



# Living Daily With Adult ADD or ADHD: 365 Tips o the Day

By Douglas A. Puryear



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Doug Puryear is a psychiatrist who discovered at age sixty-four that he has ADD. Then he finally understood a lot of the problems he'd had and the strategies he'd developed to cope with them. This is what he shares in this book.

"If you are struggling with ADHD, this is the book for you. I have a bookshelf full of books on ADHD that rehash what is in all the other books on my shelf. What those books never got to was consistently good advice for dealing with my ADHD, but that is exactly what Dr. Puryear's 'Living Daily with Adult ADD or ADHD: 365 Tips o the Day' does. Here you will find practical, workable approaches for dealing with the things in your life that would otherwise drive you, those closest to you and everyone else who depends on you crazy. And it's all in small doses – one for each day of the year. Change is possible. Success is possible. Get it. Do it. You will be so glad you did."

- The Rev. Thomas B. Woodward, BA cum laude Harvard; M Div, author, ADDer

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