



Staying Focused In A Hyper World (Volume 1)

John Gray

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For the past 30 years, John Gray has taught us how we are different and given us new insights into better communication and stronger relationships. We need more than new communication skills and an understanding of our differences to have healthy relationships these days. We also need the nutritional support necessary for positive moods, sustained energy and most importantly, focus. Without focus, communication breaks down in all relationships and frustration increases. Without focus in romantic relationships, passion is lost and there is an increase in breakups and divorces. Without focus at work, people are increasingly dissatisfied and bored, often feeling unappreciated, distracted, exhausted or overwhelmed. Without focus, our lives lose purpose, we are easily distracted, forgetting what we are here for or never realizing what is most important in life. In the midst of our accelerated progress, our modern society has lost our way. We have a greater consciousness of new possibilities but we feel less connected in our relationships due to our loss of focus. John Gray has devoted the past 20 years to researching mental health and its effect on our relationships. He has reviewed thousands of medical studies and traveled the world to find ancient remedies for improving one's mind, mood and focus. *Staying Focused In A Hyper World: Natural Solutions For ADHD, Memory And Brain Performance* shares these findings and offers practical strategies for increasing focus, clarity, memory, motivation and sustaining positive moods. Gray explains what causes ADHD in children and how it is the underlying cause for many health issues later in life, including dementia, Alzheimer's Disease and even Parkinson's Disease. He details the varied forms of ADHD, from hyperactivity to daydreaming and he provides step-by-step protocols for treating a number of common ailments with natural supplements and lifestyle changes.

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