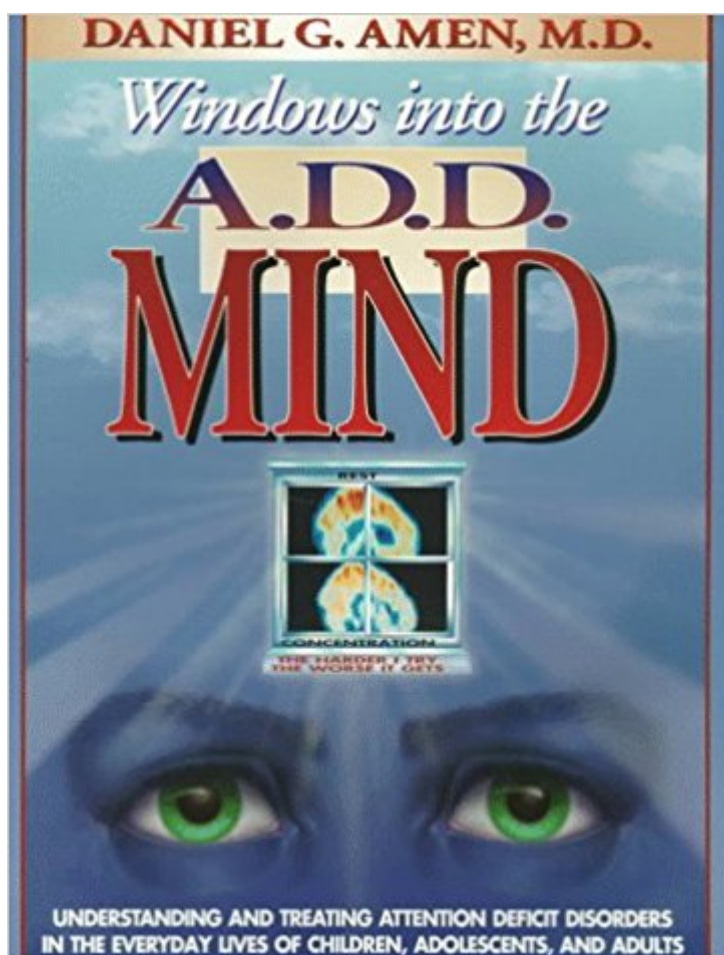


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# Windows Into The A.D.D. Mind: Understanding And Treating Attention Deficit Disorders In The Everyday Lives Of Children, Adolescents And Adults



## Synopsis

Until recently, A.D.D. was thought to be a disorder of diet, will power, or poor upbringing. Using powerful, new brain imaging studies, Dr. Amen explains A.D.D. and gives very clear prescriptions on what to do about it, from childhood through adulthood. This book discusses Dr. Amen's experience in diagnosing and treating over 6,000 children, teenagers, and adults with ADD. The book will illustrate what ADD 'looks like' from the fetus in the womb to childhood, through adolescence into adult life. 'Real Stories' will illustrate the different stages of ADD, exploring the potential negative impact ADD has on relationships, families, schools, work, and self-esteem. The impact of a sophisticated brain imaging study called SPECT (single photon emission computed tomography) will be discussed in relationship to ADD. The treatment protocols for ADD that Dr. Amen's uses day-to-day in his office will be given. This book is not meant to be an exhaustive review of ADD, rather to help understand the nature of ADD, how it can affect a person's daily functioning, its causes, and the major components of effective treatment.

## Book Information

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## Customer Reviews

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Great insight and an easy read. If you want to understand ADD, this is a straightforward book and actually surprisingly not lengthy. I would recommend it to anyone with ADHD/ADD or anyone who knows someone with it so that they can better understand the disorder and that it is REAL, a physical, neurological condition. Spoiler alert: an ADD person's brain will show less activity in the prefrontal cortex when asked to focus on a task than a person without it as demonstrated with brain scans.

i found this book to be full of very good information about this condition. it reviewed some information i already knew and imparted new and useful information that i didn't know. i am glad i purchased this helpful tool.

Excellent book for parents who have a child with ADD. It reads like a textbook, which it is, but full of wonderful information and help.

This should be a must read for every parent of an Adder or an Adult Adder. Dr. Amen has treated thousands of patients, but what assisted me tremendously is that he is both a father of two ADD children and a husband to an ADD adult. He has walked it so he can truly talk about it. I have two ADHD children and I am ADD. We got on the right track from reading this book shortly after being diagnosed. He covers the MANY angles of how ADD effects ones life and how to deal with it. The most technical part, understanding the frontal lobe where the disorder originates, is written in laymen terms. There is even a quiz that can be taken that will help direct you to where you may need to go next in receiving the help you need. AMEN to Dr. Amen

I've been sharing this book with friends of mine who also have ADD. How do I know they have it? I run them through the surveys. Why didn't I give it a 10? It is full of typographical errors. Other than

that, very useful!

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