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Scattered: How Attention Deficit Disorder Originates and What You Can Do About It

Gabor Mat M. D.

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Attention Deficit Disorder (ADD) has quickly become a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. Gabor Mat? believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In Scattered, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. Mat? moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three diagnosed children. Providing a thorough overview of ADD and its treatments, Scattered is an essential and life-changing guide for the millions of ADD sufferers in North America today.

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