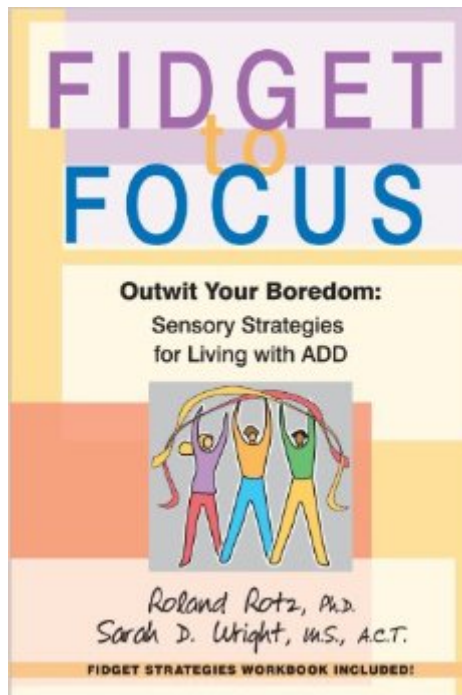


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# Fidget To Focus: Outwit Your Boredom: Sensory Strategies For Living With ADD



## Synopsis

Full of tips and strategies collected over years of shared experiences, *Fidget to Focus* is a gold mine of information and sometimes surprising, sometimes heart-warming stories about how to stay focused and on track, even when tasks are dull, tedious, and boring. Thom Hartmann, author of *Attention Deficit Disorder: A Different Perception*. "I love *Fidget to Focus*. I want to congratulate you on this wonderful and unique contribution to the field. Your book was very informative about how the ADD brain works and current understanding about the disorder, as well as the numerous practical, helpful sensory strategies for self-regulation that you shared." Sandra Rief, Author of *How To Reach & Teach Children with ADD/ADHD: Practical Techniques, Strategies, and Interventions* "Fidgeting to stay focused . . . Imagine that! Sounds counterintuitive, but that is just what Dr. Roland Rotz and Coach Sarah Wright are recommending in their new book, *Fidget to Focus*. Advocating repetitive sensory-motor activities as a fundamental strategy for improving attention and other cognitive abilities, they present a unique and fun way to turn outer chaos to calm focus." Patricia O. Quinn, MD, Director, National Center for Gender Issues and ADHD, author of a number of books on ADD. Until now, the only way you could learn about the *Fidget to Focus* approach to successfully living with and managing Attention Deficit Disorder (ADD) was to attend a national conference. The groundbreaking ideas in this book, based on the personal experiences of hundreds of people and recent breakthroughs in neuroscience, will change the way you live with this disorder. *Fidget to Focus* is a guide to keeping your brain engaged and focused with tools and techniques available to you at any time (workbook included!).

## Book Information

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## Customer Reviews

There are several super books on the subject of Attention Deficit Disorder and each has sections that stand out. However, "Fidget To Focus" is the one book that has it all. It explains the reasons why people with ADD do the things they do AND offers excellent suggestions and solutions, too. What I like best about the book is that it isn't trying to change anyone but instead encourages readers to use their unique (and natural) tendencies to their advantage. Finally, the workbook in the back is an excellent resource for people who are really serious about finding ways to make the most of their ADD.

This is a practical approach to helping us with ADD/ADHD. Dr Rotz uses many examples one can apply to keeping ones attention. I still drink a glass of water before bedtime so that I can wake up on time. From his years of experience as a therapist, he cleverly gleaned practical ideas from those with ADD/ADHD. Fidget to Focus held my attention and eloquently written but not boring

Once I started to read the book, I couldn't put it down! I kept underlining so much on every page ( one of the strategies I use to stay focused ) and found many insights. The book reads easily and flows well with stories I can relate to, clear information and understanding of ADD, and best of all, many strategies for living with ADD including an extensive workbook section that has been very helpful. Also the review and the end of the chapters is great to go back to. Highly educational and useful, I absolutely recommend this book!

A well-organized book, combining current scientific thinking with helpful suggestions and anecdotes. Plenty of meat in the text, but the time-challenged will find chapter reviews and appendices useful.

I read this book very quickly, because the book is short but engaging and make an awful lot of sense if you have ADHD and you have hyperactivity. Basically, this book gives you examples of how to capitalize on how an ADHD brain works rather than focusing on correcting what doesn't work. It's perfect for creative people such as musicians, painters, etc, but it can work for anybody being hyperactive. At the end of the book, there is a list of resources and websites, and also an appendix that help you find out which strategies have worked best for you in the past and pair them to the tasks you still can't follow through on. I've implemented many of these strategies and I can honestly

say that this book is changing my life.

The moment I started reading this book, I knew my husband was ADD. It was not a surprise. Thanks to this book we found ways for him to concentrate and focus. Like, now he knows he can watch TV and read a book at the same time and focus and remember the reading better than ever. I will recommend this book to every parent that think they have a child with ADD or any adult, including themselves that may have ADD... Read it and enjoy it. There is good information in this book.

I am a full time college student and have trouble focusing on my studying and decided to check this book out for tips. Great advice! I have now followed some of the suggestions and am using "fidget" toys while I work and it helps so much. These authors know what they are talking about.

This book taught me that fidgeting is a good thing and procrastinating is the norm!

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