



The Complete Guide To Attention Deficit Disorder in Adults: The Relationship between PTSD, Addiction, and Attention Deficit Disorder

Bob Bray, George Bissett

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The Complete Guide to Attention Deficit Disorder in Adults is a collection of Attention Deficit Disorder in Adults and it's workbook. we combined them to give you all the information you need in one book. The Complete Guide to Attention Deficit Disorder in Adults is a collection of Attention Deficit Disorder in Adults and it's workbook.

We combined them to give you all the information you need in one book.

The workbook will help you absorb and take in everything which you have learned in Bob Bray's Attention Deficit Disorder in Adults book. Using tried and tested methods, we use the lessons that we learned in our past to help us push forward and take control of our lives!

Inside you will learn:

- *The definition and symptoms of ADD and some common reasons it is misdiagnosed*
- *False ideas about ADD, including the belief that it only affects children*
- *Some of the possible causes of ADD, as well as the physical, emotional and social consequences of this condition*
- *The tendency toward self-medication among those with ADD*
- *How we may use sex, gambling, or even conflicts with others to stimulate natural substances like adrenaline or dopamine for mind-altering*
- *The seven types of ADD*
- *How depression and anxiety, produced by childhood trauma, relates to PTSD*
- *Why those with ADD and addicts are drawn to one another*
- *How to better understand the signs of relapse and what can be done about it*
- *Some practical strategies to change your life*

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