly regarded neuropsychiatrists of our day.”

•William C. Klindt, M.D., child and adolescent psychiatrist, clinical faculty, Stanford University School of Medicine
“I recommend this book to anyone who has concerns with ADD or even the slightest interest in human behavior.”

•Joan Baez
“Clear and readable, and a must for understanding this disorder.”

•William R. Collie, M.D., Safe Harbor Clinic for Behavioral Medicine
“A must-read for every professional in the juvenile justice system. A breakthrough work on diagnosing and treating ADD, it is certain to be a classic.”

•Thomas C. Edwards, judge, Superior Court, State of California
“Once again challenging older concepts about attention deficit disorder, Dr. Amen writes with a clarity, simplicity, and passion I have come to admire. Healing ADD is a worthy extension of Change Your Brain, Change Your Life.”

•Terence F. McGuire, M.D., psychiatrist

Dr. Daniel G. Amen is a physician, psychiatrist, teacher, and multiple New York Times bestselling author of 30 books, including Change Your Brain, Change Your Life; Magnificent Mind at Any Age, Change Your Brain, Change Your Body; Use your Brain to Change Your Age; and Unleash the Power of the Female Brain. He is widely regarded as one of the world's foremost experts on applying brain imaging science to clinical psychiatric practice. Under the direction of Pastor Rick Warren, Dr. Amen, together with Drs. Mark Hyman and Mehmet Oz, is one of the chief architects on Saddleback Church's "Daniel Plan," a 53 week program to get churches healthy, physically, emotionally, and spiritually. He is the producer of seven highly popular shows about the brain, which have raised more than 50 million dollars for public television, and his work has been featured in Newsweek, Parade, New York Times Magazine, the Washington Post, Men's Health, and Cosmopolitan.

This is an amazing book. I have struggled with Attention Deficit Disorder since I was a child. I have seen therapists my entire life and still didn't fully understand ADD. This book has helped me realize the 7 distinct types of ADD and their specific treatments. This book has also helped me treat my ADD better than years of therapy. I have even discontinued my Adderall and started using an all-natural supplement called Adderdrone XR - Adderdrone XR - Scientifically

Formulated to Increase Brain Function, Mental Focus, Memory, and Provides Immediate and Long-Lasting Energy!~ ~ which really helps me focus and helps with me make it through the day. I highly recommend this book if you or someone you love suffers from ADD.

It was only after I was in my 50's that I discovered I had ADHD (Attention Deficit Hyperactivity Disorder), a variation of ADD, Attention Deficit Disorder. Oh, I knew I was always doing something, and in my head I could be thinking of three things at the same time, but I could not fully understand why I had to strive so hard to be organized or why it was so easy for me to multitask as a manager/administrator. Finally, I married someone whose child had been treated for ADD for 15 of her 20 years, and in learning about ADD, so I could be a better stepfather, I read too many books on the subject. I say I read "too many books" because I found myself starting to take a cynical approach towards the author before I was halfway through their book. Most proclaimed that "THEY HAD THE ANSWER" or "THEY GUARANTEED RESULTS," and in some limited instances, I am sure they did have an answer, but I found, as I discovered more children and adults diagnosed with ADD and ADHD, it cannot and, quite frankly, should not, be treated with a "cookie cutter" approach. Otherwise you'll have everyone overmedicated with Ritalin or Adderrall, when maybe neither is needed. Then, I came across Dr. Daniel Amen's book HEALING ADD, the previous edition (yellow cover), and in it, Dr. Amen gave you a detailed description of how he developed the SPECT imaging process in diagnosing ADD. This new edition, which was published earlier this month, isn't just an updating of a few references, as I have seen when other books come out with a revision. First of all, like its predecessor it's a thick book 464 plus pages, and this newest addition (blue cover) does something the first didn't: it starts off saying, and I paraphrase, "Listen, you have ADD or ADHD, and I know you're not going to be able to make yourself sit down and read the whole thing, so here's the main points," which I found realistic. Secondly, more than the previous edition, this book didn't just jump-in and tell you to do this, and you, or your loved one, was cured. It stresses a thorough approach towards getting a handle on ones ADD by doing a complete assessment of your life and lifestyle. I found from this book benefited from several others he has written, most notably CHANGE YOUR BRAIN, CHANGE YOUR LIFE~ ~ Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness~ ~ and his work with ADD at his treatment centers, especially in the advice he gives to those who work with, and are around, those who have ADD. In that advice, you can sense his compassion he has for his patients and others. Perhaps the most notable addition to this revision is the identification of a 7th type of ADD, "The Anxious ADD," a type where anxiety over

tests, social interaction sometimes leads to physical stress, headaches and stomach issues. One of the most helpful parts of the previous edition was a self-test for ADD that the person and someone who knows them could take. In this revised edition, the self-test is no longer included, and it appears a test is constantly being updated. As of 11-2015, I could only find a short test here:

<http://addfull.amenclinics.com/>. In the first edition of HEALING ADD, a questionnaire could be found in the chapter beginning on page 67. Æ Æ Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADDHEALING ADD is a book I have shared with many since I first bought it in 2004. In my own case, I found what it proposes to be a thoughtful and logical approach towards solving a complex and, quite often, health issue whose solution, more often than not, is very unique to the individual being diagnosed. It cannot completely cure a person by a wave of a wand, but it can give one insights that other publications never even consider. In our own case, it helped us keep trying until we found a doctor that didn't just throw Ritalin at the patient and say, see you in two weeks, don't forget to pay the nurse before you leave. In our case, stimulants weren't needed, as aren't in most types of ADD. Whether you are the patient with ADD or one who has to live with one, HEALING ADD by Dr. Daniel Amen will help you understand the condition and help you deal with it.

I've owned Dr. Amen's original version of "Healing ADD" since 2005 and it has been life-changing. After seeing his PBS special and learning there was an update to the original "Healing ADD," I had to have it - and I purchased it tonight at the bookstore. (I entered the bookstore with the intention to read the new additions and then order off of for the better price, but there were so many great new additions to the updated version, I went ahead and purchased it - and no, it wasn't an ADD impulse buy! I thought it through, and decided I wanted to read it tonight and have it on-hand.) I'm 35 and I've had ADD (Inattentive, Type 2) all my life - and didn't realize it until I first read Dr. Amen's first edition of this book in 2005, at the age of 26. I immediately found the best psychiatrist I could find in my area (via a recommendation of Dr. Amen's clinic) and my life started to improve for the better very quickly. After a month of receiving treatment, I was in my first relationship (and I'm a good looking guy! I just could never follow through, and my brain simply wasn't wired correctly to even fathom forging a relationship with a woman before I received treatment). Here's the thing though - for as much as my life instantly changed upon taking a stimulant medication after my initial diagnosis, having ADD is an on-going battle. I don't mean to make it sound like it's something terrible - as Dr. Amen points out, individuals with ADD have many strengths - we're creative, spontaneous and fun. I've often thought if I'd "trade" not having ADD with someone who's never had it, and I'm not sure I

would if I could - in some ways, having ADD lets you see the world differently than the rest of the non-ADD world sees it, and there are some fun aspects of having ADD. However, the drawbacks of having ADD make life impossible to manage, and treating it gives you the best of both worlds. I've found my creativity hasn't gone away after treating my ADD, it's only become more consistent. One of the most important things I took from this updated version is how important nutrition is, and how vital it is to eat the right foods for my type. As Dr. Amen points out, high protein diets are essential to certain types (but not all, and can be harmful to Type 3, Overfocused ADD). I was particularly grateful for Dr. Amen's listed foods that boost dopamine, and listed foods that boost serotonin. If I had only one quibble with this book, it's Dr. Amen's recommended medications for Type 7, Anxious ADD. In the very beginning of the book, he lists Strattera as a recommended medication for this type; he also recommends the medications desipramine and imipramine. However, in the chapter on Type 7, he doesn't list Strattera as a recommended medication, instead opting for Neurontin (plus a stimulant); and recommends desipramine and imipramine as he does in the beginning of the book; I found that a tad discordant in presentation. I also wondered why Dr. Amen didn't recommend Wellbutrin for Type 7, Anxious ADD. In his book "Healing Anxiety and Depression," Dr. Amen states that Wellbutrin "helps to activate the prefrontal cortex and calm the basal ganglia and deep limbic areas." Since there is often too much activity in the basal ganglia with Anxious ADD, and Wellbutrin helps calm the basal ganglia, it seems to me like Wellbutrin would be a nice option for Anxious ADD. (Wellbutrin addresses dopamine, and to a lesser extent, norepinephrine.) Since norepinephrine appears to be such an important neurotransmitter - especially in regards to anxiety and ADD, it makes me wonder why pharmaceutical companies haven't made more NSRIs. The only NSRI currently available in the United States is Strattera - or the other options are the older TCAs. Of course, you can address norepinephrine via an SNRI (such as Effexor or Cymbalta), but Dr. Amen doesn't recommend those medications for Type 7 in his book (which makes sense in regards to Type 7, as my research indicates that most SNRIs work on serotonin more than they address norepinephrine; addressing serotonin is helpful for Type 3, Overfocused ADD). As you can see, I find Dr. Amen's work fascinating - and it makes me ask questions. And if you couldn't tell, I also suffer from Type 7 ADD as well. :) I believe Dr. Amen is by far the most knowledgeable person on the planet when it comes to ADD - and perhaps more importantly, he truly cares, and it shows in his writing. His first wife suffered from ADD, and some of his children were diagnosed with ADD as well. His voice is that of a doctor, a father and a friend. I wish you all the best in your treatment of ADD - and I encourage everyone to own a copy of this book, and refer to it as a guide whenever necessary on your journey with ADD.

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