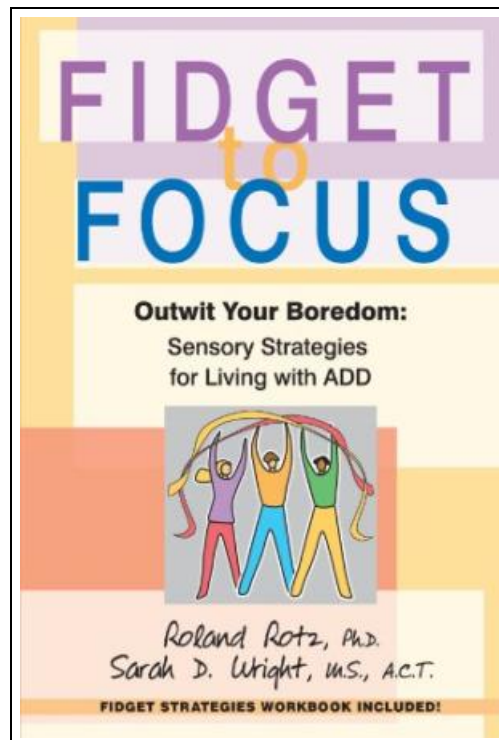


Fidget to Focus Outwit Your Boredom Sensory Strategies for Living with ADD



Filesize: 8.15 MB

Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.
(Kristian Nader)

FIDGET TO FOCUS OUTWIT YOUR BOREDOM SENSORY STRATEGIES FOR LIVING WITH ADD



iUniverse, Inc. Paperback. Condition: New. 145 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. Full of tips and strategies collected over years of shared experiences, Fidget to Focus is a gold mine of information and sometimes surprising, sometimes heart-warming stories about how to stay focused and on track, even when tasks are dull, tedious, and boring. Thom Hartmann, author of Attention Deficit Disorder: A Different Perception. I love Fidget to Focus. I want to congratulate you on this wonderful and unique contribution to the field. Your book was very informative about how the ADD brain works and current understanding about the disorder, as well as the numerous practical, helpful sensory strategies for self-regulation that you shared. Sandra Rief, Author of How To Reach and Teach Children with ADDADHD: Practical Techniques, Strategies, and Interventions Fidgeting to stay focused . . . Imagine that! Sounds counterintuitive, but that is just what Dr. Roland Rotz and Coach Sarah Wright are recommending in their new book, Fidget to Focus. Advocating repetitive sensory-motor activities as a fundamental strategy for improving attention and other cognitive abilities, they present a unique and fun way to turn outer chaos to calm focus. Patricia O. Quinn, MD, Director, National Center for Gender Issues and ADHD, author of a number of books on ADD. Until now, the only way you could learn about the Fidget to Focus approach to successfully living with and managing Attention Deficit Disorder (ADD) was to attend a national conference. The groundbreaking ideas in this book, based on the personal experiences of hundreds of people and recent breakthroughs in neuroscience, will change the way you live with this disorder. Fidget to Focus is a guide to keeping your brain engaged and focused with tools and techniques available to you at any time (workbook included!). This item ships from...



[Read Fidget to Focus Outwit Your Boredom Sensory Strategies for Living with ADD Online](#)



[Download PDF Fidget to Focus Outwit Your Boredom Sensory Strategies for Living with ADD](#)

Related Kindle Books



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Read Document »](#)



If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling

Tarcher/Putnam,US, United States, 2012. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, or Yelling Why does it...

[Read Document »](#)



Passing Judgement Short Stories about Serving Justice

Isinglass Press. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Passing Judgment is a compact collection of twelve short stories about people who deliver their own form of justice. These are...

[Read Document »](#)



Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight short stories about knights are selected from several books of fairy tales...

[Read Document »](#)



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales...

[Read Document »](#)

**Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other

[Download ePub »](#)

**Character Strengths Matter: How to Live a Full Life**

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What are the elements of good character? The Values in Action

[Download ePub »](#)

**Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and

[Download ePub »](#)

**Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.3 Free Bonus Books Included! Attention: Online business owners. quot;Finally!

[Download ePub »](#)

**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

[Download ePub »](#)