



Healing Sounds for ADHD: New Therapeutical Perceptions

Dick de Ruiter, Danny Becher

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This practical guide opens with an overview of state-of-the-art therapeutic counseling and medical treatment for children suffering from ADHD. Then Dick de Ruiter describes the possibilities of accompanying this treatment with special sounds and music, which up until now, have not been seriously considered as therapeutic tools in the treatment of ADHD. The accompanying CD contains the sounds of the voices, singing bowls, chimes, and other instruments that have proven to have a special effect on both body and mind. It can serve as background during therapy, communication training, or relaxation exercises, but it can also be used at home to immerse the child in a warm and comfortable sound bath. Several tracks have neurosonic qualities that have a direct and calming effect especially on children with ADHD. Once they've experienced that effect, these children are often highly motivated to listen regularly to the CD.

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a guide. The book Healing Sounds for ADHD: New Therapeutical Perceptions it is very good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book provides high quality.

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