

# The IQ Answer



[The IQ Answer\\_ 下载链接1](#)

著者:Lawlis, G. Frank

出版者:Plume Books

出版时间:2007-9

装帧:

isbn:9780452288683

The primary contributing psychologist for the Dr. Phil Show offers practical advice on boosting brain power for the whole family

In the bestselling *The ADD Answer*, Dr. Frank Lawlis provided thousands with valuable information about treatments for ADD and ADHD. Now he shares his expert advice on how to unleash the power of the mind. Through his groundbreaking thirteen-step method, Dr. Lawlis offers clear, easy-to-follow strategies for overcoming thinking patterns that hamper success. Many case studies of his former patients illustrate how these simple techniques can change lives. The result of years of clinical research, his program is a mind, body, and soul approach that includes breathing exercises and nutritional advice.

The *IQ Answer* is a fascinating and user-friendly guide to fulfilling one's potential. With millions of new cases of ADD and other learning disabilities diagnosed every year, parents are searching for solutions to help them break through their children's performance plateaus. And any adult who has ever been frustrated by a stubborn mental block will learn the steps to scale it and tackle any project creatively. Written in response to the overwhelming need that Dr. Lawlis sees every day in his practice and in

his role as Dr. Phil’ s primary contributing psychologist, The IQ Answer will be a powerful tool for all those who want to be as successful as they can be. --This text refers to an out of print or unavailable edition of this title.

作者介绍:

目录:

[The IQ Answer\\_ 下载链接1](#)

标签

评论

-----  
[The IQ Answer\\_ 下载链接1](#)

书评

-----  
[The IQ Answer\\_ 下载链接1](#)