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# Total Focus: A Comprehensive Program To Improve Attention, Concentration And Self-Control In Children



## Synopsis

A comprehensive, step-by-step program that will help your child improve attention, concentration and self-control - to see improvement both at school and at home. Bonus Audio - ADHD's First Aid for Parents, General Relaxation for the Whole Family and Happy Parents.

## Book Information

Audio CD: 138 pages

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Language: English

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Product Dimensions: 10.1 x 8.2 x 0.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #665,868 in Books (See Top 100 in Books) #22 in [Books > Books on CD > Parenting & Families > Parenting](#) #8231 in [Books > Parenting & Relationships > Parenting](#)

## Customer Reviews

I work in a children's outpatient clinic and find many helpful activities and techniques to share with parents in this book. I have recommended it to many families, including parents of children without ADHD, as an excellent way to modify what are seen as problem behaviors. Though a bit dated (by today's standard of ever-evolving searches for best practices), the techniques are well grounded in behavioral theory. I would take issue with the doctor's stance that some children "need" medication but perhaps the doctor's perspective has shifted some in the 8 years since this was first published in light of the risks associated with long-term medication therapy. All in all, an excellent resource for parents.

Friends told me about the book/CD's and I love it. Lots of information to help my child.

For us, the biggest challenge is getting past the voice and feeling as though someone was simply reading a boring book to us (sorry Dr. Bob!) Unfortunately, the cd's were not as upbeat or engaging as we anticipated, making it (at least for us) difficult to stay focused on what was being "read" - which is ironic considering the "Total Focus" title. :-)

We really had to make a conscience effort to follow along. I would recommend giving it a try if you find a good buy. On the flip side, it does have

useful information and is well packaged with easy to follow steps. Overall, I don't think this is a program that my son will find interesting enough to stick with even with encouragement. However, it may be more ideal for other children. I highly recommend the Total Transformation program.

We are working the program so and steady my guy 7 is struggling and do not recommend making too many changes at once. I am actually applying these techniques in my hectic lifestyle.

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Focus: Best Ways to Improve Your Concentration and Improve Your Learning How To Focus: Stop Procrastinating, Improve Your Concentration & Get Things Done - Easily!  
Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance  
Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity)  
Focus and Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep Learning System Featuring Rachael Meddows  
Organization: The 7 Habits to Organize Your Day, Productivity, and Focus (organization, success, efficiency, declutter, focus, productive, mind control)  
The Total Latin Guitarist: A Fun and Comprehensive Overview of Latin Guitar Playing , Book & CD (The Total Guitarist)  
Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1)  
Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders  
The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)  
Directed by Purpose: How to Focus on Work That Matters, Ignore Distractions and Manage Your Attention over the Long Haul (Six Simple Steps to Success Book 5)  
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