



ADHD--Living Without Brakes

Martin Kutscher

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This concise and highly accessible book contains everything that parents and busy professionals need to know about ADHD. The author describes the spectrum of ADHD, the co-occurring symptoms, and common difficulties that parents face. The rest of the book focuses on solutions, based around four rules. Rule number one is keeping it positive: punishments can change behavior, but only positive approaches can improve attitude. Rule number two is keeping it calm: it's difficult thinking clearly enough to solve problems logically if you are feeling overwhelmed. Rule number three is keeping it organized: this rule relates particularly to the child's school life. Rule number four is to keep doing rules one to three. Finally, Dr. Kutscher discusses the role of medication for treating ADHD. The concluding chapter summarizes the information covered and can also be read as a complete, freestanding text. Useful checklists and further reading recommendations are also included. Realistic and optimistic, this book is the ideal source of information and advice for parents and professionals who are trying to keep up with children who are living without brakes.

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From reader reviews:

Carlos Reese:

Book is to be different for each grade. Book for children until adult are different content. As we know that book is very important for people. The book ADHD--Living Without Brakes was making you to know about other information and of course you can take more information. It doesn't matter what advantages for you. The book ADHD--Living Without Brakes is not only giving you more new information but also to be your friend when you truly feel bored. You can spend your own personal spend time to read your guide. Try to make relationship while using book ADHD--Living Without Brakes. You never experience lose out for everything in the event you read some books.

Ruth Jones:

People live in this new morning of lifestyle always aim to and must have the free time or they will get lots of stress from both day to day life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the particular book you have read is ADHD--Living Without Brakes.

Lily McDermott:

Many people spending their time frame by playing outside using friends, fun activity together with family or just watching TV the entire day. You can have new activity to shell out your whole day by studying a book. Ugh, you think reading a book can really hard because you have to use the book everywhere? It all right you can have the e-book, having everywhere you want in your Cell phone. Like ADHD--Living Without Brakes which is finding the e-book version. So , try out this book? Let's view.

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