



## Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD

By Daniel G. Amen M.D.

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**An all-new revised edition of the *New York Times* bestseller that will help you conquer ADD.**

Attention deficit disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain imaging study ever completed on patients with ADD, to identify, examine, and demystify the 7 distinct types of ADD and their specific treatments.

With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life.

Sufferers from ADD often say, “The harder I try, the worse it gets.” Dr. Amen tells them, for the first time, why, and more importantly how to heal ADD.

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### Editorial Review

#### Review

“REVOLUTIONARY...I strongly urge anyone with a family member who suffers with ADD to read this book.”—Barry Sears, author of *The Zone*

“For parents of children with ADD, adults with ADD, therapists, and physicians. The subtypes Dr. Amen has firmly established will help clinicians everywhere tailor ADD treatments to each and every individual. One size does not fit all.”—George Delgado, M.D., FAAFP, associate clinical professor, University of California, Davis

“I highly recommend this book to all who want the most up-to-date information on ADD from one of the most highly regarded neuropsychiatrists of our day.”—William C. Klindt, M.D., child and adolescent psychiatrist, clinical faculty, Stanford University School of Medicine

“I recommend this book to anyone who has concerns with ADD or even the slightest interest in human behavior.”—Joan Baez

“Clear and readable, and a must for understanding this disorder.”—William R. Collie, M.D., Safe Harbor Clinic for Behavioral Medicine

“A must-read for every professional in the juvenile justice system. A breakthrough work on diagnosing and treating ADD, it is certain to be a classic.”—Thomas C. Edwards, judge, Superior Court, State of California

“Once again challenging older concepts about attention deficit disorder, Dr. Amen writes with a clarity, simplicity, and passion I have come to admire. *Healing ADD* is a worthy extension of *Change Your Brain*, *Change Your Life*.”—Terence F. McGuire, M.D., psychiatrist

#### About the Author

**Dr. Daniel G. Amen** is a physician, psychiatrist, teacher, and multiple *New York Times* bestselling author of 30 books, including *Change Your Brain*, *Change Your Life*; *Magnificent Mind at Any Age*, *Change Your Brain*, *Change Your Body*; *Use your Brain to Change Your Age*; and *Unleash the Power of the Female Brain*. He is widely regarded as one of the world’s foremost experts on applying brain imaging science to clinical psychiatric practice. Under the direction of Pastor Rick Warren, Dr. Amen, together with Drs. Mark Hyman and Mehmet Oz, is one of the chief architects on Saddleback Church's "Daniel Plan," a 53 week program to get churches healthy, physically, emotionally, and spiritually. He is the producer of seven highly popular shows about the brain, which have raised more than 50 million dollars for public television, and his work has been featured in *Newsweek*, *Parade*, *New York Times Magazine*, the *Washington Post*, *Men’s Health*, and *Cosmopolitan*.

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