



Edward M Hallowell, MD

Are you looking for practical, how-to solutions to life's personal challenges? Bestselling author, Dr. Ned Hallowell offers groundbreaking advice on how to learn the art of forgiveness, how to raise happy children, how to manage worry, and many other important health issues.

A graduate of Harvard College and Tulane School of Medicine, Dr. Hallowell is a child and adult psychiatrist and the founder of The Hallowell Center for Cognitive and Emotional Health in Sudbury, MA.

He was a member of the faculty of the Harvard Medical School from 1983 to 2004.

Dr. Hallowell is considered to be one of the foremost experts on the topic of ADD. He is the co-author, with Dr. John Ratey, of the national bestsellers about ADD, *Driven to Distraction*, and *Answers to Distraction*. In January of 2005, Drs. Hallowell and Ratey released their much-awaited new book on ADD, *Delivered from Distraction*.

Dr. Hallowell is a frequent speaker on health issues, and has been frequently featured in the national media, including "60 Minutes", "The Jane Pauley Show", PBS, NPR, "20/20", "The Today Show", "Dateline", "Oprah", "Good Morning America", US News and World Report, Newsweek, USA Weekend and the Harvard Business Review.

From corporate audiences to parent-teacher workshops and national television shows, people who listen to Dr. Hallowell come away stimulated, inspired, amused and always better informed. He is a charismatic speaker, combining the knowledge of a Harvard instructor with the warm, easy manner of an experienced public speaker.

Dr. Hallowell lives in the Boston area with his wife, Sue, a social worker, and their three children.