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THE ADULT ADD SOLUTION: A 30 DAY HOLISTIC ROADMAP TO OVERCOMING ADULT ADD/ADHD (PAPERBACK)



Sachs Center, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.My name is George Sachs. I m a clinical psychologist and expert in Adult ADD. I also have Adult ADD so much of what I teach comes from my own personal experience with Adult ADD. I believe in a holistic approach that starts with sleep, diet and exercise and includes emotional, relational and spiritual practices to truly overcome Adult ADD. This book deals with...

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- Authored by George Sachs Psyd
- Released at 2017



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