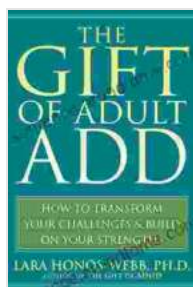
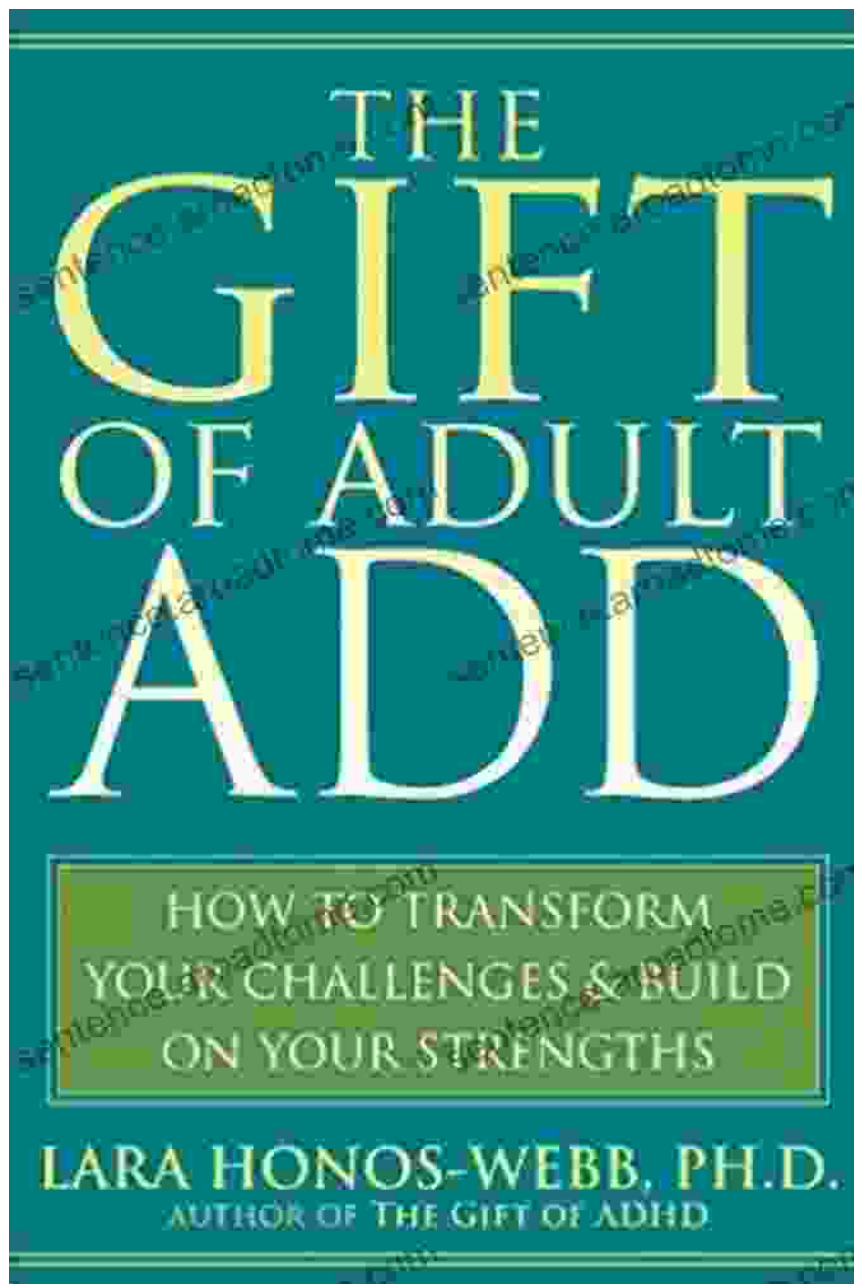


# Unlock Your Potential: The Gift of Adult ADD



## The Gift of Adult ADD: How to Transform Your Challenges and Build on Your Strengths by Robyn Openshaw

★★★★☆ 4.4 out of 5

Language : English

File size : 582 KB

Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 248 pages



Discover the hidden potential and unique strengths of adults with ADD through the transformative book, *The Gift of Adult ADD*.

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### **About the Book**

In *The Gift of Adult ADD*, renowned experts Dr. Gabor Mate and Dr. Edward Hallowell challenge the traditional view of ADD as a disorder, instead revealing it as a unique set of traits that can be harnessed for success and fulfillment.

Through compelling case studies and groundbreaking research, the book provides a deeper understanding of the ADD mind, its strengths and challenges, and offers practical strategies for:

- Improving focus and concentration
- Boosting productivity and efficiency
- Cultivating creativity and innovation
- Managing emotional regulation and self-esteem
- Building strong relationships and finding success in all areas of life

The Gift of Adult ADD is not just a book; it's a catalyst for personal growth and transformation. It empowers adults with ADD to embrace their unique strengths and unlock their true potential.

### About the Authors

**10 Everyday Ways to Build Mental TOUGHNESS**

- 1 Be Honest.**  
Mental Toughness depends upon this skill.
- 2 Ask a Question.**  
Listen as if they are correct.
- 3 Write Out Your Daily Goal.**  
How can you get just 1% better today?
- 4 Get Your Workout On.**  
Everyone is an athlete.
- 5 Wake Up 15 Minutes Early.**  
Will you pass the first test of the day?
- 6 Work Through Lunch.**  
"Lunch is for wimps" - Gordon Gekko
- 7 Turn Off Your Phone.**  
Go un-interrupted with your work for set periods of time.
- 8 Don't Wait Finish The Hardest Task First.**  
You build confidence through action.
- 9 Take 30 Seconds Of A Cold Shower.**  
It won't kill you, so can you do it?
- 10 Forgive Someone.**  
Change the way you feel about someone by the way you treat them.

Dr. Gabor Mate

Dr. Gabor Mate is a renowned addiction expert, physician, and author. He is the bestselling author of several books, including "In the Realm of Hungry Ghosts: Close Encounters with Addiction" and "When the Body Says No: The Cost of Hidden Stress."

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Dr. Edward Hallowell

Dr. Edward Hallowell is a world-renowned psychiatrist and expert on ADHD. He is the author of several books on the topic, including "Driven to Distraction" and "Delivered from Distraction."

## Testimonials

"The Gift of Adult ADD is a game-changer for anyone who has ever struggled with ADD. It provides a new lens through which to view our strengths and challenges, and offers practical tools for unlocking our true potential."

- Susan, adult with ADD

"This book is a must-read for anyone who wants to understand the complexities of ADD. It offers a compassionate and empowering perspective that will help you embrace your unique gifts and create a more fulfilling life."

- John, parent of a child with ADD

## Free Download Your Copy Today

Don't wait another day to unlock the gift of Adult ADD. Free Download your copy today and start your journey towards a more fulfilling and successful life.

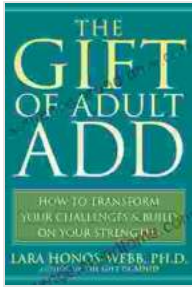
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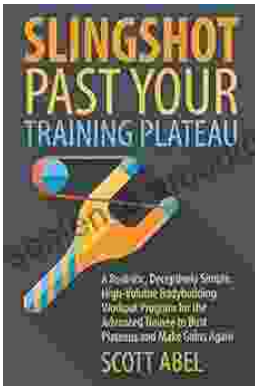
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