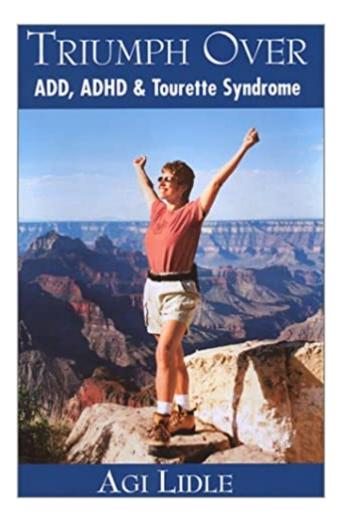


The book was found

Triumph Over ADD, ADHD & Tourette Syndrome





Synopsis

What every person affected by ADD, ADHD and Tourette Syndrome MUST know! Now, a book that offers you a new perspective on improving attention deficit disorders and disruptive behaviors, WITHOUT prescription drugs, by an authority on natural health and nutrition. This book contains real life personal stories of struggles and triumphs. It also contains the life-altering "Triumph Over Paradigm". This easy-to-use, 3-step model shows you "How To" get started and achieve positive results in 30 days or less by: Adopting Open Thinking, Manifesting The Power Of Words and Acting On A Healthy Food Program.

Book Information

Paperback: 230 pages Publisher: A Better Life Pubns (September 1, 2002) Language: English ISBN-10: 0967169372 ISBN-13: 978-0967169378 Product Dimensions: 0.8 x 5.8 x 8.5 inches Shipping Weight: 10.4 ounces Average Customer Review: 5.0 out of 5 stars 1 customer review Best Sellers Rank: #7,818,305 in Books (See Top 100 in Books) #95 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Tourette Syndrome #943 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #6070 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

Customer Reviews

Agi Lidle is a breast cancer survivor, herbalist, author, natural health educator and inspirational speaker. Having Tourette syndrome and ADD since early childhood, she brings a rare combination of life experience and expertise to this subject. This is her second book in the "Triumph Over" series. The first being "Triumph Over Cancer: A Natural Approach", in which Agi documents her personal victory over cancer, using only natural methods.

Triumph Over ADD, ADHD & Tourette Syndrome by Agi Lidle is a very useful and "user friendly" self-help guide for the non-specialist general reader to using good nutrition, open thinking, and a healthy lifestyle to combat the difficulties of ADD, ADHD & Tourette Syndrome -- instead of a sole reliance on prescription drugs. A disclaimer at the beginning warns that the advice, recipes, and

techniques herein cannot substitute for professional medical diagnosis and treatment; and with that caveat in mind, Triumph Over ADD, ADHD & Tourette Syndrome has a great deal of practical value to offer the reader. Positive anecdotes, and a straightforward guide to transforming oneself round out Triumph Over ADD, ADHD & Tourette Syndrome, all of which offers a valuable approach that should be held in high consideration. Also very strongly recommended is Agi Lidle's previous contribution: Triumph Over Cancer: A Natural Approach

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