

Author Thomas W. Scott Helps Those Living with ADD and ADHD Explore Ways to Make Now Better So Later Will be Easier

His Book will Inspire Readers to Understand Themselves and Others from Different Perspectives

KANSAS CITY, MO, UNITED STATES, May 18, 2022 /EINPresswire.com/ -- [Book](#) Press Release

“

For many of us living and learning hurts. Nothing is more painful than to see your child, or yourself for that matter struggle with social, emotional, academic, or vocational frustrations.”

Thomas W. Scott, M.S., L.P.C.

WHEN LIVING AND LEARNING HURT: MAKING NOW BETTER, SO LATER WILL BE EASIER

Published by Outskirts Press, \$20.95

For those who identify as being [ADD](#) or [ADHD](#) they often find themselves operating from a perpetual come-from-behind-position. During the past two years, the pandemic has fertilized anxiety, uncertainty, and doubt. Depression and loneliness have exponentially increased, leaving children and adults, not knowing what to do next. The pandemic aside, these are common experiences of

children and adults with ADD and ADHD.

Unlike other books in this genre, "When Living and Learning Hurt: Making Now Better, So Later Will Be Easier" will make you laugh, and resuscitate your spirit. The author's education, training, and clinical experiences, coupled with his candid personal history is a compelling read. The reader will learn about the newest discoveries in interpersonal neurobiology, and psychology, combined with ancient wisdom, thus leading them on a fascinating path of self-discovery.

"When Living and Learning Hurt: Making Now Better, So Later is Easier" is available for purchase online at <https://tinyurl.com/7jdmhu6y>.

Cindi Rogers

By George PR

+1 816-506-8732

crogers@bygeorgepr.com

Visit us on social media:

[Facebook](#)

LinkedIn

ADD-ADHD✿

When Living *And* Learning Hurt

*Making Now Better,
So Later
Will Be Easier.*

✿ *And other social / emotional /
educational frustrations.*

Thomas W. Scott
M.S., L.P.C.

When Living and Learning Hurt:
Making Now Better, So Later Will Be
Easier

This press release can be viewed online at: <https://www.einpresswire.com/article/573000888>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 Newsmatics Inc. All Right Reserved.