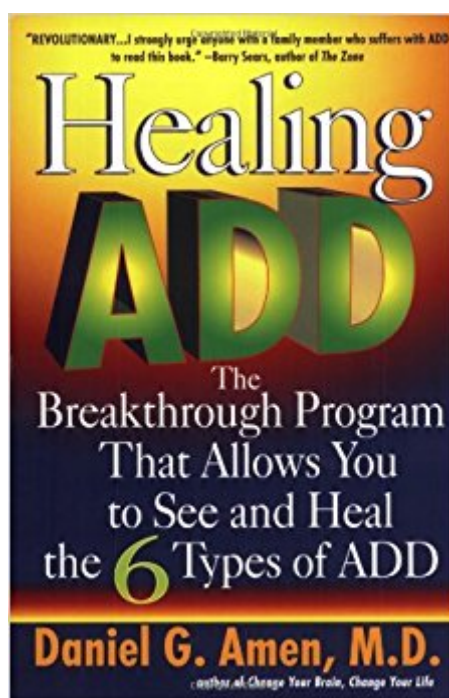


The book was found

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



Synopsis

Attention Deficit Disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Now, using breakthrough diagnostic techniques, Dr. Daniel Amen has discovered that there are six distinct types of ADD, each requiring a different treatment. With recommendations for prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, how to get well.

Book Information

Paperback: 448 pages

Publisher: Berkley Trade; Reprint edition (June 4, 2002)

Language: English

ISBN-10: 0425183270

ISBN-13: 978-0425183274

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 281 customer reviews

Best Sellers Rank: #371,728 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #164 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #418 in Books > Parenting & Relationships > Special Needs > Disabilities

Customer Reviews

Hard, visual data make a compelling case for the existence of attention deficit disorder (ADD) in this pioneering work by Daniel G. Amen, M.D. Using a nuclear medicine technique called "single photon emission computed tomography" (SPECT)—a controversial step, according to some of his peers—Dr. Amen scans patients' brains to identify various abnormalities. From more than 8,000 such studies and more than 12,000 patient evaluations, Dr. Amen concludes that six—not the formerly presumed two—different types of ADD exist. This book encompasses the full spectrum of Dr. Amen's work: from symptom identification to clinical evaluation, to diet and medication recommendations, to everyday strategies for living with ADD (whether the reader is a parent of an

ADD child, or has been diagnosed with the disease.) No stranger to the skepticism surrounding this topic, Dr. Amen begins with a list of dead-on myths (including "ADD is overdiagnosed") and surprising facts ("Many people with ADD are never hyperactive"). From this intriguing beginning flows a highly readable chapter on the signs and manifestations of ADD in all ages. Dr. Amen's full description of SPECT imaging includes multiple brain scan photos that nicely support his theories. But the most satisfying element of this well-researched presentation occurs in the final half of the book; here, Amen thoroughly explores the biological (diet, exercise, medication), psychological (from personal coaching to psychotherapy), and social support (parenting and school strategies) needed to heal each type of ADD. This book will prove a valuable tool for parents, adult sufferers, and medical professionals seeking practical support for managing this increasingly recognized condition. --Liane Thomas --This text refers to an out of print or unavailable edition of this title.

Daniel G. Amen, M.D., is a clinical neuroscientist, a psychiatrist, and the director of clinics in California, Washington state, and Virginia. In addition to operating a private practice, he is an assistant clinical professor of psychiatry and human behavior at the University of California, Irvine, College of Medicine. He is the author of *Healing ADD*, *Healing Anxiety and Depression*, and *Change Your Brain, Change Your Life*.

"Healing ADD" by Dr. Amen has been a lifeline for me. Because of some serious medical conditions, I am unable to go on medication for ADD, and living with ADD as an adult has robbed me of almost everything. Thank goodness my counselor recommended this book, "Healing ADD," as well as *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness*. Both of these books have helped me tremendously to first learn the facts of the disorder, but then also offers solid coping strategies to deal with the chaos that is ADD. Some of the negative reviewers sound very defensive about the way Dr. Amen portrays life with ADD. If you don't have the types of problems that are common to ADD adults, then consider yourself blessed and move on. For the rest of us, though, Dr. Amen lays out a multi-dimensional plan on how to cope with the negative behaviors caused by ADD. Just being aware that many of these behaviors were ROOTED in the ADD helped me tremendously, especially to stop beating myself up for being such a loser who couldn't control things in my life. Beyond that, though, the coping tools that Dr. Amen put together in this book have been a Godsend to me. I highly, highly, highly recommend this book. In fact, I have several copies that I have sent out to friends and family who it has also helped a lot. UPDATE: I have been through this book dozens of

times now, and have sent it out to quite a few people who seemed to have a skewed view of ADD/ADHD and how it can be helped. MEDICATION IS NOT THE ONLY ANSWER for coping with ADD/ADHD. In some cases, it is a necessity, but it doesn't have to work alone. If you read this book, you'll see that Dr. Amen offers solid help in other areas BESIDES medication, such as nutritional support based on the type of ADD/ADHD that you or your loved one has, and best of all, some really solid coping skills that you can start using the second you pick up the book. For example, there are some things you can do that are basic to human life, but by tweaking them a little, your life can be just a little more comfortable in coping with ADD/ADHD. Specifically, the way you breathe, specifically under stress, can make a huge difference in how your body reacts to the stress you are under. The same goes for the wording you use with your own self-talk, as well as how you handle and react to other people. There is so much more than what I can address in a review, but if you or someone in your life has ADD/ADHD, please consider getting this super-informative and extremely helpful book. Good luck to you!

Pros: examines ADD from different perspectives, highlights the science and brain function in the disorder
Neutral: breaks ADD into 5 major types, which may mean that we're no longer talking about ADD.
Cons: markets heavily the need for SPECT scans which are the only way to tell if you have one of the 5 types of ADD, not sure I agree with that or the 5 types.

This book has the most useful information for explaining, in detail, what ADD and ADHD is. If you need to understand what the condition is and whether or not you have it, you would be hard pressed to find a better book than this to help you do that. But there are some really troubling aspects of this book. The brain scans he is recommending. Dr. Amen's clinics are the only place that can really do them the way he talks about in the book, and folks - the procedure and the recommended treatment isn't cheap. Medical practice watch dog sites have nailed this guy, and there isn't one shred of scientific evidence that his brain scans work. Testimonials and antidotal evidence - but no scientific proof, therefore not accepted practice. He pushes his books and products on his web site, but be aware. As good as some of the information is in this book, I would say this man fits in the pop medicine crowd with Dr. Phil, Dr. Oz. And the neuro-psychiatrist he recommended for the area I live in had his license suspended for tying children by the legs and having sex with patients, videotaping patients and draining bank accounts, according to Washington Post and court documents. The point? The information about the disease. Great. The recommendations about diet, exercise, supplements. Great. The few suggestions about behavior modification. Really great. The

recommendations about treatment and how to go about getting it. Caveat emptor. Buyer beware.

This is THE best, most comprehensive book I have ever found on ADD/ADHD. Dr. Amen has looked at thousands of SPECT images (I think those were the initials - it's been a while since I read it, many, many books ago) and has identified 5 (I think) different types of ADD/ADHD. He has a questionnaire in the book for identifying the type without imaging and has chapters on each. He covers the various types of treatments, meds, issues in adults as well as children, etc. When I read his book, I was so excited about how comprehensive it was that I tried to tell EVERYONE how awesome the book was!!! Sadly, most parents' eyes would quickly glaze over and they'd say they give their child Ritalin or whatever med and that "seemed to take care of it!" Even if my son HAD been able to handle meds, I would never stop there!! This book is for people who want to learn as much as possible about their own or their child's ADD/ADHD in order to best understand and manage the symptoms, etc.

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