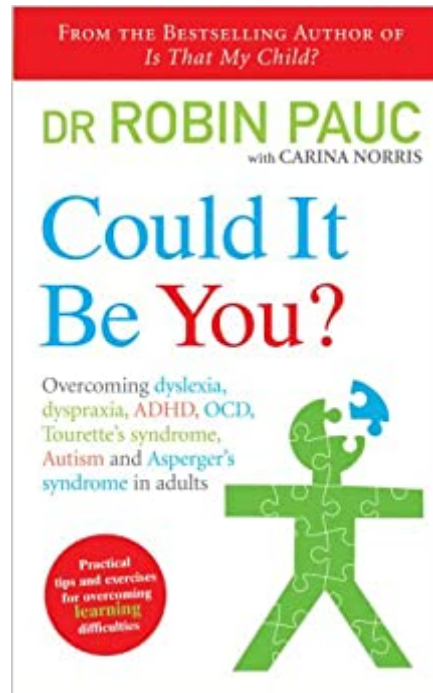




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Could It Be You?



Synopsis

This title provides a revolutionary new way of understanding and treating conditions from dyslexia and dyspraxia to ADHD and Tourette's syndrome. With sound advice, dietary tips and brain exercises, it explains the history of adult learning difficulties and provides a lifeline to those suffering from these conditions.

Book Information

Paperback: 208 pages

Publisher: Virgin Books; UK ed. edition (March 1, 2009)

Language: English

ISBN-10: 0753513390

ISBN-13: 978-0753513392

Product Dimensions: 5.3 x 0.7 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,547,861 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Tourette Syndrome](#) #3127 in [Books > Medical Books > Psychology > Neuropsychology](#) #3395 in [Books > Politics & Social Sciences > Sociology > Marriage & Family](#)

Customer Reviews

In his groundbreaking book *Is That My Child?*, Dr Robin Pauc introduced a revolutionary new way of understanding and treating learning difficulties, from dyslexia and ADHD to OCD and Tourette's syndrome. Dr Pauc explained that: Learning difficulties as we know them do not exist They are not conditions in their own right, but symptoms These symptoms never appear alone They are all treatable Now in *Could it be You?* Dr Pauc turns his attention to adults and provides a practical lifeline to anyone living with learning or behavioural difficulties, and explains clearly: The history and impact of learning difficulties in adults How learning difficulties are assessed and treated A revolutionary new way of understanding how learning difficulties arise What to eat to help your brain function more efficiently How to reduce the effects of learning difficulties through a combination of general and specific exercises Including case studies of patients who have been successfully treated by Dr Pauc's methods, *Could it be You?* offers sound, easy-to-follow and practical advice that could greatly reduce the effects and suffering associated with adult learning difficulties.

Dr Robin Pauc is a specialist in child neurology and runs his own practice in Hampshire. He lectures on behalf of the prestigious Carrick Institute for Post-graduate Studies at Cape Canaveral and is author of *Is That My Child?* as well as several academic texts.

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