



# Your Life Can Be Better, Using Strategies for Adult ADD/ADHD

*Douglas A. Puryear*

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# Your Life Can Be Better, Using Strategies for Adult ADD/ADHD

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## **Your Life Can Be Better, Using Strategies for Adult ADD/ADHD** Douglas A. Puryear

This book is about using strategies for adult ADD or ADHD to make your life better. It has more information, too, especially about studying and learning, but it's really about strategies.

It is personal; it tells of how I and my patients and my friends cope, and sometimes fail to cope, with our ADD ADHD.

So it is not particularly scientific, and doesn't go much into the basics, like the history of ADD or how it's diagnosed, or causes, or treatment, though it does have some of that.

But what I'm trying to say is, it is about strategies, what you can do to make your life better.

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#### **Alfredo Dunn:**

Playing with family in a very park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Your Life Can Be Better, Using Strategies for Adult ADD/ADHD, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't understand it, oh come on its identified as reading friends.

#### **Jerry Rivera:**

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to you personally is Your Life Can Be Better, Using Strategies for Adult ADD/ADHD this e-book consist a lot of the information from the condition of this world now. This specific book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some study when he makes this book. This is why this book appropriate all of you.

#### **Jack Morgan:**

That book can make you to feel relax. This book Your Life Can Be Better, Using Strategies for Adult ADD/ADHD was bright colored and of course has pictures on there. As we know that book Your Life Can Be Better, Using Strategies for Adult ADD/ADHD has many kinds or genre. Start from kids until adolescents. For example Naruto or Investigator Conan you can read and believe you are the character on there. Therefore , not at all of book usually are make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading this.

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