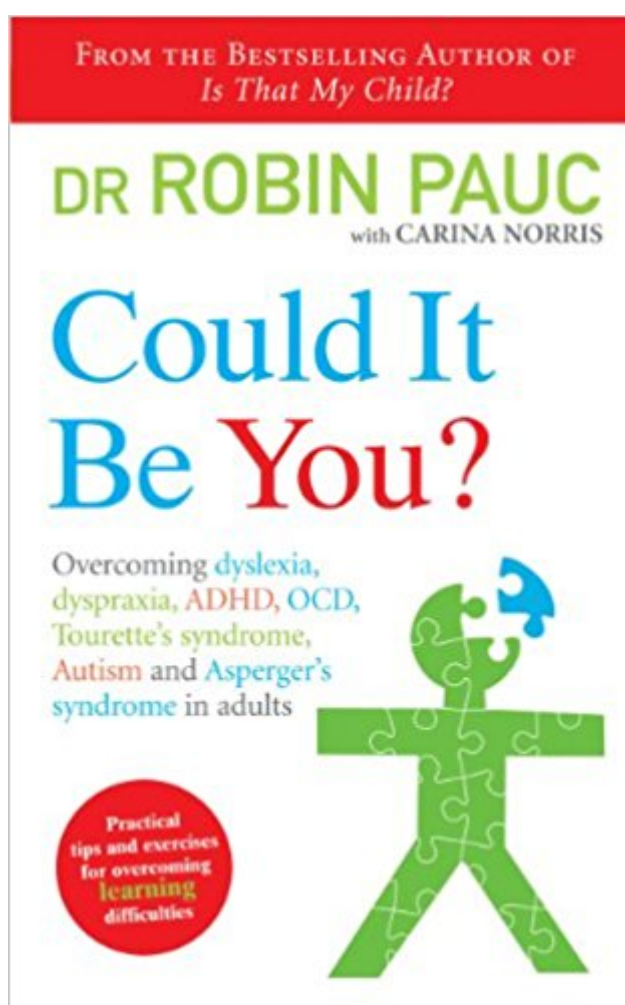


The book was found

# Could It Be You?: Overcoming Dyslexia, Dyspraxia, ADHD, OCD, Tourette's Syndrome, Autism And Asperger's Syndrome In Adults



## Synopsis

Following the massive success of his first book *Is That My Child?* - the groundbreaking guide to overcoming learning difficulties in children - Dr Robin Pauc turns his attention to adults and provides a revolutionary new way of understanding and treating conditions from dyslexia and dyspraxia to ADHD and Tourette's Syndrome. With sound advice, dietary tips and brain exercises, Dr Pauc explains the history of adult learning difficulties and provides a lifeline to those suffering from these conditions, including:

- The impact of learning difficulties on adults
- The history and symptoms of learning difficulties
- Practical ways to treat Dyslexia, Dyspraxia, ADD/ADHD, OCD, Tourette's, Autism and Asperger's syndrome
- How diet can help adults with learning difficulties
- General and specific exercises to help

## Book Information

File Size: 770 KB

Print Length: 210 pages

Page Numbers Source ISBN: 0753513390

Publisher: Virgin Digital (July 6, 2010)

Publication Date: July 6, 2010

Sold by: PRH UK

Language: English

ASIN: B003U9W3KI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,032,269 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Tourette Syndrome #897

in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences >

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to it.

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Gut and Psychology Syndrome: Natural Treatment for

Autism, ADD/ADHD, Dyslexia, Dyspraxia, Depression, Schizophrenia  
Is That My Child?: Exploding the Myths of Dyspraxia, Dyslexia, Tourette's Syndrome of Childhood, ADD  
Gut and Psychology Syndrome: Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia  
ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders)  
Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders (2nd Edition)  
Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, Ocd, Asperger's, Depression, and Other Disorders  
Eating for Autism: The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD  
Dyslexia Help Handbook for Parents: Your Guide to Overcoming Dyslexia Including Tools You Can Use for Learning Empowerment (Learning Abled Kids' How-To Books for Enhanced Educational Outcomes 2)  
Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More!: The one stop guide for parents, teachers, and other professionals  
No Duty To Retreat: The Stories of Tourette's Syndrome and Asperger's Autism  
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The ADHD and Autism Nutritional Supplement Handbook: The Cutting-Edge Biomedical Approach to Treating the Underlying Deficiencies and Symptoms of ADHD and Autism  
Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More!: The one-stop guide for parents, teachers, and other professionals  
Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals  
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