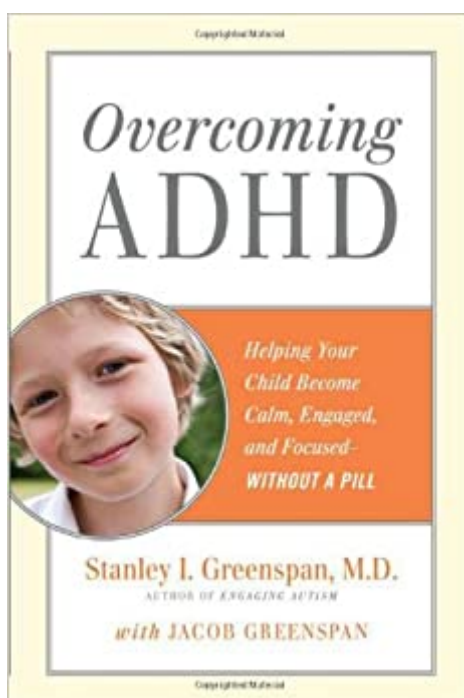


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# Overcoming ADHD: Helping Your Child Become Calm, Engaged, And Focused--Without A Pill (Merloyd Lawrence Book)



## Synopsis

This wise and informative guide applies Stanley Greenspan's much admired developmental approach to a very common disorder. In his distinctive and original view, ADHD is not a single problem, but rather a set of common symptoms that arise from several different sensory, motor, and self-regulation problems. As in his highly successful earlier books and in his practice, Greenspan emphasizes the role of emotion, seeking the root of the condition and rebuilding the foundations of healthy development. Overcoming ADHD steers away from the pitfalls of labeling, or of simply stamping out symptoms with medication, and demonstrates Greenspan's abiding belief in the growth and individual potential of each child.

## Book Information

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## Customer Reviews

Publishers Weekly, 6/1/09 "offer[s] the straightforward advice, information and support eagerly sought by parents of special needs kids" •Blogcritics.org, 7/26/09 "A short, to the point, easy to read book promoting behavioral strategies to consider before seeking medication for ADHD. This book will be helpful to parents of young children who have been diagnosed with ADHD (or ADD) and to parents of undiagnosed children who display some degree of what I call

'ADD-ishness'." •Columbus Parent(OH), August 2009 "Provides a comprehensive approach to treating ADHD effectively and without drugs." •Blogcritics.org, 8/9/09 "Provides a variety of suggestions a parent, caregiver, teacher, or counselor can follow" | I would highly recommend any

parent, educator, doctor, psychologist, psychiatrist, or minister read *Overcoming ADHD* and apply its suggestions to their charges, if they seriously want to help a child or adult typically labeled ADHD. The book is written in layman's terms. It is fascinating. It is extremely well organized. It is hopeful. It is easy to follow. It just might start a more promising life for a problem child.

- BookViews.com –Addresses the fact that schools have been pushing the ADHD diagnosis (Attention Deficit Hyperactivity Disorder) now for years and pressuring parents into drugging their children with Ritalin. The author brings 35 years of clinical practice as a child psychologist to bear on the topic.
- InfoDad blog, 9/17 –A bold book, willing to look past the apparent simplicity of using a pill to counter a life-altering condition toward a more difficult and time-consuming approach that has the potential to improve patients' long-term living conditions
- |For parents determined not to give psychoactive medicines to children with attention-related disorders, Greenspan points the way toward a potentially excellent alternative approach to treatment, and provides the basics of how to go about implementing it
- |Greenspan's ideas are excellent
- |A thoughtful approach to a serious health problem.
- Midwest Book Review –It shows how kids can learn to engage, understand their senses and maintain focus without medication and offers an alternative set of ideas for parents and educators seeking different management approaches.
- --This text refers to an out of print or unavailable edition of this title.

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To me Greenspan is the Rebbe of child development. This book is a nice overview of floortime yet it does not explain how to do the activities with young teens. If you know floortime the main value in this book is the application of the DIR model to explain that what the school calls ADHD is to a Greenspan parent what they have been working on all along. If you are not a Greenspan parent already this is a great book. Even as a devotee a refresher is always good, I am always a better parent when reminded of his approach.

I purchased this book based on a suggestion and it is okay. It does have information to help you get your child off medications, but I found it geared towards very very young children and only gave you a few suggestions on what to do with these younger children and explained a little on why this works. It wasn't very in depth. I think you would still need to work with an OT.

Not what I was looking for, I wanted help with my daughter This just gives all these examples of other children

Best book ever!\*

Dr. Greenspan was an inspiring genius. His approach to treating children without medication is incredible especially coming from an MD.

This is a well written book, especially for parents or professionals not working as Occupational Therapist. It is very structured, easy to read and gives a lot of practical solutions / games.

good book for parents . assist them in better understanding the diagnosis of a DVD. provides strategies to assist their child to function better with add.

Stanley Greenspan's books are trusted go-to books for suggestions on how to deal with both common and complex childhood challenges. Based on developmental theory and years of his clinical work, this book went beyond meeting my expectations. It lays out in simple terms and form what parents, teachers, and practitioners can do to more advantageously improve self-regulatory systems in youth who struggle focusing, inhibiting, and exerting self-control over the manner in which their body moves throughout the world.

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