

ADD: The 20-Hour Solution

By Siegfried Othmer, Mark Steinberg

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Neurofeedback (NFB), also called neurotherapy or neurobiofeedback, is a type of biofeedback ..

Steinberg, Mark, and Othmer, S. ADD: The 20-Hour Solution.

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If you're frustrated by Attention Deficit Disorder and you want a better, longer-lasting solution than drugs, this is the book for you! ADD: The 20-Hour Solution

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For Those with ADD, Anxiety, or Learning Style Issues. (Taken from) ADD: The 20 Hour Solution. Training Minds to Concentrate and Self-Regulate Naturally
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