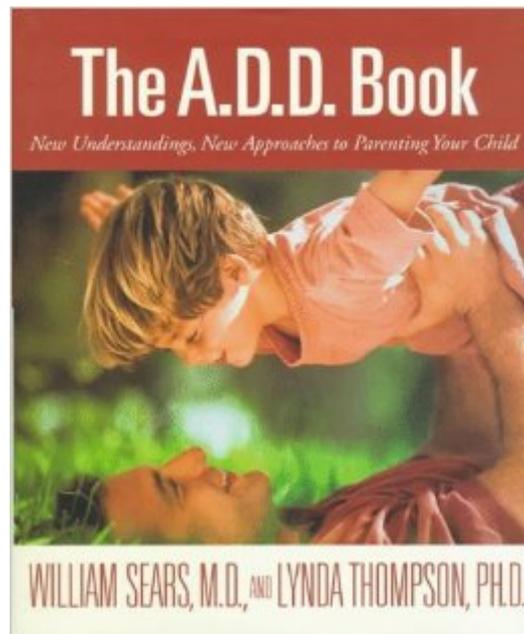


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# The A.D.D. Book: New Understandings, New Approaches To Parenting Your Child



## Synopsis

The bestselling author of "The Baby Book" joins forces with an A.D.D. expert and offers a unique and encouraging guide for parents of children with attention deficit disorder. Full of real-life case histories, this landmark guide is an indispensable resource for every parent with an A.D.D. child--and one of the only books that focus on the positive side of A.D.D. Illustrations 10-city author tour .

## Book Information

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## Customer Reviews

This is a fantastic book. I came to this book after a speech therapist recommended that my four year old daughter be tested for ADD. After reading magazine articles and visiting web sites I was thoroughly confused. All the signs of ADD described there could describe about 95% of the young children I know. I knew there must be more to it than that and this book provided me with that something more. Sears discusses a number of signs which helped me realize the truth about my child. Sears also provides a very positive view of ADD. While discussing the negatives, he gives you ways (many, many ways) to address them and also discusses the positives, the strengths that many children with ADD have. He suggests many ways to harness these strengths. This book is such a positive read. I am so glad I found it. I think any parent in my position will find it immensely helpful.

This is the first book I have read to offer me hope that my child might be healed from his ADD symptoms. Rather than focus on the reasons for the syndrome, this book takes a "what do we do

about it now" approach. I particularly found the chapter on Neurofeedback a godsend. With Neurofeedback, a brain scan is taken during the initial diagnosis. This scan reveals to the practitioner whether they are dealing with ADD or something more complex like ADD with depression or a predisposition to addictive behaviours. Then a program is designed for the child where they play computer games which are designed to correct their malfunctioning brain waves. These games are fun. Your child may make a fish go through a maze or play basketball; however these games are played utilizing brain waves only. Brains are literally retrained to stimulate those portions which have operated in a deficit previously. I call this therapy simple truth. Neurofeedback has also been called bloodless brain surgery because the positive changes are permanent. Many ADD children are very bright but their IQs suffer as well as their self-esteem when they are untreated. Neurofeedback seems to increase IQ once again. My son is very excited about his upcoming treatments in March. Firstly he gets to play cool computer games, he'll learn how to hyperfocus and his IQ will probably return to where it began. As he said to me recently, "Mom were you going to wait until I had Homer Simpson's IQ before you sent me for Neurofeedback?" All I could answer was "Darling I'm sorry, I didn't know it existed." Thankyou William Sears and Linda Thompson for writing this book. I would encourage those parents, teachers and physicians who want to change lives to buy this book. Neurofeedback has been available for years but it is relatively unheard of in Canada.

I didn't find this book until my son was a junior in high school. He was not a behavior problem and his IQ was above average but he just had trouble with listening and focusing. He was nearly failing all his classes at the time and was very upset because he truly wanted to do well. I reviewed the neurotherapy section of the book and decided to give it a try. He did the sessions over the summer and it made all the difference in school. He had good grades his senior year and now has a full academic scholarship in college. He is happy and proud of himself. This book helped me understand him better and gave me options. This book helped me help him. I highly recommend it.

The A.D.D. Book offers hope and solid practical advice, while at the same time, not describing A.D.D. Children as diseased. This book offers a view of ADD kids that gives them hope to be happy, successful adults. The interventions go way beyond the simplistic drug approach of some "experts" on ADD, including neurofeedback, a non-drug approach which can work better than drugs. This is one of several books with a more positive slant on ADD/ADHD, with others by Thom Hartmann and Lynn Weiss also viewing ADD without the pathologization you see in writings of folks like Russell

Barkley.

Of the many, many books I have read on ADD, this is by far my favorite. If you want to be educated on the topic for your child's best interest, this is the best place to start. There is no pressure to feel you should be giving your child Ritalin. There are so many positive alternatives and approaches that work. For example it really explains neurofeedback, which does work, I have been using this approach for my daughter with excellent results, no drugs!! It has become my significant bedtime reading.

This is an outstanding well written book. Instead of only focusing on recommending medication, the authors are extremely broad in their recommendations, both for various treatments and for parents in managing ADD/ADHD children. I highly recommend this book.

This very readable book is a thorough overview of how to recognize and treat attention problems. Sears of course is a prolific comentator on caring for children. Linda Thompson is respected for her work treating attention disorders, and runs the largest ADD center in Canada. Particularly useful is the Chapter describing Neurofeedback. Many families searching for help with unmanagable problems are finding this approach yealds amazing benifits. The chapter is intelligent, thorough, yet easily understood. As a provider of Neurofeedback services, I recommend this book highly to clinicians who want their patients to understand A.D.D. and Neurofeedback, and to the parents, spouses, and friends who want to help.

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