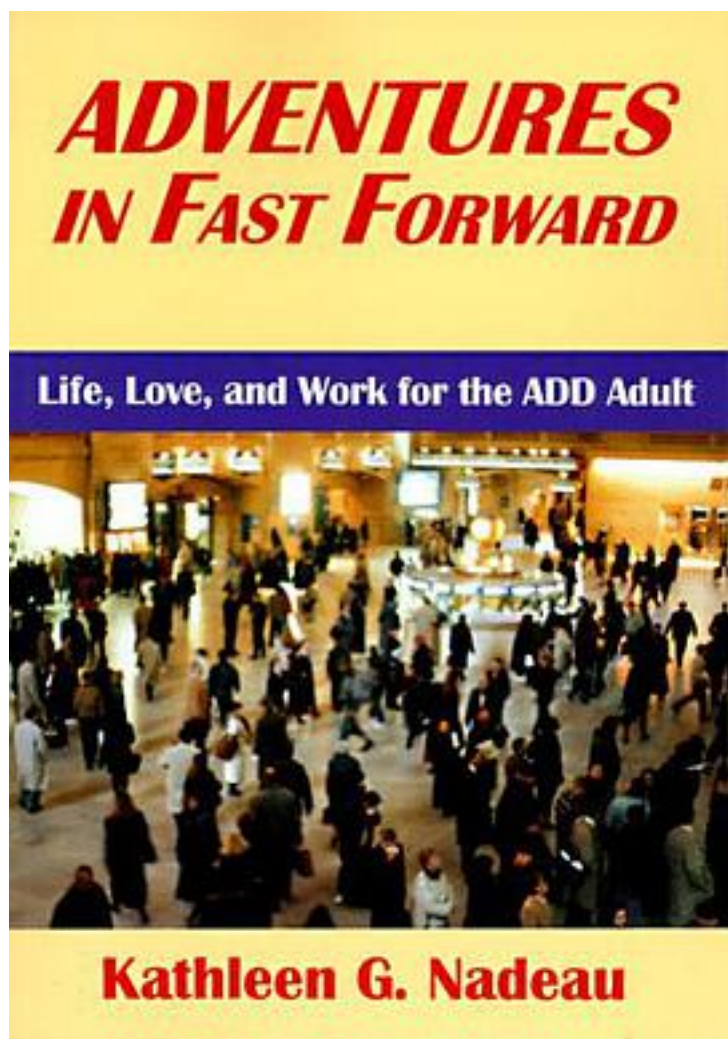


Adventures in Fast Forward



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Written in response to common questions posed by adults with ADD in the author's

clinical practice - and for all adults with ADD, as well as those who care about them - this book is designed as a clear and practical guide for day-to-day life. The author's perspective is one of compassionate realism as she answers specific questions related to understanding and accommodating ADD whether making daily decisions or larger life choices. No matter where one is in the scenario - curious about ADD, just diagnosed, experiencing particular problems, considering major changes - here are effective strategies to help the person anticipate and negotiate the challenges that come with the condition. The question-and-answer format provides easy access to information. Do I have ADD? What are the symptoms? Would I be taking medication? How can I manage the condition? How do I explain ADD to the significant people in my life? Why can't my spouse understand me? Is this the right job for me? Are there techniques to increase my memory? Can I go back to college and do well? Does ADD affect men and women differently? What should I consider when choosing a doctor or therapist? Will my insurance cover treatment? This is just a small sample of the types of issues addressed. These pages are filled with important tools and tactics for self-care and success - and the personal stories at the end of the book reinforce how and why these approaches work. The resources list and references indicate sources of further support.

作者介绍:

目录:

[Adventures in Fast Forward 下载链接1](#)

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