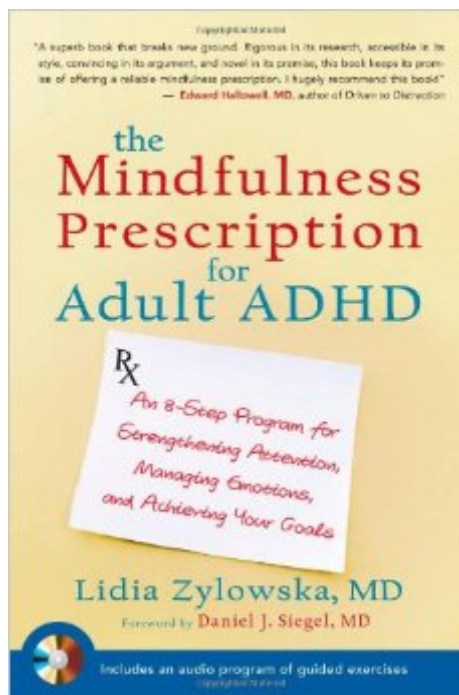


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# The Mindfulness Prescription For Adult ADHD: An 8-Step Program For Strengthening Attention, Managing Emotions, And Achieving Your Goals



## 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)â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

Ever since I read "Siddhartha" in high school, I have wondered or scoffed at why I cannot connect with life like a Buddhist. I have been through lots of books, therapy, and drugs looking for answers.

When a lecturer pointed out that mindfulness (and exercise) can change brain chemistry to the good, I was hooked. This book is not just for people with ADHD. People who think they have OCD, bipolar disorder, work, sex, or drug addiction, have lost their way, or find no meaning in life can benefit. We all get weird, disruptive, intrusive thoughts, and spend a great deal of mental energy spinning wheels out of gear. Mindfulness is my way out, and Dr. Zylowska speaks the message simply and clearly. She has well-referenced explanations, exercises, and tips that for me at least, really work. The CD is a great first step. Another CD I really enjoy is "Still the Mind," by Bodhipaksa, available from Sounds True. It's been my next step: once you can be mindful, and reduce the background noise, what determines your path?

Great book on mindfulness practice and liked the application to ADD. I have used mindfulness meditation with my patients and the ones that have stuck with it have noticed a profound change in their ADD symptoms. It was good to see the research behind this and to have it systematized. There isn't a lot that's new in terms of mindfulness practice here, but if you're not familiar with it or want a more step-by-step approach for applying it to ADD, this book would be very helpful.

I'm a very lucky guy -- I started practicing mindfulness several years ago, thanks to the writings of the ACT (Acceptance and Commitment Therapy) authors, specifically Russ Harris and Steven Hayes. Who knew that someone would develop an entire approach to adult ADHD based on mindfulness? For me, this book has really provided the, uh, focus I need. It's chock full of practical exercises. If you have adult ADHD, you might think at first that it's a little loopy. But my advice is to be patient with yourself, take it slow, and enjoy the process -- as Dr. Zylowska says, do mindfulness playfully. A tremendous resource.

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'm a coach who helps salespeople with ADD/ADHD. An essential part of my approach teaches Awareness, and the practice of mindfulness is so fundamental that I now use this book in my coaching practice. This practical handbook is extremely useful for anyone learning mindfulness; for those with ADHD it is the very best resource! It is more appropriate and clearly useful for those with

ADHD than most other books on mindfulness. Its approach is hugely practical, the examples are rich and relevant, and the early research Dr Zylowska reports is exciting. This might be the best book you'll ever buy on this subject!

I have only just begun the journey of mindfulness and I am struck by the wonder of this book! It is so well written and inspiring. Dr. Zylowska really knows her field and speaks to so many. I recommend this book to anyone wanting to improve the quality of their life and start their own journey.

This is a clear, readable introduction to mindfulness for adults with ADHD. Given the dearth of research on the subject, however, there's little in the book that can't be found elsewhere.

**Adults with ADHD who are new to mindfulness:** This is as good a place as any to start. Mindfulness is perhaps the most promising non-medication treatment for ADHD. Its effectiveness for ADHD has not yet been verified with research. But, its effectiveness for plenty of ADHD symptoms--distractability, impulsivity, and hyperactivity--as well other essential qualities--happiness, compassion, and resilience--has been verified. Try it!

**Adults with ADHD who are familiar with mindfulness:** This book is about introducing mindfulness to adults with ADHD, not innovating different mindfulness practices. The most important point in this book is to keep formal practice manageable. Did you let your practice lapse? Start small: 5-10 minutes/day, and sit comfortably! Set an alarm on your phone! Don't procrastinate by reading this book!

**Adults without ADHD who are interested in mindfulness:** This is a clear, readable introduction, but I'd probably prefer to start with a more general classic, such as Gunaratana's excellent "Mindfulness in Plain English."

The insights of the books accumulate over the course of reading it--so make sure to read it fully! This was hard for me to absorb initially, as I was browsing it and not really connecting its advice to my own practice and problems with attention and focus. On a second, full, reading, the power of the approach comes through, and the book inspired me to actively try its approach and mindfulness exercises. The book helped me resume some of the healthy routines like daily walking and running that I had tried unsuccessfully to get back to and couldn't. I'm looking for new changes in my life, and the mindfulness exercises are very helpful!

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