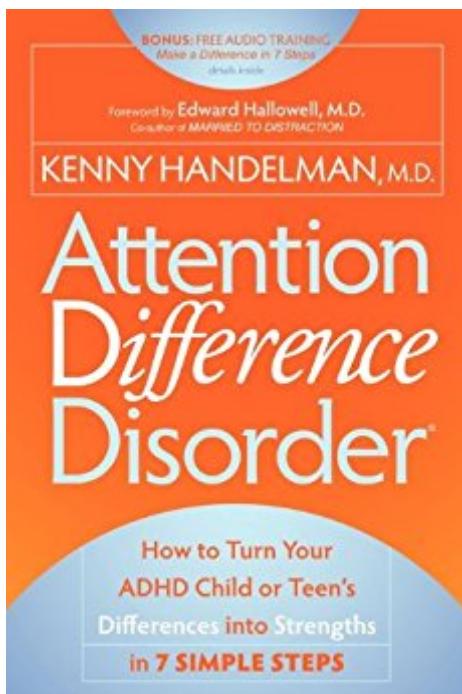


The book was found

# Attention Difference Disorder: How To Turn Your ADHD Child Or Teen's Differences Into Strengths In 7 Simple Steps



## **Synopsis**

This book helps parents to address ADD/ADHD in 7 simple steps. It's easy to read, and synthesizes scientific and clinical research in a way which is accessible to parents of kids and teens. It dispels ADHD myths which make parents feel shame and guilt. It brings a strength based approach to a condition which has been generally been treated negatively. The 7 simple steps to succeeding with ADHD include: 1) Education about the condition, 2) Ensuring a proper diagnosis, 3) Parenting Strategies, 4) Educational Strategies, 5) Medication Treatments, 6) Alternative Treatments and 7) Treatment Integration.

## **Book Information**

File Size: 708 KB

Print Length: 258 pages

Page Numbers Source ISBN: 1600378889

Publisher: Morgan James Publishing (March 31, 2011)

Publication Date: March 31, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B00513MO9G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #596,178 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #99 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Special Needs > Hyperactivity #211 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #363 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders

## **Customer Reviews**

I started and finished this excellent book in one day! It was so insightful and thought provoking that I couldn't put it down. My child (15 years old) has been diagnosed with ADHD-Inattentive type since 4th grade and also is dealing with anxiety issues and OCD (obsessive thoughts). Dr. Handelman's explanation of ADHD and the other 7 steps laid out several aspects of this disorder I had not really

given thought to. I could see my daughter in the book in so many places. Because of the information provided I have now listed out several questions for my daughter's psychologist to research for me to make sure we are on track in helping my daughter be the best she can be at home, at school and with life in general. I highly recommend this book to newly diagnosed parents of children with ADHD and even to those who have been dealing with a child who has been diagnosed for years. As Dr. Handelman points out, things change as the child progresses through difference stages of life. It is a marathon, not a sprint as Dr. Handelman so aptly states.

As an ADD coach with ADD myself and parent to 3 of my own ADD children, I am often asked for resources about ADD. When parents first come to me for coaching and their child has just been diagnosed, what they need first of all is comprehensive up to date reliable information about ADD and fast! And I know the feeling, when my kids were first diagnosed- I just needed the information, and I needed it yesterday, but finding that resource was not so easy, there were so many books already on the market, which to choose? And how do you trust the internet? So far all the books I have read about ADD, although they pretty much all have great information, ironically they can often be difficult to get through, especially if you are ADD yourself, therefore as a coach I am loathe to recommend them. But not so with this book, this is delight to read, it's warm and witty as well as being full of practical down to earth tips and strategies that are simple and relevant. From parenting, to medications, to school issues and so much more, it not only demystifies all of the hot topics, it's been designed to be easy to read and ADD friendly and you can tell! This will be my new "Go to" resource to offer the overwhelmed parents I work with, who need all the right information, right now.! ..Dr Handelman's personal experiences with his patients, and his passion for the children he works with shine through to give us a great new book that will surely be a new bestseller in the ADD world.

The book "Attention Difference Disorder: How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps" lives up to its title. The author not only gives information about attention deficit (or difference) disorder, but more importantly, he also offers practical solutions for parents and children/teens living with the disorder. And this is the book's most valuable asset in my opinion. Dr. Handelman also covers and debunks many myths about ADHD and addresses the confusion and guilt that parents may feel as they may run into roadblocks when seeking the best solutions for their child/teen. I recommend this book for anyone with ADHD or who has a child or teen with ADHD. It is well written, easy to read and a practical reference tool rather than just a one time read. I would purchase it again.

As a parent of an ADHD son, and also founder of a local foundation to promote awareness of learning differences, I encounter many parents and community professionals, searching for resources. Dr. Handelman's book is a breath of fresh air. It is simple to read, concise, and allows you to put strategies into practice, without feeling you need a degree in psychology to understand. The book reads as though your best friend is having a clear and loving conversation with you, telling it to you straight. Full of energy and positive images, this book has now become my number one tool in my toolbox!

This book is packed full of useful, practical information on parenting children with ADHD and is written in an easy, clear style that makes it must-read for anyone who cares about or for a child with ADHD/ADD. Dr. Handelman's positive, practical guidelines for managing ADD challenges while fostering the development of strengths is a refreshing and useful approach that I really appreciate. With all the negative information that we parents are bombarded with about ADD, this book is like the light at the end of the tunnel. It is concise and "to the point" in a way that busy parents (like myself) can appreciate, while not missing a beat in the content. I highly recommend this book to all parents of kids with ADHD / ADD challenges, but also to anyone who works with or cares for them. A great resource.

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