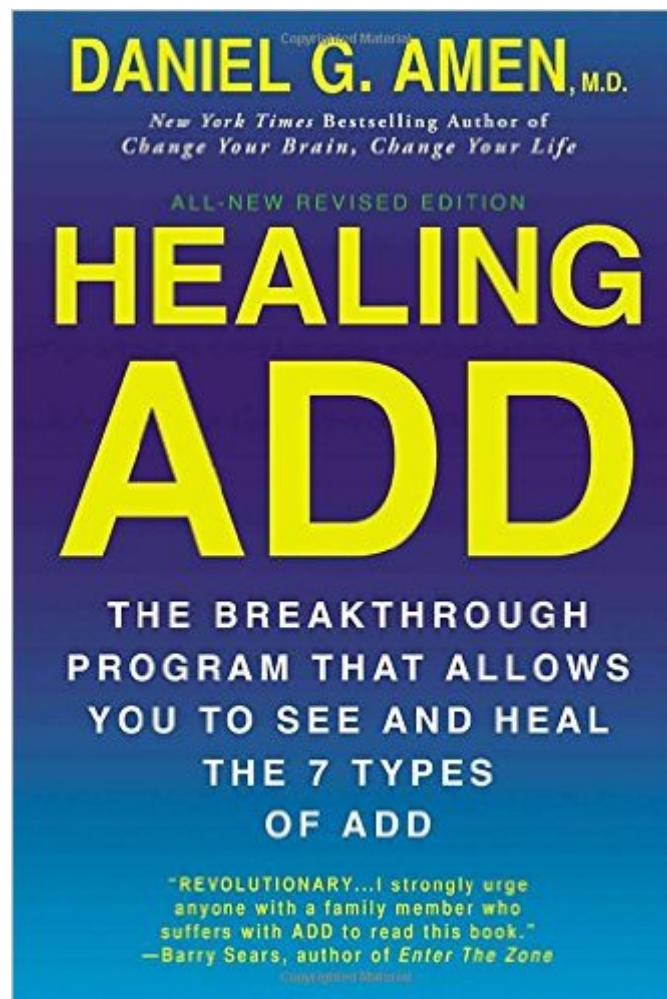


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# Healing ADD Revised Edition: The Breakthrough Program That Allows You To See And Heal The 7 Types Of ADD



## Synopsis

THE NEW YORK TIMES BESTSELLER All-New Revised Edition 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

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.

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.

Having read several of the author's books and listened to some of his CDs, been to his clinic and watched some of his shows, I have some experience with them. While I have liked and benefited from the information Amen presents and recommend his materials, there are some problems which appear to be left hand, right hand disconnection and over commercialization of the overall effort. Here are some examples. This December 2013 book in chapter 3 says you can take a type questionnaire at this web site [...] but upon going there the "page is no longer available". The all of chapter 5 "The Amen Clinics ADD Type Questionnaire" discusses it and refers one to a downloadable version supposedly at [...] same story, not available. This is inexcusable for a book that has not been on the street even 6 months. Yes, there is an on line version of an ADD typing test, but its not the same as the book claims. It only covers 6 types and is not downloadable. The result is given on the page right after the last question, but is never reviewable again and there's no Print provided for it. The book claims to "give targeted recommendations, including science-based natural ways to boost the brain" but the on line test does not give any recommendations - it proceeds to present a sales pitch for a big ADD program package. Evidently, the sales arm of the clinics, the web programming and the author of the book are not on the same page. Or its a poorly executed bait and switch. Regardless, its not ethical to promise in a book to provide something that does not exist. And this is only one example of a trend throughout his publications - an incomplete story in each.

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