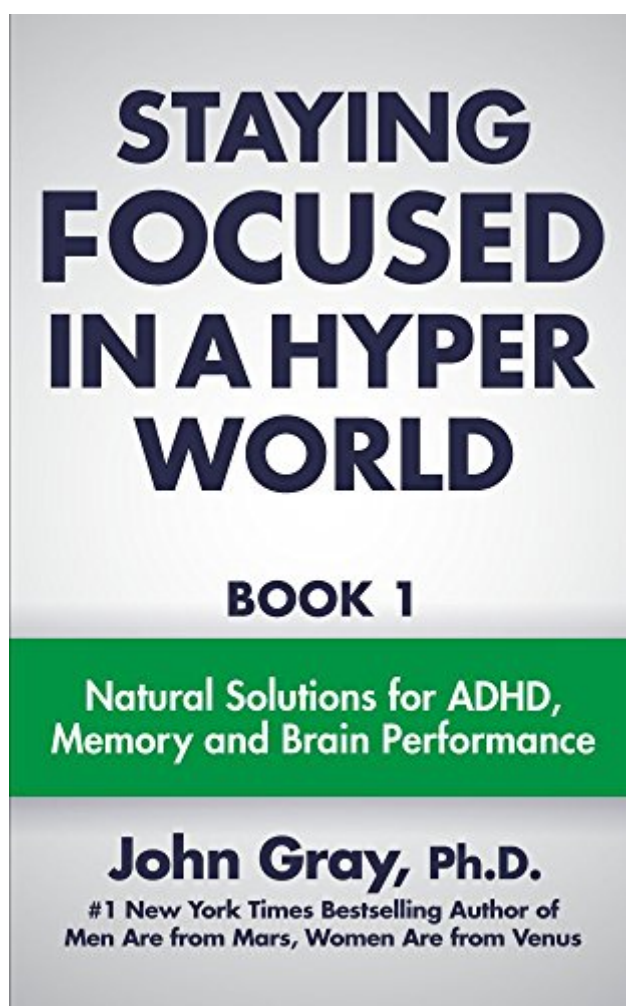


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# Staying Focused In A Hyper World: Book 1; Natural Solutions For ADHD, Memory And Brain Performance



## Synopsis

For the past 20 years, John Gray has taught us how we are different and given us new insights into better communication and stronger relationships. We need more than new communication skills and an understanding of our differences to have healthy relationships these days. We also need the nutritional support necessary for positive moods, sustained energy and most importantly, focus. Without focus, communication breaks down in all relationships and frustration increases. Without focus in romantic relationships, passion is lost and there is an increase in breakups and divorces. Without focus at work, people are increasingly dissatisfied and bored, often feeling unappreciated, distracted, exhausted or overwhelmed. Without focus, our lives lose purpose, we are easily distracted, forgetting what we are here for or never realizing what is most important in life. In the midst of our accelerated progress, our modern society has lost our way. We have a greater consciousness of new possibilities but we feel less connected in our relationships due to our loss of focus. John Gray has devoted the past 20 years to researching mental health and its effect on our relationships. He has reviewed thousands of medical studies and traveled the world to find ancient remedies for improving one's mind, mood and focus. *Staying Focused In A Hyper World: Natural Solutions For ADHD, Memory And Brain Performance* shares these findings and offers practical strategies for increasing focus, clarity, memory, motivation and sustaining positive moods. Gray explains what causes ADHD in children and how it is the underlying cause for many health issues later in life, including dementia, Alzheimer's Disease and even Parkinson's Disease. He details the varied forms of ADHD, from hyperactivity to daydreaming and he provides step-by-step protocols for treating a number of common ailments with natural supplements and lifestyle changes.

## Book Information

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## Customer Reviews

As a mom with a young son, the accusation that your kid could have ADHD is both concerning and takes time to fully understand. We throw this diagnosis around with a light touch and many boys are mistakenly labeled "hyperactive" inaccurately. My son does not have a true case of ADHD, but certainly he can be hyperactive, excitable and loud when he hasn't eaten the right foods or had the best rest. Our medical model world is very fast to throw medication at children without looking at the full picture and this book is a great resource for any parent looking to understand their children beyond the medical model. Sometimes all our kids need are to change their diets and life feels calmer. I appreciate John's willingness to call out the communities that believe the only treatment for ADHD/ADD are through drugs. There's much more going on with our kids these days and technology, our food and water sources all play an influential role in how we behave. This is true for our children as it is for ourselves. As I look into what's best for my children, I want to have well researched information available to show me all sides of the story. Not just the pharmacological, drug company opinion. For my kids, I want more and this book is a great asset as you search for the whole story on how to help support your kids. I know it helped me as I work to understand mine. Thank you John.

Read and follow "Staying FOCUSED in a Hyper World" as if your life depended on it... emotionally it just may! John's insights into the mine field of health are astounding -- so clear and straightforward. He makes a complex world of wellness seem simple and manageable. Anyone can follow his recommendations. Essential for restoring your children to natural behavioral management rather than having them drugged up, and for adults to renew vitality. Absolutely a must read for anyone who wants to take charge and eliminate or reduce serious health issues. I see it as a path to freedom, virility, and joy.

I can't thank John Gray enough for his passion to make a difference in people's lives. His research is thorough and in layman terms so anyone can understand and apply what he is offering to their unique situations. John's life purpose has always been in giving back and I am grateful for what he continues to do. He changed my life and my relationship with my wife so many years ago with "Men are From Mars and Women are From Venus" and he has done it again. His passion shines through in his words and this book will change lives for the better in this drug induced society. The medical profession can learn a lot from what John speaks of and his research shows. This book is a must read for everyone who has ADHD and is looking for alternative solutions to prescription drugs and their side effects.

John Gray's book is essential for today's world where more and more families are faced with the difficult decision whether or not to medicate their children for ADD & ADHD. John Gray has done extensive research on drug-free solutions for ADD & ADHD and it is worth it to read his comprehensive research while on the journey to finding solutions for yourself or your children. Lisa Garr

I recommend this book. Just a few years ago I was one of those people who said that nutrition can't compete with pharmaceuticals. And then I was diagnosed with a serious disease. While waiting to determine whether I would go through the surgery route or the drug route I radically changed my diet so that I could be in a healthier place for when I did surgery or other protocols. An amazing thing happened after that. My test scores got better and better and better. Today, I am in full remission and I did nothing but change the food and drink that went into my body. I believe there is a time for surgery and even for pharmaceuticals. I also believe that nutrition can have an amazing impact on the immune system and on healing. Dr. Gray's book is about nutrition as a way of dealing with ADHD. There will be some who say that's crazy. I say it's cutting edge (for Western Medicine). Hippocrates, the father of modern Western Medicine, once said; "Let food be thy medicine and medicine be thy food." • We in western cultures have completely lost sight of this notion and have become almost wholly dependent on surgery and drugs. Keep an open mind. You may find that the world is not flat and that food affects health.

Think you know all there is to know about ADHD and other brain performance issues? Think again. Have you wondered why your spouse has lost interest, your single friend has difficulty committing to relationships or your child has decreased focus? Then don't walk but run to your computer to

purchase *Staying Focused In a Hyper World, Book 1*. I have learned so much from all of John Gray's books, but this book tops them all. As a wife, mother and a Psychotherapist, the information is powerful and invaluable. A very easy read, it's packed with the latest brain health research, natural alternatives and inspiration from his own experience of self-healing, as well as those of his clients. Thank you John Gray for your thoughtful, easy-to-follow and highly effective natural solutions to a very big problem in this country and the world.

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