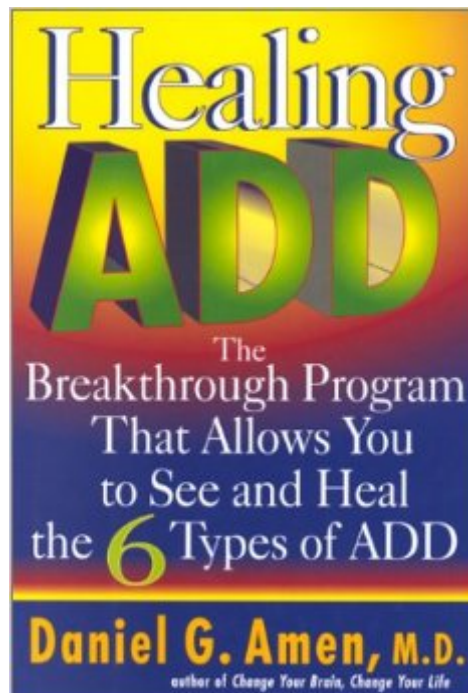


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# Healing ADD: The Breakthrough Program That Allows You To See And Heal The 6 Types Of ADD



## Synopsis

Commonly perceived as a flavor-of-the-month diagnosis, ADD is, in fact, an enormous health problem that will only continue to grow. It affects six percent of the population, yet less than one third are taking medication. Why? According to Dr. Amen, attention deficit disorder is underdiagnosed, often incorrectly treated, and poorly understood. Dr. Amen, board-certified in child, adolescent, and adult psychiatry and licensed in nuclear brain imaging, has discovered that there are six types of ADD- not just the commonly known two. Moreover, the most frequently prescribed treatment- Ritalin- makes four of these types worse. Dr. Amen's discovery results from an intensive, years-long study of brain imaging that has identified the distinctive brain dysfunctions characterizing each type of ADD. Dr. Amen's arresting brain images found throughout these pages leave no doubt that ADD is a real, biological, and ultimately treatable disorder. These dramatic images help sufferers and their families realize this is a medical problem that can be helped with proper intervention. Until now the psychiatric community has not done enough for people with ADD. The disorder does not disappear after adolescence, and it is much more complex than we have been led to believe. With Dr. Amen's revolutionary approach, readers will learn the full scope of the disease and its management. Finally, in this book, he identifies six types of ADD: \* Type 1 - Classic ADD \* Type 2 - Inattentive ADD \* Type 3 - Overfocused ADD \* Type 4 - Temporal Lobe ADD \* Type 5 - Limbic ADD \* Type 6 - Ring of Fire ADD Complete with recommendations for prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis, and more, Healing ADD provides readers with a comprehensive treatment program that can lead to a normal, peaceful and fully functional life. This proven program greatly enhances brain function for each of the six types of ADD and presents the state-of-the-art treatment for adults and children alike. ADD sufferers often say, "The harder I try, the worse it gets". Dr. Amen tells them, for the first time, how to get well.

## Book Information

Hardcover: 432 pages

Publisher: Putnam Adult (February 19, 2001)

Language: English

ISBN-10: 039914644X

ISBN-13: 978-0399146442

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (275 customer reviews)

Best Sellers Rank: #197,857 in Books (See Top 100 in Books) #5 in [Books > Parenting & Relationships > Special Needs > Hyperactivity](#) #58 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #272 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

I was the terror of the neighborhood, failed grade 1, dropped out of high school after grade 10, then after the army, 3 teachers talked me into returning to school. A VERY difficult journey began - hard to concentrate, memory problems, hyperactivity, and etc. It took a LOT of help, but ultimately I received a BA, MEd, and Ph.D. I became chief of psychology in a psychiatric hospital, teacher, therapist -- and then at 46 years of age, I was diagnosed with ADHD. Suddenly, "everything" made sense, as the disorder was 'classic' to how I had behaved, thought, struggled with relationships, and etc.

MEDICATIONS completely turned MY life around (as my wife, friends, and work associates would affirm) - they don't work for everyone, but for me, it was like a miracle from heaven. Of course, the anti-medication zealots will not wish to believe this, but my experience is like that of so many others I have seen IN MY PRACTICE AS A PSYCHOLOGIST. When medications work, they really do a great job. When they don't, the experience can be very disappointing, and anger can run high. I also conducted over 500, 1-day seminars in almost every state in the USA, and provinces in Canada (this took place over a 14 year period). Having said all of this - the absolute best book in the field, based on my having read scores of books, articles, and my experiences factored in, is Dr. Amen's book!!!! I have, in fact, cleared out about 80% of all the AD/HD literature I had, and Dr. Amen's book remains my favorite. It is the ONLY book I now recommend to individuals who ask for my opinion, as a psychologist WITH ADHD.

I really appreciated the explanation of the different parts of the brain and how they should work, but don't in the ADD brain. There is a list of 71 questions which helps you determine which type of ADD you are, and recommendations for how to change your lifestyle (diet, exercise) to give you more focus. Unlike most ADD books, this one does not focus on children but should be very useful for children with ADD. There is a chapter for each type of ADD. Prescription medications are discussed, as are natural and over-the-counter alternatives. When you read this, it will give you a really good idea which meds or supplements are likely to work best for you, in combination with changes in diet and exercising frequently. Medication alone is most often not enough. There is a section on ADD coaching. It gives exercises to help determine what is most important to you, and advice of

accomplishing goals.

Healing ADD is a landmark book that every counselor, psychologist, psychiatrist, and pastor will want to have. More importantly if you struggle with ADD or know someone who does this book is a must read. I and the therapists who are associated with me have referred over 600 people in the last four years for SPECT Brain Imaging Scans. As a psychotherapist I have found Dr. Amen's work to be truly a landmark in the field of psychiatry, psychology and medicine in general. "Healing ADD" helps the reader to identify which of the six types of ADD that they have, and then the practical steps to take for treatment. An alarming number of people are medically mismanaged when it comes to ADD treatment, and the work that Dr. Amen has done through over 10,000 SPECT Brain Imaging Scans has resulted in a system of diagnosis and medication management that brings more precision to the care of the ADD patient. So many of the horror stories and bad press that Ritalin is given are due to inaccurate diagnosis. Ritalin or another stimulant will be prescribed when another system of the brain needs to be treated first before a stimulant is given. The checklists that are provided in Dr. Amen's book will give the reader a guide as to whether the counselor or physician they are working with is headed in the right direction with the treatment program they design. What is also exciting about this work is how it educates and empowers the lay person to truly be in charge of their care, and be able to ask their therapist, or physician the needed questions to make sure they are getting the most up to date care and treatment possible. This is a book that the lay person and professional will benefit from. If you are being treated for ADD you might want to purchase a copy for your doctor. Earl R. Henslin Psy.D., B.C.E.T.S. Board Certified Expert in Traumatic Stress Diplomat in the American Academy of Experts in Traumatic Stress

This book has been instrumental in helping me with my ADD, and has even helped me to start kicking my Adderall habit. I also found a great OTC Adderall replacement to use in conjunction with the techniques in this book. You can find it on , it's called "NeuroNRG" Mental Focus and Energy Supplement.

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