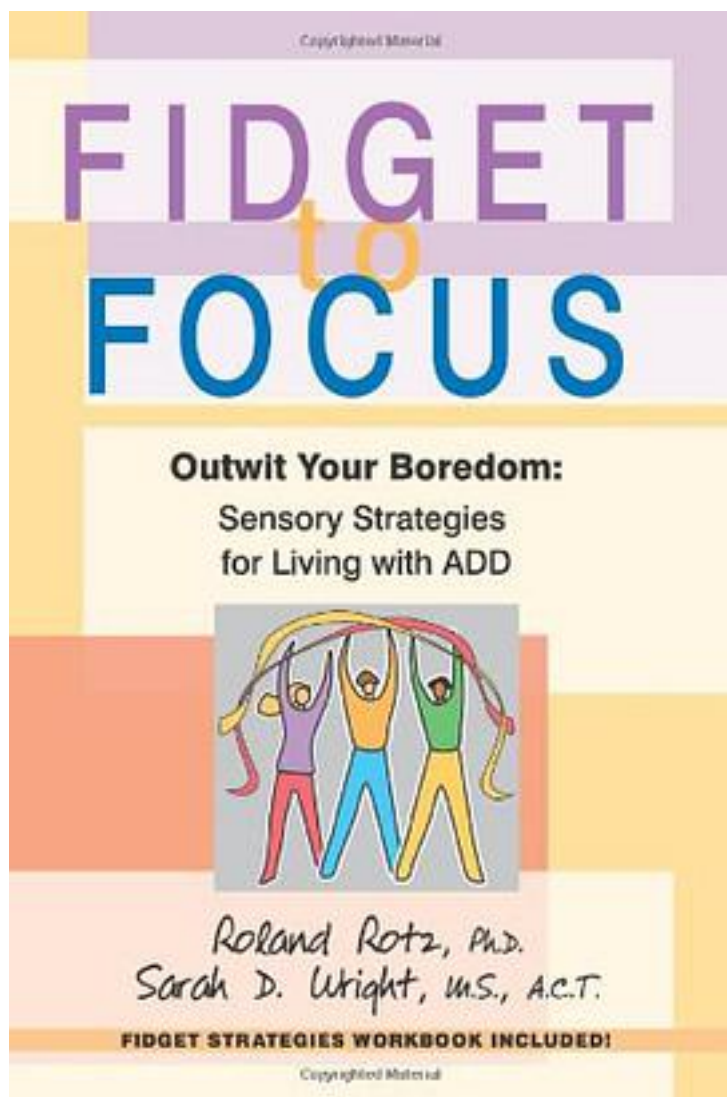


Fidget to Focus



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"Full of tips and strategies collected over years of shared experiences, "Fidget to Focus" is a gold mine of information and sometimes surprising, sometimes heart-warming stories about how to stay focused and on track, even when tasks are dull, tedious, and boring." --Thom Hartmann, author of "Attention Deficit Disorder: A Different Perception." Until now, the only way you could learn about the "Fidget to Focus" approach to successfully living with and managing Attention Deficit Disorder (ADD) was to attend a national conference. The groundbreaking ideas in this book, based on the personal experiences of hundreds of people and recent breakthroughs in neuroscience, will change the way you live with this disorder. "Fidget to Focus" is a guide to keeping your brain engaged and focused with tools and techniques available to you at any time (workbook included).

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