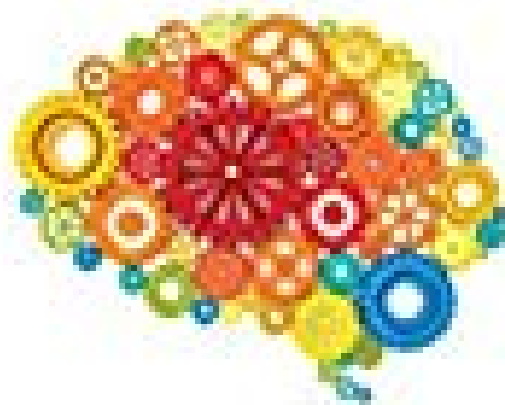


# Getting Ahead of ADHD



**What Next-Generation Science Says about  
Treatments That Work—and How You Can  
Make Them Work for Your Child**

**Joel T. Nigg, PhD**

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Getting Ahead of ADHD: What Next-Generation Science Says about  
Treatments That Work?and How You Can Make Them Work for Your Child



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Does toxic pollution cause attention-deficit/hyperactivity disorder (ADHD)?s symptoms and general well-being--and offers you step-by-step ideas for integrating them into lifestyle. Are alternative treatments worthy of exploring? Can dietary adjustments help? From leading ADHD researcher Joel T. Nigg, this book presents exciting treatment advancements grounded in the brand new research of epigenetics--how genes and the environment interact. Nigg describes specific lifestyle changes that have been proven to support the developing brain. What about screen use?



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Getting Ahead of ADHD are certain to get you to leading lines of the science on ADHD! When my oldest daughter was identified as having ADHD last year, I started scouring the scientific research literature for info. As a health researcher and clinical psychology professor, I've access to an academic library and may search, obtain, and mainly comprehend a lot of the literature in this area. When my child was young, we tried everything, spending time and money on remedies that sounded like they might help. attention, behavior, and feelings. Intrigued by some of the factors he was writing, I tracked down his academic home website at Oregon Health Sciences University to email him a issue (he answered). There I came across that he previously written this book, which was only lately released, therefore i ordered a duplicate from Amazon. great book filled with wonderful information great book filled up with wonderful information. It really is still a heady go through, as ADHD is very complicated. For example, incomparable a lot of material on epigenetics. It's worthwhile as the book is a comprehensive, accessible, up-to-day distillation of everything you should know about ADHD. Dr. Well rounded and informative. And in no way will there be anything in here that focuses on bodily treatments. He trim through all the controversy, exaggerations, and hype to describe what we know and what we don't know about ADHD, including the factors behind ADHD, assessment, and medical diagnosis of ADHD, and both effective and ineffective remedies for ADHD. In my view, one of the primary contributions is early in the book, where he explains what ADHD actually is. As I acquired suspected and had been viewing in the literature, ADHD isn't an illness or syndrome that's qualitatively different between "offers ADHD" and "doesn't have ADHD." Rather, ADHD is a "point about the quantity line" of many cognitive abilities, just like the capability to pay attention, the ability to inhibit behavior, and the capability to regulate emotions. This means that ADHD isn't like Autism or Down's syndrome, or even the biological subtype of despair, schizophrenia, or psychopathy (the personality trait underlying antisocial character disorder). Some points in nature certainly are a category, plus some things in character are more of a continuum. Nevertheless, ADHD will not occupy a clear-lower category, therefore there is absolutely no abrupt boundary between ADHD and not-ADHD. The difference is definitely quantitative, not qualitative. Great book. Actually, Dr. Nigg suggests that the simplest way to understand ADHD is definitely to think about it as being a relative deficit in the capability to self-regulate across several areas; Joel Nigg, as he is a very eminent scholar in this area. All the available evidence convincingly implies that ADHD is certainly a continuum. With this publication, Dr. Finally, there will be no single reason behind ADHD or magic treatment for ADHD, because your position on 2-4 number lines has a lot of possible causes and lots of potential treatments. For instance, should emotional problems be considered component of ADHD? The publication is incredibly useful, particularly if you or a loved one has ADHD. Nigg thinks so. But if this turns into controversial, we can be reassured that these controversies can never be fully settled, because our perception that emotional dysregulation should "proceed with" inattentiveness and hyperactivity is only based on how related they are, and is not rooted in whether or not emotion complications are an "essential component" of the category—since there is no category. Also, if ADHD is a point on 2-4 quantity lines (inattentive, hyperactive, combined, emotion dysregulation), then the diagnosis is more about practicality and treatment than about accurately placing somebody in a categorical container. There is no box in the real world, but we have to give people a diagnosis (or not) because from a useful standpoint we can't treat what we don't measure for some reason. Throughout, Dr. As a psychologist, this is the go-to book I recommend to parents of children with ADHD. The actual fact that ADHD is a semi-arbitrary point on lots range helps dispel the controversies, hints at potential causes, and even informs treatment options. From there, parents can make their very own decisions about what to pursue, armed with accurate understanding. Recommend it. Nigg has reviewed all the possible treatments and has

provided us a book that's unflinchingly honest about which treatments work, how much they function, and those don't. Personally i think like I could make wise choices for myself predicated on peer reviewed, trustworthy studies. Getting Before ADHD was designed to translate the latest cutting-edge science on ADHD into plain English that you and I can understand. I am a speech therapist but I also have a child with ADHD and the reserve was very easy to read, offered great information I was not aware of and will be a great parent and/or teacher resource Five Stars Very good book in ADHD. The good news is that Dr. Good read! Five Stars thorough and comprehensive, readable Great, but falls very short We highly respect the author and I recommend adding this book to your collection in case you are a parent that's comprehensively trying to better understand and treat a child with ADHD. That said, I think the contents flunk of the title. Put simply, it's missing a lot of details. When he says, "Up coming Generation Science" I think he simply means, his research. Nigg is devoted to research. Nigg does the weighty lifting for already-burdened parents, guiding them to comprehend what the study says about different treatment plans. Lastly, I just have to add that I strongly support Hardly ever using time-outs on any kind of child for any reason. I'm mentioning it right here because it's stated in the reserve (again, with little to no detail). All relationships derive from trust and respect and you diminish both these as a mother or father when you use time-outs. Be supportive of a child (anybody for example) under all conditions and circumstances. Distills the most recent research As the parent of a young adult with ADHD, I wish this book was around 10 years ago, because it distills the most recent research results into comprehensible, readable sections. Parenting children with ADHD is definitely hard more than enough without wading through the literature to figure out what functions (and doesn't). You won't search the ADHD literature for long without finding work by Dr. If this appears abstract, i want to assure you that it offers profound implications. The contents of the book feel just like the writer was forced and/or rushed to obtain it published. This is why anything that assists people control their attention, behavior, and emotions can look to greatly help ADHD, and whatever is a risk factor for problems in these areas will look like a reason behind ADHD. They shouldn't be expected to be the same because one person may struggle to start paying attention and someone else may struggle to keep paying attention—there is no essential "prototype" of ADHD even though some seem a lot more common than others. Science Based Decision Making For Managing ADHD The dense information in this book could be overwhelming but Dr. Nigg distills the science. This is information I could use right now in order that my girl's self-regulation ability can be supported as much as possible. Equally important, Dr. Nigg recognizes that we can't possibly perform everything. It's encouraging to confidently choose where you can spend time, energy and \$\$\$\$. Dr.! Rather he offers you information, tools, and an easy to follow framework so that you can confidently create a versatile, evolving plan that may optimize YOUR situation in confirmed week or month. This book truly covered all of the bases of what I needed to learn about ADHD, therefore much more! This book was an enjoyable read, great for all ages and degrees of knowledge, and is a continuously useful reference. This also explains why people with ADHD are so not the same as one another. Nigg provides comprehensive explanations, colorful examples, and helpful recommendations for understanding, along with both coping with and helping someone going through ADHD symptoms. As a sister, friend, and partner of many people in my life diagnosed with ADHD, I discovered that this book prepared me more than alternative resources to offer tips and support. I have been actively recommending this publication to all of my friends and family, and you should too! An excellent read. One reason it is therefore useful is certainly that Dr. If you live w ADHD and/or have kids w ADHD, this publication is for you personally! Nigg doesn't pretend to know what's best for your situation. Therefore, when someone reaches the intense end of the continuum for being in a position to control their attention, they appear to be they

have ADHD.



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