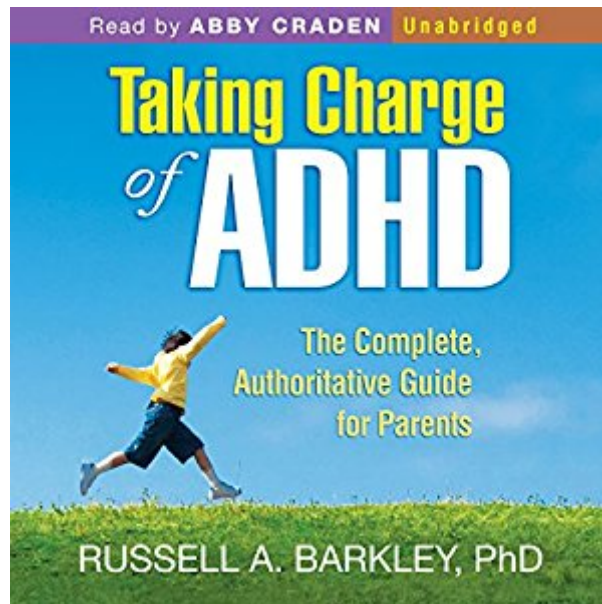


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# Taking Charge Of ADHD, Third Edition: The Complete, Authoritative Guide For Parents



## Synopsis

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 18-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, this guide includes the latest facts about medications and about what causes (and doesn't cause) ADHD. Additional supporting documents for this title are available for download after purchase. See also Dr. Barkley's best-selling Taking Charge of Adult ADHD.

## Book Information

Audible Audio Edition

Listening Length: 16 hours and 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audiobooks.com Publishing

Audible.com Release Date: October 22, 2015

Language: English

ASIN: B016YVXERO

Best Sellers Rank: #37 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #58 in Books > Parenting & Relationships > Special Needs > Disabilities #70 in Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

I am really disappointed. This book was supposed to be the "go to" resource for all things ADHD. Unfortunately, it is really focused on hyperactivity and bad behavior. I endured a large part of the book before he notes that inattentive ADHD is not covered by the book, but for a brief blurb where he posits inattentive ADD(nonhyper) is really "sluggish cognitive tempo"-his theory really doesn't fit my child at all. One pro is that he does provide a very thorough rebuttal to common misconceptions like "ADHD didn't exist before now, doesn't exist in other countries, is caused by diet or tv" etc. But, it is also not an engaging read, and as another reviewer stated a lot of it is really basic

parenting-"make sure to notice your kid being good," "take time for yourself," etc.I had checked out the Book "Driven to Distraction" before buying this. It was infinitely better, in my opinion. It covered both hyper and nonhyperactive ADHD and was incredibly informative and engaging. Also it is written by adult psychologists who have ADD. I liked their perspective that people with ADD/ADHD have a lot of strengths-they are typically charming and more creative- and a lot to offer if they get the right help and coping mechanisms. I feel like there is a tone in the Barkley book that kids with ADHD are kind of broken.

As a parent I have returned to this resource again and again (previous edition). This updated version is worth the investment. As a teacher I have recommended this book to parents and other teachers who have found it very helpful. Appropriate for anyone interested in what ADHD is and what can be done to support a family coping with it. Although there is a section on medication with up-to-date research, the bulk of this book is about behavioral, organizational, educational and family dynamic support. This includes sections for young children through the teen years. Highly recommended!

Barkley is great and information quite valuable. His recommendations and advice are valuable. Far too many have preconceived notions relative to ADHD, which severely limits the help those affected need. What was missed were all of those sensory issues ADHD/ADD people have due to the condition. I also noticed that there was no mention of an iron deficiency, which all those in my family with ADHD/ADD have showing up on blood tests without medication. My husband and daughter both chose not to medicate until our granddaughter was diagnosed. When my daughter wanted to medicate her child I told her until her father and she sought the same treatment, I was opposed to medicating a child. Needless to say, the homeopathics helped for a time, the diet restrictions and sensory processing disorder treatment helped for a time but as they witnessed the rejection of peers, strained learning, and negative consequences in my granddaughter they experienced in their own lives, their views changed. Today, my husband, daughter and granddaughter are in CBT, see a psychiatrist, and take medication. Their lives moved from a roller coaster ride to a life more related to a camera where they take the shot, reframe it, and move forward but that would not have happened without the medication component. .

I never felt like the diagnosis of ADHD described my child very well. It seems like his problems with every day functioning and social interaction were just too exhausting and extreme. I never knew if I

should be strict and firm or show him extra patience and more compassion, but one thing was for sure, nothing seemed to make it better or help me understand him any better-until I read this book. This book really gives you a framework for how to look at your child and better understand why ADHD can be so all-consuming and affect so many areas of you and your child's life. I would highly recommend this book for anyone struggling to understand ADHD better and help their child with ADHD. If you feel like things are so bad that you might be losing your relationship with your child this book WILL help. It's also a great everything you need to know guide even if your experience with ADHD isn't as severe as mine has been.

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