

Moms *with* ADD

*A Self-Help
Manual*

Christine A. Adamec

Foreword by Esther Gwinnell, M.D.

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Moms with ADD: A Self-Help Manual



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Agonize no more, frustrated mothers! Adamec, coauthor of Do You Have Attention Deficit Disorder? This easy-to-read manual is guaranteed to create moms with ADD happier at home and at work. Filled up with anecdotes, quotations, and illustrations, Christine A. Moms with Add more is here to greatly help., offers useful coping strategies for family- and job-related concerns. Rather than pathologize Put or speculate on causes or medical rationales,Mothers with ADD enables readers to recognize Combine and optimize their parenting abilities.



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You didn't understand that you was included with a manual. Great reserve for mom's with ADD. It says self-help, but I gave it to my hubby as a "how exactly to" manual for living with me. ordered the kindle version, going to return. Overall, it's a much appreciated addition to the ADHD literature for women! A workbook you cannot printing with because of the DRM file type.with your keys. struggling? easy to read. ordered the kindle version, going to return. It really is organized so that you don't need to preserve sustained reading to obtain really useful info. I am reading it from front to back, a little bit at the same time, (half-method through it) but when I'm done I can easily get back to the sections I would like to review. The author points out that even if you don't have Put you may get a great deal of useful tips about getting more structured. The insight this reserve is giving me in regards to a condition I've had for 62 years, undiagnosed, is life changing. Well done! This book doesn't provide a lot of real life applications but is quite uplifting. Great book. I only wish it were more study based or had even more references to analyze studies, but that's simply me. Readable. Very thorough in scope. Many readers, perhaps most, might not wish that at all.. The book helps to identify symptoms, provides lots of coping skills, provides wonderful warm human being experiences of other mothers with ADD, and provides references for other assets. A ... Actually helped me lose mother guilt and general sense of suckyness when you've lost your keys for the 8th time today because you still left them in the bathroom when you were replacing the lightbulb that you found when you were searching for home furniture polish because you scratched the table.. meh. This book has helped me understand there are others like me, and we are OK Really good book for moms with ADD or their partners/spouses. In researching ADD information to help my daughter, I ran across some information regarding adults which book. It was received fast and easy to read and discover areas - an excellent guide . For a long time I've wondered that which was wrong with me? Why I didn't think and work like other people. At last I know what's wrong with me. I recommend this reserve to anyone who is fighting mother hood. This self help book is quite readable, with bite-size details that I can ingest and digest. It was just like the angels sang when I go through it... It was received fast and easy to read and find areas - a great information for the newly adult diagnosed! Life changing When a person has difficulty with organizational skills, getting through a self help book is definitely an extra challenge. Worthwhile! This book is great.



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