



# Overcoming ADHD: An Unbiased Look at All Options

*Tirath S Gill MD, Prof Paramjeet Singh MD*

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# Overcoming ADHD: An Unbiased Look at All Options

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**Overcoming ADHD: An Unbiased Look at All Options** Tirath S Gill MD, Prof Paramjeet Singh MD  
ADHD stands for Attention Deficit Hyperactivity Disorder. It is also known by the acronym ADD. It afflicts 3% of adults and 5 to 6 % of children. The burden of ADHD can be significant. In childhood, it can lead to failing grades and expulsion from school in addition to problems at home. In adults, ADHD can lead to a higher risk for divorce, bankruptcy, legal problems, substance abuse problems and last but not least, a higher risk for jail and incarceration. This book offers a clear eyed review of all the treatment options that are available to the individual that wants to help themselves or help their child overcome the symptoms and burdens associated with this under-recognized illness : ADHD.

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