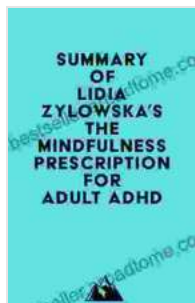


The Mindfulness Prescription for Adult ADHD: A Comprehensive Guide to Managing Your Symptoms and Thriving



Summary of Lidia Zylowska's The Mindfulness Prescription for Adult ADHD by Arokiyam Nalvazhvu

★★★★★ 5 out of 5

Language : English
File size : 1417 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 31 pages



By Lidia Zylowska

If you're struggling with adult ADHD, you're not alone. Millions of people worldwide have this condition, which can make it difficult to focus, control your impulses, and manage your emotions. But there is hope. The Mindfulness Prescription for Adult ADHD is a comprehensive guide to managing your symptoms and thriving with this condition.

Written by leading ADHD expert Lidia Zylowska, this book provides you with everything you need to know about adult ADHD, including its causes, symptoms, and treatment options. You'll also learn about the latest research on mindfulness and how it can help you manage your ADHD symptoms.

The Mindfulness Prescription for Adult ADHD is a practical guide that will help you:

- Understand your ADHD and how it affects your life
- Develop mindfulness skills to help you focus, control your impulses, and manage your emotions
- Create a personalized treatment plan that works for you
- Find support and resources to help you on your journey

If you're ready to take control of your ADHD and live a more fulfilling life, The Mindfulness Prescription for Adult ADHD is the book for you.

Praise for The Mindfulness Prescription for Adult ADHD

"Lidia Zylowska has written a comprehensive and compassionate guide to managing adult ADHD. This book is packed with practical tips and strategies that can help you improve your focus, control your impulses, and manage your emotions. I highly recommend this book to anyone struggling with ADHD." - **Edward Hallowell, MD, author of Driven to Distraction**

"The Mindfulness Prescription for Adult ADHD is a must-read for anyone who wants to understand and manage this condition. Lidia Zylowska provides a wealth of information and practical advice that can help you live a more fulfilling life with ADHD." - **Thomas Brown, PhD, author of Attention Deficit Disorder: The Unfocused Mind in Children and Adults**

"As a person with ADHD, I found The Mindfulness Prescription for Adult ADHD to be an invaluable resource. Lidia Zylowska's insights and practical

advice have helped me to better understand and manage my symptoms. I highly recommend this book to anyone who is struggling with ADHD." -

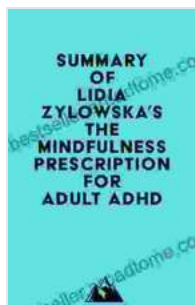
Anonymous

About the Author

Lidia Zylowska is a leading ADHD expert and the author of several books on the condition. She is a licensed clinical psychologist and has over 20 years of experience working with adults with ADHD. She is also a sought-after speaker and has presented her research on ADHD at conferences around the world.

Free Download Your Copy Today

The Mindfulness Prescription for Adult ADHD is available now at all major bookstores. You can also Free Download your copy online at Our Book Library.com.



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