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August 16th 2011: Conquering attention deficit hyperactivity disorder without Ritalin

Nicky VanValkenburgh is the author of 'Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin.' She talks about the book, and the story it tells of her own personal experience with medications, brain training and ADHD. She describes the way ADHD affects children and adults, and the challenges that it creates for family caregivers. She explains the way brain training programs help with ADHD. She says why brain stimulation is so important in treating ADHD, and compares Ritalin, and other medications, with brain training programs in pr

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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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