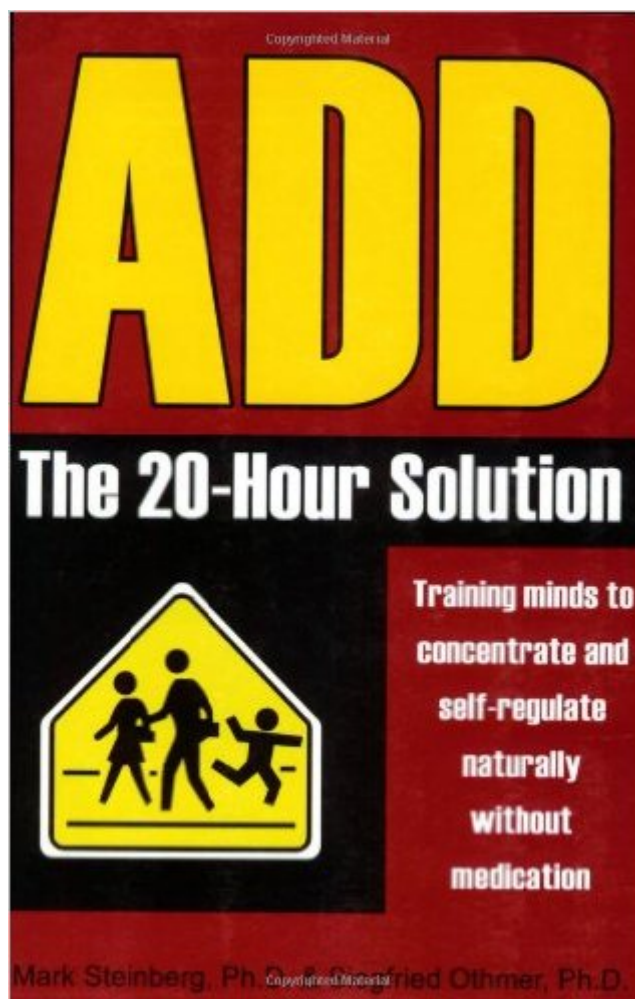


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# ADD: The 20-Hour Solution



## Synopsis

ADD: The 20-Hour Solution explains how EEG biofeedback (neurofeedback) addresses the underlying problem and characteristics of ADD and ADHD, so that symptoms resolve and tangible improvement results. This book describes the method by which we can improve the brain's ability to pay attention and regulate its behavior. It explains the self-healing capacities of the human brain and how it can learn or re-learn the self-regulatory mechanisms that are basic to its normal design and function. This book shows: .What ADD really is and how the brain maintains self-regulation. How and why EEG biofeedback (neurofeedback) helps people with ADD. What parents can do to get their child on-track to healthy adjustment and development. How to talk to doctors, therapists, teachers, and others about ADD. Good assessment procedures and how they contribute to effective treatment. How self-control, personal choice, and responsibility for one's behavior relate to scientific principles of brain functioning. How to find appropriate resources and get started with neurotherapy. The book also lists specific up-to-date resources on where to find information on EEG neurofeedback and how to find providers throughout the world.

## Book Information

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## Customer Reviews

This book is an outstanding, articulate and heartwarming presentation of AD/HD and the problems it presents to those who have it and their families. More importantly, it also describes the frequently astonishingly successful impact of EEG biofeedback in treating the disorder. As a neuropsychologist who tested many children for learning and attention problems, I became very tired of being able to

tell parents and kids WHY they were having troubles learning, getting along with peers and disrupting their families, without having better solutions to offer than a referral to a psychiatrist for medication--which, while helpful, does not always address the full extent of the problems and often has troubling side effects. I was amazed at the impact of neurofeedback when I finally explored it some ten years ago. It has taken over my practice to my immense delight. The changes in brain functioning neurofeedback results in provides the foundation upon which other therapies, education and sports performance training can build. For me it has resulted in a profound shift in the way in which I view "mental" and "emotional" problems--difficulties I had assumed were characterological (even AFTER being trained as a neuropsychologist), such as "laziness" or being "unmotivated", could frequently be eliminated after a few sessions. I believe that once the impact of EEG biofeedback is fully understood and accepted by psychology, medicine, education and the sports community, we will look back and see that our viewpoint on people and their potential is as different as the world appeared after Galileo looked at the night sky through his telescope and found that the earth circled the sun, rather than the other way around.

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