



# 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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