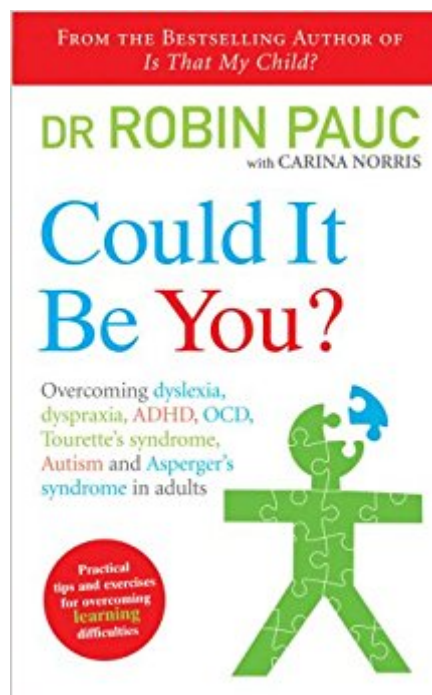




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Could It Be You?: Overcoming Dyslexia, Dyspraxia, ADHD, OCD, Tourette's Syndrome, Autism And Asperger's Syndrome In Adults



Synopsis

Following the massive success of his first book "Is That My Child?" - the groundbreaking guide to overcoming learning difficulties in children - Dr. Robin Pauc turns his attention to adults and provides a revolutionary new way of understanding and treating conditions from dyslexia and dyspraxia to ADHD and Tourette's Syndrome. With sound advice, dietary tips and brain exercises, Dr. Pauc explains the history of adult learning difficulties and provides a lifeline to those suffering from these conditions, including: the impact of learning difficulties on adults; the history and symptoms of learning difficulties; practical ways to treat Dyslexia, Dyspraxia, ADD/ADHD, OCD, Tourette's, autism and Asperger's syndrome; how diet can help adults with learning difficulties; and general and specific exercises to help.

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