



A Man of Many Letters

Steve Buster Johnson

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'A Man of Many Letters' is a self-help guide for anyone affected by ADHD, ODD and OCD, written by a man who has lived a full and successful life by turning what most people would consider a debilitating condition to his advantage without the aid of medication or psychological counselling. Rather than being presented in the form of an autobiography, the contents of the book is broken down into hundreds of individual topics, grouped in the categories of ADHD, ODD and OCD.

What makes 'A Man of Many Letters' unique is the fact that the entire project - text, structure, photographs and graphics - was conceived, designed and written by the author, Steve 'Buster' Johnson, with no input from any other source, apart from the 'Foreword' section which was written by Dr Peter Evans MBBS, FRANZCP, a leading child psychologist, who was invited to read the final draft of the manuscript and volunteered to give an unbiased professional opinion of the book.

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