



Understanding ADHD

By Christopher Green, Kit Chee

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In his typically friendly and clear style, the ever-popular Dr Chris Green, with Dr Kit Chee, explains the treatments and causes of Attention Deficit Disorder, a condition that affects the learning and behaviour of up to 1 in 10 children in this country. Aimed at parents, teachers and health professionals, this book dispels the myths about ADHD and gives a clear overview of the condition: the causes, the behaviours and the treatments. Full of well-tried, practical strategies to help with common problems such as inattention, underachievement and impulsiveness, the book covers:

- The causes, how to help improve behaviour at home and at school
- Making the diagnosis, medication and alternative therapies
- Hints to help reading, writing and language
- Ways to boost self-esteem
- ADHD in adults
- The latest research and where to go for further help.

Understanding ADHD offers invaluable guidance to help parents work with teachers and health professionals to give their child the best possible chance of entering adulthood with self-confidence, life skills and secure family relationships.

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Understanding ADHD By Christopher Green, Kit Chee Bibliography

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Editorial Review

Users Review

From reader reviews:

Nellie Davis:

In this 21st century, people become competitive in most way. By being competitive now, people have to do something to make them survive, being in the middle of the crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yeah, by reading a book your ability to survive enhance then having chance to stand up than other is high. For you who want to start reading any book, we give you that Understanding ADHD book as beginner and daily reading book. Why, because this book is greater than just a book.

Kevin House:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled Understanding ADHD can be very good book to read. May be it could be best activity to you.

Brenda Wright:

You may spend your free time to study this book this publication. This Understanding ADHD is simple to create you can read it in the playground, in the beach, train and soon. If you did not have much space to bring often the printed book, you can buy the e-book. It is make you much easier to read it. You can save the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

Carl Brinkley:

That book can make you to feel relax. This book Understanding ADHD was colourful and of course has pictures on there. As we know that book Understanding ADHD has many kinds or category. Start from kids until teens. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. Therefore not at all of book are make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book to suit your needs and try to like reading that.

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