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# Attention Deficit Disorder: The Unfocused Mind In Children And Adults



## Attention Deficit Disorder

THE UNFOCUSED  
MIND IN CHILDREN  
AND ADULTS

Thomas E. Brown, Ph.D.



## Synopsis

Myths about Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder(ADD/ADHD) abound. This disorder frequently goes unrecognized, and even when diagnosed may be inadequately treated. In this up-to-date and clearly written audiobook, a leading expert offers a new way of understanding ADD. Drawing on recent findings in neuroscience and a rich variety of case histories from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated. This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to "pay attention", yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the "willpower" explanation and explains how inherited malfunctions of the brain's management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His audiobook is an authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD. Selected as an Outstanding Academic Title by Choice magazine.

## Book Information

Audible Audio Edition

Listening Length: 13 hours and 37 minutes

Program Type: Audiobook

Version: Unabridged

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Language: English

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Best Sellers Rank: #16 in Books > Parenting & Relationships > Special Needs > Hyperactivity  
#476 in Books > Parenting & Relationships > Special Needs > Disabilities #509 in Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

I just want to thank Dr. Brown for his years of research and his untiring effort to put such a technically complex and comprehensive work into words that we parents can understand. This treatment of ADD contains a lot of topics to digest, but if parents just keep reading they will be aptly rewarded by a better understanding and clearer empathy for their ADD child. Dr Brown's treatment of the basis of ADD in the brain and his cataloging of coexisting conditions is extremely clear and

valuable.

This is a great book for helping one understand the causes/symptoms of ADD/HD. Dr. Brown uses not only his research but that of many others in formulating his conclusions. A must have for those who truly seek to understand this condition

The author offers the most comprehensive understanding of ADHD. The book is easy to read. The information is valuable to both academics and persons/families with ADHD.

Reading this book helped me put my life experiences into perspective as someone living until recently undiagnosed & untreated with ADHD. It also has provided some great insight to understanding those with ADHD better & making life easier for all.

Great job Tom, old APA friend! Annapolis Guy

The best book I've ever read about ADHD, and I've read a LOT! It was informative, easy to understand, and helpful. I recommend this book to anyone who is interested in or learning about ADHD.

Thank u

Extremely insightful, reader friendly, in depth research. Very sturdy information regarding executive functioning and how to work with the deficits.

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