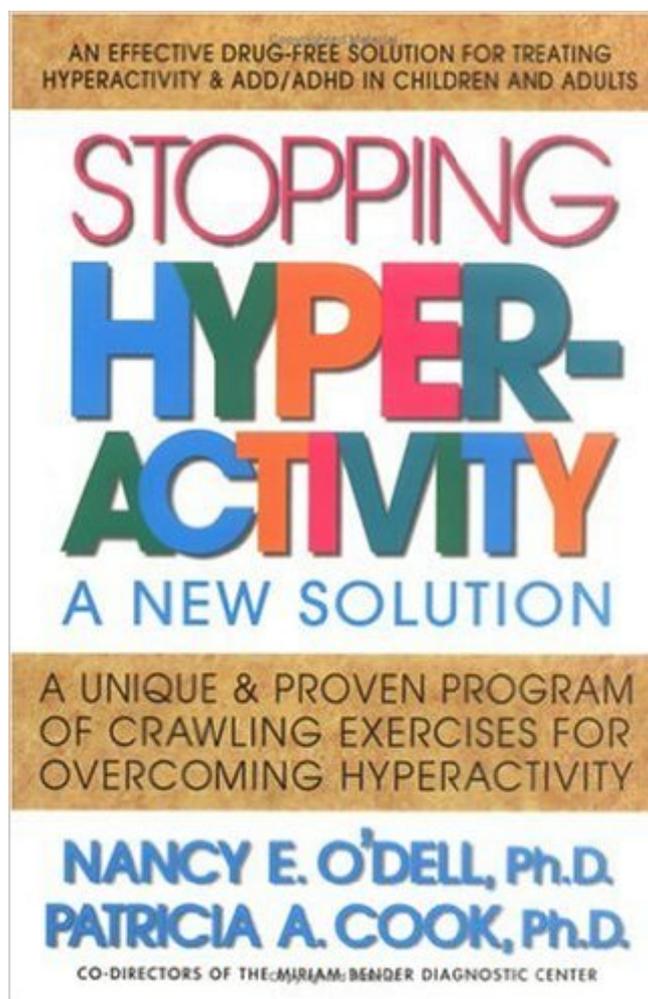


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# Stopping Hyperactivity: A New Solution



## Synopsis

A drug-free program for those who suffer from hyperactivity and ADD-- Outlines a treatment that can be effective in as little as 15 minutes a day This timely book explains a program that has been proven to succeed in diminishing or eliminating hyperactive behavior in children and adults without drugs or intensive behavioral therapies. In three parts the book identifies the problem, discusses circumventive treatments, and shows beneficial exercises illustrated by photographs.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #1,931,820 in Books (See Top 100 in Books) #59 in [Books > Parenting & Relationships > Special Needs > Hyperactivity](#) #173 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #328 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#)

## Customer Reviews

After many therapies, medications, and exercises, we have finally found the underlying cause of our son's ADHD. This book clearly explains what some children miss in their early development. Then it shows you detailed exercises that can cure the problem, not just treat the symptoms! Although the exercises require a commitment, we saw results after only one week! At the end of the 8 month program, we had a "normal" child who was able to focus, sit still, and function completely typical for his age without medication! WONDERFUL!

If you want to learn how to really treat hyperactivity, the core issues and causes of hyperactivity, then this is the book for you. So many books only address the symptoms, but Drs Cook and O'Dell go for the underlying causes. And the treatments don't involve drugs, either! Kudos for your brave foray into an overworked subject using innovative and workable treatments.

In this book, I have found a clearly written explanation of Hyperactivity and its' underlying causes. The book doesn't pretend to be the "cure-of-the-day." Instead, it sets the reader upon a path of discovery. Discovery that can eventually stop the behavior of hyperactivity altogether by changing deep-rooted and detrimental habits. All of this in a concise, 200-page, manual of exercises, diagrams, pictures, and instructions. Quite a remarkable work, indeed.

If you are an educator who deals with students who "have the wiggles," a parent of a "squirmy" child, or an individual who finds it difficult to sit comfortably for any length of time, you definitely will benefit from reading *Stopping Hyperactivity: A New Solution*. It is written in a clear and concise manner, and is very "readable." I especially liked the excellent mix of reference based information and anecdotal records, interspersed with entertaining personal comments from the co-authors/educators, Drs. Cook and O'Dell, who have been "practicing what they preach" for the past 25 years. The authors have based their work on the findings of a physical therapist, Dr. Miriam Bender, who studied children with learning disabilities. Their book is divided into three parts. Part 1 gives a sensible and well-documented explanation for the physical problem that causes some children to be unable to remain in a sitting position, and describes the effects that this problem can have on their lives. Part 2 contains practical suggestions as to how to deal with the resulting behaviors, not only at school, but also in many other settings. Part 3 consists of detailed instructions (with photos) for an exercise program that can cure the underlying cause of the problem. I have been both a parent and educator of special needs children for many years, and after reading this book I definitely feel that there is hope for the future, not only for educators and parents who deal daily with children who are really trying but can't sit still, but also for those of us adults who are still struggling to "sit up straight" without discomfort. This is a book that is both practical enough to please parents and technical enough to train teachers, and its message has the potential of producing positive results in many, many people's lives.

Having tried multiple alternative therapies to treat our daughter's adhd/dyslexia/dyspraxia we were suspect that anything would work. Since our daughter did not crawl properly as a baby, this therapy made sense - go back and have her crawl. The results were impressive - almost a year after starting the therapy she is more organized, pleasant, and compliant. She mostly does her homework independently. She is on target for her grade although her writing and spelling are still weak, they are improving. Her coordination is outstanding now. She used to trip over everything and fall 1X/week on the playground. Now she never falls. School is so much easier for her than it used to

be. She is able to stay seated and her writing is less labored. Combining this therapy with the Feingold diet (she still had residual anger issues, plus lots of allergies which led us to believe Feingold might help her), we have a child who is almost neurotypical in every way. This is not a quick fix and takes much dedication, but the results we feel are worth it.

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