



A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder

Ava Fails

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here are all the personal A.D.D. stories?

That is what I wondered as I searched for books about A.D.D. and A.D.H.D. There was no lack of expert advice, but so few titles with a direct connection. This book begged to be written. **Inside you'll learn that...**For 28 years and counting, I have been a student of A.D.D. I have lived with it intimately and learned to cope with it effectively. I was diagnosed at age 10, and have run the gamut from medication to no medication. I have developed many personal coping skills, and I don't think an expert could pick me out of a crowd. **Inside I tell you my story with a sincere hope that it will help you.** I hope you find something you can relate to and something that you can use to encourage others. I have included the information that I have found encouraging in my own journey. **I have received comments from all over the world** in regard to my story and my list of Famous People with A.D.D. I've heard from people who have shared the list with their children with positive results. I've received comments from people who have thanked me for changing the way they view themselves and A.D.D. **In addition to my list, inside you'll find:**

- Quotes
- Tables of data
- Simplified information and stats
- Links to great resources
- A book list of recommended reading

This is a personal story of my life with A.D.D. I wrote it for you.

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From reader reviews:

Michael Naylor:

Often the book A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder has a lot associated with on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research before write this book. This particular book very easy to read you can obtain the point easily after reading this book.

Terry Carr:

The reason why? Because this A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of positive aspects than the other book possess such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

Jennifer Rogers:

Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder, it is possible to enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

Sarah Frigo:

Beside this kind of A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder in your phone, it could give you a way to get closer to the new knowledge or data. The information and the knowledge you are going to got here is fresh from oven so don't be worry if you feel like an outdated people live in narrow community. It is good thing to have A.D.D. 28 Days and Counting: My Life With Attention Deficit Disorder because this book offers to you readable information. Do you occasionally have book but you rarely get what it's interesting features of. Oh come on, that will not end up to happen if you have this with your hand. The Enjoyable agreement here cannot be questionable, similar to treasuring beautiful island. So do you still want to miss that? Find this book in addition to read it from right now!

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