



# **10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series)**

*Stephanie Moulton Sarkis*

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# 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series)

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People think of ADD as a kid's problem. But kids grow up. Many adults also struggle with ADD. If you or someone you live with has ADD, you probably know that there are books on the market for this condition. But they are often too long. Or too complicated. Or too dry and clinical. You need straightforward tools for coping with real experiences. **10 Simple Solutions to Adult ADD** offers exactly what you need.

Each chapter takes up an issue pertinent to adults with ADD: 'My mind wanders.' 'I'm always misplacing things.' 'I have trouble keeping friends.' 'I have a hard time getting started.' In no more than five to seven pages, the book outlines strategies for each problem that are simple to put into practice.

- Better concentration
- Sharper memory
- Richer relationships
- Improved money and time management
- Greater self-confidence

Visit her the author's web site at [www.stephaniesarkis.com](http://www.stephaniesarkis.com).

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