



Attention Deficit Disorder: Practical Coping Mechanisms

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Attention Deficit Disorder: Practical Coping Mechanisms

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Completely revised and updated, this Second Edition spans every issue related to ADD care and treatment. New chapters focus on emerging issues, the overlap of sleep disorders, how sleep disorders mimic ADD/ADHD and/or increase the symptoms, ADHD and sleep apnea, ADHD and restless legs or periodic limb movements in sleep, sleep in children, adolescents and adults, the aged population, ADD and women, novel treatment approaches, including a new cognitive training program, methods to diagnosis ADD/ADHD and separate it from other overlapping disorders, and mis-diagnosis.

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