


# The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals

*By Lidia Zylowska*

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Do you:

- Have trouble paying attention and staying on task?
- Suffer from disorganization, procrastination, or forgetfulness?
- Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration?
- Struggle with self-doubt and difficulty following through?
- In a way that causes problems in your relationships or your work?

If so, you may have Attention Deficit Hyperactivity Disorder (ADHD)—like an estimated 8 million adults in this country. Physician-researcher Dr. Lidia Zylowska has created an 8-step program for using mindfulness practice (attention and awareness training) to overcome the symptoms of ADHD. The program includes practices such as sitting meditation, body awareness, thoughtful speaking and listening, development of self-acceptance, mindful self-coaching, cultivation of a balanced view of thoughts and emotions, and more. Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges. She also explains how the mindful approach can be combined with other treatments, including medications, to boost self-improvement.

This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD.

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## Editorial Review

Review
“A superb book, an important book, a book that breaks new ground. Anyone who is interested in the treatment of ADHD in adults *must* own this. Rigorous in its research, accessible in its style, convincing in its argument, and novel in its premise, this book keeps its promise of offering a reliable mindfulness prescription. I hugely recommend this book!”—Edward Hallowell, MD, author of *Driven to Distraction*

“A great many people stand to benefit from Zylowska's eight-step program. Structured to be accessible for its target audience, this supportive guide to managing ADHD through mindfulness offers a clear and detailed program for putting an effective treatment in the hands of consumers and is a great contrast to the many didactic, jargon-laden self-help books available.”—Shelf Awareness

About the Author
Lidia Zylowska, MD, is a psychiatrist specializing in mindfulness-based approaches to mental health. She is a cofounder and faculty member at UCLA's Mindful Awareness Research Center (MARC). A recipient of the Robert Wood Johnson Clinical Fellowship, Dr. Zylowska also maintains a private practice in West Los Angeles, where she treats adults with attention deficits.

## Users Review

**From reader reviews:**

**Michael Milliner:**

The feeling that you get from The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals is the more deep you digging the information that hide in the words the more you get enthusiastic about reading it. It does not mean that this book is hard to recognise but The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals giving you enjoyment feeling of reading. The author conveys their point in selected way that can be understood by anyone who read it because the author of this publication is well-known enough. That book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We advise you for having that The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals instantly.

**Bobby Townsend:**

This book untitled The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals to be one of several books in which best seller in this year, honestly, that is because when you read this book you can get a lot of benefit on it. You will easily to buy this specific book in the book retail store or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Smart phone. So there is no reason for your requirements to past this reserve from your list.

**Stacey Samuels:**

This The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals is great book for you because the content which can be full of information for you who also always deal with world and still have to make decision every minute. This book reveal it information accurately using great plan word or we can say no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but hard core information with lovely delivering sentences. Having The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals in your hand like getting the world in your arm, information in it is not ridiculous 1. We can say that no publication that offer you world with ten or fifteen small right but this reserve already do that. So , this can be good reading book. Hello Mr. and Mrs. busy do you still doubt that will?

**Karen Johnson:**

In this time globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The particular book that recommended for you is The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals this e-book consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The particular writer made some research when he makes this book. Here is why this book suitable all of you.

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