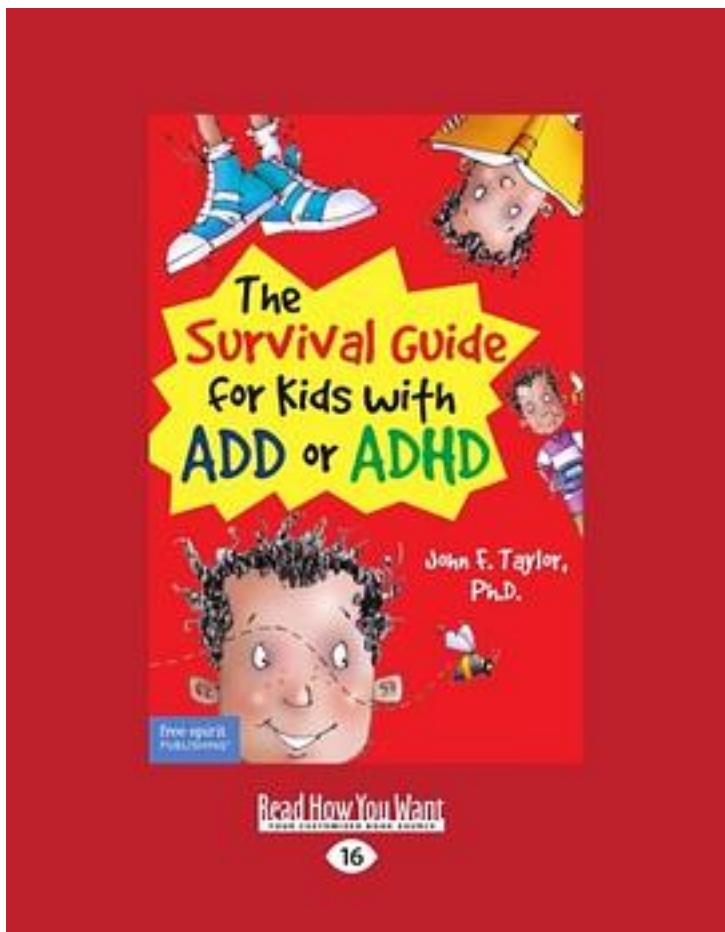


# The Survival Guide for Kids with Add or ADHD



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Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or

ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you. Look inside to find: What ADD and ADHD mean - and don't mean. Ways to make each day go better at home, at school, and with friends. How to deal with strong feelings like anger, worry, and sadness. The lowdown on medicine many kids take for ADD or ADHD. The dish on foods that can help you manage your ADD or ADHD. Fun quizzes that will help you remember what you're learning. And much more This book was written especially for you. But you might want to share it with a parent or another caring adult. Talk it over together and try some of the activities. Meanwhile, know you're not alone. Lots of kids have ADD or ADHD. With a little effort, they have learned to succeed. So can you!....John F. Taylor, Ph.D., has created many materials for young people with ADD and ADHD and their families. He is the founder and president of ADD Plus and the father of three children with ADD.

作者介绍:

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标签

【英文是用来啃的…】

【学】心理学

评论

一直觉得给小孩子和青少年的self help book都无比枯燥，尤其是有ADHD的未成年真的能看下去吗……书本身的内容其实还可以，额外的资源看上去蛮有趣的，有时间要查一下，但基本还是属于道理我都懂，做不到还是做不到。而且武装自己当然很重要，毕竟改变自己比改变别人容易，但对于有ADHD的青少年来说，果然还是家长老师大环境应该改变比较有意义吧。同样的内容写给家长和老师感觉更有效一点，毕竟偏学术更长一点的书大概家长和老师也会太长不看——

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## 书评

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