



10 SIMPLE SOLUTIONS TO ADULT ADD

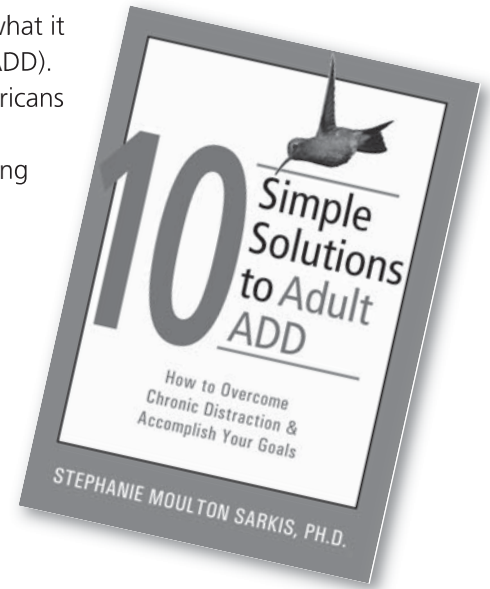
How to Overcome Chronic Distraction and Accomplish Your Goals

STEPHANIE MOULTON SARKIS, PH.D.

A Guide To Living With Attention Deficit Disorder From Someone Who Knows...

Dr. Stephanie Moulton Sarkis understands what it is like to live with Attention Deficit Disorder (ADD). She is among the estimated 4% of adult Americans who live with the condition. Adults with ADD often exhibit some combination of the following symptoms:

- Mood Swings
- Substance Abuse
- Procrastination
- Financial Instability
- Short Temperedness
- Impulsiveness
- Risk Taking
- Difficulty maintaining relationships



In **10 Simple Solutions for Adult ADD** Sarkis has created a short, portable book organized for maximum benefit for adults with ADD in which she provides tips for time management, organization, relationship building, and physical and spiritual wellness; she also discusses medication and careers options for adults with ADD.

ABOUT the AUTHOR

Stephanie Moulton Sarkis, Ph.D., is a national certified counselor and licensed mental health counselor in Gainesville, Florida who specializes in ADD counseling and coaching. She is also the director of assessments and evaluations at Sarkis Family Psychiatry and Sarkis Clinical Trials and an assistant adjunct professor at the University of Florida.

In 2001, Dr. Sarkis won an American Psychological Association Outstanding Dissertation Award for her research on ADD, brain function, and comorbid disorders. She is the author of *Making the Grade with ADD* and *ADD and Your Money*, and has been featured on national and regional television and radio, including ABC News, Fox News, and CNN. Visit Stephanie Sarkis online at www.stephaniesarkis.com.

A new way of viewing ADD

That's right: it's not all negative! Dr. Sarkis also points out the pluses of having attention-deficit disorder, such as:

- creativity
- the ability to multitask effectively
- versatility
- a well-developed sense of humor
- an ability to "think outside the box"

FOR AN INTERVIEW
REQUEST or MORE
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By Stephanie Moulton Sarkis Ph.D.

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