



From Scattered to Centered: Understanding and Transforming the Distracted Brain

Dr. Alicia R. Maher

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Finally, a practical, interesting and thought-provoking guide to help us recognize, understand and thrive with adult ADHD. Starting with a brief self-assessment survey to delineate symptoms, the reader then learns the neuroscience behind the symptoms, explained in clear, easily understood language. Specific exercises and behavioral treatments are given, as well as the latest medical options offered. Whether you have ADHD or just find that the complexities of modern life have left you struggling with inefficiency and disorganization, this workbook can help you to rewire your brain and relax into the life of ease you desire. ~Take the thinking out of remembering ~Stop wasting time looking for lost items ~Reduce physical and mental stress ~Find inner peace and focus ~Learn the keys to motivation and follow-through ~Be present and effective in communication ~Live a productive and rewarding life, even medication-free “From Scattered to Centered is a practical guide filled with useful information to help anyone who has ADHD or has a loved one with it. I highly recommend it.” Daniel G. Amen, MD, author of Change Your Brain, Change Your Life “From Scattered to Centered offers something for both people with ADHD- and the rest of us- the skills to ground ourselves and live in peace and ease” Marci Shimoff, #1NY Times bestselling author, Love for No Reason and Happy for No Reason

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