

A major reason many ADD/ADHD, dyslexic and processing challenged children and adults struggle with maintaining focus and with reading and comprehension is due to: **“Unfinished” development of the left hemisphere!**

Sharper Minds.
1-866-HELP-A.D.D.

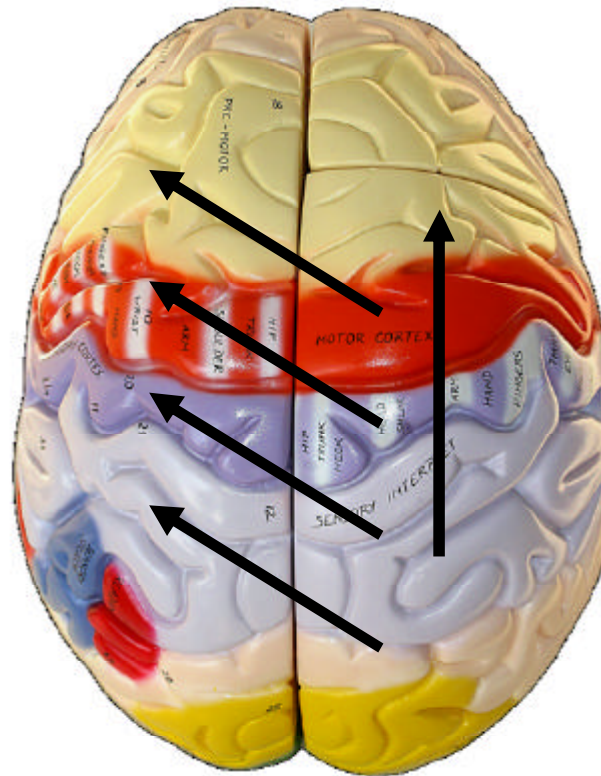
LEFT hemisphere:

- Rational, logical, analytical
- Methodical (the “brake & steering” side of the brain)
- Abstract thinking (shades of gray)
- Detail oriented
- Task oriented
- Speech and language centers: Words, reading, comprehension and the grammar of writing,
- Likes to learn through reading and listening
- Math skills
- Plans ahead, organized, sequential
- Self-disciplined, persistent
- Self-motivated, driven

The Sharper Mind Centers® program stimulates the brain to continue its development, which will often resolve the symptoms of ADD/ADHD, dyslexia and other learning or processing problems.

FRONTAL lobe (Pre-frontal cortex):

- Analysis of stimuli and determining response
- Executive function
- Higher thought and conscience
- Morals



RIGHT hemisphere:

- Emotional, intuitive, creative, storytelling, art & music
- Faster (the “gas pedal” side of the brain), impulsive
- Concrete thinking (black & white)
- Big picture oriented, visionary
- Relationship oriented
- Taste and Smell
- Likes to learn by doing (hands on learner)
- Recognizes faces and patterns
- Spontaneous, lives for the moment, into fun.

If the brain is not operating efficiently with both hemispheres, it can produce a chronic stressful state, leading to **depression** and **anxiety**, which may lead to addictive behaviors, and/or the chronic use of prescription or illicit drugs.

Directions of Functional Brain Development