

REVISED EDITION

TAKING CHARGE OF **ADHD**



THE COMPLETE,
AUTHORITATIVE
GUIDE FOR
PARENTS

"This is not just another book. This is a great book.... This book, although aimed at parents, has something for everyone involved with ADHD kids: teachers, psychologists, doctors, and family. I am not going to lend this book to parents (although I will show it to them) because they need to buy it so they have it on hand to read and reread."

—Dr. J. CLIVE BAKER,
PEDIATRIC NEWS

RUSSELL A. BARKLEY, PhD

Russell A. Barkley

Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents



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*Current information in medications, including coverage of Strattera and extended-release stimulants. From internationally famous ADHD professional Russell A. Barkley, the publication empowers parents by arming them with the data, expert guidance, and self-confidence they need.*Descriptions of books, organizations, and Internet assets that families may trust.A treasured parent resource since its publication, Taking Charge of ADHD provides authoritative information on ADHD and its own treatment.*Strategies that help children succeed at school and in social situations.*Advances in study on the sources of ADHD.*Useful advice on managing stress and keeping peace in the family. Included are:*A step-by-step plan for behavior management which has helped thousands of children.



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. That's mainly because, unlike various other books I've examine, Barkley addresses straight and proposes clear, useful, simple remedies for coping with the incessant and destructive parent/child behavioral conflicts that have frequently dominated our life at home -- and that various other recommendations had done hardly any to improve. It is also empathetic to all or any those parents dealing with non-ADHD kids who "think" they have the solution to the way to handle the kid. My mother has worked with my brother through out all of his education. Also, in defense of Barkley's severe and informed writing design, this is, of course, very serious materials. Magic 1-2-3 helped when she was youthful, and a couple various other books contributed to ADHD, but this publication identifies the scientific discoveries of ADHD and clarifies them. Yes, there are more conversationally created books out there on this subject, which might be an less difficult read for some, but there is nothing abstruse or hard to learn about this one, and its own author imparts a lifetime's medical and academic encounter. There are various observations and amazing insights throughout the text (for example, research shows that non-intrusive background music can help ADHD kids focus on an academic task whereas full silence or overly stimulating music can be less likely to help). This reserve has a system for behavioral intervention at home that can be modified for a teenager, and provides simple, clear guidance on the difficult issue of how much and in what manner it may be necessary to involve yourself together with your teenager's school, while at the same time enabling the teen the self dedication that's critical to her growth as of this age. It's more densely written than some, and that is as one would expect from a worldwide leader in the field of ADHD research. I've found other books useful on the interface of parent and ADHD teen (e.g. "Ready for Takeoff" (Maitland & Quinn), and my girl has "The ADHD workbook for teenagers" (Lara Honos-Webb) which has helped her to voice her frustrations and fears, also to accept and take charge. Great book, I rarely write Amazon review but this is a gem, I used the token proven fact that was suggested in the reserve and it changed my life!!! I wanted to see what to expect next but all in I appreciate the breakdown of scientific research on adhd Comprehensive and superb help!! Highly recommended! This is an incredible book! Unfortunately, it is really centered on hyperactivity and bad behavior. My boy is 5 and very very hyper and at times can be quite difficult. I've constantly suspected he had ADHD due to his nonstop incredibly high energy. I could relate to pretty much everything in this publication. I have used some of the ideas in dealing with my child and there has recently been improvement. We had checked out the Reserve "Driven to Distraction" before buying this.. Read this publication if your son or daughter is diagnosed ADHD If your child has ADHD, you need to read this book! It really is big and type of "text bookish", nonetheless it has details I didn't understand and we've been dealing with our 14 12 months old daughter for 8 years without this workable knowledge. For something as profound as a young person's mental health and future, it is important to know the scientific bases for the author's evaluation and recommendations. This reserve deals at once with that "elephant in the area", something that was so certainly "wrong" inside our lives, but that I couldn't understand because I'd performed all the "right" things, including medicine, behavioral therapy, academic support and trying to be a loving, understanding and strong parent. Here's what you do: Read 20 minutes in the publication every day... Perhaps among the best books I have read about ADHD!. This reserve was recommended by his pediatrician and I'm therefore glad I purchased it! before you know it, you have completed the book. One of my top 3 books upon this topic. I endured a large part of the reserve before he notes that inattentive ADHD isn't included in the book, but for a brief blurb where he posits inattentive Insert(nonhyper) is really "sluggish cognitive tempo"-his theory really doesn't fit my kid at all. I would say this is by far the very best book out there for both clinicians and parents for .!. This reserve has great suggestions and info! It really makes you appreciate the person with ADHD. Should be called "Taking Charge of type two or

three 3 ADHD" My daughter was just diagnosed with ADHD, type 1 (inattentive type, not hyperactive) so I bought this publication as a resource due to the great reviews." I highly recommend this book! Each day. As mother or father of kid with ADHD, this book has been invaluable and has provided me with a lot more information than I could have ever truly imagined to getting away from a reserve. At some points, it may be a bit hard to learn, but the author ensures to reference previous points, if related, and he also lists a great many other resources throughout the book (and towards the trunk of the publication)! "Don't expect many experts to have heard about [SCT]" because it "is not an officially recognized medical diagnosis. disappointed, useless for inattentive (non-hyper) ADD, very basic We are really disappointed. This publication was supposed to be the "go to" resource for all things ADHD.! It is assisting us help our child be successful in life. Great guide Very informative, readable. But, it is also no engaging read, and as another reviewer stated plenty of it is really basic parenting-"be sure to see your kid being good," "take time for yourself," etc. I used to get so frustrated to the idea I would cry and that's not how I'd like my relationship to become with my son. It had been infinitely better, in my opinion. Also it is written by adult psychologists who've ADD. It protected both hyper and nonhyperactive ADHD and was extremely informative and engaging. I liked their perspective that people with Combine/ADHD have a whole lot of strengths-they are typically charming and more innovative- and too much to offer if they get the proper help and coping mechanisms. Personally I think like there is a tone in the Barkley book that kids with ADHD are kind of broken. One pro is usually that he does provide a very comprehensive rebuttal to common misconceptions like "ADHD didn't exist before, doesn't exist in other countries, is caused by diet or tv" etc. An absolute must have for therapists, parents and teachers as well. great works A parents adhd bible This book is similar to reading a textbook on adhd. Our doctor suggested it. For me it had been like reading a suspense novel. I couldn't place it down relating page after web page to my child.!. The author basically says the publication doesn't really apply to type 1 because he believes it's a totally separate disorder. Also displays the positives therefore many gifts that include ADHD. You receive a consistent flow of information and I suggest highlighting all of the key information points that will assist. My suggestions when you get angry and frustrated together with your kid, remember--"Hate ADHD, not the individual. This book includes a ton of information on types 2 and 3 ADHD (which explains why I gave it 3 stars) but limitations the mentions of type 1 to three web pages. Latest, detailed and scientific information on ADHD - it is compassionate, practical, and super usable to greatly help a mother or father understand the complexities of ADHD - what it is and what it is NOT - it's my fresh go-to for working with my kids and some of the hard road ahead. Well alright then, but I want I understood that BEFORE I bought the damn book. Also, he promises that type 1 ADHD is actually something known as Sluggish Cognitive Tempo. I recommend this publication to any discouraged ADHD parent, among others who simply want to know more about it!" So the definitive reference on ADHD totally ignores a huge subset of people identified as having it, and justifies that by giving them a composed diagnosis. Very disappointing. Thanks! As a pediatrician, I'd say this is by far the best book out presently there for both clinicians and parents for understanding and managing ADHD. My family has struggled with ADHD for along time, especially my brother and father. My child offers NF1 and that produced her even more more likely to experience a learning disability. Anyone who's been there will understand, and this is the one book that really helped. Most of the tools that were available to him in elementary college in the 90's remain being used because they were effective! This publication is wealth of details for any parent, whether your child is fighting ADHD or not. I'm thankful I was recommend this fantastic reference for ourselves and our child! Great book, We rarely write Amazon review but this .Don't miss this book if you're a mother or father who feels helpless I'm

composing this review because when I bought this reserve, the first reviews displaying on my Amazon page were quite unfavorable, and that troubled me because this reserve has been a video game changer and a lifeline for me and my seriously ADHD teenage girl, in a manner that no other solitary book has been.. However, I haven't yet seen any publication as comprehensive and as useful as this, and I'd urge any parent with a serious situation to read it. thank you Dr Barkley



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