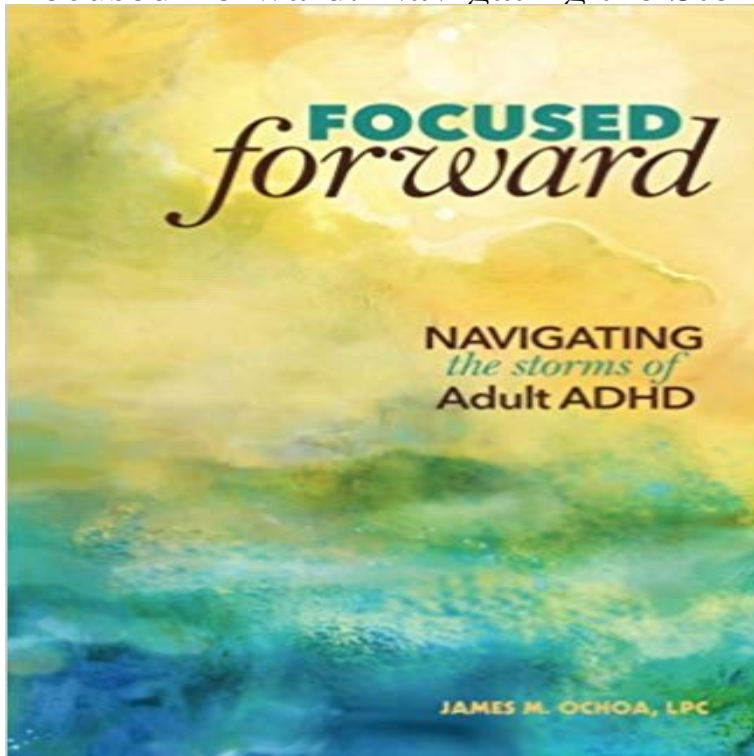


Focused Forward: Navigating the Storms of Adult ADHD



In *Focused Forward: Navigating the Storms of Adult ADHD*, author and self-proclaimed ADHD-er James M. Ochoa, LPC goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers back—the emotional fallout of ADHD. He helps readers identify, manage and alleviate symptoms of a PTSD-like condition he calls the Emotional Distress Syndrome, with practical, proven advice including: Understanding the link between ADHD and emotional distress What Emotional Distress Syndrome (EDS) feels like How to construct an Emotional Safe Place How to recruit your own Mental Support Group Eight essential tools to help you cope And more... With wisdom, humor, and plenty of (sometimes painful) empathy, *Focused Forward* will help adults with ADHD move past the pain and shame toward a future full of possibility, balance and joy.

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