



MY BRAIN NEEDS GLASSES ADHD explained to children

MY BRAIN STILL NEEDS GLASSES ADHD in teenagers and adults Dr. Annick Vincent

Two practical guides for understanding and living with attention deficit disorder, with or without hyperactivity.

56 pages and 112 pages

August 2017 – New, updated editions

Éditions de l'Homme

> 70 000 copies already sold!

> English edition available

ADHD, characterized by inattentiveness, hyperactivity and impulsiveness, appears in childhood. More than half of the children it affects continue to show symptoms in adolescence and adulthood. Everyone affected needs to have access to good tools. The scientific information contained in these new publications is based on the most recent conclusive data. The tips and strategies to better manage ADHD are accompanied by the latest advice, especially on subjects like lifestyle, time management, space and emotions.

For children, the imaginary diary written by Tom, an eight-year-old boy, is full of instructive information and useful tips. This fictional friend's funny and imaginative words, accompanied and illustrated by attractive children's drawings, will help young readers better understand their situation – one with many challenges that are anything but imaginary.

By means of humorous illustrations and entertaining personal stories, adolescent and adult readers will learn more about the clinical symptoms, scientific literature and appropriate treatments for ADHD. The section on drugs, which includes information on the various options available, helps readers decide whether or not drugs are needed and manage adjustments so as to optimize their daily well-being.

An invaluable tool for anyone with ADHD, no matter what their age!

Strong points

- Solid scientific research, simply presented, easy to follow and straightforward, that everyone can understand.
- A lively format and amusing illustrations that make each book more inviting and more enjoyable.
- Readers can easily identify with the stories of people living with ADHD.
- A multitude of tips and practical advice to help all affected individuals deal more effectively with the challenges they face.

A psychiatrist and mother of four boys, **Annick Vincent** has acquired vast experience in the field of mood disorders and ADHD in adults. As a lecturer, she is very involved in communicating knowledge about attention deficit disorders to other doctors and healthcare workers, as well as to the public.

