



**By Ari Tuckman More Attention, Less Deficit:
Success Strategies for Adults with ADHD (1st First
Edition) [Paperback]**

Ari Tuckman

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This is the only book on Attention Deficit Hyperactivity Disorder (ADHD) written in a structure that caters to the tendency for adults with ADHD to jump around. This essential guidebook begins by describing how the ADHD brain processes information and how that leads to typical challenges that people with ADHD experience, as well as why certain strategies are effective and others aren't. This lays the foundation for everything that follows, from getting diagnosed to an overview of the research of how ADHD affects people's lives.

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