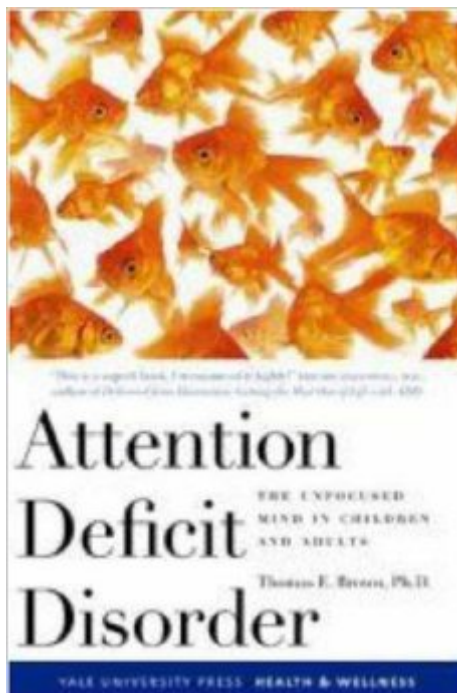


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# Attention Deficit Disorder: The Unfocused Mind In Children And Adults (Yale University Press Health & Wellness)



## Synopsis

A leading expert in the assessment and treatment of Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder dispels myths and offers reassuring, practical information about treatments. Drawing on recent findings in neuroscience and a rich variety of case studies from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated. This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to pay attention, yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the "willpower" explanation and explains how inherited malfunctions of the brain's management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His book is an authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD.

## Book Information

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## Customer Reviews

Brown eschews the spate of ADD books that champion the idea 'How wonderful that I have ADD. I'm unique, creative and all I have to do is learn to adapt myself to the world and I will have a great life' hype that sells copies for people with ADD seeking a cure-all. Brown is an empiricist and does not subscribe to anecdotal evidence such as prominent people who have ADD to suggest everyone

can. In fact, his sobering view is that the executive functions of the brain are compromised in the ADD mind, and therefore, 'training' is of little use nor are the newer strategies of neurofeedback or exercises that purport to 'balance the cerebellum,' which he likens to trying to treat autism by providing courses in communication skills. Rather, his emphasis is that ADD is a serious disorder, or rather a syndrome since there are many parameters to it, or in other words, many roads that lead to it. On the positive side he denounces the deniers of ADD like scientologists and 'common sense' observations that you just need to give a child some motivation and will power. He believes thus far medication is about the only good treatment, and wryly states stimulants and other medical treatments are fine for 8 out of 10 people with ADD, fine that is, if you happen to be one of the eight. He presents advice to families that has been covered already in much of the literature. While his views are conservative--and he does not discuss various severities of ADD--this is a helpful book if you need a good outline of the available evidence on the subject, and will be a welcome ADDition to your library, particularly if you have been frustrated by the upbeat hype, and begin blaming yourself for not 'getting with the program.'

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