



Healing ADD : Simple Exercises That Will Change Your Daily Life

Thom Hartmann

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"Healing ADD" presents simple methods involving visualization and positive thinking that can be readily picked up by adults and taught to children with ADD. Those with ADD will learn to see their lives and the world around them differently. A series of instructions guides readers through transformational exercises that enable them to see, hear, and feel their own past behavior in a new and empowering way.

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