

Mastering Concentration for Adult ADHD

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Synopsis

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Effective techniques to calm your thoughts and overcome the symptoms of ADHD.

Maybe you've been told to "just try harder and focus." As if it were that simple. It's true people with ADHD are wired differently. But with the right tools the symptoms of ADHD can be managed effectively. What most people giving advice don't know, are the specific techniques and systems that real people with ADHD have used to stop overthinking and improve their focus.

You can:

- Improve focus
- Have a better memory
- Reduce anxiety and overthinking

In *Mastering Concentration For Adult ADHD*, you'll discover:

- How to shut off your mind and turn down the volume on anxious thoughts so you can focus
- Reduce overthinking with simple mindfulness techniques, scientifically proven to help
- How to strengthen your memory so you can remember the important things
- The truth about ADHD, what are the facts and what are myths

Imagine being able to shift into a more relaxed and calm state when you needed to. How much more would you enjoy every day? How much more could you get done? Don't wait to find out. Take the next step today.

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

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