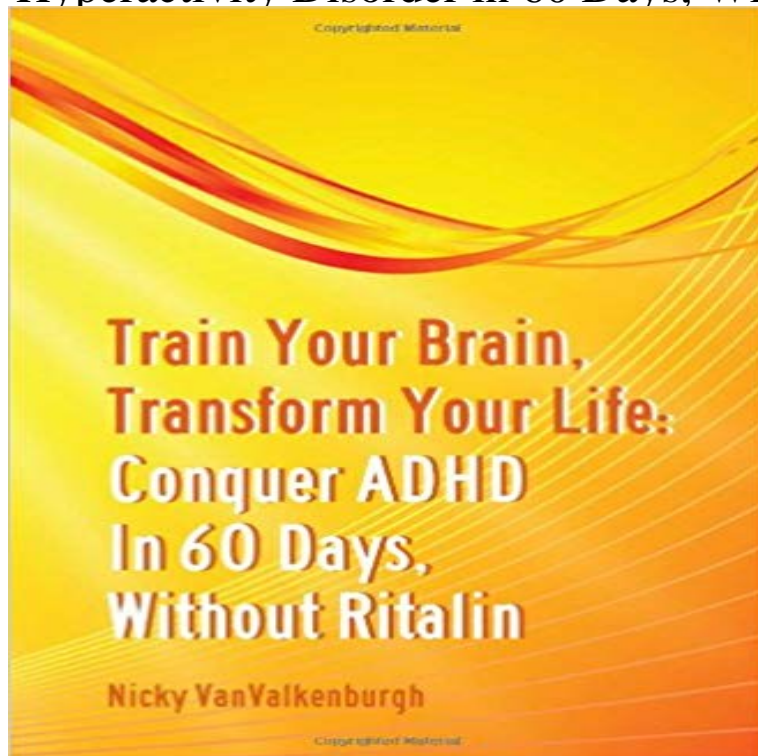


Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin



This book reveals five brain boosters that enable you to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. Its a revolutionary brain training method that is safe, reliable, easy and effective. Its so easy, that you can do it while lying flat on your back, with your eyes closed. Its been described as the lazy way to get rid of ADHD. However, its also a brain training method thats based in neurotherapy, and is supported by an impressive review of literature. In this book, youll discover: * Three ways that Ritalin stimulates and arouses the brain, and how you can get the same results without swallowing pills. * How to train your brain to restore its electro-chemical balance and produce a stable supply of neurotransmitters (such as dopamine and serotonin.) * An audio-visual rhythm that has been clinically proven to reduce ADHD. Its used in brain training clinics through out the country, and may be the biggest breakthrough in noninvasive medicine in the last 50 years. Now you can practice and master this rhythm in the comfort of your own home, without ever stepping foot inside a clinic. * Why your brain interprets ADHD as normal, and works to maintain bad habits like impulsivity, distraction and restless energy. Discover how you can interrupt your ADHD patterns, and create new neural pathways for peak performance. As you read this book, youll realize that you have every reason to be upbeat and optimistic about overcoming ADHD. Its time to train your brain and transform your life!

Vanvalkenburgh reveals five brain boosters that enable a person to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. This book reveals five brain boosters that enable you to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin: Nicky Vanvalkenburgh, D In her new book, Train Your Brain, Transform Your Life: How to Conquer ADHD In 60 Days, Without Ritalin author Nicky VanValkenburgh2011, English, Book edition: Train your brain, transform your life : conquer attention deficit hyperactivity disorder in 60 days,

without Ritalin / by Nicky recording, or otherwise, without written permission from the author. Train your brain, transform your life: Conquer Attention Deficit Disorder in 60 days, natural, drug-free way to conquer ADD in 60 days. Chapter 3: Ritalin: The Good, Bad & Ugly. sluggish (too slow) or hyperactive (too fast), or somewhere in between. This book reveals five brain boosters that enable you to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. Its a revolutionary Nicky Van Valkenburgh does this in Train Your Brain, Transform Your Life. Conquer Attention Deficit Hyperactivity Disorder In 60 Days Without Ritalin. [(Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin)] [Author: Nicky Vanvalkenburgh] published Train Your Brain, Transform Your. Life. Conquer Attention Deficit Hyperactivity Disorder In. 60 Days Without Ritalin by Nicky Vanvalkenburgh and Dave Siever. Train Your Brain, Transform Your Life: Conquer ADHD In 60 Days, Without Ritalin on Holy Hormones Honey, October 29. This book reveals five brain boosters that enable you to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. Its a revolutionary Nicky VanValkenburgh is the author of Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin.