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### Transforming Health Archives Available

July 20th 2011: Conquer ADHD in 60 Days, without Ritalin

Do you tend to be late, do too many things at once, and underestimate how long it takes to complete a task? Do you tend to "zone out" whenever something is boring, too complicated, or hard to understand? Do you struggle to read, concentrate, focus and remember? If you answered yes, you are far from alone. These are just a few of the symptoms of Attention Deficit Hyperactivity Disorder (or ADHD). If you have ever wondered if you or someone you love suffers from ADHD, then you don't want to miss today's interview. Nicky VanValkenburgh, the author of Train Your Brain, Transform Your Life: C

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### Featured Guest



#### Nicky VanValkenburgh

Nicky VanValkenburgh is the author of "Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin." This book was voted "Best Self Improvement Book of 2011"

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