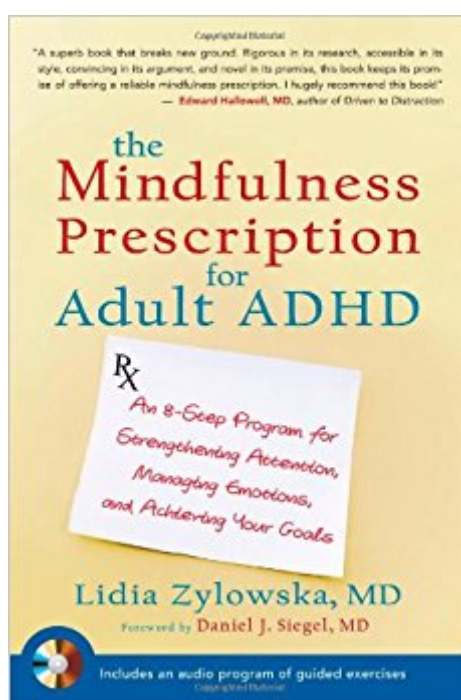


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# The Mindfulness Prescription For Adult ADHD: An 8-Step Program For Strengthening Attention, Managing Emotions, And Achieving Your Goals



## Synopsis

Do you:  Have trouble paying attention and staying on task?  Suffer from disorganization, procrastination, or forgetfulness?  Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration?  Struggle with self-doubt and difficulty following through?  In a way that causes problems in your relationships or your work? If so, you may have Attention Deficit Hyperactivity Disorder (ADHD) — like an estimated 8 million adults in this country. Physician-researcher Dr. Lidia Zylowska has created an 8-step program for using mindfulness practice (attention and awareness training) to overcome the symptoms of ADHD. The program includes practices such as sitting meditation, body awareness, thoughtful speaking and listening, development of self-acceptance, mindful self-coaching, cultivation of a balanced view of thoughts and emotions, and more. Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges. She also explains how the mindful approach can be combined with other treatments, including medications, to boost self-improvement. This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD.

## Book Information

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## Customer Reviews

“A superb book, an important book, a book that breaks new ground. Anyone who is

interested in the treatment of ADHD in adults must own this. Rigorous in its research, accessible in its style, convincing in its argument, and novel in its premise, this book keeps its promise of offering a reliable mindfulness prescription. I hugely recommend this book!

— Edward Hallowell, MD, author of *Driven to Distraction* “A great many people stand to benefit from Zylowska’s eight-step program. Structured to be accessible for its target audience, this supportive guide to managing ADHD through mindfulness offers a clear and detailed program for putting an effective treatment in the hands of consumers and is a great contrast to the many didactic, jargon-laden self-help books available.”

— Shelf Awareness

Lidia Zylowska, MD, is a psychiatrist specializing in mindfulness-based approaches to mental health. She is a cofounder and faculty member at UCLA’s Mindful Awareness Research Center (MARC). A recipient of the Robert Wood Johnson Clinical Fellowship, Dr. Zylowska also maintains a private practice in West Los Angeles, where she treats adults with attention deficits.

I don’t care what anyone says / this book was a lifesaver for me: someone diagnosed late in life with ADHD / very practical advice for strategies to stay focused and in the moment. My brain always feels like it’s a video game being bombarded by input - this book helped me feel like I have control over being in the moment and managing life’s distractions. I give it my highest recommendation !

I’ve been slowly working my way through this book in fits and starts for a long time. I think they could tighten it up and give it a little better focus in a rewrite as they improve the program, but it’s a great place to start for the folks it’s targeted at.

The topic has a lot of merit and there is certainly a growing sector or data designated to the benefits of mindfulness as it relates to ADHD. However, the book isn’t written with ADHD readers in mind. The chapters should be shorter, with more actionable chunks and visuals. It did very little to hold my attention. I think if it were reformatted with the audience in mind I would have gotten more out of it.

This is just a wonderful book that combines a strong scientific basis with a pragmatic how to approach. I think it could be applied to both adults and mature teenagers. Comes with a recording of guided sessions. Exceeded my high expectations.

Really good book with great tips, advice, and much more. Includes a CD with Mindfulness meditation exercises that are very nice.

This book is very clearly written. The author is very experienced with this population, and offers a simple yet effective method to help people with ADHD manage their symptoms. This technique could be used as a way to work with distractibility either with or without medication.

helpful book and easy to read.

This book puts together exercises which cause a useful change in thought patterns, backed up with explanations and a reasonable amount of clinical evidence.

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