



# Focused Forward: Navigating the Storms of Adult ADHD

*James M. Ochoa LPC*

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## Focused Forward: Navigating the Storms of Adult ADHD James M. Ochoa LPC

In *Focused Forward: Navigating the Storms of Adult ADHD*, author and self proclaimed “ADHD-er” James M. Ochoa, LPC goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers back—the emotional fallout of ADHD. He helps readers identify, manage and alleviate symptoms of a PTSD-like condition he calls the Emotional Distress Syndrome, with practical, proven advice including:

- Understanding the link between ADHD and emotional distress
- What Emotional Distress Syndrome (“EDS”) feels like
- How to construct an Emotional Safe Place
- How to recruit your own Mental Support Group
- Eight essential tools to help you cope
- And more...

With wisdom, humor, and plenty of (sometimes painful) empathy, *Focused Forward* will help adults with ADHD move past the pain and shame toward a future full of possibility, balance and joy.

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