



Moving Beyond ADD/ADHD, Second Edition

Rita O. Kirch, Avery Hart

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Moving Beyond ADD/ADHD, Second Edition Rita O. Kirch, Avery Hart

This holistic approach to treating A.D.D./A.D.H.D. offers a powerful new perspective that enables those with this disorder, and their loved ones, to shift their focus from the negative symptoms that disrupts their lives and effectively move beyond A.D.D. Lighting the way with up-to-date information, and penetrating insight, the authors provide readers with holistic and clinical wisdom and tools for lasting recovery for themselves and their loved ones.

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