



Tame Your ADHD Brain: 50 Tools and Tricks for Inspiring Motivation, Achieving Maximum Productivity, and Upgrading Your Brain (Awesome ADHD Books Book 1)

Grant Weherley

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"Without deviation from the norm, progress is not possible." — Frank Zappa, musician

Welcome to the definitive, no B.S. guide to dealing with your ADHD-prone brain. This book is based on the best-selling online course taken by over 2,000 people worldwide.

How To Use This Book

If you have trouble with any of the following...

- Motivation
- Attention span
- Staying on task
- Controlling emotions
- Keeping track of time, or remembering certain types of information
- Managing stress and overwhelm

...then you've come to the right place. All of these challenges and much more are discussed in this book, with surprisingly effectively solutions.

This book is for you if you have ADHD, think you have it, know someone who does, or just generally want to improve your brain, your focus, your life. This book goes through approaches that are alternatives (often complimentary to) traditional ADHD treatment options. We will discuss mental exercises, structuring you environment, ADHD supplements, and more.

Here what others are saying about the content in this book:

"Every sentence contains great strategies for succeeding with ADHD." - Tyler G

"Loved it!" - Emma B.

"This was one of the smartest decisions I've ever made...it's been an amazing resource in my time of need" - Renu R

"Finally a new and exciting solution for those who struggle with ADHD." - Mary Robertson, RN, ADHD Coach, Former President of CHADD

Tags: Adult adhd, ADHD treatment, ADHD Supplements, ADHD Diet, ADD ADHD test

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From reader reviews:

Flora Young:

The book Tame Your ADHD Brain: 50 Tools and Tricks for Inspiring Motivation, Achieving Maximum Productivity, and Upgrading Your Brain (Awesome ADHD Books Book 1) has a lot associated with on it. So when you check out this book you can get a lot of help. The book was published by the very famous author. The writer makes some research ahead of write this book. This kind of book very easy to read you can obtain the point easily after reading this book.

Jean Young:

People live in this new day time of lifestyle always aim to and must have the free time or they will get wide range of stress from both day to day life and work. So , if we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, often the book you have read is Tame Your ADHD Brain: 50 Tools and Tricks for Inspiring Motivation, Achieving Maximum Productivity, and Upgrading Your Brain (Awesome ADHD Books Book 1).

Kathryn Richardson:

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Cynthia Miller:

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