



Ritalin Nation: Rapid-Fire Culture and the Transformation of Human Consciousness

Richard DeGrandpre

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In this illuminating investigation of the epidemic of attention deficit disorder (ADD) and its most widely prescribed treatment, the powerful psychostimulant Ritalin, psychologist Richard DeGrandpre sounds a warning: we may well be failing our children by treating symptoms and not causes with a quick-fix and ultimately unsatisfactory solution.

Drawing on the latest findings from developmental, psychobiological, and social scientific research, DeGrandpre "criticizes America's obsession with performance and quick satisfaction and the country's reliance on Ritalin [as] a performance-enhancing drug" (*Natural Health*). He cautions that our society-wide rush to more, and faster, stimulation leaves children especially vulnerable to "sensory addictions." *Ritalin Nation* exposes the shortsightedness of mere biological explanations of ADD and offers some practical guidelines for cultivating a less-hurried existence and promoting a saner, safer community for our children.

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