



Tu hai l'ADHD? (Italian Edition)

Gabriele Martelli

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Scopri lo attraverso un percorso che ti accompagna passo dopo passo alla conoscenza di questo particolare disturbo. Anche tu non hai trovato risposta a queste domande? Perché mi distraigo facilmente, quando invece divento attentissimo nelle cose che mi piacciono? Perché sento di poter fare di più ma invece riesco a fare meno? Perché non riesco a stare fermo un attimo? Perché sono così impulsivo, che dopo mi pento di quello che dico o faccio? Perché non riesco a portare a termine le cose? Perché rimando sempre tutto al punto che non so gestire il mio tempo? Perché non riesco a programmare una giornata? Perché 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 convivere 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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