

Dr Gérard Macqueron

Psychologie de l'attention



Le guide

pour surmonter les troubles
de l'attention chez l'adulte



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How to Improve Your Concentration

A Guide to Overcoming Attention Deficit Disorders (ADHD)
in adults

Author: Gérard Macqueron

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Category : Humanities and Non-Fiction

Genres : Psychology/Psychoanalysis

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A program to help people with attention issues: keys to understanding their condition as well as exercises to help change behaviors and better manage emotions.

This book is the first guide to help adults suffering from varying degrees of day-to-day attention deficit disorders to reduce negative thinking, be better organized, and plan ahead. With the right strategies, you can train yourself to focus and develop your attention. The text also includes tools to correct the issues caused by ADHD, such as motivational difficulties, stress management, emotional hyper-reactivity, lack of perseverance, and mental fatigue. The author also provides an overview of scientific research to help understand the origins of this disorder. Attention disorders, identified in 4% of adults, have become a concerning and debilitating phenomenon. Psychiatrist and psychologist Gérard Macqueron explains how to treat them.