



# The ADD Answer: How to Help Your Child Now

*Dr. Frank Lawlis*

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Every year, 17 million new cases of attention deficit disorder, or ADD, are diagnosed in children. But medications designed to treat the disorder don't work for many children and often leave families frustrated and searching for more options. In *The ADD Answer*, Dr. Frank Lawlis draws upon his thirty-five years of experience as a clinical and research psychologist to show parents how they can reclaim their central role in healing their children with comprehensive step- by-step advice on dealing with the problems of ADD. His approach blends the latest medical, nutritional, and psychological treatments that can increase brain function with expert insight into the emotional-and spiritual-support kids need.

Including assessment tests geared to help parents understand their child's particular needs and practical information on proven treatment options, *The ADD Answer* explores:

- The role of nutrition in treating the disorder
- The positive effects of counseling and goal setting
- Advances in the field of biofeedback
- The importance of sleep, and much more

An inspiring and essential guide, *The ADD Answer* will help every family facing the challenges of ADD create a more loving, healthy environment necessary for their child to thrive.

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