



# Embracing A.D.D.: A Healing Perspective

*Lynn Weiss PhD*

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## **Embracing A.D.D.: A Healing Perspective** Lynn Weiss PhD

Rather than treat ADD/ADHD as a disorder, Dr. Lynn Weiss celebrates this "brainstyle"—a diversity in thinking—and provides a caring, humanized perspective. Via insights and exercises and using her experience as a counselor and social scientist, Dr. Weiss harnesses the positives in ADD/ADHD rather than the negatives by giving readers the tools they need to embrace their unique brainstyle.

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