



# When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God)

By Wendy Richardson

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This insightful book takes a thorough look at the link between AD/HD and addiction and offers tips on how to combat its devastating effects. Discover how the latest research underscores the importance of treating both the AD/HD and the addiction in order to ensure a full recovery.

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*By Wendy Richardson*

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- Rank: #254848 in eBooks
- Published on: 2014-02-01
- Released on: 2014-02-01
- Format: Kindle eBook



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### **Editorial Review**

#### From the Back Cover

Don't let AD/HD ruin your life. Ever feel out of control--like you just can't get enough food, gambling, sex, or alcohol? Have you ever been diagnosed with or suspected that you might suffer from Attention Deficit Hyperactivity Disorder? If so, AD/HD could be fueling your addiction. Even more serious, undiagnosed or untreated AD/HD might be undermining your recovery efforts. Family therapist and addiction specialist Wendy Richardson has been there too. Someone with AD/HD herself, Wendy explains the explosive link between AD/HD and addiction and offers tips on how to combat its devastating effects. She reveals how the latest research underscores the importance of treating both the AD/HD and the addiction in order to ensure a full recovery. If you or a loved one can't seem to overcome your addiction, you owe it to yourself to read this book. There might be scientific reasons why it's harder for you to recover. Don't let AD/HD rule your world. Take back control and begin a new chapter in life.

#### About the Author

Wendy Richardson, MA, MFT, CAS, author of *The Link Between ADD and Addiction* and *Getting the Help You Deserve*, is a licensed marriage, family therapist and a certified addiction specialist who has worked in addiction treatment since 1974. She is a nationally recognized expert on ADHD and co-occurring addictions, eating disorders, and criminal behavior. Wendy also has a private counseling practice in Soquel, California.

### **Users Review**

#### **From reader reviews:**

##### **Margaret Soto:**

Often the book When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God) will bring someone to the new experience of reading the book. The author style to spell out the idea is very unique. When you try to find new book to see, this book very ideal to you. The book When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God) is much recommended to you to learn. You can also get the e-book in the official web site, so you can quickly to read the book.

##### **James Ellis:**

Are you kind of active person, only have 10 or even 15 minute in your morning to upgrading your mind skill or thinking skill even analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short space of time to read it because all this time you only find reserve that need more time to be learn. When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God) can be your answer because it can be read by an individual who have those short free time problems.

**Roger Patrick:**

Reading a book to get new life style in this calendar year; every people loves to read a book. When you study a book you can get a lots of benefit. When you read books, you can improve your knowledge, since book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you wish to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, and soon. The When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God) provide you with new experience in looking at a book.

**Donna Robinson:**

As a student exactly feel bored in order to reading. If their teacher inquired them to go to the library in order to make summary for some e-book, they are complained. Just minor students that has reading's internal or real their interest. They just do what the trainer want, like asked to the library. They go to generally there but nothing reading significantly. Any students feel that looking at is not important, boring along with can't see colorful photos on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this period of time, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God) can make you feel more interested to read.

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