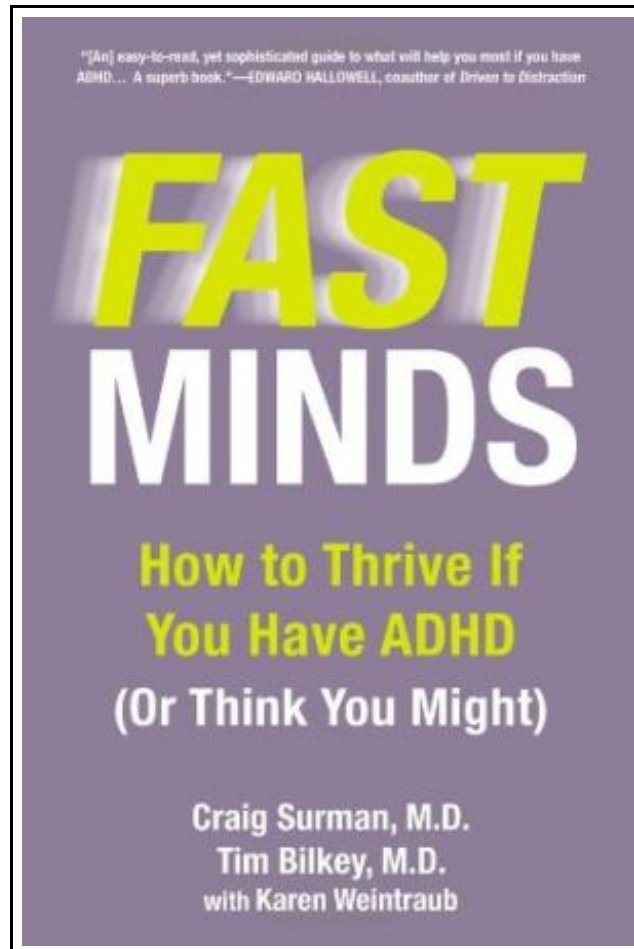


Fast Minds: How to Thrive If You Have ADHD (Or Think You Might)



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Reviews

Very beneficial to all of category of folks. We have read through and i am sure that i will going to read once again once again in the future. Your daily life span will probably be change when you full reading this pdf.

(Amelia Roob DDS)

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Summary: "Fast Minds delivers! A concise, practical, easy-to-read, yet sophisticated guide to what will help you most if you have ADHD. This book has the virtues of brevity and simplicity without losing the authority and power its roots in evidence and research provide. A superb book." Edward Hallowell, M.D., coauthor of *Driven to Distraction* "A 24 hours-a-day/7 days-a-week guidebook that adults with ADHD will find essential." J. Russell Ramsay, Ph.D., Co-Director, Adult ADHD Treatment and Research Program, Perelman School of Medicine at the University of Pennsylvania "A must-have for every person struggling to live a more organized life! Understandable, full of practical tools and insights, and backed up by science." Nancy A. Ratey, Ed.M., Master Certified Coach, ICF; Senior Certified ADHD Coach, author of *The Disorganized Mind* "A fascinating and refreshing perspective on ADHD.an excellent set of recommendations for how people with adult ADHD can manage their difficulties and lead more successful and fulfilling lives." Russell A. Barkley, Ph.D. Clinical Professor of Psychiatry and Pediatrics Medical University of South Carolina, author of *Taking Charge of Adult ADHD* "Finally, somebody gets ADHD! Fast Minds offers readers a path from the despair of self-criticism to the sunlight of success. Practical, moving, with many real-life examples, this book helps adults with ADHD build the life they want! Each chapter gives practical suggestions for significant others to help those they care about who have Fast Minds. This book can make a difference and I wholeheartedly recommend it to all." Patricia Quinn, M.D., Director Center for Girls and Women with ADHD, Washington DC "A great resource for adults with ADHD and their loved ones. This book offers clear, effective, solution-focused strategies for dealing with the challenges of ADHD." Kathleen Nadeau, Ph.D., coauthor of...

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