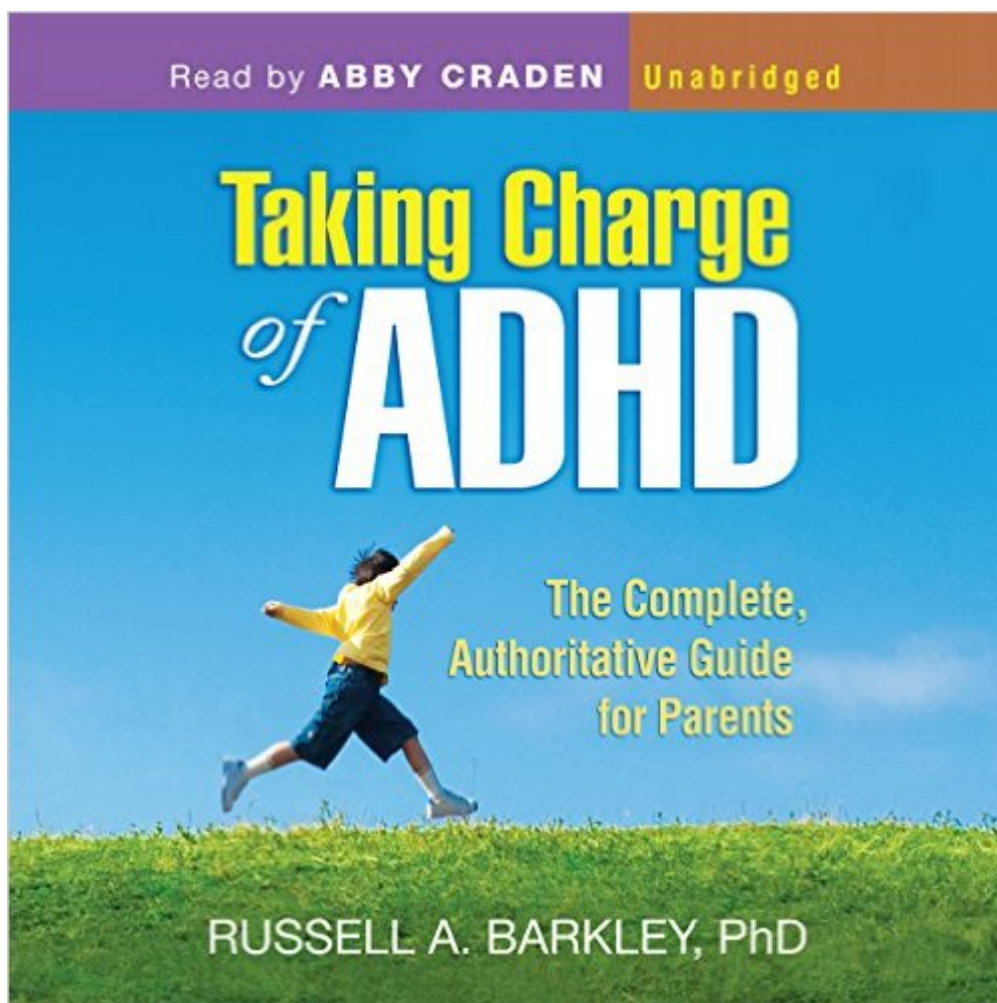


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# Taking Charge Of ADHD: The Complete, Authoritative Guide For Parents (Third Edition)



## Synopsis

The newest edition of a proven bestselling guide for anyone helping a child or youth manage their attention deficit hyperactivity disorder. From distinguished researcher/clinician Russell A. Barkley, this treasured parent resource gives you the science-based information you need about attention deficit hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for six- to eighteen-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips, Dr. Barkley helps you: Make sense of your child's symptoms. Get an accurate diagnosis. Work with school and health care professionals to get needed support. Learn parenting techniques that promote better behavior. Strengthen your child's academic and social skills. Use rewards and incentives effectively. Restore harmony at home. Updated throughout with current research and resources, the third edition includes the latest facts on ADHD medications and what causes or does not cause ADHD.

## Book Information

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## Customer Reviews

When I think of the agony I've had to go through, living with what now seems an utterly classic case of ADHD, and now grown up, it is so affirming to read that Dr. Barkley concludes not one method of treatment -- behavioral modification, medication, external devices, inner talk, medication (you really need to repeat this one), organizational strategies, and so on, NOR all of these strategies put together is going to make living with someone -- child, student, adolescent, etc. with ADHD easy. But fortunately a right mixture of these strategies, through lots of trial and error and experimentation will

make it a lot easier. Now that's one statement worth knowing and accepting--as you try the 50th technique or combination thereof. The second statement that Dr Barklay makes and that needs to be thought deeply about is that 80% (Barklay estimates) of people with ADHD has a coeval condition, i.e., anxiety, low self-esteem, mood swings, depression, etc., for lots of possibly 'hard-wired' and/or environmental reasons. I know the 'proper' term is 'Co-morbid.' But would some administrator that works for the APA or a member of the DSM committee(s) kindly REMOVE that term for diagnoses that address cognitive, mood, or perceptual disorders'? Suppose someone were to say, "The breadth of competencies among mental health professionals is co-morbid with the profound range in pathologies that those who enter the mental health professions seem to possess?" Instead, just figure that the 'Dennis the Menace' and 'Denise the Caprice' may have other things going on along with ADHD, so just take a deep breath, and organize a Sherlock Holmes committee if you can.

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