

SCATTERED MINDS

A NEW LOOK AT THE ORIGINS AND HEALING OF ATTENTION DEFICIT DISORDER

GABOR
MATÉ
M.D.

"This delightful, helpful book is a
welcome addition to the literature
on ADD."

DR. JOHN RATEY

*co-author of *Drugs to Destruction* and *Mad as Hell**



Gabor Mate

Scattered Minds a New Look At the Origins and Healing of Attention Deficit Disorder



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Book



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ADHD and addiction EXPOSED At last some real insight into addiction and ADD/ADHD! Doctor Mate is normally spot-on in his observations and remedies, which do not consist of widespread and costly pharmacology. Rather, he cites stress, especially pre-natal and infant for the widespread handicaps of our children. This is sad. Children are still left to learn from TV and other kids. Dr. It is a mental (and physical) handicap which once was (but still is in European and primitive cultures where 'work' is not a precondition for survival) overcome by 'learned behavior'/socializing/bonding within the family members. It's what we do in 1940s Germany, and we'd repeat. Mate's newer work, "Realm of Hungry Ghosts", is required reading/discussion for anybody contemplating creating a family group. Five Stars Perfect! ADHD isn't an illness, Mate stresses. My belief was that it had been inherited or runs in the family. Well done, Doc! Highly recommended. The nonaddict understands that their opinions aren't facts, and that they may not apply to others which is where relief comes from. A sound theory and also if it wasn't accurate the book still holds valuable here is how to deal with Insert. Mate is an excellent writer for laymen and an outstanding speaker. Overall it was readable and understood. Dr. Mate also suffered from Add more which produced all the information even more believable. I go through it at once. . But... Only taking care of yourself will have you trapped in recovery for life.. Five Stars Fantastic book, very insightful and really useful in understanding the main and symptoms of ADD. The roles the parents play in their kids contracting add was the most interesting of all for me personally. I read it at once. Scientifically written with little subtle jokes. Helped me understand a whole lot about my recent diagnosis. The most effective in insight and wisdom The very best treatise of the psychology of mental development I have ever read, and I am students of the topic, 82 yrs. of age. Five Stars Brilliant author with significant materials that's written in easy to digest chapters and web pages. Mate's personal childhood as a concentration camp survivor, and a career treating drug addicts, and also the many scientific research he cites, make him a clarion tone of voice in this 'medical' crisis. People become addicts because they can't cope with the actual fact that their views don't transform others or the world. This book holds precious information on how to deal with Put. Scientifically written with little subtle jokes. Helped me understand a whole lot about my recent analysis. This old stance of the recovering addict trying to perpetuate that people don't hold them in charge of their tone. We perform. We don't admire people who act against those people who are having trouble containing their encounters, because we now understand that they are Veterans with PTSD, the sexually abused or they have learning variations. History shows us over and over again that we marginalize individuals who act against others. This book, and Dr. Excellent Read Helped me understand a lot about my recent analysis. Five Stars excellent Realizations Having worked with add children and also have one of my own this book made a lot of sense. The addiction is set up because you can't cope with the fact that others don't respond to you.) I know the addict has had an awful life. Moms (and fathers) who must rush back to work leave children without nurture necessary to complete brain development, a serious problem in America.. Once you focus on the fact that others don't need to put up with your harsh tone, words or body language, you will free yourself from having to be dependent on something. Your daily life will experience better because you received't be driving people away with your severe tone and body gestures. (It frees us up to focus on ourselves.



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