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Tu hai l'ADHD? (Italian Edition)

Gabriele Martelli

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Tu hai l'ADHD? (Italian Edition) Gabriele Martelli
Scoprilo attraverso un percorso che ti accompagna passo dopo passo alla conoscenza di questo particolare disturbo. Anche tu non hai trovato risposta a queste domande? Perchè mi distraggo facilmente, quando invece divento attentissimo nelle cose che mi piacciono? Perchè sento di poter fare di più ma invece riesco a fare meno? Perchè non riesco a stare fermo un attimo? Perchè sono cosi impulsivo, che dopo mi pento di quello che dico o faccio? Perchè non riesco a portare a termine le cose? Perchè rimando sempre tutto al punto che non so gestire il mio tempo? Perchè non riesco a programmare una giornata? Perchè sono disordinato e ogni volta che riordino dopo poco ritorno nel caos? Inizia un viaggio che ti accompagna in maniera semplice a comprendere cosa è l'ADHD, e come puoi imparare a conviverci una volta che la conosci, arginando le problematiche ed imparando a sfruttarne i doni. Tutto questo svelato da chi vive l'ADHD sulla propria pelle.

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