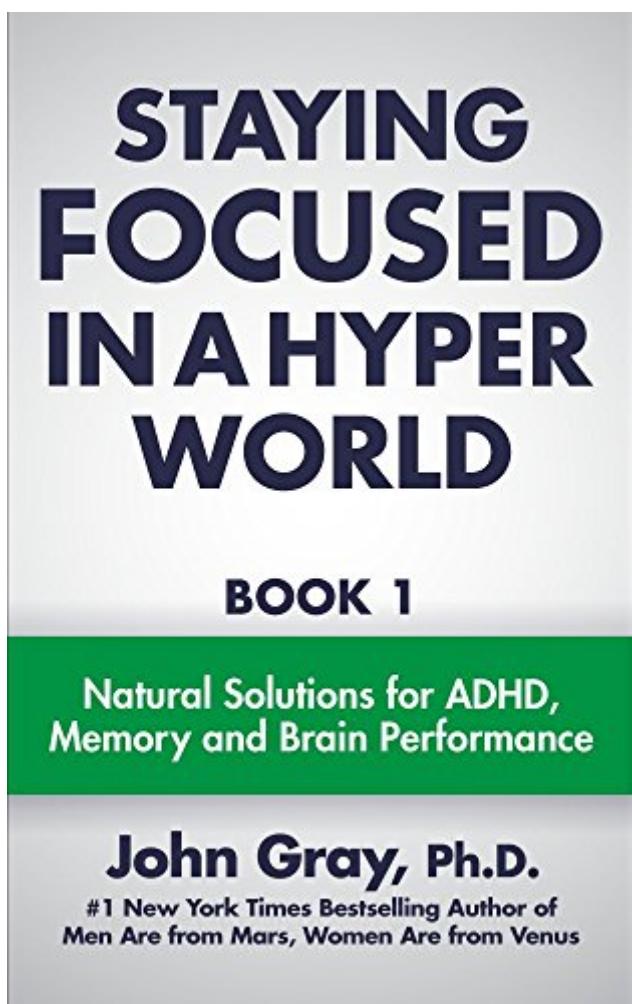


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# Staying Focused In A Hyper World: Book 1; Natural Solutions For ADHD, Memory And Brain Performance



## Synopsis

For the past 20 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.

## Book Information

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## **Customer Reviews**

John Grays Work on this subject is amazing. I have been listening to his daily free videos at marsvenus.com for months. This helpful book gives tips suggestions and supplement recommendations for improving mental health. This will be helpful for anyone who wants to improve their focus and mental clarity. From the genius to the challenged his tips help us all. He has spent years studying was to improve mental health and well being. He is a wise and caring person who has much useful information to share. It is rare to have this much valuable information packed is a book for only \$2.99. It will be the best three dollars you have ever invested.

Once again John Gray is "ahead of the medicine" with his insightful study of natural ways to heal the brain. John Gray writes from personal experience in healing himself, as well as including cutting-edge research. Well-written, helpful and inspiring. Bravo!

John is a top notch researcher and master student of health. He has studied so much, and he has done his research. I encourage you to buy this book and test his ideas.

Well researched. Absolutely will give you a new perspective on ADHD and healing the brain.

Einstein said things should be a simple as possible, but not simpler. John Gray has hit that sweet spot in this excellent book. His writing exemplifies focus. Spend one hour with this book and you'll have a host of ideas you can put into practice immediately. Thank you, Dr. Gray for clearing away the confusion around ADHD and providing a sane path to healthy living.

Read and follow "Staying FOCUSED in a Hyper World" as if your life depended on it... emotionally it

just may! John's insights into the mine field of health are astounding -- so clear and straightforward. He makes a complex world of wellness seem simple and manageable. Anyone can follow his recommendations. Essential for restoring your children to natural behavioral management rather than having them drugged up, and for adults to renew vitality. Absolutely a must read for anyone who wants to take charge and eliminate or reduce serious health issues. I see it as a path to freedom, virility, and joy.

I love John Gray's work. (It's his 4th book I've read) What I find challenging is I think this book should be half price or changed to represent value. I got it after listening to a podcast interview with him and some of what I wanted to know is in book 2 or 3. And I'm not sure if I will purchase them all. Would also be good if in the book there was some special segments or pages that I could 'copy and paste' or screen shot to share his work and lead more people that should read the book to the book.

I can't thank John Gray enough for his passion to make a difference in people's lives. His research is thorough and in layman terms so anyone can understand and apply what he is offering to their unique situations. John's life purpose has always been in giving back and I am grateful for what he continues to do. He changed my life and my relationship with my wife so many years ago with " Men are From Mars and Women are From Venus" and he has done it again. His passion shines through in his words and this book will change lives for the better in this drug induced society. The medical profession can learn a lot from what John speaks of and his research shows This book is a must read for everyone who has ADHD and is looking for alternative solutions to prescription drugs and their side effects.

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