

**A whole new way to view A.D.D./A.D.H.D.  
You will learn about:**

- ↪ a powerful new natural approach and perspective that will help you and your loved ones to *Move Beyond ADD/ADHD*
- ↪ becoming an empowered parent and reinforcing your adult relationship
- ↪ basic easy-to-do tools and techniques to learn and practice to assist recovery
- ↪ controlling and taking charge of your self and your life to transform yourself and your family
- ↪ why Ritalin and other drugs for ADD are not the answer
- ↪ the importance of the "eight C's" in moving beyond
- ↪ the toxic trio: T.V., junk food, and consumerism
- ↪ going within—the new frontier
- ↪ the body's "root-points" and how to use them
- ↪ the seven commandments of ADD parenting
- ↪ the importance of body language and use of the five senses
- ↪ becoming more calm and in harmony with yourself and your family
- ↪ having a healthier, more authentic, expansive and joyful life

"This book is full of important insights for all parents, educators, and health care professionals. Its publication is a cultural milestone marking a transition from the blind belief that we can expect science to fix every problem to a more balanced understanding that science can help us partially, and *our own inner powers can help us even more.*"

—Meir Schneider, director of Center of Self-Healing, San Francisco

"This book correctly establishes a connection between the problems of A.D.D. and the hyperactivity and insensitivity of a culture that has lost its roots in nature. I recommend it highly."

—Alexander Lowen, M.D., founder of Bioenergetics Analysis, author of *Bioenergetics*

"This extraordinary book is not about masking symptoms. It's about improving an A.D.D. child's or adult's inner state of well-being. The suggested holistic approach offers answers and information that will help *anyone's* state of being."

—Doris J. Rapp, M.D., F.A.A.A., F.A.A.P., F.A.A.E.M.  
Clinical Assistant Professor of Pediatrics  
State University of New York

Health, Psychology, Parenting



**As Seen on  
Good Day New York  
Fox 5 Television!**

Transpersonal  
Publishing



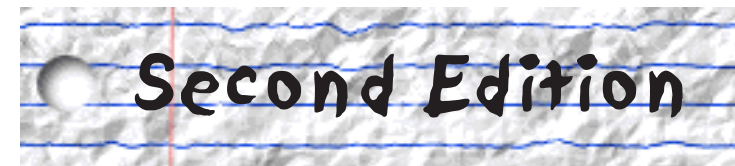
**Moving Beyond A.D.D./A.D.H.D.**  
An Effective, All-Natural, Holistic, Mind-Body Approach

Rita Kirsch Debroitner, R.C.S.W., Ph.D.  
and Avery Hart, L.C.S.W., Ph.D.

# Moving Beyond



**An Effective,  
All Natural,  
Holistic,  
Mind-Body  
Approach**



"Moving Beyond ADD/ADHD is hands down the best, most down-to-earth, fun, and encouraging book on parenting a child with ADD/ADHD that I've ever read."

Christiane Northrup, M.D.  
*Mother-Daughter Wisdom  
The Wisdom of Menopause  
Women's Bodies, Woman's Wisdom*

**Rita Kirsch Debroitner, R.C.S.W., Ph.D.  
and Avery Hart, L.C.S.W., Ph.D.**