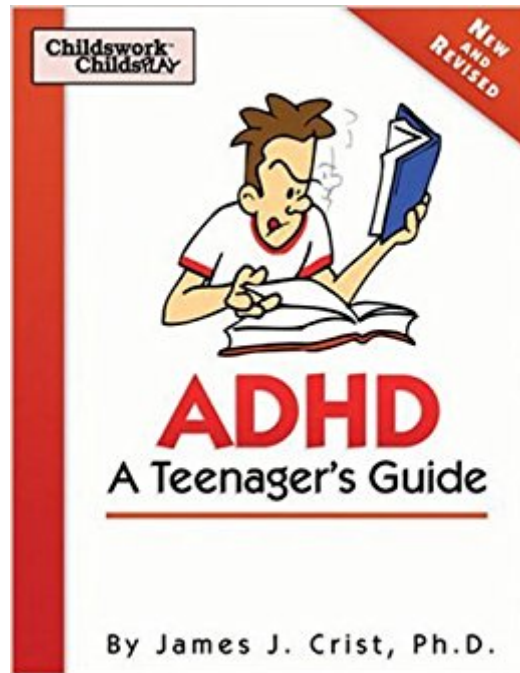




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# ADHD: A Teenager's Guide



## Synopsis

Written for a teenager who is tired of hearing, 'You're just lazy!' and 'I know you can do better!' this comprehensive guide features everything teens want to know about ADHD. Chapters address such concerns as getting through high school and college, depression, learning disabilities, and life after school is completed. The question and answer format of the book makes it easy to read. This revised edition also covers the concept of executive functioning, highlights new treatments, addresses changes in school accommodations for students with ADHD, and includes an updated resources section.

## Book Information

Paperback: 175 pages

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Product Dimensions: 0.5 x 8.8 x 11 inches

Shipping Weight: 1 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #425,124 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders

## Customer Reviews

This book is written specifically for teenagers with ADHD. Most teens with ADHD are not going to have the patience to read through a long textbook. This book is different. I have attempted to make this book as easy as possible to read. It is organized in a question and answer format. Instead of having to "read the entire book, you can just skip to the chapters and" questions that interest you. Many useful suggestions for coping with ADHD are included. --Book Description

This book is proving to be a very useful resource for teens, teachers, and parents. I believe that the more you know about ADHD, the easier it will be to cope with the disorder. Many teenagers resist being treated for ADHD (and other disorders) because they do not understand what the disorder is and why medication and/or counseling may be helpful. Chapters on learning disabilities are included because these conditions are often seen in teenagers with ADHD. The book is also available on audiotape. Excerpts are read by two teenagers.

Still not done with this book, but so far it's exactly what I needed for my 15yoa son. Very informative and hits the nail on the head. Looking forward to sharing it with him so we can go over everything together and make a plan of attack together. Hoping this is what we needed to make a better school year - for both of us!!

I could have cried as I read the book---there in print was a perfect description of my child and the problems he's having in school. Every educator should be REQUIRED to read this text.

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ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD: A Teenager's Guide I Would If I Could: A Teenager's Guide to ADHD/Hyperactivity ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence ADHD Without Drugs - A Guide to the Natural Care of Children with ADHD ~ By One of America's Leading Integrative Pediatricians Take Control of ADHD: The Ultimate Guide for Teens With ADHD The ADHD and Autism Nutritional Supplement Handbook: The Cutting-Edge Biomedical Approach to Treating the Underlying Deficiencies and Symptoms of ADHD and Autism Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD All About ADHD: A Family Resource for Helping Your Child Succeed with ADHD What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Adhd: How To Parent A Happy, Healthy Child With ADHD Thinking Jewish Teenager's Guide to Life Exploring the Sunday Lectionary: A Teenager's Guide to the Readings - Cycle B A Zits Guide to Living With Your Teenager Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated Train Your Brain for Success: A Teenager's Guide to Executive Functions Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager

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