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**MINDFULNESS TECHNIQUES AND SOUND APPLICATIONS FOR  
THE TREATMENT OF ADHD SYMTOMS**

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## **ABSTRACT**

Attention Deficit Hyperactivity Disorder is a chronic disorder which affects people's functionality for life. ADHD symptoms are mostly treated with medication and behavioral, cognitive therapy. However, there are therapies which enhance meta-cognitive skills and brain electric power. Mindfulness programs and sound applications reinforce attention directly, without the side effects of drugs. These interventions may support those who are diagnosed with ADHD long term and may cause brain plasticity. They appear as promising although they are at an initial stage of research. Mind, body and energy may get connected in harmony as a holistic protocol of intervention which may be more effective for ADHD symptoms.

**Key words:** ADHD, intervention, mindfulness, binaural beats, music, noise

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